



# The Vine & the Branches

April 2016

Spring! New growth, all around us.

Genesis 1:14-18:

*Then God said, "Let lights appear in the sky to separate the day from the night. Let them be signs to mark the seasons, days, and years. Let these lights in the sky shine down on the earth."*

*And that is what happened. God made two great lights—the larger one to govern the day, and the smaller one to govern the night. He also made the stars. God set these lights in the sky to light the earth, to govern the day and night, and to separate the light from the darkness.*

*And God saw that it was good.*

This last week of March-going-into-April has been such a treat! Not just the amazing sunny days, but each night, or early morning, looking up at the clear, clear sky and seeing so many stars! Spring days and nights are reminders of creation--we serve a wonderful God!

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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## From the Pastor's Keyboard

Dear Church family,

I would like to take a minutet to talk to all the church family. I have been your pastor now for many years. I am going to ask our church family to do something that I feel is lacking in our church. We have such able-bodied, talented, and amazing ladies who can accomplish so much when they set their minds to do it. Many a church program would not have happened if it were not for these amazing ladies. We also have some amazing men in this church family. Men who are hardworking, skilled, and smart. This church is capable of doing what needs to be done. But I see a very real lack, or problem we have. We don't pray enough and we do not rely on God enough. One of the problems of such talent and ability is that we rely on our own strength. Prayer of faith can move a mountain, yet we pray so little. When we do have problems we are quick to try to figure them out rather than to pray about them. We assume we know what God wants.

Here is what I am asking: Please have family prayer time at home. Please get together in small groups and pray(not just to hang out). Please pray for one another. Pray for our youth. Pray for our growth. Pray for the very steps we take in making decisions. Pray for our leaders. Pray for each other;s salvation. If prayer is really all that powerful, then why not pray? Read James 5:13-20. Do you believe? Would someone be able to find truth in your life that your really believe in the power of prayer?

Have a great month!

Love & Prayers  
Pastor Ballard

## SABBATH PROBLEMS:

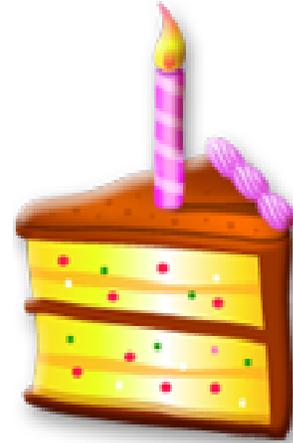
Do you struggle to explain your convictions about Sabbath or labor unions to your employer? Are you being asked to work on Sabbath? The Northwest Religious Liberty Association can help. Call Greg Hamilton and Rhonda Bolton at 360-857-7040.'





### April Anniversaries

- 06 Ed & Violet Keightley
- 15 Bill & Fran Cady
- 17 David and Oiy Hawke



### April Birthdays

- 02 Andre Edgerly
- 05 Alex Ortiz
- 05 Michele Whitley
- 06 Christian Hereford
- 07 Brad Bynum
- 08 Steve Clevenger
- 11 Dagny Adamson
- 12 Graciela Sosa
- 14 Cody Whitley
- 15 Erik Rotan
- 17 Micaiah Martin
- 19 Trinity Pollay
- 20 Brandon Kokinos
- 21 Miguel Lara
- 23 Bret Hereford
- 23 Tommy Kokinos
- 26 Kekoa Henley
- 26 Ruben Ventura
- 27 Sherrie Hines
- 27 Vern Mulholland
- 29 Elie DeLeon
- 29 Gracie Edgy
- 29 Jiji Hawke

*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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## **Water - How Much Do We Need?**

By Cindy Buell

The timing of this article might be a bit askew. This year, the news reports our annual “dose” of rainfall was met in the first three months. I don’t know about you, but I seem to loath the liquid each time I walk outdoors. Of course it isn’t because I don’t appreciate water, but it can really get in the way at times. If we can just get through spring, we Oregonians generally recognize the blessing of rain, the secret behind our state’s natural beauty. I admit, sometimes it’s hard.

Water is really the secret behind many good things. It boosts our own health and beauty, yet it is rarely given adequate attention or utilization. Our society has so many popular substitutes such as soda, coffee, teas, juices, and more. The good news is that since bottled water hit the shelves, drinking the pure liquid has become much trendier than years ago.

Though medical theory now says that you need only drink water if you are thirsty, it’s important to realize that the more impurities we put in our body (like coffee, tea, and soda), the more our body requires cleansing with pure water. Even if we eat the best possible diet, our

cells need to be cleansed from the natural byproducts of metabolism. And since water is essential on the cellular level, consistent adequate hydration improves the function of each body system from skin to heart to intestines.

On that note, our triage desk received an amazing number of calls asking for advice on constipation. Those affected with this most inconvenient condition will receive an amazing benefit from drinking a large glass of warm water and taking a short walk half an hour prior to breakfast.

It is encouraging to know that, with a little observation, we *can* be sure just how much water our bodies need to function optimally, thereby decreasing potential for many maladies including bladder and kidney infections or even kidney failure.

To determine your optimal level of hydration, simply monitor the color of your urine and drink enough clear, clean water throughout the day to avoid any tint of yellow. If you drink alternative beverages, it’s best to add those to your regimen only after your urine is colorless from drinking water.

The first week after increasing your water intake, you may feel like you’re visiting the restroom way too often. Don’t give up. Since concentrated urine is an irritant, your bladder will quickly get used to a much larger

volume of the less-irritating dilute urine and your frequency will return to normal.

It is best to avoid beverages with caffeine or alcohol (such as Kombucha teas) altogether, even in minute amounts, as they tend to increase dehydration and have other untoward effects. Should you decide to partake these, increase water intake 2:1 to the volume of these beverages.

I highly recommend monitoring your city's water quality at least annually. Lafayette residents may want to note that the city is in "minor" violation of water quality standards resulting from byproducts of dissolved organics reacting with chlorine, the side effect being increased potential of colon cancer. Where it is not an emergency, boiling will not help, so an alternative drinking water source, such as R/O water in the bulk from WINCO at 30 cents a gallon, may be prudent if you drink a lot of water from home especially if prone to any colon issues. Again, this isn't urgent or critical. You may reference your Lafayette's city newsletter for details or contact me with any questions at [cindybuell@aol.com](mailto:cindybuell@aol.com) or 503-437-3231. After my recent check on McMinnville's and Newberg's water, I am confident of no worries there.

From the sky or from our faucets, clean pure water is a gift from God, so take advantage of its benefits . . . and His blessings.

Next month: Sunlight. (That's a title, not a prediction. At this point here in Yamhill County, I think it's more of a prayer!) In the interim, eat right, exercise, drink your water, and you'll be in the best shape to reap the full benefits of the upcoming summer sun.

