

# Eureka Adventist News



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## Thankfulness

By Martin G. Collins

More than 19 centuries ago, God inspired the apostle Paul to predict today's global attitudes and write them down to warn us: "But know this, that in the last days perilous times will come: For men will be lovers of themselves . . . *unthankful*, unholy" II Timothy 3:1-2

Today, most people are self-centered, discontent, and ungrateful. At best, many think about giving thanks only once each year—and then only because Thanksgiving Day forces them to consider it.

Because we must live in this world, we can be very heavily influenced by this ungrateful society's attitudes. Do we really appreciate all that we have been given? Are we sincerely thankful to our great God for the many blessings He has so liberally poured out upon us?

In this study, we will see that God *wants* us to show our gratitude to Him. It is one of our Christian duties. We will also see that God has given us instructions on how we can truly be thankful.

### 1. Is it God's will that we be thankful?

I Thessalonians 5:18      Colossians 3:15.

Jesus Christ is the mediator and revealer of God's will, and even He is subject to it (Luke 22:42). It is the will of God that we be thankful in every condition, in adversity as well as prosperity (James 1:2-3, 12).

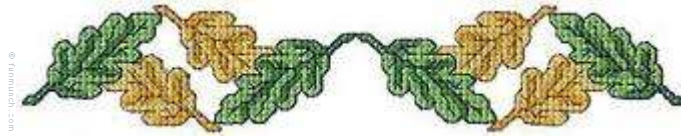
### 2. To whom should we be thankful?

I Corinthians 15:57      II Corinthians 9:15  
Psalm 50:14      I Timothy 1:12

In whose name and through whom should we give thanks?

Ephesians 5:20      Colossians 3:17  
Romans 1:8      Hebrews 13:15

We should be thankful to the God the Father first, then God the Son, giving thanks in the name of Jesus Christ. All thanksgiving should be expressed through Christ.



**Gratefulness is the key to a happy life  
that we hold in our hands,  
because if we are not grateful,  
then no matter how much we have  
we will not be happy,  
because we will always want to  
have something else or something more.  
Brother David Steindl-Rast**

*Let us remember that, as much has been given us, much will be  
expected from us, and that true homage comes from the heart  
as well as from the lips, and shows itself in deeds.  
~Theodore Roosevelt*

*Not what we say about our blessings,  
but how we use them, is the true measure  
of our thanksgiving.  
~W.T. Purkiser*



# Healthy Foods Report



We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and when to eat.

**What is the correct way of eating fruits?**

**IT MEANS NOT EATING FRUITS  
AFTER YOUR MEALS!  
\*FRUITS SHOULD BE EATEN  
ON AN EMPTY STOMACH**

If you eat fruit like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

**FRUIT IS THE  
MOST IMPORTANT FOOD.**

Let's say you eat two slices of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so.

In the meantime the whole meal rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil....

So please eat your fruits on an empty stomach or before your meals! You have heard people complaining - every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet etc - actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat!

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruits, you have the Secret of beauty, longevity, health, energy, happiness and normal weight.

**KIWI:** Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange

**APPLE:** An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

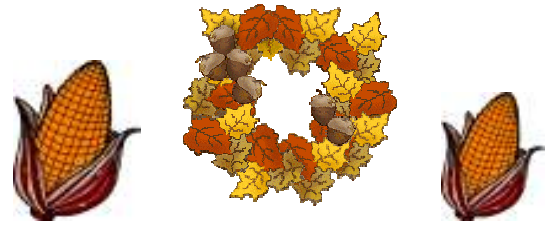
**STRAWBERRY:** Protective Fruit.

Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

**ORANGE:** Sweetest medicine. Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

**WATERMELON:** Coolest thirst quencher - Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

**GUAVA & PAPAYA:** Top awards for vitamin C. They are the clear winners for their high vitamin C content. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.



**What is a Calorie?**

**Calories:** You've counted them, cut them, burned them and even cursed them. But what exactly is a calorie? Flip open a dictionary and you'll find that a calorie is defined as: "the amount of heat needed to raise the temperature of one gram of water one degree Celsius."

If that's mumbo jumbo to you, then here's a simpler explanation: Calories are simply a way to measure energy. Think of calories in food as fuel they're what keeps your body going.

What does that have to do with the number on the scale? Because one pound of body fat equals about 3,500 calories, you need to cut 3,500 calories from your diet to lose one pound.

**Health Trivia**

- Most people lose half of their taste buds by sixty years of age.
- The average human eyelash lives about 150 days.
- Like a finger print, every person has a unique tongue print.
- You burn more calories sleeping than you do watching television.





## November Birthdays

Madai Saavedra	November 02
Lexi Jones	November 04
Claudeene Howard	November 05
John Coon	November 06
Kelly Rose	November 06
Brian Baker	November 08
Logan Emerson	November 08
Carolyn Hopper	November 08
Jose Arguelles	November 10
Neida Williams	November 13
Thelma Stutchman	November 14
Loralei Iguess	November 16
Noe Green	November 20
Dennis Brandt	November 22
Judith Rantasuo	November 23
Wanda Croan	November 26
Gladys Sipes	November 27
Sue Emmerson:	November 29
Jim Wilson	November 29

## December Birthdays

Shelly Chaffin	December 06
Greg Margart	December 06
Raquel Spoolman	December 13
Janet Margart	December 15
Kathy Fackrell	December 18
Brandon Reed	December 18
Ana Williams	December 19
David Youngs	December 22
Natasha Winder	December 24
Diane Merein	December 27
Pam Patty	December 29
David Badzik	December 31

**THE BEST BIRTHDAYS  
OF ALL ARE  
THOSE THAT HAVEN'T  
ARRIVED YET.**



## Anniversaries

**NOVEMBER 28:  
*Greg & Carol Margart***



**“Youth is happy because it has the  
ability to see beauty.  
Anyone who keeps the ability to  
see beauty never grows old.”**

- Franz Kafka

# Humboldt Bay Christian School

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

School Office Secretary and Teacher Aide:  
Mardy Whitchurch

 **November 23-27**   
**Thanksgiving Break**

**DECEMBER 17**  
**Christmas Program at HBCS**

You can also find items about our  
school posted on the Church Website:  
[www.EurekaSda.org](http://www.EurekaSda.org)

## Fortuna Christmas Music Festival River Lodge Conference Center

(Across from the old Denny's)  
December 13 / Admission Free  
12:30 – 6:15 p.m.

- All Seasons Orchestra
- Ferndale Community Choir
- Scotia Band
- Tuba Ensemble
- Humboldt Harmonaires
- Fortuna High School Music Dept.
- Humboldt Accordionaires
- Quartet Arioso

The entire program is posted on  
The Church Bulletin Board.  
Each group starts at a certain time, so  
you can stay for the afternoon or  
just come in at the time of a specific  
group you may want to hear.

Cecil Williams will be performing  
in the Scotia Band.

Refreshments will be on sale  
by Fortuna Jr. Academy.

## Box Top Labels for Education

Ms. Dale is still collecting Box Tops  
for Education for HBCS.  
They are on zip lock bag boxes and  
many other products. Look for them.



You can put them in her  
church mailbox

She is also saving Loma Linda/Worthington  
and Campbell soup labels  
For Fortuna Jr. Academy



## DRIVE-THRU LIVE NATIVITY

At:

Fortuna Seventh-day Adventist Church  
2301 Rohnerville Road / Fortuna, CA  
In the Church Parking Lot  
Just drive thru and view the Scenes  
in the comfort of your car.

8<sup>th</sup> Annual / Free  
Sat/Sun December 12-13  
7:00 – 9:00 p.m.

## Events to Remember

### Weekly Events:

#### Underground Oasis meets

Every Monday at 6:00 p.m.

Meet in the Spanish Room.

Everyone is welcome.

For information regarding this program

Call Mark Dare or Joe Williams

#### Prayer Warriors Meet

on Sabbath at 2:00 p.m.

Meet in the Spanish Room.

Everyone is Welcome!

Come and enjoy the blessings of prayer.

#### Homeless Sack Lunch Program

Thursdays at 9:00 a.m.

Come to the kitchen and spread  
your love with jam.

Claudeene Howard  
is directing this Program



### Mid-Week PRAYER GROUPS

#### **Tuesday:**

Silver Crest at 5:00 p.m.

Call Regina Anglin or Peggy Dewsberry  
for more information.

#### **Wednesday:**

Women only group

At 9:30 a.m.

Host: Lanette Anderson

Week of Thanksgiving is cancelled

#### **Thursday:**

Meet at the home of  
Mickey Nunes at 1:00 p.m.

On Thanksgiving it is cancelled.

### Young Adult Group

Meet every Saturday night  
In the Fireside room  
For Christian Fellowship.  
Bible Study, Music, and Food.

### Joe Williams and Julia Courtney-Williams

They are moving at the end of  
November, so their home phone  
number in the Directory is  
no longer available.  
They will be using cell phones only.  
If you need their cell phone numbers  
you may ask them for it at church.



### In Loving Memory



Asleep in Jesus

**JOHN CARTER, Sr.**

Passed away November 2, 2008

The Funeral Service was held at

The VFW Cemetery in

Willow Creek, CA

on November 15, 2009

Please remember the family

in your prayers.

## **A Message from the Community Services Team**

### **“A Day On the Street with Community Services”**

This Friday, after worship, we loaded up and took off on an adventure with God. Our first stop was the Children’s Clinic where each week we leave 8 – 10 lunches for disadvantaged children.

After leaving lunches at 2 rehab houses, we headed for the bridges behind the Target store.

There we found a woman, alone, and wrapped in a thin blanket. She was shivering in 36 ° F weather. She had been there for 5 days. Her only possessions were lined up on the cold concrete footing of the bridge. We gave her a sleeping bag and she was very grateful. We felt so happy to provide a little comfort to her.

On we went distributing lunches to all along the way. In the little garden square in Old Town, we visited one of our regulars, a lady who dreams of one day passing her drivers license and getting a car. She sits on a cement curb by the garbage can each week. We usually leave her a warm, dry pair of socks. She is so lonely and loves to talk to us. She considers the little park “her territory” and faithfully picks up any litter. She looks forward to our visit each week.

We visited for quite a while with 2 men and found another young man that Roy Weeks knew. He needed a coat, shoes and clothes and a sleeping bag. We came back to the church and gathered what he needed and Roy took them to him that afternoon.

**Please note that we will make the  
Homeless lunches  
on Friday the week of  
Thanksgiving instead of Thursday.  
Ask Claudeene for details.**

We only take sandwiches to the “Cage”. The mission has built a new room that has solid walls where the men can be out of the weather. After visiting there, we covered the waterfront clear down to the field by Hilfiker Lane where we visit the Camps set up there. Those people tell us each week of another homeless man that we call “the mafia”! This man moved into the toms behind the Mall. He ran off the people who have lived there for years with a machete. He visits all the homeless camps and charges them a fee to camp. If they don’t pay he steals their belongings.

At the foot of Del Norte there is a crew of workmen doing cleanup of the canal. We leave them lunches each week and they are very grateful to get them. This Friday their Foreman came out and asked us who we were and what organization we represented. He thanked us for blessing his men. We left him our card and went on our way.

The Arcata Endeavor has worked out a deal with the City of Eureka. They cleaned up the area at Del Norte and homeless people can camp there without being moved on as long as they break camp each morning and stash their belongings out of sight. It looks wonderful!

We met a lady in a wheelchair who was looking for an apartment. We referred her and her husband to a landlord who does rent to the homeless.

We always end up at the Serenity Inn Motel where we use all the lunches we have left. We have made friends there that look forward to our visits each week.

Our team is so blessed each week. We have cut back on the number of sandwiches we make in an effort to save money. Church funds are very stressed during this time. We are cutting back wherever we can. We go to the auction twice a month to buy sleeping bags when available with team member’s personal funds.

Continued on the next page

Last month a lady was bidding against me. The price went above what I could pay. I heard her telling someone she was buying them for the homeless shelter. I told her that is what I was trying to get them for and explained to her what we do each week. She paid for them and then donated them to us! I also go to garage sales and pick them up.

**This time of year, socks are so much needed. We want thank all of you who have donated so generously. At this time Rays Super Market has thermal socks, 12 for \$10.00 if you are interested in purchasing some. We hope to put a clean, warm pair of socks in each sack lunch for Thanksgiving.**

We are so grateful to the Church Membership for your generous support of this project. We are making a difference.

We are building good will also among the working people and hope that the carefully chosen Bible Texts we place in the lunches will touch hearts and perhaps encourage them to come and visit our church. Many people see us and ask who we are. This gives us the opportunity to show our 'business cards' and invite them to visit us.

Please pray for us. We covet your prayers and participation.

### **A THANK YOU FROM The Community Services Team**

We would also like to thank all of you who generously donate clothing for our project.

However, because of limited storage space, we request that you limit donations to specific articles that are needed.

**Our greatest needs are:**

- Men's pants, Levi type
- Extra large Hoodies
- Extra large Coats or Jackets
- Socks
- Warm shirts

**We don't have many requests for Women's and Children's Clothing.**

## **Thanksgiving Project For the Homeless We need your help!**

**Needed: 7 women (or men!) each willing to bake and bag 2 dozen pumpkin muffins for a special Thanksgiving treat for our homeless lunches. We have a recipe to share, if you'd like.**

**If you can help please contact  
Peggy Dewsberry at: 441-4945**

**We also need thermal socks.**



## **Quarterly Report for Community Services 3<sup>rd</sup> Quarter**

- 2500 or more Clients served
- \$1960 Cash Value of food dispensed
- 500 items of clothing dispensed
- Literature-Bible verses in each Homeless Lunch. (180 lunches)
- 553 Cards & Bulletins sent
- 69 lbs of Books, & Booklets mailed to Guyana, Belize, and Jamaica
- 13 Bible classes given (1 per week)
- 10 - 15 active volunteers
- 714 volunteer hours spent

# Pathfinders Humboldt Bay Trackers

## News from Our Pathfinder Club

From  
Julia Courtney-Williams  
Pathfinder Director

October 1-4, 2009 the Humboldt Bay Pathfinder Club combined with about 10 other Northern CA Conference clubs involving about 150 Pathfinders at Patrick's Pt State Park for an invitational camping skills weekend. Just about every minute of the day and late into the evening was occupied with classes, primarily camping skills, nature study and outdoor skills.

The highlight was Sabbath potluck. Pathfinders were required to prepare the mid-day meal and needed to show the ability to prepare food via baking, boiling, and/or frying, preferably on a campfire. Our club made baked potatoes wrapped in tinfoil baked on coals in the campfire. We also made camp bread, which is biscuit dough baked on a stick. Marriah made a big pot of spaghetti, Hannah prepared the garlic bread using our camp oven, and Sebastian made lemonade from a mix, which was a huge hit. There were no leftovers of the food our club contributed.

October 31 in the afternoon two of our Pathfinder members went door to door on a small section of D St. near the Eureka SDA Church. The reason only a small section was covered is because they visited with each person who answered the door. They also collected more than 80 non-perishable food items which will be given to the Eureka and McKinleyville SDA Churches to add to food baskets for the needy. One person told the girls that she used to be in Pathfinder Club as a child.

Another October Sunday event was firewood stacking at the campmeeting caretaker's woodshed. Our club combined with the Fortuna Pathfinder Club and spent three hours stacking firewood.

We had no wheelbarrow, so we formed a "fire brigade" line and passed the wood hand to hand. We then had a picnic lunch by the front gate to the camp meeting grounds prior to returning to Eureka.

Coming up the last weekend of February 2010: Chris Miller, Director of the Fortuna Pathfinder Club, is spearheading a special camping event at Humboldt Bay School requested by Hayfork Pathfinder Club. Several honors will be earned as well as fellowship with Fortuna-Hayfork-Humboldt Bay Club. We still remember what a good time we had October 2008 when we had a similar campout with a Temperance emphasis.

Chris Miller is planning several nature honors and hopefully he will also include knot tying, as he makes learning the knots very interesting.

~ No Pathfinders on  
Monday, November 23 & November 30.

**Have you checked our  
Church Website lately?**  
Go to: [www.EurekaSda.org](http://www.EurekaSda.org)

### You will find:

- ~ The Church Calendar
- ~ The Sunset Calendar
- ~ Bible Study on-line
- ~ Eureka SDA Church  
History Articles & Pictures
- ~ Schedule for Sabbath Services
- ~ The Church Bulletin
- ~ Church Events & Programs
- ~ Pathfinder Schedule & Events
- ~ Our School schedule & Events
- ~ Pictures of church & School
- ~ Camp Meeting Memories
- ~ Our Church SERMONS are by date -  
Our on-line sermons are in mp3 format.  
You can listen from your computer or  
download them to your ipod or burn a CD.  
If you want ready-made CD's of the sermons,  
Just call Ms. Dale – (707) 443-1164  
Webmaster: Ms. Dale  
[ms-dale@suddenlink.net](mailto:ms-dale@suddenlink.net)

## **Christmas Concert by the Arcata Interfaith Gospel Choir**

**Celebrate the spirit of the holidays with  
the Arcata Interfaith Gospel Choir  
At their annual Christmas Concert.**

### **The first performance is:**

**Friday, December 11 at 7:00 p.m.  
At the Arcata Presbyterian Church  
11th and G Streets / Arcata  
With special guest, the Humboldt  
Harmonaires Barbershop Chorus**

### **The second performance is:**

**Saturday, December 12 at 7:00 p.m.  
At the First Presbyterian Church of Eureka  
819 15th Street / Eureka  
With special guest, The Babes**

### **Tickets are available at:**

**The Works in Arcata and Eureka,  
People's Records and at the door.  
The suggested donation for the concert  
is sliding scale, \$7-10 general and  
\$5 students with children under 5 free.  
For more information, call 822-4444**



## **Vegetarian Cookbooks For Sale \$10.00 Each**

### **They would make very nice Christmas Gifts!**

**They are very nicely done  
with beautiful covers.**

**They will be available thru the  
Church Office or**

**For more information ask  
Ms. Dale or Claudeene Howard**

### **The money will go to the Worthy Student Fund**

**Checks should be made out to:  
Eureka SDA Church  
Mark the envelope for "Cookbook"**



## **FOR SALE**

**Mandarins: \$ 12.00 for 10 lbs**

**Almonds: \$ 6.00 per lb**

**Walnuts: \$ 7.00 per lb**

### **To Purchase – Please Call:**

**Mardy Whitchurch: 498-9282**

**Tim Whitchurch: 725-4878**

**496-0441**

## **Fountainview Academy Fund Raiser Items**

**Anyone interested in the  
student-written Devotional  
'You Turn', or any CD's,  
DVD's, or Cookbooks  
From Fountainview Academy,  
Please contact:  
Peggy Dewsberry at: 441-4945.**