

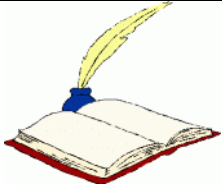
Eureka Adventist News

February
2010



Eureka Seventh-day Adventist Church
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Newsletter Editor
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From the desk of Pastor Toppenberg

"JUST ENOUGH TO GET BY..."

Throughout my pastoring years I have often been asked questions that usually begin like this:

"Pastor, what's wrong with _____..."

You can insert your own question in the blank area, it doesn't matter what it is. The trouble with that type of question is that generally the individual is looking for a lower standard.

Think about it for a bit. When I was in college there were those who bragged that they hardly cracked a book, but just barely got a passing grade. Imagine all the hard earned money that was paid in tuition so that person could 'just barely' make the grade! Would you trust them to build your house, or would you submit to their surgical knife? I hardly think you would.

What would you think if someone came to you bragging about their new purchase? "I just bought a used car that's 15 years old for \$20,000.00 and it can just barely run. It has lots of rust that was quickly covered with paint so I would not notice. Can you

believe how lucky I am?" We would think that person was off his rocker!

"Those who feel the love of Christ do not ask how little may be given to meet the requirements of God; they do not ask for the lowest standard..."

Steps to Christ pg. 45

Many Christians chafe at having to 'give up' certain things.

But just what are we 'giving up'?

Our sinful heart - so Jesus can purify and cleanse it!

Indulgences - that only bring suffering and disappointment!

"God does not require us to give up anything that it is for our best interest to retain. In all He does He has the well being of His children in view. He has something vastly better to offer." *Steps to Christ* pg. 46

Let's aim high this month, and not settle for the lowest standard. All heaven is interested in our happiness.

Give of your BEST to the Master.

Here's to Happiness! Pastor Ernie

Healthy Foods Report

LENTILS



A primary nutritional benefit of lentils is this: Once you have introduced them to your family, lentils will no longer be strange or unusual, but another healthy and interesting contribution to variety in every-day meals.

ABOUT LENTILS

* Lentils are not new. They have been found in archaeological sights dating to prehistory.

* Like all legumes, lentils are rich in protein, starch, and an excellent source of vitamins. The protein doesn't contain all the essential amino acids. Combining lentils with cereals, like rice or bread, provides the body with the complete protein.

* Their abundant supply of B vitamins, especially niacin, makes lentils especially beneficial for reducing cholesterol, excessive stress, and promoting general well-being of the nervous system.

* Lentils also carry significant amounts of iron, zinc, and calcium. Their content of phytic acid makes it more difficult for the body to absorb these minerals. Eating a good source of vitamin C with the lentils increases the iron absorption.
(Continued in the next column)

* Lentils are high in the group of organic compounds known as purins, which can cause uric acid salts to be deposited in the joints; they are often avoided by those with conditions involving inflammation of the joints.

* Lentils are usually red, yellow, green, or brown, and there is little nutritional difference. Their high fiber content offers a degree of protection against bowel cancer.

Lentil Stew on Cold days is great!

Amino Acids:

Of all the chemical manifestations in the universe, amino acids are without question the most incredible stuff ever to have chemically evolved. But quite amazingly, amino acids are a totally natural occurrence and just about anywhere you find liquid water, you are almost sure to find amino acids too.

More awesomely still, given stable environmental conditions and enough time, where you find amino acids you will likely find another natural occurrence, the essence we call life.

Amino acids are molecules containing an amine group, a carboxylic acid group and a side chain that varies between different amino acids.

Amino acids are critical to life, and have many functions in metabolism. One particularly important function is as the building blocks of proteins, which are linear chains of amino acids.



February Birthdays

Elizabeth Rosenberg	February 1
Windy Dare	February 6
Dell Cudney	February 7
Denis Krook	February 10
Sarah Privat	February 12
Charles Wright	February 13
Grant Griffey	February 14
Ms. Dale	February 15
Jackie Dorrington	February 16
Ed Grant	February 20
Carol Margart	February 24
Rex Buhler	February 28

Anniversaries

FEBRUARY 10
Joseph & Julia Courtney-Williams

MARCH 9
Bruce & Peggy Dewsberry

MARCH 20
Lester & Janet Margart

APRIL 19
Jon & Debbie Spoolman

APRIL 30
Brian & Jana Simon

March Birthdays

Regina Anglin	March 1
Lester Margart	March 5
Trenee Zweigle	March 6
Jody Privat	March 7
Richard Young	March 7
Brian Simon	March 9
Debbie Spoolman	March 12
Carla Youngs	March 13
Efren Arguelles	March 17
Carol Tol	March 17
Henry Willey	March 24
Madeline Anderson	March 25
Vince Dorrington	March 26
Kellie Braithwaite	March 29
Merry Lambert	March 29
Cassi Emerson	March 31

In Loving Memory



Asleep in Jesus

Pat Wright

Born: August 27, 1933

Passed away: January 25, 2010

Pat Wright was a nurse and loving wife, mother and grandmother. She helped run the family business and cared deeply about her family. She always had a pleasant smile even though she had her share of health problems. She will be missed by all who knew her. She was buried in the Willamette cemetery in Oregon on February 5, 2010. She leaves her husband, Melvin Wright and two children Chuck Wright, and his wife Linda, and son, Caleb and Carolyn Wright Selivanoff, and her husband Mark, and sons, Alexander & Anthony.

Humboldt Bay Christian School

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

School Office Secretary and Teacher Aide:
Mardy Whitchurch

Monday, February 8

No school – Teacher In-service

Tuesday, February 9

Principal's Council-
Mrs. Baker will be gone

Friday, February 12

Valentine's Day/Spirit Day – **wear red**

Monday, February 15

No School – Presidents' Day

February 20, 2010

Saturday Night

SKATE NIGHT at 6:30 p.m.

Pajama Party
Corn Dogs on Sale

March 8

Kindergarten Round-up day

Potential Kindergarten students
and parents can visit HBCS on March 8

March 19 – M-F

SPRING BREAK

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

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

**Why doesn't glue stick to
the inside of the bottle?**

Ask a teacher.

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.

We are accepting donations of
Jam & Peanut Butter or Granola Bars
that we use in the lunches we make.

We always have on-going needs
for men's socks.

Claudeene Howard
is directing this Program



Young Adult Group

Meet every Saturday night
In the Fireside room at 7:00 p.m.
For Christian Fellowship.
Bible Study, Music, and Food.

Free Movie Night is:

February 6 at 6:00 p.m.
Title: "Faith Like Potatoes"
It has been highly recommended,
So come and enjoy it along
with popcorn & juice

More dates to remember

Tuesday, February 9

Church Board at 7:00 p.m.

Wednesday, February 10

Personal Ministries Meeting
at 6:00 p.m. in the Jr. Room

Sunday, February 7

There will be a Salad Potluck at 5:30 p.m.
in honor of the new baby,
John Douglas Carter IV.
He was born January 8, 2010.
He weighed in at 7 lbs 2 oz .
His parents are John & Christina Carter.

This event is for everyone including men
and children so don't miss out on the party.
Baby gifts should be in sizes for
18 months and older.

Sunday, February 14

Valentine Supper
5:00 p.m. – Fireside Room

Saturday Night, February 20

SKATE NIGHT at 6:30 p.m.
Pajama Party / Corn Dogs on Sale

Pathfinders Humboldt Bay Trackers

News from Our Pathfinder Club

From
Julia Courtney-Williams
Pathfinder Director

Two special events are coming up in February 2010. **Valentine's Day supper is scheduled for Sunday evening, February 14, 2010 at the Eureka SDA Church fireside room at 5:00 p.m.** Ms. Dale is spending considerable time experimenting with various foods and is developing the menu.

Plans are being made for a special weekend the last weekend of the month of February 2010. Hayfork Pathfinder Club requested, several months ago, that we have another special weekend (Hayfork, Fortuna and Humboldt Bay) camping at the school. Last school year we had a Temperance Weekend where all three clubs came together at the school and had a great time together. It is difficult to relate to other Pathfinder Clubs at large when our local club is very small and isolated. Chris Miller, Fortuna Pathfinder Club Director, and others are planning the weekend's events that will include worships, recreation, earning honors and other Pathfinder activities.

Our club has only three active members (plus adult helpers) this school year, so a decision will need to be made whether or not to continue having a Pathfinder Club. If there is not enough interest and commitment, our club may have to be disbanded.

Once discontinued, it is extremely difficult to restart and continue a club. We need the commitment of parents as well as commitment of the young people to make the club a success. The purpose of the club is not to entertain, but to develop skills and leadership abilities.

Pathfinder Club is an international youth organization of the Seventh-day Adventist Church for young people aged 10-16 (grades 5 to 10). Young people who wish to remain in

Pathfinders and who have a desire to learn to become leaders (in Pathfinders and in their church and school) often remain in Pathfinders after age 16.

Pathfinders learn various skills and participate in Adventist Youth class work which increases in skill level each school year. Part of Pathfinder participation is earning Honors in various categories including Nature, Household Arts, Outreach, Arts and Crafts, and Outdoor Camping Skills.

Most Pathfinder Clubs meet on a weekly or biweekly basis each month, and attend conference level events several times a year, in addition to local club events and fundraisers. The primary purpose of Pathfinder Club is to develop future leaders for the church.

All of us could take a lesson
from the weather.
It pays no attention
to criticism.

A Message from the Community Services Team

By Claudeene Howard

This morning, as I reflect about the life of Jesus, my heart is moved with love for Him. He came to give us hope, joy, peace and a wonderful example to follow. We, in Community Services are ever so grateful for the opportunity that has been given to us to serve this Community. It is so hard this day and age to find anyone who wants to talk to you about Jesus. God's servant has told us to meet the needs of people where they are. Many folks who have all that this life has to offer do not feel a need for God. Others, like the demoniacs in the tombs of Gadara, feels their need, but do not know how to express it. But the God we know and serve reads the hearts need and silent cry of all.

We have found that the greatest need of all people in all walks of life is just to be loved. That is our great privilege and blessing to give, yes, even to the unlovely. There is not one member of your community services team that has not experienced this miracle of love for those we serve. We have been door-to-door where the stench is so bad it would make you take a step back. But the one inside was a soul that Christ died for.

We remember one such man who was paralyzed and lay in bed all day. He used a cup to relieve himself and threw it out the door. Pastor went there and gave that man Bible studies. He had to put Mentholatum on his top lip to be able to stay in the room. Each week we visited this man and we heard him tell someone that we were his best friends in all the world. One day as we called on him, the room was empty. He had gone to his rest. It was so comforting to know that a better world is waiting for our friend.

This time of the year, it is so cold and wet out there and the need for warm socks is great. If they can just keep their feet warm, it is such a comfort. We were overwhelmed by the outpouring of love by the donations of socks for the Christmas Day lunches.

We made up "goodie bags" that had shampoo, conditioners, soap, toothbrushes, toothpaste, razors, shaving cream and the beautiful warm hats that our knitting folk made and a warm pair of socks. I wish you all could have seen their faces and heard the responses. We had so much fun!

At one point, we heard a group of men singing 'Silent Night' and what beautiful voices! They were sitting on the sidewalk and their voices reached us clear down the street. Then one man named Cowboy, put his hands to his ear and said "Hark, I hear the angels coming"! He was referring to our team. It was a very humbling experience for us all.

We send our heartfelt thanks to all who responded to the call. We had been collecting the "Goodie bag" items all year long, so we had plenty. Also, thanks to all who made cupcakes for the Christmas Lunches.

New Years day we went out and the folks expressed appreciation for the warm hats. They didn't seem to care what color they got - all that mattered was the warmth.

We were also able to help the group who put on the Christmas Eve hot meal called "Miracle on Wabash". We sent boxes of clothes and all the smaller hats for children to that group. Trenee Zweigle was helping to organize that service. Thanks Trenee!

We all know that times are tough and everyone is struggling to make ends meet. Consequently the church funds are experiencing a shortfall each month. There are many needs. Funds for evangelism, utilities, church supplies and church school are all important.

Everything our church does is a work of faith and dependence upon God to supply all our needs. We so much appreciate the sacrifice of gifts that have kept this ministry going. We know that folks are giving of their own needs at times. We have had to cut back many services such as no more gas vouchers, no hotel room rentals, no helping pay PG&E bills, and much less on food boxes.

Continued on P. 8

In one month we had requests for just under \$2000.00 in PG&E bills, for help with rent, and other services. The needs are growing daily and as a team we have had to make some tough decisions. The outreach we have chosen puts us out on the street where the people are. People often stop us and ask who we are. They thank us for what we are doing. It has been a good testimony of God's love to our community. We want to thank God for providing for the needs of this ministry through His children. What a wonderful body of believers we have here in our church.

God bless you all,
From your Community Services Team.



From Trenee Zweigle
These are some responses from
"Miracle on Wabash"

Thank you to all who donated clothing, food, their time and help to the "Miracle on Wabash Street" Homeless Dinner and Event. It was a great success!

To the Seventh Day Adventist Church:
Thank you so very much for the box of food, cereal and bread you gave me. I don't have a job and didn't have anything left to eat except one package of top ramen left. Your thoughtfulness means so much to me and I would like to visit your church.
God Bless all of you, Lance Lund

Dear Adventist Church,
I'm a single mom and lost my job at Christmas. I had nothing for my son and only 4 tortillas left in the house. Thanks with all my heart for all the food and bread, everything you gave us.
Please pray for us. Thank you, Tonya

Continued in the next column

Continued from "Miracle on Wabash"

To the Eureka SDA Church Members,
Thank you for thinking of us at Christmas time and this week. I didn't have anything to give my 5 year old daughter and we didn't have any money to get groceries. I didn't know what to do and was so happy to receive your help with food, toys, and clothes.
Bless you for helping others, Maria G.

URGENTLY NEEDED:



Valentine Cupcakes for the Homeless Lunches.

**If you can make 2 or 3 dozen,
Please call: Peggy Dewsberry**

Needed by next Thursday, February 11

Have you checked our Church Website lately?

Go to: 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

Contact Information for: Ernest & Dorothy Toppenberg

Pastor Ernie's cell phone:
(530) 391-3413

Dorothy's cell Phone:
(530) 417-3413

Toll Free to their house in Camino:
(866) 647-1314

Mailing Address:
Pastor Ernest Toppenberg
PO Box 913
Camino, CA 95709-0913

A THANK YOU FROM SHIRLEY SIMON

Thank You for the cards, letters, prayers and lovely flowers sent to me after my recent accident.

I appreciate every ones love and phone calls also. I always knew the church family in Eureka was extra special but this outpouring of love is just overwhelming. I love every one of you. I will be returning to AZ in a few days; and will continue with Physical Therapy.

When able, I will answer all of the cards and letters. God Bless each one.

My address in Arizona is:
Shirley Simon
1176 N. Rams Head Rd
Green Valley AZ 85614.

Explanation Note about Shirley:
Some of reading this Newsletter who live out of our area may not know that Shirley fell at the airport and broke her hip coming down the stairs of the airplane. She had surgery in S.F. and is recovering nicely.



CRACKED POTS:

An elderly Chinese woman had two large pots, each hung on the ends of a pole, which she carried across her neck.

One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water.

At the end of the long walks from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the woman bringing home only one and a half pots of water.

Of course, the perfect pot was proud of its accomplishments.

But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do.

After two years of what it perceived to be bitter failure, it spoke to the woman one day by the stream.

'I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house.'

The old woman smiled, 'Did you notice that there are flowers on your side of the path, but not on the other pot's side?' That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them. For two years I have been able to pick these beautiful flowers to decorate the table.

Without you being just the way you are, there would not be this beauty to grace the house.

Each of us has our own unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding.

You've just got to take each person for what they are and look for the good in them.

SO, to all of our cracked-pot friends, have a great day and remember to smell the flowers on your side of the path!

