

Eureka Adventist News



A message from Our Head Elder

By Greg Margart

As I write this brief message to you, I look out my window and think, what a beautiful morning! The sun is shining through a thin haze, but an otherwise blue sky. A light breeze stirs the trees and flowers in the yard. The temperature is cool, but not unbearably cold. The colors of the flowers are brilliant hues of red, pink, yellow and white. Some of the flowers are just opening, some are already dropping. The breezes blow their petals to the ground. Seasons come and seasons go. It sort of reminds me of life. While life may be running smoothly for some, it may not be going well for others.

My favorite season is summer though my favorite day is the last day of spring and my least favorite day is the second day of summer. Why? Because the last day of spring allows for lengthening days while by the second day of summer, the days are already beginning to shorten. Summer will be over soon and we will be heading into fall and then into winter. Oh well....

Many things are happening in our church. Much of what is happening appears, to me, to be very good. But make no mistake about it. Where much good is happening in the work of God, Satan will be there working to bring failure.

A few weeks ago, John Carter spoke, in his sermon, about how we can rejoice in tribulation. I would like to encourage you to rejoice just now. Perhaps life at home is tough. Perhaps your finances are becoming increasingly tight. Perhaps you are concerned for your children and their friendship and walk, or lack there-of, with Jesus. Perhaps you are concerned about our church in Eureka. You see troubles all around but you may rejoice knowing that Satan is pouring on the coal as he sees Jesus working for your soul and that of others in this church and those that we as a church are striving to lead to Him.

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Right now, in the absence of Pastor Jon, we experience a vacuum that makes us ask, "what will happen to us in Eureka?" "Fear not," we are told. Like God told Joshua after the Israelites entered Canaan, "Just as I have been with Moses, I will be with you; I will not fail you or forsake you," Joshua 1:5
What a promise!

In the mean time, look around and see what you personally can do to help share in the duties of your church in Eureka. Can you help keep the church looking nice? There are many ways, from picking up litter inside and out, etc. Can you share an encouraging word with someone you see? Can you say "hello" to a guest, call someone and tell them you are praying for them or write a card to our pastor, his wife or someone else in the church? Perhaps you can share by giving someone a ride to church or home. All of us can pray. All of us can do something. Be willing to ask God what it is He wants you to do. You may already be doing something. Thank-you. Please, keep it up. It takes everyone.

At this time, please keep this church its members and our pastor and his family in your prayers. Keep the work we as a church have to do in your prayers and let's all pray and strive for unity. This may be the most important thing we can do just now. Jesus, in a prayer to his heavenly Father prayed, "Sanctify them in the truth; Thy word is truth. As Thou didst send Me into the world, I also have sent them into the world.

And for their sakes I sanctify Myself, that they themselves also may be sanctified in truth. I do not ask in behalf of these alone, but for those also who believe in me through their word; that they may all be one; even as Thou, Father, art in Me and I in Thee, that they also may be in Us; that the world may believe that Thou didst send Me," John 17: 17-21.

We have a calling; to be one, united with Jesus and with each other. In that way, and that way only, can we be effective for Him.

God bless you as you serve Him in your corner of the world.

Together in service, Greg

Have Faith in Him

The following friends send their greetings to our church family:

~Henry Willey

"I miss my church family." He doesn't particularly like living in Arizona. He hopes to visit us in the summer. He enjoyed Pastor Jon's Sermon the last time he was here. He said it was the one of the best he had ever heard.

~Charleen Williams

"We are praying for the Eureka SDA Church and we miss all of you." Howard is finishing up his theology degree at Andrews this Spring.

~Ivy Clark

"Happy Easter to everyone in Eureka. We miss you and are praying for you."

Healthy Foods Report

God left us a great clue as to what foods help what part of our body!
God's Pharmacy! Amazing!



A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... and YES, science now shows carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red. The heart has four chambers and is red. Research shows that tomatoes are loaded with lycopene and are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today show s grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Olives assist the health and function of the ovaries.



Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.



Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers.



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Oranges, Grapefruits, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.



1. Thyme for each other
- 2.. Thyme for family
3. Thyme for friends



Suko'hun

(From Richard Swanlund)

- 1 Pk Morning Star Chicken Strips
(1/2 inch pieces)
- 1 Onion
- 5 Gloves Garlic
- 1 Can Stewed Tomatoes
- 1 Stock Celery (chopped very small)
- 3 Bay Leaves
- 1 Cup Vegetable Bullion
(Add 2 cubes vegetable bullion for every cup
of water)
- 5 Small Bricks Sai fun Mung bean noodles
- A -Saut'e Chicken Strips, Onion, Garlic and
Celery till brown
- B -Add Bay Leaves, Stewed Tomatoes, and
Bullion -(Simmer for 45 min.)
- C -Soak bean threads in bullion water
completely covered for 20 minutes in
warm water.
- D -Cut bean threads up and add to mixture -
add more bullion if needed
- Add unfermented Soy Sauce at the very end as
desired
- Serve over Brown rice

Church Fellowship Dinners

~ If you enjoy our Fellowship Dinners, please try to support our endeavors by calling the Host or signing up to bring food items each week. You can also help us by contributing in the Potluck Contribution Box by the Tea Table.

~Please conserve on our paper products by taking unused cups to the tea table. All these items cost us money, so do not throw away or play with unused cups or plates.

~Parents: Please instruct your children **not** to eat outside in the parking lot or the church balcony or mother's room. We have been collecting a lot of food rubbish in these areas. This will help those of us who have to clean up after potluck. It also cuts down on the ant problem.

Our visiting guests who attend Sabbath school in the Junior Room are setting a good example of these guidelines. Now lets help our members children to do the same.

~We also need more people to sign up for Host duties. Call Laurie Pettet if you can be a Host.

Following a few simple guidelines will help us keep our church clean inside and outside, save us money, and lighten the work of our Hosts and their teams. We are all important to each other as we work together as a family team.

**Jody Swanlund is in need of:
Several infant and child cars seats.**

There is also a need for our church family in their support in helping drive the children to and from church.

**If you can help, please call
Jody Swanlund: 601-0559**

Happy Birthday

May Birthdays

April Birthdays

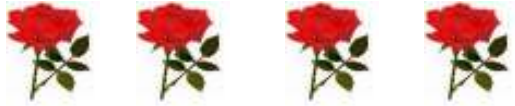
- April 04: Inez Cudney
- April 04: Margaret Jonas
- April 08: Erma Inman
- April 08: Alexis Winder
- April 10: Cara Dewsberry
- April 10: Ron Zaliznock
- April 17: Paul Anderson
- April 17: Caleb Wright
- April 20: Wade Lovdahl
- April 27: Gerri Krook
- April 29: Ryan Heiss

- May 02: Stephanie Rosenberg
- May 04: Mona Santos
- May 07: Louis Altic
- May 07: Gretchen Rist
- May 09: Wanda Swanlund
- May 10: Millie Lovdahl
- May 10: *Happy Mother's Day*
- May 13: Helen Bailey
- May 18: Althea Jones
- May 18: Frances Weeks
- May 20: Sebastian Anderson
- May 20: Pam Grant
- May 22: Becky Hicks
- May 23: Jennifer Privat
- May 27: Lanette Anderson
- May 31: Christopher Zweigle

Anniversaries

April 19: Jon & Debbie Spoolman

April 30: Brian & Jana Simon



May 8: Vern & Lanette Anderson

Sunday, May 10, 2009



Humboldt Bay Christian School

Grades 5 – 8: Laurel Baker, Principal
Grades 1 – 4: Karen McCloskey

April 20-24: Spring Week of Prayer

**April 18: Choir & Bells perform in
McKinleyville SDA Church**

April 27: Spring Open House

May 15: Track & Field Day at CR

May 25: Memorial Day (No School)

June 3: Spring Picnic – Arcata Pool

**You can also find items about our school
posted on the Church Website:
www.EurekaSda.org**

It's That Time Again!

It is time again to check your book shelves for any books you have from the Church Library. We got quite a few books back when we made this announcement last time, so Bob thought perhaps we should have you check some more for any books you need to bring back. Bob says, if you are still reading them, it is fine to still keep them, but if not – bring them on in so someone else can read them. Thank you kindly from the Librarian

**Train up a child
in the way
that he should go,
and when he is old,
he will not depart from it.
Proverbs 22:6**

The highest form of wisdom is kindness.



SO YOU THINK YOU KNOW EVERYTHING?

- A cat has 32 muscles in each ear.
- A crocodile cannot stick out its tongue.
- A snail can sleep for three years.
- All 50 states are listed across the top of the Lincoln Memorial on the back of the \$5 bill.
- Butterflies taste with their feet.

Pathfinders Humboldt Bay Trackers

Club Meeting & Activity Schedule

April 16: Club Meeting at 6:30
Dress Uniform

April 19: Talent Program at 5:30 p.m.
Corn Dogs on Sale before the program.

May: Club Meeting at 6:30

May 14: Club Meeting at 6:30

Investiture will be in May
(date to be decided)

You can also find the Pathfinder schedule
posted on the Church Website:

www.EurekaSda.org

The next international
camporee, themed
"Courage to Stand"
is scheduled for
August 11 – 15, 2009
at Oshkosh, Wisconsin

Our Pathfinders are
hoping to attend this Summer.
Your support is welcome.
You can sponsor a Pathfinder
or Contribute a small amount.
Every little bit helps.
They take place every three years.

A Note from our Pathfinder Club Pathfinder work-a-thon Sunday, April 5, 2009

Our club combined with Fortuna Pathfinder Club for this year's work-a-thon, which took place at Patrick's Point State Park, Trinidad.

Our club had a small turn-out of 4 Pathfinders, 2 adult staff and 1 other driver. We really need the participation of parents in bringing their children to club meetings and events in order to keep the club operating.

The day turned out to be perfect for working outdoors although it started with extremely cold weather.

We covered several camping areas inside the park, carrying buckets and cleaning supplies past locked gates in some places. We had to carry water in 5 gallon buckets quite a distance. We scrubbed meal storage lockers on the outside and swept out crickets, banana slugs and debris from the inside. We swept wooden tables and benches, and scrubbed concrete tabletops. We also scrubbed all the metal signs including the number signs at each campsite, and all the traffic signs along the roadway. We scrubbed the outsides of metal bear proof garbage and recyclables cans.

For enjoyment, some of the Pathfinders enjoyed water fights and watching some gophers digging holes.

All the pledges have not yet been tallied. Marriah Woodruff already collected more than \$700 in pledges and has still to collect a few more dollars. She is trying to reach the \$750 mark in order to receive a special award from the Pathfinder headquarters. Other Pathfinders have not yet turned in their pledge sheets and money.

The combined clubs finished by 3:30 p.m. and I invited our group to my house in Westhaven for an outing. We explored, hiked the property and had ice cream, courtesy of Cyndy Pentecost, and Joe gave the younger Pathfinders rides on his 4 wheeler. It couldn't have been a more beautiful day for an outdoor event and we were very thankful for the cooperative weather.

Our next Pathfinder Event is the Pathfinder Talent Show at 5:30 p.m. on Sunday, April 19. We hope to see all of you there. Food will be on sale.

Thank you, all, for supporting the Pathfinders.

From Julia Courtney-Williams, director

Read about the last
Oshkosh Camporee on p.8

Some Events from the 2006 Pathfinder Oshkosh Trip -North America: 30,000 Pathfinders Set - Up Camp In Oshkosh, Wisconsin USA

They came and pitched their tents. They came and rolled out their sleeping bags. They came and sang songs -- and all while meeting old and making new friends from around the world.

"They" were the 30,000 Pathfinders that "set up camp" August 10-14, 2006 at the Experimental Aircraft Association's (EAA) Campgrounds in Oshkosh, Wisconsin.

Themed Faith on Fire, the four-day Camporee was coordinated by the Center for Youth Evangelism, located in Berrien Springs, Michigan. Daily activities were planned for Pathfinders such as pin trading, honor learning, marching/drilling exhibitions, archery, talent showcase and sporting activities just to name a few.

One of the major components to the Camporee was the community service projects. Attendees participated in twenty-three neighborhood clean-up initiatives, painting and restoration projects in the surrounding communities of Oshkosh -- all sponsored by the Adventist Development and Relief Agency. "Service to others is the commission that Christ gave us and in many of the parables that Jesus shared, the theme was to serve others," said Joe Watts, community service coordinator for the Camporee. "When Pathfinders participate in community service projects, they learn the joy of service to others, civic responsibilities, and the satisfaction of a job well done."

This is not the first time that the Seventh-day Adventist Church's Pathfinder delegation has visited the EAA campgrounds. In August 1999, the Discover the Power Camporee was held at the EAA campgrounds. "The EAA has a proven record of hosting large events and it has a great safety record and a fantastic plane museum, which will provide an education experience for our children," said Pastor Ron Whitehead, director for the Center for Youth Evangelism and executive director for the Camporee. "These are all reasons why we chose the EAA for the Faith on Fire Camporee."

Pathfinders from all over the world (more than 100 countries including England, Singapore, Brazil, Japan, South Africa, and Kenya) had been planning to attend this camping extravaganza for several months. Some clubs sold pizzas, washed cars, hosted yard sales/flea markets to raise money to attend the event. According to the organizers, the largest delegations came from the states of Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee.

Every day in the airplane hangars of the EAA Airstrip, Pathfinders had the opportunity to

participate in approximately 120 honors and other outdoor activities. After signing up for and completing the honor, they were able to take home certificates of completion for honor patches.

"Earning honors impacts the lives of Pathfinders because we can see the pride they have when they have completed their honor requirements and have earned their patch," said Sandy Roberts, on-site activities coordinator for the Camporee.

While at the EAA campgrounds, Pathfinders also had the opportunity to try to etch their name in the Guinness Book of World Records with the "Largest Game of Leap Frog," "Most Balloons Popped by a Single Arrow," and the "Most Teeth Brushed." Each event was approved by the officials of Guinness. Unfortunately, not enough people participated in the teeth brushing event. "The ultimate purpose of the Guinness activities was to promote and foster teamwork with our Pathfinders," said Kevin Costello, coordinator for the Guinness activities.

Schneider began a prayer revolution on the campgrounds and was then known as the "prayer guy." In addition to community services projects in the surrounding area, Pathfinders had the opportunity to participate in a wider community outreach with people in Kenya, India and the Philippines. Bibles were collected (as well as a \$1 shipping fee) each night - a goal of 100,000. By Saturday morning, approximately 27,000 bibles were collected. Pastor James Black, director of youth ministries for the Seventh-day Adventist Church in North America, concluded the evening with a spiritual message. During Sabbath's message he challenged the 30,000 delegation to "strike the faith on fire." He said, "Many times, big events have great themes, but no action. I hope that each night the Pathfinders were able to gain a better understanding of what was needed when they left the Camporee. The "striking" reference means action through prayer. If you have the faith of a mustard seed, you can do all things through prayer. Prayer becomes their connection to Christ to do all things."

Saturday's program concluded with a city parade, the baptism of more than 300 people and a fireworks finale.

It took approximately three years to plan and organize this Camporee.

One community volunteer stopped Whitehead and was in awe about the work and effort that was put into the organizing of the event.

"We really care and value our young people," Whitehead replied. "I've never been so physically exhausted, but I've never been happier to be this tired."

Dates to Remember

April 18, 2009

Choir & Bells perform at the
McKinleyville SDA Church

April 18, 2009 (Sat. Evening)

Fountainview Academy from Canada
will give a concert at
McKinleyville SDA Church at 5:00 p.m.

April 19, 2009 (Sunday) 5:30 p.m.

Pathfinder **Talent Show** at the School

April 23, 2009 (Thursday)

Personal Ministries / Community Services
Meeting at 6:00 p.m.



THE PATHFINDER “VARIETY HOUR” IS UPON US.

Sunday, April 19, 2009
5:30 pm

Where: Humboldt Bay Christian School

Readings, Music, Skits – and much more!

Come out and support our Pathfinders and
enjoy the evening.

Corndogs, juice, and cookies will be served
prior to the program.



There will be a
**Bob Olmstead
Memorial Race**
At Samoa Drag Strip
On Mother's Day,
May 10, 2009,
~Time is approximately at noon
Call Susie Olmstead if you need
more details: 443-7590
This event was organized by the
nurses who worked with Bob at
Mad River Hospital.



Have you checked our Church Website lately?
Go to: www.EurekaSda.org

You will find:

- ~Our Church Sermons by date
All of our sermons are on mp3's on-line
(If you want CD's of the sermons, call Ms. Dale)
- ~The Church Calendar
- ~The Sunset Calendar
- ~Bible Study on-line
- ~Pictures of church & School
- ~Sabbath Service Schedule
- ~Church Events & Programs
- ~Pathfinder Schedule & Events
- ~Our School schedule & Events
- ~Camp Meeting Memories

Webmaster: Ms. Dale

A Message from the Community Services Team

By Claudeene Howard

This has been a wonderful month. We had the pleasure of working with the grandchildren of Kathalene Resendez. What a joy! Jade is 9 yrs. old and Ledger is 4 yrs. old. These children know how to work and stay with the job until it is done. Jade has a doggie day care for neighborhood dogs. She makes her own doggie treats and finds homes for strays. She is quite organized!

One day we were delivering lunches out at the tombs. There was a Pit Bull living there with his master. I could see she was upset. As we left, she told me she sure didn't like seeing a dog living like that. It afforded me the opportunity to agree and say, "I don't like to see people live like that either." I could see that her thoughts ran deep.

They were so good with the people. They loved to pass out the lunches and were very quick to see who needed one and careful not to miss anyone. The people will miss them!

It is our practice to have worship each morning that we make lunches and before we go out to deliver them. Since the children were there I used Uncle Arthur's Bible stories. The children loved the pictures. Ledger was very unhappy one morning because an adult got the seat next to me, (thanks John) and Jade was on the other side, so Ledger could not see the pictures. That problem was quickly solved and everyone was happy!

The team always talks about our joys and concerns and we pray about it at worship.

This week I asked who would like to write an article for the Newsletter. Jade volunteered! The following was her response. Keep in mind, this is a 9 yr. old girl's impression of the homeless project. Watch out Mom and Dad. She may be running a Homeless Day Care next! It wouldn't surprise me! What a JOY they have been to the whole team.

Thanks kids! And thanks to Mom and Dad (Matthew & Linda Dare) for sharing your children with us.

Impressions

By Jade Dare – Age 9

Granddaughter of Kathalene Resendez

(Jade, who has been visiting her Grandmother, has been attending the Homeless Program with her Grandma now for about one month. Here are her observations.)

I'd like it if everyone could open their hearts as much as the people who help the Homeless. They give their money and their time to make lunches for the people who have none. They put in effort and a little word from God to encourage the people out there.

(Bible Verses that go into the Lunch Bags)

When they allow themselves to link to God, they have the power to do the things that will change their life forever. I'd like everyone to understand too that when you do something for others, it makes you feel great! The Homeless feel great too.

The Homeless Program helps people to understand what others are going through, and God will understand too. So be good to others and give a cheer for this program.



Meet Laurel Baker

A “Flood Baby” they called me—since I was born in Fortuna, CA, just before the huge 1964 Flood. I grew up around lots of family, family who drove trucks and hauled hay for a living. Big Sabbath dinners at Grandma and Grandpa’s were a regular event, where family would gather in the ?? kitchen. Cousins would find a bench to share with their lunches somewhere while the adults congregated at the long table.

Even before I began school at Fortuna Jr. Academy, my parents had started me on piano lessons. Learning to love and play the piano has been one of my most endeared pastimes and a talent which I love to share very much.

My childhood was filled with trips to Mexico each Christmas to share with friends there and to collect shells. We would spend our time playing on the beach, searching for beach creatures, and teaching our Mexican friends how to play UNO. Of course, those trips meant missing school sometimes, but there was so much learning to be enjoyed out of school!!

I enjoyed my school years at Fortuna, and loved being involved in the leadership of the student body there. In the fall of 1981, however, Rio Lindo Academy called to me to continue my Seventh-day Adventist education there. Even though I would meet my future husband there, we did not date or even care for each other until several years later at Pacific Union College. A life choice of a teaching career did not occur to me either, until I arrived at PUC. But God seems to have ways of working out his good plans in our lives. When I had finished my time there, I had both an amazing husband and a wonderful career.

By the time we moved from Los Angeles where I had taught for two years at White Memorial Adventist School while Brian was finishing nursing school, God had again blessed us—with our son, Brian Jr. And soon he was joined by his sister, Lauren Suzanne Marie, whom Rose Buhler helped bring into this world!! Being a stay-at-home mom was the most fulfilling thing I had ever done in my life. How I adored our children, and counted it such a gift to be able to be home with them for the next 15 years.

If I had to choose the two most difficult but fulfilling times in my life, one of them would be the two years that we spent in Bolivia, South America. We were dissatisfied with the seeming monotony of our lives at the time, and felt God calling us to go out of our comfort zone to serve him. Little did we know that He would take us out of our culture, place us in a foreign country, and teach us many lessons about ourselves.

The second most challenging but rewarding decision of my life was when both of our children, Brian then 17 and Lauren then 14, went away to boarding school at Milo Adventist Academy. At that time, I went back to work out of the home, full-time, teaching at Fortuna Jr. Academy. Beginning the empty nest segment of our married lives was the most difficult transition of our lives. I truly believe that God sustained us through that time of missing our kids and becoming a part of the crazy American lifestyle where both parents work fulltime.

Currently, I am thoroughly enjoying being with your kids everyday at Humboldt Bay Christian School. For now I believe that this is where He can use me, and that is just where I want to be.

Ellen White wrote:

"In working for perishing souls you have the companionship of angels.

Thousands upon thousands, and ten thousand times ten thousand angels are waiting to cooperate with members of our churches in communicating the light that God has generously given, that a people may be prepared for the coming of Christ."

Testimonies, vol. 9, p. 129.