

From the Pastor's Desk

By Barry Kimbrough

What Ellen White Did During a Pandemic

In 1894 a flu epidemic hit Australia. This was during the time Ellen White and a team of other missionaries were working hard to plant the message of God's love in that country. Ellen was 66 years old and she had to be extra careful. Her own testimony reveals her trust in God and application of health principles through that crisis. The effects and reaction she describes remind me of the coronavirus problem we face today. She survived the ordeal and lived for 20 more years which speaks well for her own wellness practices and adds credibility to her advice.

"Throughout New South Wales we have been tested and tried with the influenza epidemic. Nearly every family has been afflicted in the cities and country towns. Some are now very, very sick. Their lives are hanging in the balance. We pray for the sick, and do what we can financially, and then wait the result. One day last week there were eleven funerals. Children do not seem to suffer so much as the adults and the aged. I have been severely attacked, and have not been able to attend meetings for four weeks; but have not given up to take to my bed one day. I have written my number of pages nearly every day, though I have been coughing and sneezing and bleeding at the nose. Brother Colcord has been confined to his bed. Nearly everyone around has suffered but I thank the Lord I am improving and am of good courage in the Lord. We shall do all we can in the name of the Lord. I do not have to look on helplessly, and groan and pray in seeing my brethren and sisters in distress. God's people are being tried and tested, and may God grant that I may be able to help them through the trial and by so doing be able to cling to Jesus more firmly than ever" (Letter 30, August 13, 1894).

Let's follow this example of faith and wisdom as we navigate through life in the next several weeks. Let us pray and act responsibly; and also seek for opportunities to minister to others during this time, even by a simple phone call or some other gesture of caring.

Health Evangelism

by Shantel Escobar

Count Your Blessings

Gratitude is a shift in perspective and a choice. In any situation, you can choose to focus on a feeling of lack or abundance, choose a state of complaint or gratitude. Every day, in every circumstance, this choice is always available to you.

Grateful people tend to be more optimistic, a characteristic that is known to boost the immune system. Grateful people take better care of themselves and engage in more protective health behaviors like regular exercise and a healthy diet.

How is it that some people manage to feel grateful in the face of challenging life circumstances, while others sink into doldrums? So much of gratitude is about one's perspective and framework for looking at the world and at self. People who tend to be more aware of the benefits they've received tend to focus their attention outward.

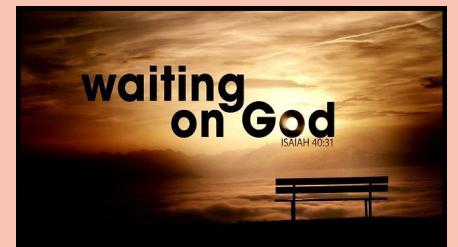
Feeling grateful increases your brain's production of dopamine. Dopamine is a feel-good neurotransmitter that's part of the brain's reward and pleasure-seeking circuit.

Women's Ministries

by Jann Biegel

But they that wait upon the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run, and not be weary; they shall walk and not be faint. Isaiah 40:31.

An eagle has eyes that see four to five times farther than human eyes and a wingspan that can reach 9 ft. These birds like to fly at high altitude and instead of heading for shelter to avoid rain, they soar above the storms and various weather conditions. When considering this feat, it is a reminder that God cares for us (1 Peter 5:7), that His angels watch over us (Psalm 91:11), and that we can experience the peace of God which surpasses all understanding (Philippians 4:7). Waiting on the Lord can be difficult, however claiming the promise of renewing our strength in Him, has lofty rewards.



Did You Know....by Lynda Cross

The Oregon Conference of Seventh-day Adventists represents over 130 churches and 32 K-12 schools in Oregon and southwest Washington.

The Oregon conference serves its constituency by providing ministry and logistical support to pastors, teachers and over 36,000 members.

The Oregon Conference is part of the world-wide Seventh-day Adventist Church which has a ministry presence in 217 nations and includes over 20 million members.

Children's Corner

Who Am I?

1. Instead of going to Ninevah, this person decided to bail, thrown overboard while out to sea, he was swallowed by a whale.
2. When tasked with what seemed impossible, he didn't just refuse and frown, he marched the people round Jericho, and the wall came tumbling down.
3. It's amazing what this person did with a pebble and a sling, he got rid of a giant and eventually became King.

Answers on Back..

Blueberry Smoothie

- 2 cups frozen blueberries
- 1 medium ripe banana
- 1/2 cup coconut milk
- 1 cup pineapple juice

Mix all ingredients into a blender and blend it until smooth.

Enjoy!



Upcoming Events

Sabbath programming:

There are two Zoom adult Sabbath School classes;

- Contact **Bob Biegel** (rbweld@yahoo.com) for a link to the classes.
- **Shantel Escobar** (ZOOM ID: 737 254 0470) You don't need a Zoom account to gain access to the class but you will need to go to the website with your phone, tablet or computer to be able to access the class.

Children's and Youth Sabbath School:

- Videos and lessons are available at www.gracelink.net.
- Other material includes:
- Bible studies made interesting for kids, hosted by Doug Batchelor <https://www.amazingfacts.org/media-library/media/e/5699/t/the-treasure-map>
- Bible stories, crafts, activities: <https://aplacetodosomething.com/>
- Mission stories from Adventist Mission: <https://m360.tv/children>

Daily 7 a.m. prayer call 7 days/week. Conference call number: 1 503 300 6845. Code 887408

Wednesday 7 p.m. prayer meeting on Facebook Live (Facebook at: **Brookings Seventh-day Adventist**). Join by messaging your prayer requests for an interactive meeting.

Discovering Revelation Bible Studies led by the pastor on Monday, Tuesday, and Friday at 6 pm ends **May 5**. Watch for topics on Facebook (Brookings Seventh-day Adventist)

Watch **John Bradshaw's** lives series, Hope Awakens (www.hopeawakens.com).

A Grief Recovery Seminar Online

Beginning May 31

Anyone who is interested in this program that addresses how to heal from loss of a loved one, is welcome to register by accessing the website www.griefshare.org and follow the link

"Find A Group", put in your zip code, and you will be able to sign up. Registration starts May 10.

The program is facilitated by Shantel Escobar.

Gladstone Camp Meeting

July 21-25

Gladstone Camp Meeting 2020 is going virtual! We won't be meeting in person at Gladstone, but we're planning an interactive online experience that will encourage and connect us all. Programming will be accessible from your desktop, your tablet, or your cell phone. It all is still happening in July, with programming for all ages, including José Rojas as our featured speaker! Watch our website, Facebook and publications for more details as we get closer.

COVID-19

The stay at home standard will continue for churches until **May 17 2020**.

Stay tuned for further updates.

Prayer Ministry

by Shernette Wallace

Here are some precious promises that we can claim during these difficult times.

1. God is our refuge and strength, a very present help in trouble. Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea; though it's waters roar and be troubled, though the mountains shake with it's swelling. Ps 46:1-3 (NKJV)
2. "Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you." Deut 31:6(NKJV)
3. He who dwell in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress; my God, in Him I will trust." Surely He shall deliver you from the snare of the fowler and from the perilous pestilence. Ps 91:1-3 (NKJV)
4. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Phil 4:6, 7 (NKJV)
5. Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal. 2 Cor 4:16-18 (NKJV)
6. Jesus Christ is the same yesterday, today, and forever. Heb 13:8 (NKJV)
7. Soon grievous troubles will arise among the nations -trouble that will not cease until Jesus comes. As never before we need to press together, serving Him who has prepared His throne in the heavens and whose kingdom ruleth over all. **God has not forsaken His people**, and our strength lies in not forsaking Him. E.G. White. Welfare Ministry p.136

Bible Brain Teaser

There are names of 16 books of the Bible mentioned in the paragraph below. See how many you can find...

"I once made a remark about the hidden books of the Bible. It was a lulu; kept people looking so hard for facts...and for others it was a revelation. Some were in a jam, especially since the names of the books were not capitalized. But the truth finally struck home to numbers of our readers. To others it was a real job. We want it to be a most fascinating few moments for you. Yes, there will be some really easy ones to spot. Others may require judges to help them. I will quickly admit it usually takes a minister to find one of them, and there will be loud lamentations when it is found. A little lady says she brews a cup of tea so she can concentrate better. See how well you can compete. Relax now, for there really are sixteen names of books of the Bible in this paragraph.

Children's Corner Answers:

1. Jonah
2. Joshua
3. David

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