

# Eureka Adventist News

February



2012

Eureka

Seventh-day Adventist Church  
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*From the Desk of  
Pastor Bill McVay*

## “IT IS WELL WITH MY SOUL”

I was reading again today that glorious Bible chapter, Romans 8, which reminded me of the old hymn that says, “When peace like a river attendeth my way, when sorrows like sea billows roll ...” Those words acknowledge an obvious truth. Life is a mixed bag, a hodgepodge of good and bad, of joy and sadness, of tragedies and treasures. Romans 8:18-39, reminds us of our personal, spiritual needs amid today’s numerous challenges.

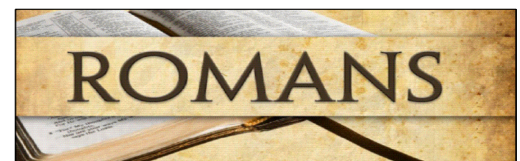
1. We need perspective (vs. 18). Suppose you were given a free month’s vacation at a fabulous resort, but you encountered a stretch of bumpy road getting there. Would you say, “I’m sorry we ever started out!”? No, you’d say this bit of aggravation isn’t worth comparing with the joys of our month long vacation.

2. We need patience (vss. 19-24). We’re in the “groaning” period of earth’s time span, but better days are coming. Eternity is ahead. We must wait for it patiently.

3. We need providence (vss. 25-30). As the Holy Spirit prays for us, the Heavenly Father sees to it that all things work together for our good. Father sees to it that all things work together for our good.

4. We need praise (vss. 31-39). This chapter ends with a doxology of worship, and that attitude infuses us with triumphant joy. “What then shall we say to these things? If God is for us, who can be against us ... who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? ... yet in all these things we are more than conquerors through Him who loved us.”

**THEREFORE:** When peace like a river attends our way, when sorrows like sea billows roll, take time to read Romans 8 and say, “It is well, it is well, with my soul.”



# Healthy Foods Report

## FEBRUARY IS NATIONAL HEART MONTH

### Some Healthy Foods for the Heart:



1. **EAT WALNUTS EVERY DAY** was the surprising "prescription" Tuvana Bain, M.D., delivered at my annual checkup this year. Just back from a medical conference, she advised that eating a few handfuls of walnuts every day could significantly lower my levels of endothelin, a natural compound that causes inflammation of arteries and plaque buildup in blood vessels and contributes to heart disease, which is still the leading cause of death in the United States. Use them in your cakes, breads & cereal.



### 2. **ASPARAGUS:**

Asparagus is high in saponin, a phytochemical that binds with bile acids and cholesterol, washing these fatty compounds from the body. One serving of asparagus does not contain an effective dose, but including saponin-rich foods like quinoa and alfalfa sprouts in your diet has a cumulative beneficial effect. Asparagus also contains anti-inflammatory nutrients like folate and vitamins C and D.



### 3. **CHOCOLATE:**

Long considered a temptation to sin, chocolate has recently been elevated from a special-occasion treat to a daily staple. One impressive 2006 analysis at the University of Scranton in Pennsylvania showed that eating about six ounces of dark chocolate per day significantly inhibited atherosclerosis and lowered low-density lipoprotein (so-called "bad" cholesterol) and triglycerides, raised high-density lipoprotein, and protected the lower-density lipoproteins from oxidation. The same report found that cocoa contains phenols--antiseptic, anti-inflammatory compounds that reduce the risk of heart disease by keeping fat-like substances from oxidizing in the bloodstream and clogging the arteries. Happy Valentine's Day!

Healthy Heart



Healthy You

- Q. What is the only food that doesn't spoil?
- A. Honey.



## 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
Francisca O'Donnell	February 22
Carol Margart	February 24
Rex Buhler	February 28

Wishing you  
the happiest of  
Birthdays

## Anniversaries

**FEBRUARY 10:**  
*Joseph & Julia Courtney-Williams*

**MARCH 9:**  
*Bruce & Peggy Dewsberry*

**MARCH 20:**  
*Lester & Janet Margart*

*Count your life by smiles,  
not tears.  
Count your age by friends,  
not years.*

## March Birthdays

Regina Anglin	March 1
Lester Margart	March 5
Jody Privat	March 7
Richard Young	March 7
Duane Brown	March 11
Carla Youngs	March 13
Efren Arguelles	March 17
Henry Willey	March 20
Joann Nix	March 20
Madeline Anderson	March 25
Laura McVay	March 25
Vince Dorrington	March 26
Merry Lambert	March 29
Cassi Emerson	March 31

# Humboldt Bay Christian School

Grades 5 – 8: Opal Singer, Principal  
Grades 1 – 4: Tammy McMearty

School Office Secretary and Teacher Aide:  
Mardy Witchurch

**Sunday, February 12:**  
Valentine Dinner at 6:00 p.m.

**Tuesday, February 14:**  
Valentine's Day / Spirit Day  
Wear Red

**Monday, February 20**  
No School – Presidents' Day

**March 26 – 30:**  
SPRING BREAK

**April 9 – 13:**  
Spring Week of Prayer

You can also find items about our school  
posted on the church website:

[www.EurekaSda.org](http://www.EurekaSda.org)

or

[www.humboldtbaychristianschool.org](http://www.humboldtbaychristianschool.org)

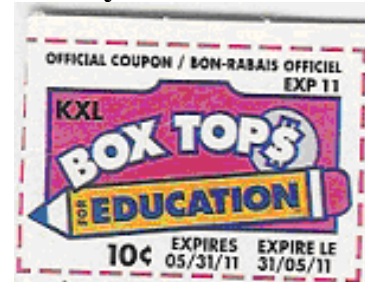
Why doesn't glue stick to the  
inside of the bottle?

Ask a teacher.

## Box Top Labels for Education

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

They look like this:



You can give them to  
Mardy Witchurch or Ms. Dale.

Ms. Dale is also saving  
Loma Linda/Worthington  
and Campbell's labels  
for Fortuna Jr. Academy



## ♥ Valentine Dinner ♥

Home & School Fund Raiser

Sunday, February 12

\$ 8.00 per person

\$ 4.00 for children ages 6-12

Children age 5 and under eat free

Choice of Lasagna or Spaghetti Dinner

Call Ms. Dale for reservations

at: 443-1164

6:00 p.m. At the School

## 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 contact: Mark Dare

#### **Young Adult Group**

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

#### Homeless Sack Lunch Program

Thursdays at 8:15 a.m.

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

We are accepting donations of  
jam & peanut butter or granola bars  
that we use in the lunches we make.

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

Claudeene Howard  
is directing this program



**GOD IS** 

**Welcome**  
to our church family

#### *New Church Members:*

- Carol Carter
- Vicki Casey
- Richard Swanlund

*We are happy to have  
you in our church family.*



## *Sweetheart Brunch*

**Sunday, February 19**  
**10:00 a.m. at the church**  
Ladies will be served  
by the gentlemen.



## More dates to remember

**Sunday, February 12:**

**Valentine Dinner**  
6:00 p.m. – At the School  
(See page 4 for more details)

**Tuesday, February 14:**

Church Finance Meeting: 6:00 p.m.  
Church Board: 7:00 p.m.

**Saturday Night, February 18:**

**SKATE NIGHT** at 6:00 p.m.  
At HBCS  
Food will be on sale: Dogs & Burgers

**Sunday, February 19:**

**Sweetheart Brunch**  
10:00 a.m. at the church

**Thursday, February 23:**

**Sacred Piano Concert**  
by Dr. Calvin Taylor  
7:00 p.m. at the church  
A freewill offering will be taken.

**Sunday, May 13:**

**Yard Sale at the Church**  
Proceeds go to the  
**Bathroom Project**  
(See the next column for more details)

*~ I've learned that it takes years  
to build up trust, and  
it only takes suspicion,  
not proof, to destroy it.*



## YARD SALE

At Eureka SDA Church

Proceeds go to the  
**Bathroom Project**

The Deaconesses are planning a Yard Sale on Sunday, May 13, 2012. The proceeds will go to the Bathroom Project.

Please start saving items to donate. Since we don't have room at the church to store items, please keep them for us and bring them nearer to the date of the sale.

There will be more instructions as to when and where to bring items at a later time.

In the meantime, start saving items now for us to sell in May.

Watch for more details later.

Thank you for your support.

Don't forget to put your change in the bottle in the foyer. God will bless our coins and our efforts.

Let's support the Bathroom Project and get it finished.

# Pathfinders Humboldt Bay Trackers

## News from Our Pathfinder Club

From  
**Julia Courtney-Williams**  
Pathfinder Director

Pathfinders traveled on foot door to door on McFarlan Street in Eureka the evening of October 31, 2011, inviting neighbors to donate canned or other non-perishable foods to community services (Eureka & McKinleyville Churches). In addition to our 3 club members, another 2 eighth-grade girls accompanied the group. In one hour the group collected about 60 items. Another 21 items were donated during Fall Festival at HBCS. The items were divided and distributed to community services leaders of both churches.

During Fall Festival at HBCS in November, the Pathfinder Club operated the "jail" and made many arrests, helping the Home & School for HBCS.

The Pathfinders + staff had a winter campout at HBCS on January 6-8, 2012, with four Pathfinder Clubs (Humboldt Bay, Fortuna, Hayfork and Ukiah) with close to 50 people attending. The program began with Friday evening worship, and continued throughout the weekend with worships, Bible skits, working on Honors such as Basic First Aid, Basic Rescue, Maple Sugar, Fossils, Cacti, Lashings, etc. Other activities were knot tying and drilling and marching. Chris Miller of the Fortuna Club planned and directed the weekend's activities. On Sunday morning we had a workbee with staff and Pathfinders helping do clean-up of the school.

Continued in the next column

The Pathfinder Variety Hour was held on January 28. We had a great response from both churches. Offering + food sales totaled \$429.82. Thanks to all who attended.

Annual club inspection takes place on February 27, and a work-a-thon will be planned for this Spring, probably in Old Town Eureka.

All of our church family youth are welcome to be in the Pathfinder Club.



**Henry T. Bergh died July 15, 2011,  
at the age of 93.**

**He was born May 24, 1918,  
in Spokane, Wash.**

Mr. Bergh worked for the Seventh-day Adventist Church for 40 years as a treasurer, pastor, and for the church's youth organization, hospital administration and trust work. He was one of the original founder's of the church's world-wide Pathfinder Club. He composed its theme song, designed its flag, and wrote several of the club's training manuals. He also authored a devotional book for young people called "Upward Trails."

He was director of Camp Wawona's youth ministries for eight years, and worked in real estate in Fish Camp for 22 years.

Mr. Bergh served as president of the Yosemite Gateway Association of Realtors for several terms. He was a member of Rotary International and served on many community committees throughout his life.

[www.pathfindersonline.org](http://www.pathfindersonline.org)

## **A Message from the Community Services Team By Claudeene Howard**

This last year just flew by so fast it was hard to keep up. It seems like the hurrier I go, the behinder I get! The present economy has many people facing hard times. This time of year is especially difficult as the weather is so harsh. The socks that the church provides for the homeless are a blessing.

As you all know, the price of food has gone up dramatically. The calls for help are numerous and range from food to utilities, car repairs, motel rooms, medicine and rent. We are having to make referrals to other resources as our budget is limited.

This week I received a call from the man who organized "Coats for the Cold." He is donating coats to us because he knows we use them for the people we serve. Last year he supplied the Fortuna, Eureka and McKinleyville Community Services with coats. What a blessing! He sets aside the XXX-large ones for us.

We love all the fellas from Teen Challenge. They get so excited when they see us drive up. They actually try to wait for us each week before they take off for work. They love the literature that we put in the lunches. We were privileged to be invited to join their morning worships. They were singing their hearts out. It was a real blessing and sent us on our way with our hearts singing.

We don't have room to store clothes, so any clothes that come in, we take to the St. Vincent's Free Meals & Shower Rooms Program. If you do bring gently used clothes, please be sure they are clean.

Also, there is a need for nonperishable foods. You may leave them on the table in the chair room next to the kitchen.

Continued in the next column

I am always amazed that God sends people to help make the sack lunches. Last week all our regular workers were not able to come, except for Gary Klemp. I thought it would take us all day. Ed Weeks heard I was short of help and he sent Sandy and their daughter, Jennifer, to help, and then Cecil Williams also came. We were done and out of there by 9:30 a.m.! What a boost.

Thanks Ed, Cecil and all. God bless you! And I praise God that He has sustained this project for such a long time. It has been so appreciated by those in need in the community. As I have said before, it's not just the food that touches their hearts, but the fact that we are people that care for them. We hear that many times each week. The smiles on their faces are precious.

So once again we want to thank you all for your support. You are all a valuable part of the Community Services Team.

### **Urgently Needed:**



#### **Valentine Cupcakes for the Homeless Lunches**



If you can make 2 or 3 dozen,  
please call:

**Peggy Dewsberry at: 441-4945**

**Needed by Thursday, February 9**

**Peggy can give you a cake mix  
to use if you want one.**

**Just let her know.**



**The newspaper article from the  
Tri-City Weekly is on page 9.  
It tells about "Coats for the Cold".**

# Shunning shivering

## Coats for Cold meets its target



### Tri-City Weekly

Today (Tuesday) is the last day of the annual Coats for the Cold drive to gather new and gently used coats for distribution to children and adults in need of warm outerwear.

Organizer Robert Lohn said last week that he was within just a few garments of meeting his goal — 1,000 coats. And that doesn't include the roughly 1,500 other sweaters, fleeces and hoodies that North Coast community members have donated. A total of 35 schools signed up to do coat drives and raise funds for the effort from Bridgeville to Trinidad. Those generous donations have already made their way to those in need of a way to keep the winter cold at bay. On Jan. 18, he said, 46 new coats were delivered to the Boys and Girls Club of the Redwoods and just last week, Lohn said, case managers from the Humboldt County Department of Health and Human Services stopped by and picked up coats for distribution to those in need.

Others have been particularly generous in purchasing and donating coats including some six brand new London Fog children's coats. Many times, Lohn said, he has picked up donations at the drop-off sites to find bags of new coats with the tags still attached. This year, he added, the staff and residents of Timber Ridge in Eureka and McKinleyville joined in collecting about 70 coats, while the participating schools have been equally busy. McKinleyville Middle School and Dows Prairie School, he said, have thus far contributed 100 coats each to the effort.

Lohn estimated that some 200 volunteers have stepped up to pick up and sort the donations. The Hydesville Community Church, which has been picking up donations in the Eel River Valley, will be distributing those coats on Saturday from 8 a.m. to 3 p.m. in the Safeway parking lot on South Fortuna Boulevard.

Although the Coats for the Cold drive ends today, Tuesday, there's still time to purchase a coat and deliver it to one of many collection bins that will be in place through the end of the day. For a complete listing of the drop-off sites, visit [www.coatsforthe cold.org](http://www.coatsforthe cold.org).



Gail & Claudeene making sandwiches for the homeless



# February

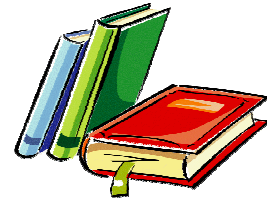
- ~ The birth flower for February is the Violet.
- ~ February's birthstone is the Amethyst.
- ~ February is Black History Month.

*Take away love  
and  
our earth is a tomb.*

~Robert Browning



**Love is kind  
and is not jealous;  
Love seeks to give others  
something of benefit for their  
welfare, and consequently,  
rejoices when they do benefit.**



## Church Library Books

There are many books from our library that are out there just sitting somewhere collecting dust. Some have been out as long as 19 years. The library books are to be checked out for 90 days, and then need to be returned so others can read them.

If you haven't read it in 90 days, you probably will not. So please return your library books that you are not reading.

There are many library books that others are waiting to read if they were available.

Bob Howard, Librarian



## Church Story Book Library

Please check your bookshelves at home for Story Library Books.

Several storybooks are still out and need to be returned so that others can read them.

Dorothy Price, Story Book Librarian



**DR. CALVIN TAYLOR, CONCERT PIANIST**  
will give a sacred concert in the  
**Eureka Seventh-day Adventist Church**  
on **Thursday, February 23, 2012**  
at **7:00 p.m.**

**Everyone is welcome.**  
**Come and bring a friend.**

**A free-will offering will be taken to help**  
**with travel expenses for Dr. Taylor.**

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





**Orleans SDA Church/School 50th Anniversary**  
**April 14-15, 2012**

**Former and current members, alumni are invited  
for special services and activities.  
Good quality photos of members/alumni and activities needed.**

**Send photos to:**

**Roger Williams**

**PO Box 241**

**Orleans CA, 95556**

**(Photos will be returned)**

**E-mail digital photos to: [orleansadventist@gmail.com](mailto:orleansadventist@gmail.com)**

**Contact:**

**Roger: 530-469-3341**

**Church address:**

**240 Ishi Pishi Road**

**Orleans, CA 95556**

**Find us on Facebook.**



**Have you checked our church website lately?**

**[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
  - ~ Orleans SDA Church

Our on-line sermons are in MP3 format. You can listen from your computer or download them to your iPod or burn a CD.

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

**Sermons  
on CD**



## **Sermon CDs are Available**

If you want a CD of any of our sermons, please contact Ms. Dale: 443-1164

We have sermons available from 2006 – 2012.

If you want a list of sermon titles, speakers & dates, please contact us. 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)**

**One day your life will flash  
before your eyes.  
Make sure it is worth  
watching.**