



The Vine & the Branches

May 2016

MAY this be a great month for all of us! MAY we love and share Jesus more and more!

I have been re-reading the book of James recently - something that we all should pay attention to. Following is James 3:17, 18:

But the wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to others. It is full of mercy and the fruit of good deeds. It shows no favoritism and is always sincere. And those who are peacemakers will plant seeds of peace and reap a harvest of righteousness.

Let's try to be peacemakers, always!

Karen Maas, Vine and Branches editor



PRAYING TOGETHER

Every Sabbath morning, 8:45am, join us in the Prayer Room before Sabbath School and church. It provides us with a time to come together in praise and thanksgiving, and present the needs of members in prayer each week. The Prayer Room is the classroom across from the Mothers' Room, in the back of the church foyer. – Donna Schacher

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Dear Church Family,

I overheard the other day an argument going on, a "he said, she said." The longer it was going on, the more escalated it was getting. Faces were getting redder, veins popping out, and resentment was building. Later I was reading in Philippians where the apostle Paul was talking about a pure heart. It got me to thinking about whether it is possible to have a pure heart and be that mad. See, as I was listening to the argument it seemed to have both facts and assumptions to it. We can interpret facts sometimes in completely different ways.

You have probably heard the story of the woman who recognized that her man was not paying attention to her. Through a series of thoughts and a few questions, she assumes the silence to mean that he does not or is not caring anymore, and maybe likes someone else. Then the story turns to the thoughts of the man and he is thinking about his motorcycle. He was not even thinking about the relationship. Facts and our interpretation of them can be a problem. So how does one have a pure heart and yet deal with real life including facts that point in a direction that you are uncomfortable with? Our natural desire is to blow up, get mad, plot revenge, tell others, and build resentment. Some people prefer to build a case against someone only relying on a few facts and a lot of assumptions. But what if you are wrong? How foolish we would feel building up all the emotion and issues when it may not even be so. How disappointed would Jesus be in us if we choose to believe our assumptions rather than the truth?

If the man and the woman who I overheard would have listened to each other, they might have had a different understanding. Yes those interpretations could have been correct, but my guess is that most of our assumptions are not only incorrect, but also devoid of understanding where someone may be coming from.

There is a text that I think applies in this situation. 1 Corinthians 13:4 says this, "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres." This is the law of what love is. When we fight, we often violate many of these laws of love. We lose patience, become

unkind, we boost our own pride in what we think, we dishonor that other person in our actions and words, we seek after what we want rather than what may be best for the other person. We lose trust and hope in that other person. We even keep a tally of what was said so we can use it against them in the argument, or boasting our win to others. We are not protecting, and certainly not trusting.

So the million dollar question is what do you do when you fight? Listen to learn the truth. Try to find a way to understand what is happening. Set aside your anger for a love of truth. Even if you are right, do not pride yourself in your rightness. We are either both winners through love or we are both losers from lack of love. Jesus wants love to win always. In other words, if you are not seeking a relationship of love, we may be working more from Satan's kingdom than from God's. May the Son of God shine on you with rays of joy, peace, and love. May Love always win. Have a great month.

Love & Prayers
Pastor Ballard

SABBATH PROBLEMS:

Do you struggle to explain your convictions about Sabbath or labor unions to your employer? Are you being asked to work on Sabbath? The Northwest Religious Liberty Association can help. Call Greg Hamilton and Rhonda Bolton at 360-857-7040.'



May Anniversaries

- 05 David & Shelly Cate
- 10 Charles & Connie Cook
- 15 Roberto & Jennifer Ortiz
- 19 Doug & Penny Ausmus
- 20 Scott & Mary Marjen



May Birthdays

- 02 Chet Schmeckel
- 02 Season Young
- 03 Marcel Ventura
- 03 Tracy Weakly
- 05 Charles Cook
- 05 Alfredo Rendon
- 06 Lisa Maas Minner
- 06 Kendra Weakly
- 08 Iantha Journey, in memory!
- 10 Brittni McCart
- 14 Lorigene Keightley
- 14 Julia Thatch
- 15 Cory Cinquini
- 16 Mayra Gurerra
- 20 May Buck
- 20 Karen Maas
- 24 Ted Saufley
- 25 Glenda Edgerly
- 26 Lena Auvil
- 26 Jody Thatch
- 29 Melvin DeLeon
- 31 Alvaro Reyes
- 31 Zach Whitley

A special feature health post by Cindy Buell. Cindy is a registered nurse of twenty-six years. She has worked in a variety of healthcare areas, almost every unit from med/surgical and Same Day Surgery to Intensive Care Unit and Emergency. She is currently retired.

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Sunshine... who needs it?



Sunshine. Oregon. Hmmmm ... sometimes they both occur simultaneously. Yes, occasionally we see it, often we don't.

We all covet those warm, yellow rays as we long for more fresh air, time in our yards, or a dry soccer field. However, there is more to this craving than mere activity.

Because Vitamin D is fat soluble, it doesn't clear your system with water, so doctors and nutritionists in the past have feared too easy an overdose. When put to the test, they've discovered that many people in our area are seriously lacking in this essential vitamin.

Oregon, or any place above the forty-fifth parallel in the Western Hemisphere, is Vitamin D geographically challenged. We need twenty minutes outside with bare arms at least three times a week *in summer*. This may be effective during winter for anyone living closer to the equator, but here in Oregon, all good intentions are lost.

We could hang out under the winter sun all day, every day, wearing no clothes, but we just won't make enough Vitamin D. I don't recommend putting that to the test, but if you do, do *not* mention my name when the police arrive, please. Oral sup-

plements are a far better alternative to fingerprinting – and much more effective.

A deficiency of this nutrient coveted from our closest, albeit elusive, star may contribute to obesity, heart disease, depression, cabin fever, diabetes, and osteoporosis, as well as many other undesirable conditions. We rarely suspect a low Vitamin D level though, since these diseases claim many other more popular causes.

Vitamin D is not a "snake oil treatment" that cures everything, but Dr. Cannell puts Vitamin D's cause-and-effect in perspective in his video, which can be viewed at www.viddler.com/v/706046a6. It is a worthy six-and-a-half minutes.

Correcting this deficiency is now popular, and many people fearlessly take quite large amounts of the supplement. Each person's need varies, which is why it's best to test rather than guess. After testing blood levels, your doctor may prescribe a three-month regimen and then test again. The average daily dose runs between 1000–5000 international units a day. I was recently advised by my Oriental immune doctor that any supplement made in China is completely ineffective, so it's best to research the country of origin before purchasing any vitamin.

Vitamin D is best obtained year around by sunlight, should your home be closer to the sun than this state. If you are geographically challenged, pursue this with your doctor especially if you are prone to winter depression, diabetes, heart disease, or have multiple sclerosis.

Vitamin D ... who needs it? We do!

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Next month: Temperance
By Cindy Buell