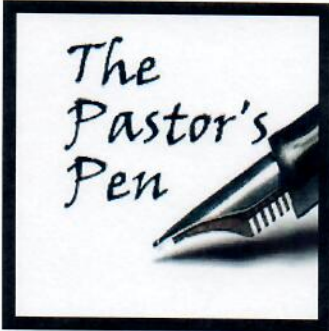


COLVILLE SDA CHURCH NEWSLETTER

Challenges of Being Light in Our World



Just the other day I was having a conversation with someone in which the parable Jesus told of salt and light came up (Matthew 5:13-16). As we were talking about the lamp I had an epiphany. It goes something like this:

Jesus said that people don't light lamps and then hide them. They light them so they will brighten the place where they are. He implies that the lamp placed under the basket is still a lamp, and it is still burning. But if no one can see it, it cannot fulfill its purpose.

You can, no doubt, remember a time when you were trying to light a candle or campfire with a match, and the wind threatened to blow out your match – or your candle once you got it lit. So, what do you do? You protect the flame by covering it up.

I wonder if that doesn't apply to putting our lamp under a basket. If we are followers of Jesus, then we are the light in our world. It is our lives that are to illuminate the space around us with spiritual light as Christ lives in us. But this world is a hostile place for spiritual candles. We can sometimes feel that the winds of trouble, or temptation, or the opinions of others we don't understand or agree with, or a myriad of other things, threaten to blow out our candle. So, the safest thing to do is to protect it. But, in protecting it, we hide it. We might hide it when we don't mingle with people outside our belief system, when we don't speak out about our faith when we have opportunity, when we draw back from being bold about offering help to someone in need, etc. etc.

This world is a hostile place for spiritual candles.

Letting our light shine is risky! But so is getting on an airplane or driving across town. Jesus has promised that He will never leave us or forsake us. He will never suffer the righteous to be moved. He just asks us to place our hand of faith in His and let Him use us to brighten our dark world. Together let's burn bright for the cause of the kingdom!



Growing Young

On February 1, 2020, we will be packing small boxes with goodies for our UCA students. The stretch between Christmas and spring break is traditionally the longest stretch for our students. Let's show them we are thinking of them. We'll create packages of treats, notes of encouragement, pens, notepads, toiletries, gift cards, or anything else you think a student might enjoy. Please meet us in the Fellowship Hall following the Marriage Seminar (about 7:15). We'll serve cookies, snack, and drinks.

Welcome to our newest members, Dustin and Tiffany Billington's twins and Aaron and Tori Vizcara's baby boy. That's what I call "growing young!"





The Broken Arm

Lynn and Annie were excited! Mother was taking them for a shopping trip to buy a special doll that Lynn had wanted for a long time. The doll could walk, talk, and close her eyes. Annie and Lynn piled into the booster seats and Mother buckled them in snugly. The trip to town took only a few minutes, and soon the happy girls were looking at toys, dolls, and books. Mother took a few minutes to look at the doll Lynn wanted. "It's very expensive, Lynn", mother said. "But you've been such a big helper to me and a good girl. I finally have saved enough to get it." As mother reached for one of the dolls that was in a box, Lynn skipped around delightedly. Suddenly she slipped on the smooth floor and fell hard on her arm.

"Oww! Oww!" Lynn cried, holding her arm. Mother looked at Lynn's arm and felt it carefully all over. "I think your arm is OK," Mother said. "Try to move it a little".

"Nooooo! It hurts too much to move it! It feels like it's broken!" Lynn screamed. Mother that Lynn often acted like she was hurt worse than she really was. "Maybe we need to get an X-ray," Mother sighed. Lynn looked up quickly. "Yes, I need an X-ray!" she said. It would be so much fun to see a picture of the bones inside her arm! Mother helped Lynn to the car and buckled her in. Annie was quiet as she got into the car. She was disappointed that their shopping trip had to end like this. As Mother drove toward the hospital, Lynn looked at her arm. It wasn't swollen. It didn't have a bruise. She tried to move her arm just a little. It didn't hurt. She moved it more, and opened and closed her fingers. It didn't hurt at all! Lynn knew she should tell Mother that her arm was OK, and they did not need to get an X-ray, but she really wanted to see the picture of the inside of her arm.



At the hospital, a nice man took several pictures of Lynn's arm. They waited for a long time in a small room, and finally the doctor came in and said, "Good news! Your arm is not broken! You can go home now." Mother paid the bill for the X-ray at the front desk, and she and the girls got back in the car. Lynn laughed happily. "I'm glad my arm wasn't broken, aren't you Mom?" she asked. "Now we can go and get my doll!"

Mother shook her head. "No, Lynn. I'm sorry, but I had to spend all the money I'd saved for your doll to pay for your X-ray. We'll have to start saving over again." Lynn hung her head. If only she had been honest and told Mother that her arm was really OK! Lynn was very quiet that night at supper. After she went to bed, she talked to her best Friend, Jesus, and asked Him to help her to always be honest in the future. And He did!

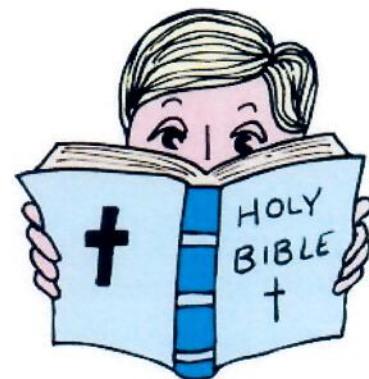
Bible Trivia:

1. In the parable of the lost sheep, how many sheep were safe in the fold?
2. Who was jealous of the prodigal son?
3. In the parable of the lost coin, what was the coin made of?

Bible Riddles:

4. What kind of man was Boaz before he got married?
5. How do we know Paul visited the United States?
6. What kind of car did David drive?

(answers on last page)



Our Heavenly Father has a thousand ways to provide for us, of which we know nothing. Those who accept the one principle of making the service of God supreme will find perplexities vanish and a plain path before their feet.

Ellen White, Ministry of Healing, page 281

To a Healthier You

February is heart month. Dr. Michael Greger writes that his inspiration to become a doctor was seeing his beloved grandmother sent home from the hospital to die. She had heart disease, angina, and claudication (pain caused by too little blood flow through the vessels). The doctors told her they was nothing they could do for her. But Frances Greger wasn't ready to give up yet. She heard about an institute that was helping people regain their health using food as medicine. Frances arrived at the institute in a wheelchair and unable to walk without severe pain. Within three weeks, using food as medicine, Frances was out of her wheelchair, walking miles a day and pain-free.

Unusual case? Just a fluke? Dr. Caldwell Esselstyn of the famed Cleveland Heart Clinic has published numerous studies showing that using only food as medicine, and without any medications, patients who previously have been told they will be cardiac cripples for the rest of their lives are regaining their strength, mobility, and health.



If this works so well, why aren't hospitals promoting these ideas everywhere? A growing body of evidence is showing that the vast majority of chronic illnesses that we have been taught are hereditary are actually triggered by what we eat. Despite this evidence, medical students are still receiving about 20 hours of training in nutrition over the four years they attend medical school. Physicians are paid significant bonuses from pharmaceutical companies for prescribing medications. You can see the incredible amounts of money some physicians are making at the website **Dollars for Docs** (<https://projects.propublica.org/docdollars/>). It's more rewarding for some physicians to write a prescription than to teach the patient how to use food to heal. And if we're honest, many of us would rather take a pill than do

the hard work of changing our diets, learning to exercise, and reducing stress.

Do today's hospitals and doctors know that there's a better way? Some don't, but many do. For example, in the movie *What the Health?*, the interviewer had set up an appointment with a prominent cardiac surgeon who also educates his patients on how to cure their heart disease using food as medicine. Watch this film on Netflix and see if you are as shocked as I was to see, at minute 51:10, the interviewer walking up to the hospital for his interview with the surgeon. The hospital's media manager meets him outside and says, "I understand that Dr. ___ said you could film here today, but unfortunately, that's not going to be able to happen. I know that he advocates for patients changing their diets, but the hospital makes money of these surgeries. So we can't do anything that's going to negatively impact the hospital, so unfortunately you are not going to be able to film here today". I was a bit surprised to see the media manager so openly admit that hospitals are not about healing, but about making money.

So where can you find trustworthy, evidence-based information about using food as medicine? Dr. Greger's website is a great place to start. He has multiple short videos on YouTube, he's funny and entertaining to listen to, and he backs up everything he says from current medical literature. You can find him at **[NutritionFacts.org](https://nutritionfacts.org)**.



MYSTERY MEMBER

Can you identify our mystery member?
Hint: He's always prepared!
(Answer on last page)



These women had a great time creating Christmas decor.

Did you miss out?

Please join us for the next Women's Ministries event



This Month in Christian Church History

•February 18, 1678: Puritan preacher John Bunyan publishes *The Pilgrim's Progress*, the best-selling book (apart from the Bible) in history. The allegorical tale, which describes Bunyan's own conversion process, begins, "I saw a man clothed with rags ... a book in his hand and a great burden upon his back."

•February 23, 1455): Johannes Gutenberg publishes the Bible, the first book ever printed on a press with movable type.

• February 23, 1685: George Frederick Handel, composer of the oratorio "Messiah," is born. He died in 1759, having spent the last six years of his life in total blindness.

Small Group Scoop

New groups are forming now!

- **Young Families** (parents with young children)
Contact Dustin Billington at (509) 680-5177
- **Gym Night** (Junior High Gym on Saturday Nights)
Contact Basil Bowe (509) 675-4619
- **Ezekiel 38:7 Group** (Preparedness)
Meets Thursdays at 6:30 pm in the Youth Room



Prayer Group

Contact Marie Anderson (509) 680-4492

Young Adult Small Group

Contact Pastor Greg & Cheryl (509) 680-9982

Karaoke Group

Contact Basil Bowe (509) 675-4619

Answer to Bible Trivia and Riddles:

1. 99
2. His brother
3. Silver
4. Ruth-less
5. He said he was content in whatever **state** he was in
6. David's *Triumph* was heard throughout the land

Mystery Member: Larry Jenks

Did you know that you could be reading the newsletter with color photos and media links?
Send your email to csdanewsletter@gmail.com and receive your copy by email. Saves paper, too!