

Dates to Remember

May

"Bread of Life" Community Dinner
Mondays, 5:30 p.m.

Community Service
Mondays, 5:30 p.m.

Pathfinder Meetings
Tue, May 1, 22, 5:30 p.m.

Mid-Week Bible Study
Wed, May 2, 9, 16, 6:30 p.m.

Pathfinder Investiture Service
Sab, May 5

Men's Prayer Breakfast
Upper Deck Restaurant
Sun, May 6, 8:30 p.m.

Pastor's Open Office
Mon May 7, 14
3:00 - 6:00 p.m.

Cooking Club
Tue, May 8, 6:30 p.m.

School Board Meeting
Mon, May 14, 6:30 p.m.

Youth Bible Study
Tue, May 8, 15, 3:30 p.m.

Vegetarian Potluck Fellowship Dinner
Sabbath, May 12, following services

Pathfinder Fair Sun, May 20

Church Board Meeting
Mon, May 21, 6:00 p.m.

Memorial Day - No School
Mon, May 28

Upcoming Events

School Graduation
Thu, Jun 7



Klamath Falls SEVENTH-DAY ADVENTIST CHURCH

Pastor's Corner

May 2018

Here we are entering the month of May! It's been one year since my family and I arrived to the Klamath Falls church district, if you can believe that. Here's another plug for the Bible Reading plan that we are on as a church family. Stay encouraged, and keep reading God's Word! We've already gone through Romans, but I have been reading through it again in smaller sections. I recently read through Romans 12:9-21, with the heading title "Behave Like a Christian." This, of course, caught my attention and I would encourage you all to read through this prayerfully. Here are a few points that I want to highlight: 1) Abhor what is evil (v9), 2) Contribute to the needs of the saints and seek to show hospitality (v13), 3) repay no one evil for evil (v17). Point one especially caught my attention, as many of us could agree on forms of evil - the child molester, the holocaust, hate crime, sex trafficking, child abuse/neglect, spousal abuse... I think we could agree that this list should be abhorred. But we don't often think of those "evils" which hit close to home like gossip, envy, covetousness, negative criticism, pride, hedonism... Evil is a lack of goodness. God is love, and the absence of love in our lives is unlike God and therefore evil. Notice what Mark 7:20-23 says, "And Jesus said, 'What comes out of a person is what defiles him. For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these evil things come from within, and they defile a person.'" Try praying each day that God would bring an abhorrence for evil into our Christian walk, including those areas we don't often think of as evil.

Point two from above is also one to prayerfully consider. We often have hospitality teams to help with visitors and the unbelievers, but what about the "saints" in our congregation? There are needs all around us, and opportunities to show kindness, service, and encouragement. Try asking God who to have over for lunch one Sabbath, and see what a blessing it can be to minister to someone you don't know too well from your own church family. Lastly, and probably the hardest, is point three. There will be times when someone mistreats you, whether in the church or outside of it. It's important how we respond to someone's words of criticism, negativity, even libel and slander - all of which are considered as evils. Remember, the devil is the accuser of the brethren - not Jesus.

May we all continue to walk with Christ, seeking His Grace and the Holy Spirit to help us behave like Christians.

Courage Klamath/Chiloquin/Bonanza!
Pastor Jon Holland



Cooking Club News

The next **Gourmet Cooking Club** meeting takes place at 6:30 p.m. on Tuesday, May 8, please plan to attend. We will be serving another Blue Zones inspired menu consisting of Turkish Falafel, Tahini Dressing, Spanish Smoked Potato Wedges and a Healthy Banoffee Pie!

Our attendance at our last meeting was just over 30 people. An informative video by Dr. Neil Bernard on plant based food and mental illness was presented. Dr. Bernard pointed out that at the very top of the cholesterol chart are milk and dairy products, which can be responsible for the onset of dementia and memory problems. He explained how free radicals are toxic byproducts of oxygen metabolism that can cause significant damage to living cells and tissues and can cause memory loss, further, he went on to explain how these negative effects can be reduced or even reversed through diet and exercise. If you would like to learn more, look up Dr. Neil Bernard on YouTube.com.

Results are important! Personal testimony was given by a number of people on health improvement. In one year, a lady had lost 85 lbs., while another person had lost 75 lbs. One church member reported he had lost almost 50 lbs. and had significantly reduced his LDL cholesterol! As I was calling to remind people about our class, a man eagerly called back to report that he had started losing weight at 318 lbs. and was now down to just over 240 lbs.!

John 16:33 states: "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

A very special thanks to all our Cooking Club Chefs and helpers: Carolina, Leslie, Sara, Julie, Sandy, Jeanne, Jerry, Marilee, Pam and Betty. Everyone was really great! Blessings,
Tom Whittemore,
Cooking Club Coordinator

Safety Sabbath

Please be aware that due to safety concerns the front doors of the church will be locked at approximately 11:00 a.m. each Sabbath. There will be someone stationed nearby to open them for anyone who arrives after that time. Thank you for understanding.

We will be conducting a "Safety Sabbath" in conjunction with the Oregon Conference Risk Management Department this month. This will be a drill to help us be ready in case of an active shooter in our building. Our Safety Committee will be instructing us on what we need to do in case of a real emergency.

Pastor's Open Office

Pastor Jon Holland has open office hours for anyone to come and visit without an appointment. Please note when he will be available at the church office in May:

Monday, May 7, 3:00 - 6:00 p.m.

Monday, May 14, 3:00 - 6:00 p.m.

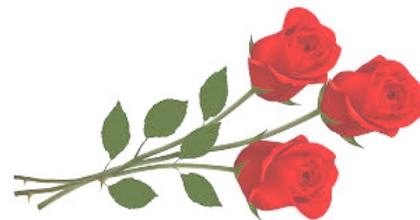


Church Business Meeting

Items of discussion at the Church Business meeting on April 16 included:

- ◆ Fellowship Hall: exterminating ants; improvements progress report; beautiful new sink is in use!
- ◆ School Board: voted 2018-2019 school budget; Ed Lyons filling vacant board position
- ◆ Upstairs room redecorating plans
- ◆ Reports and updates from: Conference Connect 2018; Personal Ministries; Cooking Club; Elders; Maintenance; Men's Ministires

The next Church Board meeting is scheduled for Monday, May 21, at 6:00 p.m.



School News



We are having so much fun! Our Outdoor Education Extended Field Trip was amazing! Several of us started our week at Milo STEM camp (Science, Technology, Engineering & Math) Sunday evening. Zoe, Trexie, Zach and I had a lot of fun with hover boards, web design, wacky science explosions and a couple of wild games of dodgeball with about 80 other kids from around the state. In one of our workshops, we learned about the importance of gratitude - that if we want to be happy in life we need to look at our blessings. There were wonderful worship and praise times with several of the academy student leaders and a bonfire on Monday night with s'mores and games. We ended with an "egg drop" competition and watched Principal Thornton attempt to explode a watermelon by melting ordinary table salt with an acetylene torch and pouring it into the melon. He did make some amazing floating/flammable bubbles from soap and hydrogen though!

Tuesday we met up with the rest of our school students at Wildlife Safari. We had fun driving through the wild animal exhibits and looking for exotic animals like zebra, hippopotamus, giraffe and our favorite - the cheetah! Wildlife Safari is second in the world for breeding cheetah! Then we walked through the inner zoo and enjoyed petting the domestic animals and feeding the ducks and koi.

From there we all traveled the 90 miles to my home in Junction City where my husband and his parents were ready for us. We had a bon fire and roasted hot dogs, homemade potato salad and s'mores. Then Wayne entertained us with some beautiful fireworks before we bedded down in our sleeping bags. The next morning, we made sack lunches and headed to OMSI! We had a short one hour delay due to some car trouble but we were glad it happened close to 'home' and not in Portland! Oregon Museum of Science and Industry was a blast. We enjoyed the Robotics exhibit, watched an IMAX movie on animals in the Amazon, toured a real submarine and participated in many hands-on science experiments. However, one of the favorites of the kids was riding the glass elevator and the escalator! Supper time took us to The Old Spaghetti Factory on the river. While we enjoyed our pasta, the kids were anxious to get to the hotel so they could get as much swimming in as possible!

After getting as restful a sleep as one can get in a strange bed, we enjoyed a continental breakfast and headed to Depot Bay for some whale watching! Wow! The whales were more active than I have ever seen them! There were at least 3 whales feeding close to shore and we actually saw flukes five times! After the captain soaked those standing at the front of the boat, we headed to Taco Bell before going to the Hatfield Science Center where we had fun watching the octopus, playing in the touch tank, the elevations sand display, and learning what scientists learn from our oceans. After they kicked us out from there, we headed south on Hwy 101 to Heceda Head Lighthouse - my most favorite spot on earth. Ezekiel summed it up as he loudly raved about the AWESOME hiking, the BEAUTIFUL surroundings and the FUN in the sand. After roasting more s'mores on the beach and building sand castles, we headed to Pizza Hut and then back to my house in Junction City - tired but happy!

Angela Walter, Principal

**KLAMATH FALLS
SEVENTH-DAY ADVENTIST CHURCH**

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Lord, we thank you for:



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