

October
2023

October Newsletter

Sequim Seventh-day Adventist Church Newsletter

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Sleep Seminar

by Mike McBride

Sequim medical psychologist, Mike McBride, Ph.D., ABMP, will conduct a free community health program on the power of restorative sleep on Monday, October 30, 2023 at 7:00 pm in the Sequim Seventh-day Adventist Church fellowship hall at 30 Sanford Lane in Sequim. The title of the program is Sleeping Well, Staying Healthy. Recent research has uncovered the connections between sleeping well and staying healthy as we age. Conversely, inflammatory processes from inadequate sleep can contribute to a multitude of medical conditions including diseases such as high blood pressure, diabetes, obesity, stroke, depression and cognitive impairment/dementia. Dr. McBride will look at sleep disturbances as a primary national health care crisis and provide ways to improve your quality of sleep.

Worship Challenge

Join the Challenge

Does family worship time become a challenge? This event does, but in a good way. The Washington Conference is offering Family Worship Time Challenge to help families create time together as they worship our Lord. And there is an added bonus. With every Challenge completed through July 2024, your family will be entered into a drawing for FREE Family Camp at Sunset Lake 2024. Scan the QR code on page 3 or go to www.washingtonconference.org to get started. Sorry, no substituting books for the Challenges.

Looking for Books: In the church library, there are currently some challenge books available to check out on the table in the office. We could use more books. If you have any of the **bold book titles** from the list to the right that can be borrowed during the Challenge, please contact the church office. (Parents: these books can be found on eBay or other sites if you choose to purchase them. ABC is offering 15% off if ordered from them.)

Mission Challenge 1: Fire on the Mountain by Norma Youngberg; Miracle of the Song by Norma Youngberg; and Singer on the Sand by Norma Youngberg.

Mission Challenge 2: Paula the Waldensian by Eva Lacomte; Nyla and the White Crocodile by Norma Youngberg; and Jungle Thorn by Norma Youngberg.

Reformation Challenge 1: Ink on His Fingers by Louise A. Vernon; Bible Smuggler by Louise Vernon; and The King's Bible by Louise Vernon.

Reformation Challenge 2 (has 4 books): Secret Church by Louise Vernon; Night Preacher by Louise Vernon; Doctor in Rags by Louise Vernon; and Thunderstorm in the Church by Louise Vernon.

Church Library Challenge 1: Adventurers of Kado by Alice Mertie Underhill; Up from the Sidewalk by Elsie Lewis Rawson; and Story of an Indian Coin by Elsie Lewis Rawson.

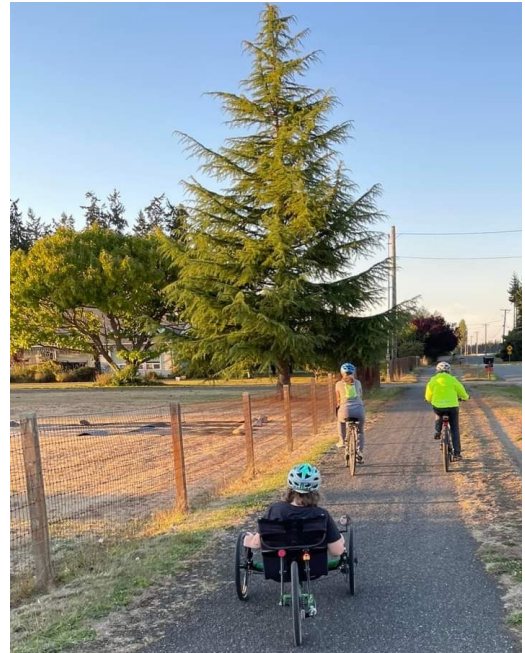
Church Library Challenge 2: No Devil Stings by Eric Were; Clever Queen by Eric B. Hare; and Treasure from the Haunted Pagoda by Eric B. Hare.

Pathfinders

by Twyla Luke

We have started off the year running! Actually biking! We are doing the Cycling Honor being taught by Eric and Jennifer Swanson. We have completed one 10 mile group ride and are scheduled for our 50 miler on October 15th! We have been reviewing bike maintenance and safety. I have encouraged the kids to be riding as often as possible to make the event more enjoyable than painful!

October will also see us start learning marching, unit names, and class work. We lost 3 and have gained 3 so our numbers are steady. October 27th is Induction Ceremony welcoming our new members. It will be held in the Sanctuary at 7 pm. Look for our upcoming fall fundraiser of pumpkin pies! The kids will be reaching out to take orders. If you don't get contacted let me know! Prayers encouraged as we start another year!



Student Sponsorship

by Mary Thayne

The Student Sponsorship Fund is our church's way of helping families who want their children to have a Christian education and to attend Peninsula Adventist Elementary School but can't afford the entire tuition cost. (You remember that it does cost a lot!) Families have to apply for this help, meet certain requirements and pay some of the tuition themselves.

You were as pleased as the rest of us to hear about the increased enrollment at the school. Maybe you also remember that last month I hinted that with more students, there would be more requests for Student Sponsorship Aid. Well, that has happened. Thirteen families have applied for aid. This amounts to over \$4,500 per month.

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." - Galatians 6:9

So you can see that we are going to have to raise more money this year. This can be accomplished by regular donors giving more, and people who have not donated before should start doing so. We can all pray for God's blessing on this fund and that HIs will is done.

Remember you can put your donation in a Tithe and Offering envelope and write the amount of your donation on the line that says Student Sponsorship.

Library Corner

by Mary Thayne

These books are new to us and are on the Book Cart:

- Kept for the Master's Use. by Frances Ridley Havergal. A devotional book based on her hymn Take My Life and Let it Be.
- Broken Dreams, Fulfilled Promises. by Carolyn Ros. Johan lost his memory following surgery for a brain tumor. But he remembered Jesus.
- Guide's Greatest Grace Stories. Lori Peckham, editor. Often it is not fair, but grace is pretty awesome.
- Broken Stick; mission to the forbidden islands. by Eileen E. Lantry. The story of Norman Ferris in the Solomon Islands.

Adventurers

by Kathy Mitchell

Hello again fellow Sequimmers! Where did the summer go? To the day, we dropped temperatures, got some wind, and RAIN! Hello Fall! My plants are so happy.

Once again the Otters have begun to gather for our 2023-2024 Adventurer year! (We are the Olympic Otters, in case you were going to go down to the water and check for otters) We are excited to have 9 registered already, with a chance of a few more. So far we have a very large group of Little Lambs, and a smaller group of Helping Hands. I am contemplating adding a Sunbeam class, depending on the more that join us. I know if God wants us to have them, He will send us the helpers we need.

We had our first meeting September 16, with the Little Lambs class on sharing. Helping Hands were going to have a lot of fun with the Parables of Jesus, but they weren't able to come that day. We did run the Little Lambs on a "treasure hunt" on the church property, for a very special box of delicious treasure, as we talked about the Parable of the man who found a treasure in a field. They were diligent hunters, and Melvin found our treasure, and since they had just learned all about sharing, he shared the treasure with all of us!

In the month ahead, we are looking forward to learning more about ourselves and how special we are to Jesus. On our second meeting we are planning a trip (if the weather cooperates) to have a picnic dinner, watch the sunset and the stars come out, so we can complete the Astronomer and Stars badges. We're hoping for a great October, we'll let you know.

As always, if you know any children ages 4 to 9 that would like to join us, first Thursday night and third Saturday afternoon of each month, for an hour and a half, we will welcome you with open paws! Also, you grown ups, if God is nudging you to come out and help on even one of those nights a month, our paws would love you too!

Looking forward to fun and learning about Jesus' love.
Kathy Mitchell, Director 360-460-4495

Save the Date

The Sequim Adventist Church will be hosting a Christmas Candlelight Music program on December 16 at 4 p.m. Please save the date in your calendar.

Thank you! - Beth McBride

Women's Ministry by Leslie Bagwell

Twelve ladies met at Pioneer Park for a picnic Thursday, September 26th and enjoyed fellowship on a beautiful late summer day. We discussed continuing to meet through the fall and winter. We will meet on October 19th at 11:30 at the park (or the fellowship center if raining). We will skip November and December, then will meet

either in homes, restaurant meeting rooms, or the fellowship center. Watch for announcements.

We would love to have you join us. This is a no frills get together, no preparation is necessary, just bring a lawn chair and whatever lunch you want, or not! Come and enjoy yourself and share a precious time together.

Leslie Bagwell 817-917-8956, drlesliebagwell@icloud.com

SHOW THIS TO AUBURN ABC
& GET A DISCOUNT OFF YOUR BOOKS **15% off**

THE BEST TIME OF THE DAY
family worship time!
Challenge

COMPLETE ALL 6 CHALLENGES!
Each completed challenge is one entry into a drawing for
FREE Family Camp 2024 - increase your chances every
time you complete a challenge!
SCAN THE QR CODE FOR MORE INFO AND HOW TO
GET STARTED!

October Birthdays

1 James Whitney
5 Allen Berry
6 Richard Garvey
14 Zailey Allwine
15 Tina Gauthun
16 Arlene Grant
19 Maridee Gregory
23 Alain de Chantal
23 Chad Dobbs
23 Nancy Ley
23 Larry Luke
23 Jim McClure
23 Linkyn Pulley
24 Dawn Rowe
26 Bonnie Sanford



Isn't God Good!

submitted by
Doug Woods

Politics and the Sabbath

by Chuck Randall

I've long felt that it is very important for Adventist Christians to be actively involved in their communities. In keeping with that conviction, I have been privileged to serve my community as a trustee on the local hospital board. For more than 15 years I have been the board chair. This responsibility naturally has involved me in the Michigan and American hospital associations.

Several years ago officers of the Michigan Hospital Association asked me if they could nominate me to run for a seat on one of the American Hospital Association councils. This would mark the first time a trustee had ever attempted this. Positions on these AHA councils have always been held only by hospital executives, not trustees.

When the balloting process concluded, my supporters were pleased when I was elected. I, of course, felt honored.

I was interested to note that the first meeting of the council after my election would feature First Lady Hillary Clinton as a keynote speaker. But I was dismayed to learn that the event and future such meetings would be held on the Sabbath.

I blushed to realize that I hadn't even thought about the possibility of a Sabbath conflict. What should I do? Many from my state association were proud of our accomplishment in getting me elected. It seemed to me that resigning would be letting them down. I considered how I could justify attending; I knew that some Adventists did choose to go to such events on Sabbath.

After praying about my problem, I made my decision.

With some considerable guilt feelings about disappointing friends, I called the woman in charge of this council at the American Hospital Association. I apologized for all the inconvenience I had caused and explained why I would not be able to serve on this council. I told her that because of my understanding of God's direction in the Bible, I had reserved the Saturdays in my life for religious celebration.

Having made my little speech, I was sure that this was the end of an embarrassing situation, and all I needed to do was to get off the phone as quickly as possible. However, the gracious voice on the telephone apologized to me and said, "Mr. Randall, I'm sorry that you'll miss your first meeting. But if you will agree to serve on this council, I promise you that during the rest of your term I will not schedule another meeting on Saturday."

"This organization needs people with character and principles," she continued. "I am looking forward to meeting you!"

She was true to her word. And since that time the council position has brought me in touch with senators, representatives, other government officials, and hospital leaders all across the country.

I've been convinced again of the value of community involvement by Adventist Christians and have renewed my confidence in a special promise recorded in the Bible.

"Then that honor me I will honour." 1 Samuel 2:30.

Peninsula Adventist Elementary School Newsletter

Managing Editor: Allison (6th), Junior Editor: Miley (3rd)

Photo Editor: Isabella (8th)

Lead Editors: Ella (8th) and Jasmin (7th)

Student of the Month

From: Mrs. Smith

Grace is a great choice for student of the month! There are many wonderful things about Grace that make her so special. I have seen Grace go out of her way to make others feel better. She has a kind word to say about everyone. She does her best scholastically and does not complain. She has a positive attitude. Grace also has a keen sense of fairness and wants everyone to get along. I am very proud of Grace and the progress she has already made in school. I especially like that Grace loves Jesus, and is willing to tell others about Him. Congratulations Grace!



From: Ms. Berg

Aimee is an excellent choice for student of the month. She always follows the rules. She is nice to everyone, and she is an excellent role model to the younger students. She always works hard and always does her best. Aimee is a leader at our school, and really wants to make our school a great place to learn and grow! I love her heart for Jesus.



Meet Our New Kinder Class

By Elsie (4th) and Skyler (4th)

Name: Penelope

Age: 5

Favorite Subject: Math

Favorite Animal(s): Unicorn

Favorite Color(s): Pink

Favorite Jesus Song: Jesus Loves Me

Favorite Season: Winter



Name: Xaiyah

Age: 5

Favorite Subject: Math

Favorite Animal(s): Kitty Cats and Unicorns

Favorite Color(s): Red

Favorite Jesus Song: This Little Light of Mine

Favorite Season: Fall



Name: Alaina

Age: 5

Favorite Subject: Reading

Favorite Animal(s): Zebras

Favorite Color(s): Orange

Favorite Jesus Song: Silver and Gold

Favorite Season: Winter



Name: Lily

Age: 6

Favorite Subject: Crafting

Favorite Animal(s): Cow

Favorite Color(s): Pink and Purple

Favorite Jesus Song: Jesus Loves Me

Favorite Season: Fall



HELP NEEDED

By Silas (6th) and Jeremiah (3rd)

Thank you to all of those who have helped with grading, repairs and setting up classes. We always have more needs. First, we can use help reading with the littles. We will also need help with the Fall Festival. It's a big event. We can always use help grading or photo copying. Finally, our fire extinguisher fell off the wall during reading. If you can help with any of these needs please contact Michelle Noonan at 704-699-9202

Peninsula Adventist Elementary School Newsletter

Listen closely and I shall tell
The tale of Andrew, that ne'er-do-well
Who in the microwave set one day
A bag of popcorn, and looked away
A foul odor spread around
A loud alarm to all did sound

Burnt was the popcorn beyond saving
Miss Noonan soon a towel was waving
The inside coated with yellow grease
And a terrible smell that would not cease
So learn a lesson in odor prevention
When popping popcorn, please pay attention!
- by Miss Woods



Artist: Ella (8th)
and Claire

What is happening!

By: Aimee (8th)

There are many new great changes this year! Lunch is at 12:00 pm instead of 11:15 am from last year. The schedule is better than last year. We are doing journalism which is where we produce a newsletter and edit it. We have 25 students. Which is wonderful, because more students can socialize with each other! It's been a good year so far.

By Liam (4th)

I think things are going well! We have great rules for everyone. There is snack time which is good if you are hungry -Am I right! Recess after lunch is perfect for our schedule. We have this new thing where we sit in a circle and tell each other our feelings. It is pretty neat because, what If the kids don't know how each other is feeling, or why they might be sad. The school year is going great!

Peninsula Adventist Elementary School History

By Elora (5th) and Andrew (6th)

In 1948 families of the Sequim Seventh-day Adventist church were interested in organizing a school. They used a church classroom, and started with seven students. In 1950 a building next to the church was converted to two classrooms for grades 1-8, and a gym. The 9th and 10th grades met in the church classroom. There were 42 students from 1954-1959. Grades 1-10 were bussed to a vacated school on Mount Pleasant Road near Port Angeles. In the mid 1950's Dr Robert Littlejohn donated the property on Medsker Road. In 1959 people from the church built two classrooms. In 1965 people from the church built the gym, and in 1982 a third classroom was built. Attendance was 36 students. Many financial supporters and many hours of labor have gone into keeping this school going for 75 years!



Editorial

By Elyssa (6th), Jasmin (7th) and Keyza (4th)

We need to update our library. Why? Because we have many impractical, unusable and dated books. There are 61 year old books that are never used. We need good books to grow readers. We need to get rid of Encyclopedias, Penpoints, The New Books of Knowledge, Childcraft, Analytical Concordance to the Bible. We will replace them with books like interesting mission stories, entertaining graphic novels, intriguing realistic fiction, historical fiction and other interesting books for pre-teens. With the donated \$1200.00 dollars we can start replacing ancient books. If you want to make a donation to help fund this project contact Lynn Berg at 503-758-3595.

Thank You

By Elora (5th) and Andrew (6th)

There are so many people involved in keeping our school nice! Thank you to Mark Pekar, Bill Needham, and Dave Iverson for replacing our doors. Thank you to Esther and Keith for setting up the tables, coat hangers, putting a light on the flagpole. Thank you to Bill Needham and Jim McClure for donating items to the dump. And last, thank you to Silas and Isabella for helping with filing, vacuum, chairs, and handling back papers when they arrive. Our school looks great!

October 2023 Church Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Elder's Meeting</i> 6:30pm	3 <i>ACS</i> 10am-12pm <i>Christmas Chorus Practice</i>	4	5 <i>Adventurers and Pathfinders</i> 6:30pm	6	7 <i>Fellowship Meal Team 5</i> 12:30pm
8	9 <i>School Board Meeting</i> 6:30pm	10 <i>Christmas Chorus Practice</i> 6:30pm	11	12 <i>Pathfinders</i> 6:30pm	13	14 <i>Mission Spotlight</i> 10:45am
15 <i>Pathfinder 50 Mile Bike Ride</i> <i>Fall Pumpkin Craft</i> 1:30pm	16 <i>Church Board Meeting</i> 6:30pm	17 <i>ACS</i> 10am-12pm <i>Christmas Chorus Practice</i>	18	19 <i>Ladies' Luncheon</i> 11:30am <i>Pathfinders</i> 6:30pm	20	21 <i>Children's Church Fellowship Meal</i> <i>Adventurers</i>
22	23	24 <i>Christmas Chorus Practice</i> 6:30pm	25	26 <i>Pathfinders</i> 6:30pm	27 <i>Pathfinder Induction Service</i> 7:00pm	28
29	30 <i>Health Class Sleep</i> 7:00pm	31 <i>Christmas Chorus Practice</i> 6:30pm		Upcoming Events Nov. 5 Fall Festival Fundraiser Nov. 20-24 PAES Thanksgiving Vacation		

Save the Date

Fall Festival Fundraiser

Sunday, November 5th from 4:00-6:00 pm

Food, Games, Activities, and Fun!
Don't miss it!
(Watch for opportunities where you can help.)



FALL FESTIVALS

Sequim Adventist Church
30 Sanford Lane
Sequim, WA 98382