

Eureka Adventist News



**October
2010**

Eureka
Seventh-day Adventist Church
4251 F Street - Eureka, CA 95503
(707) 442-6950

Newsletter Editor
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Easy and Difficult

**Easy is to get a place in someone's
address book.**

Difficult is to get a place in someone's heart.

**Easy is to judge the mistakes of others.
Difficult is to recognize our own mistakes.**

**Easy is to talk without thinking.
Difficult is to refrain the tongue.**

**Easy is to hurt someone who loves us.
Difficult is to heal the wound.**

**Easy is to forgive others.
Difficult is to ask for forgiveness.**

**Easy is to set rules.
Difficult is to follow them.**

**Easy is to dream every night.
Difficult is to fight for a dream.**

**Easy is to show victory.
Difficult is to assume defeat with dignity.**

**Easy is to admire a full moon.
Difficult is to see the other side.**

**Easy is to stumble with a stone.
Difficult is to get up.**

**Easy is to promise something to someone.
Difficult is to fulfill that promise.**

**Easy is to say we love.
Difficult is to show it every day.**

**Easy is to criticize others.
Difficult is to improve oneself.**

**Easy is to make mistakes.
Difficult is to learn from them.**

**Easy is to weep for a lost love.
Difficult is to take care of it so not to lose it.**

**Easy is to think about improving.
Difficult is to stop thinking it
and put it into action.**

**Easy is to think bad of others.
Difficult is to give them the benefit of the
doubt.**

**Easy is to receive.
Difficult is to give.**

**Easy is to read this.
Difficult is to follow.**

**Easy is to keep the friendship with words.
Difficult is to keep it with meaning.**

Healthy Foods Report



EAT APPLES

- Apples are absolutely fat-free!
- One apple provides as much dietary fiber as a bowl of bran cereal. That's equal to one fifth of the recommended daily intake of fiber.
- Apples are loaded with pectin, a soluble fiber that aids digestion and may help reduce cancer and heart disease.
- The complex carbohydrates in apples give your body a longer, more even energy boost compared to high-sugar snacks. Snacking on apples can keep you going throughout the day.
- Apples provide boron, an essential trace element that helps harden bones. Strong bones help prevent osteoporosis.
- Apples are a natural source of health-promoting phytonutrients, including plant-based antioxidants.
- Apples and apple juice are two important foods contributing the mineral boron to the diet, which may promote bone health.
- Apples contain natural fruit sugars, mostly in the form of fructose.
- Because of the high fiber content in apples, the fruit's natural sugars are slowly released into the blood stream, helping maintain steady blood sugar levels.

Healthy is merely the slowest possible rate at which one can die.

Eating healthy:

- ~Lowers disease risks
- ~Increases productivity
- ~Gives you more energy
- ~Makes you stronger

“When the waitress asked if I wanted my pizza cut into four or eight slices, I said, Four. I don’t think I can eat eight.”
-- Yogi Berra

**Quit the soda & drink water.
Take a bottle wherever you go.**

What Is Healthy Food?	
Protein:	The building blocks of muscles for strength
Whole grain foods:	Oats, rice, pasta, breads
Fat:	A balanced intake of Omega 3, 6 & 9
Veggies:	All kinds, especially green fibrous veggies
Fruit & Nuts:	Full of vitamins & minerals
Water:	1 liter per 1000 calories you expend

“Last night I dreamed I ate a ten-pound marshmallow, and when I woke up the pillow was gone.”
– Tommy Cooper

Birthdays and

Anniversaries

October Birthdays

Gail Pittman	October 01
Kim Nethken	October 01
Linda Wright	October 02
Kimberly Arguelles	October 03
Paul Shoghi	October 08
David Privat	October 09
Cecil Williams	October 11
Jon Spoolman	October 14
Debbie Rosenberg	October 20
Gaby Saavedra	October 21
Galen Pettey	October 27
Tristan Swanlund	October 30
Linda Hopper	October 30
Karl Kuehnert	October 31
Vicki Zaliznock	October 31

Anniversaries

David & Pam Badzik	October 03
Jim & Kathy Fackrell	October 03
Vern & Debra Rosenberg	October 07
Karl & Evelyn Kuehnert	October 11
Dennis & Joyce Brandt	November 22
Greg & Carol Margart	November 28

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
Nelda Williams	November 13
Ernest Toppenberg	November 13
Thelma Stutchman	November 14
Loralei Iguess	November 16
Jessica Iguess	November 18
Dennis Brandt	November 22
Judith Rantasuo	November 23
Wanda Croan	November 26
Gladys Sipes	November 27
Sue Emerson	November 29
Jim Wilson	November 29

To laugh often and much;
to win the respect of intelligent people
and the affection of children;
to earn the appreciation of honest critics
and endure the betrayal of false friends;
to appreciate beauty,
to find the best in others;
to leave the world a little better;
whether by a healthy child, a garden patch
or a redeemed social condition;
to know even one life has breathed easier
because you have lived.
This is the meaning of success.
-Ralph Waldo Emerson

Humboldt Bay Christian School

Grades 6 – 8: Laurel Baker, Principal
Grades 3 – 5: Tammy McMearty

School Office Secretary & Aide:
Mardy Whitchurch

2010

Sunday, October 10

Rummage Sale: 8:00 a.m. – 2:00 p.m.

Pancake Breakfast: 8:00 – 11:00 a.m.

At the
Eureka SDA Church

Wednesday, October 13

Spirit Day – Pajama Day

Friday, October 15

Picture Day

Saturday Night, November 6

Fall Festival

M-F, November 22 – 26

Thanksgiving Break

You can also find items about our school
posted on the Church Website:

www.EurekaSda.org

*“Education is a progressive
discovery of our own
ignorance.”*

-Will Durant

*“Education is not the filling of
a pail, but the lighting
of a fire.”*

-William Butler Yeats

What's Been Happening at HBCS?

From Laurel Baker, Principal

Hello to our school family & friends of
Humboldt Bay Christian School

Thanks so much for coming to worship with us at our beautiful school on Sabbath, September 25. With lots of friends from our constituent churches, kids and families, yummy potluck food, and a gorgeously sunny day--what could have been better? It was such a blessing to see all of you in one place, enjoying the peaceful presence of God. All of the students worked together to present a program that would bring honor to our Creator, and we believe that all who came were truly blessed. Tammy McMearty's husband, Matt McMearty, shared with the group, reminding us all of the importance of working together to raise a Christian army of young people who want to serve God.

Another event which recently occurred at our school was the completion of our Timber Harvest Plan. Load after load of redwood trees left the school grounds since the first part of September, and our first check arrived in the mail this week. Praise the Lord for this resource that will pay for keeping the school safe and current for the students and teachers.

With the profits from the harvest, we plan to repay the loan so graciously extended to us for the gym re-roofing done in 2008, pay for the replacement of the failed windows in the gymnasium, as well as several other maintenance items.

Please encourage your friends, church members and others, to consider our school to meet the needs of their children's education.

The teachers pray daily to seek God's presence as our Leader and Master Principal. We believe He works in the hearts of all students on a minute-to-minute basis, as we see lives changed and molded to His character.

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

Young Adult Group

They meet every Saturday night
in the Fireside Room at 7:00 p.m.

for Christian fellowship,

Bible study, music, and food.

Watch for announcements
for free movie nights.

Everyone is Welcome!

Homeless Sack Lunch Program

Thursdays at 9:00 a.m.

Come to the kitchen and spread
your love with jam & bread.

~~~~~  
We would be happy to accept  
cash donations toward bulk jam  
and bulk peanut butter.

#### Please Note:

We are not accepting any  
clothing right now. We do not have  
the storage space. Please do not  
leave any clothing items under the  
dessert table or in the parking lot.

Thank you kindly.

Claudeene Howard  
is directing this program.

## Fund Raiser for Humboldt Bay Christian School

### What:

Rummage Sale & Bake Sale

Pancake Breakfast

\$5.00 per person

For Rummage Sale Donations: 822-1738

### When:

Sunday, October 10, 2010

Breakfast: 8:00 a.m. - 11:00 a.m.

Rummage Sale: 8:00 a.m. - 2:00 p.m.

### Where:

Eureka S.D.A. Church

4251 "F" Street / Eureka, CA 95503

Enjoy breakfast & bake sale while you shop!



### Attention Parents:

Please instruct your children  
to eat only in the Fireside Room  
eating area during potluck.

We are finding food & drink in  
the balcony near the PA equipment  
and used paper plates & cups  
blowing around in the parking lot.

# Pathfinders Humboldt Bay Trackers

## News from Our Pathfinder Club

From  
**Julia Courtney-Williams**  
Pathfinder Director

The Pathfinder year started out with registration and the opening meeting on September 13. The prior weekend the annual leadership convention was held at Leoni Meadows. Interestingly, 8 new Pathfinder clubs have formed in the Northern California Conference this year.

The Northern California Conference Pathfinder Camporee cannot be held at Lake Mendocino as usual this October, because of high levels in the lake, flooding of the entrance road, and some park maintenance.

The Redwood Area Campground is the location this year for the weekend of October 7-10. Included in the activities will be "community service", which will be some clean up and maintenance work at the campground on Friday morning including staining of picnic tables and nature trail maintenance. Humboldt Bay and Fortuna are the only clubs in Area I.

Hayfork has requested another campout at Humboldt Bay School with our club hosting and Fortuna Club also attending. The weekend of December 10-12 is still pending.

We started out the school year with immediately starting to work on Advent Youth classwork, as it takes a lot of steady effort to complete the requirements during the school year.



## Labels for Education

### HBCS is Saving Box Top Labels for Education

You can find them on many products you buy, such as Campbell's soup cans, Kleenex boxes, cake mixes, etc..

We want the whole church family to get involved with this, because our school earns needed money from this project.

Give your labels to Ms. Dale or Cecil. There is also a slot in the church mailbox area labeled "Investment Labels" on the far upper right of the mailboxes. You can put them in that slot in an envelope.

Ms. Dale collects them each week and gives them to Mardy Whitchurch at the school so they won't get lost or misplaced.

### The labels look like this.



## Message from the Community Services Team

### “The Miracle on 2<sup>nd</sup> Street”

By Claudeene Howard

We read in the Gospels about the miracles of Jesus walking on water, calming the storm, healing the sick, casting out demons and feeding the five thousand, etc., and we marvel at His power. But in the back of our minds there may be a fleeting thought, “that was then – this is now .”

During camp meeting we went out with the Collegiate group to distribute lunches to the Homeless in Eureka. The Homeless people were so happy to see us, because we had told them we would be gone for 2 weeks. We had 2 cars out and Pastor Spoolman’s car had most of the lunches. Our van took the bridge behind Target and Old Town. By the time we got to The Mission, we had gotten separated from the 2<sup>nd</sup> group and we were running out of lunches. There are usually about 20 to 25 men at The Mission and we only had 6 lunches left. I suggested that we go in anyway and hoped that the other group would show up with more lunches. Now I want you to realize that we had counted exactly 6 lunches and that is all we had.

There had to be at least 15 men there. We started passing out lunches and talking to the men. When the lunches were gone, I asked how many did not get a lunch. Every man had a lunch and one man had two. You do the math! I ask you, does God care about these homeless men? What a wonderful Saviour.

Today I heard a story about a Second Street drunk who for 10 years lived on the streets. One day someone offered him a sandwich and some encouragement. Today he is a strong Christian and works as a counselor for people going through a recovery program.

We may not see immediate results from this ministry and we may not know results until eternity. I’m so happy that the results are not our responsibility. It is God’s, and He will work His will in His time and we just need to keep on keeping on for Jesus!

What a privilege is ours to be His hands and His feet! We see the miracles in our day and know that He is God. The same God who parted the Red Sea and the Jordan River has promised to be with us to the end of time. Again I say, what a wonderful Saviour.

Thank you for your faithful support of this ministry. We are getting low on socks and winter is just ahead of us. It would be great to have a good supply before the rainy, cold weather comes our way. Please keep this in mind.

Thanks again from your Community Services Team.





*Butterflies can see  
red, green, and yellow.*



## Thanksgiving

**In all things, give thanks.**  
*-Holy Bible*

**A thankful heart is not only  
the greatest virtue,  
but the parent of all other virtues.**  
*-Cicero*

**Give thanks in all circumstances;  
for this is the will of God  
in Christ Jesus for you.**  
**-1 Thessalonians 5:8**

### October

by  
Robert Frost

O hushed October morning mild,  
Thy leaves have ripened to the fall;  
Tomorrow's wind, if it be wild,  
Should waste them all.

The crows above the forest call;  
Tomorrow they may form and go.  
O hushed October morning mild,  
Begin the hours of this day slow.  
Make the day seem to us less brief.

Hearts not averse to being beguiled,  
Beguile us in the way you know.  
Release one leaf at break of day;

At noon release another leaf;  
One from our trees, one far away.  
Retard the sun with gentle mist;  
Enchant the land with amethyst.  
Slow, slow!

For the grapes' sake, if the were all,  
Whose elaves already are burnt with  
frost, Whose clustered fruit must else be lost--  
For the grapes' sake along the all.

*"The leaves fall patiently  
Nothing remembers or grieves  
The river takes to the sea  
The yellow drift of leaves."  
-Sara Teasdale*



# What's been happening at the Eureka Seventh-day Adventist Church?

## Wedding in the Redwoods Held at the Eureka SDA Church



Jessica Slusser & Marshall Brayton were married behind the Eureka SDA Church under the beautiful Redwood trees on August 15, 2010.

## Seminars Held in Eureka

In August 2010 the Eureka SDA Church had a very successful seminar held by Jack Pefley. He kept the audience captivated with his lively and entertaining presentations.

In September 2010 the Eureka SDA Church was blessed with a Guest Relations Seminar hosted by Robin & Henry Martin.

We learned how to greet our guests when they arrive at our church and how to show more brotherly love with expertise to our fellow members.

The climax of this seminar was a vegan dinner presented by Galen & Laurie Pettey with a presentation on the benefits of eating vegan by the Martins.

They have traveled around the world presenting their vegan life style. The stories of their experiences were fascinating and educational to all who attended.

## WELCOME! New Members in 2010 From the Eureka SDA Church family

### 2010 Baptisms:

1. Zachary Courtney
2. Tim Kerr
3. J.T. Santos
4. Jesse Shoghi
5. Walter Wilburn
6. William Wilburn

### 2010 New Members Membership Transfers:

1. Connie Nethken
2. Kim Nethken
3. Leota Nethken
4. Wilma Spain

**A Thank You from the Toppenbergs**  
“Thank you everyone, for your loving words and thoughtful gift at the meal in our honor. We treasure your friendship and we will keep your memory deep in our hearts.”  
Pastor Ernie and Dorothy Toppenberg

(Their card to the Church family is on the Church bulletin board)

## A “Big Thank You” from Margaret Jonas

Your donations to the “Mailing Fund” for mission items is greatly appreciated.

### Items mailed in

### August/September 2010 were:

- ~14 lbs of mission items to Gyana
- ~19 lbs of mission items to Jamaica

## 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

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 CDs of the sermons, just call Ms. Dale – (707) 443-1164

Webmaster: Ms. Dale  
[ms-dale@suddenlink.net](mailto:ms-dale@suddenlink.net)

## Church Library

There are also a number of good books in our Church Library for your spiritual growth. Take a look and check out a book. Be sure to bring back any books that you have finished reading so others can enjoy them.

For questions about this library, please contact Bob Howard, our Church librarian.

## Sermon CDs are Available

If you want a CD of any of our sermons, please contact Ms. Dale.

We have sermons available from 2006 – 2010.

If you want a list of sermon titles, speakers & dates, please contact Ms. Dale. This way you might see something on the list that you would like to have. You may also call the Church Office to leave your order.

The sermons are also on-line on the Church website:  
[www:EurekaSda.org](http://www:EurekaSda.org)

## Story Library

Take a look at our Story Book Library. There are some really great story books for children and adults.

If you have any questions or donations for this library, please contact our Story Librarian, Dorothy Price.

Don't forget to bring back your books when you are finished reading them so others can enjoy them.

## Bible Study Material

If you are in need of Bible studies or Bible study material or media aids, please contact Evelyn Murphy-Kuehnert, our Personal Ministries Director.

You may also call Janet Margart in the Church Office or contact Ms. Dale and they will contact Personal Ministries for you. We might be able to supply your needs.