

Getting to Know You ~

Red & Barb Sanders

Hard to believe but Red and Barb Sanders have been married 47 years as of this past November 13. They were married in Lancaster, Ohio (Amish Country).

Red is from West Virginia but Barb had been raised in Ohio. Barb went to school with Red's sister and she introduced them to each other. Eventually they went out together and dated for six months before getting married.

After a small wedding with family and friends, they stayed in Lancaster for a few months and then moved on to Columbus, Ohio because Red received a good job offer in construction. Red's background in construction was the perfect fit for the Lancaster public school system and he worked for them in maintenance for 20 years. Barb also worked in the same school system but as a teacher's assistant. They left Columbus, Ohio after a few years and then moved south to Ridgeland, South Carolina mainly to get away from the harsh cold of winters.

The Sanders knew Ronda Dever and had been through this part of the country before and even had visited our church and liked both. Finally, this year they moved to this area living in their RV for four months awaiting the construction of a new modular home in Campobello, South Carolina. Needless to say, they are not ready to go camping for quite a while.

Although they do not have any "hobbies" per se, Red likes and is usually found doing yard work. Barb, on the other hand, volunteers in the Thrift Store. She also likes to travel whereas Red likes staying closer to home.

They had one son, Brian, born July

14, 1972. However, when he was seven, he was diagnosed with muscular dystrophy (Duchenne's) and sadly, on December 13, 2000 when he was 28 years old, the disease overcame him and he is now sleeping in Jesus.

After the loss of their son, Barb put in a prayer request to www.Bibleinfo.com. There, a lady named Anna Mae responded; Barb and she clicked. Anna Mae invited Barb to come visit her in Battle Ground, Washington. Barb went and stayed with her and her family for six days. It was here she first heard of Seventh-day Adventists. She ate vegetarian food, saw love in action, and, overall liked the lifestyle. She was already a Pentecostal Christian, but there was something intriguing about this lifestyle. Barb grew spiritually and became a baptized Seventh-day Adventist in 2003.

Red states he is a Christian, but not of any particular denomination. While he and Barb were Pentecostals, neither one of them were comfortable with speaking in "tongues" or participating in the charismatic type of dynamics often associated with Pentecosts. When Barb started attending the SDA Church, Red started attending too. They are close friends of the Kyzer's, whom they met in Myrtle Beach during a Shawn Boonstra seminar about two years ago.

A typical day for Red will find him working in the yard or possibly at Lowe's. He and Barb attend a Wednesday night small group study that meets at Wally and Terry Bantz/McDaniel's' home. They also attended Pastor Harry Robinson's recent series on Revelation held in the Morgan Center.

Barb's typical day finds her doing devotions, housework, shopping, Thrift

Store work, and lots of walking often with her Chihua-weenie dog, Chloe. Red has a Sheep Dog, Jake.

Barb likes Jeremiah 29:11, "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

Red likes John 3:16. For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."



A Vibrant YOU Boot Camp

Reversing Diabetes and Cholesterol

Reducing Your Chance
of

Heart Disease, Cancer, and Other Chronic Diseases



12-Week Intensive
Weekly on Thursday
Begins
February 7
Ends
April 25

Live Demonstrations
Bev Cook, Terri Edwards,
Dr. George & Tonya Kim
DVD Presentations
Kip Andersen, Dr. Neal Barnard,
Hans Diehl, Dick Nunez

LOCATION

Tryon
Seventh-day Adventist
Morgan Center

Are YOU One of These Statistics?

Over 100 million Americans have Diabetes. Over 102 million Americans have High Cholesterol. About 610,000 Americans die every year due to Heart Disease. Estimated nearly 2 million new cases of Cancer in 2018.

Don't be part of the Statistics!
Come and learn how to become a Vibrant YOU.

SPONSORED BY

Park Ridge Hospital
Adventist Community Services

Who Said It?

For Adults

1. "Love the giver more than the gift."
2. "Christmas is not a time nor a season, but a state of mind."
3. "My idea of Christmas, whether old-fashioned or modern, is very simple: loving others."
4. "I don't think Christmas is necessarily about things. It's about being good to one another."
5. "I will honor Christmas in my heart, and try to keep it all the year."
6. "Christmas is doing a little something extra for someone."
7. "Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful."
8. "Christmas, my child, is love in action. Every time we love, every time we give, it's Christmas."
9. "Christmas is a day of meaning and traditions, a special day spent in the warm circle of family and friends."
10. "And we are better throughout the year for having in spirit, become a child again at Christmas time."

Answers on Page 16.



Scrambled Words

For Kids

Can you unscramble these words? Enjoy!

1. DYCAN ANCE
2. LANCED
3. SLELB
4. ERTR
5. YHLOL
6. WATHER
7. BRAGEREDING
8. KINGSCOT
9. INEDERER
10. MAGREN

Answers on Page 16. Can you find their pictures someplace in the Newsletter? Number the pictures and show Wanangwa!



Hand-Knitted Hats
by
Virginia Alexander



Need a nice head warmer? Makes a wonderful Stocking Stuffer! Huge variety of colors and sizes. \$5 each \$3 each additional. Proceeds for our local Community Services. Contact Lorna to see selection. 828-817-1544, Call or Text.



Pathfinder Pomderings

Paul & Chrisy Witt

Dear Church Family,

We would like to invite you to partner with us in sending our Tryon Mountain Troopers Pathfinder Club to one of the most exciting youth events around the world! The 2019 Chosen International Pathfinder Camporee is held in Oshkosh, Wisconsin. Every five years 50,000 Pathfinders from around 100 countries come to play, share, learn, and worship together. It's an opportunity of a lifetime; sure to strengthen our children's relationship with God. What an awesome opportunity for our children to see that the Seventh-day Adventist Church is such a huge worldwide church!

This is a very large undertaking, financially speaking. It will cost our club right at \$10,000 to be able to attend. This covers our tickets, which cost \$195.00 per ticket, gas (travel expenses), food, and money for off site activities that cost extra. There are multiple ways you can partner with us.

1. Mark your Offering envelope (under Local Church) Oshkosh Camporee.
2. Contact Chrisy Witt at 828-447-0649 and let her know that you would like to sponsor a Pathfinder. You would basically be committing to helping a Pathfinder buy their ticket.

3. Put us to Work – We will be contacting the church this spring with some dates that we will be willing to come and do jobs around the house.

We are also welcome to suggestions on fundraising ideas! We want to thank you for your support over the years. Our club wouldn't be possible without the support of our church.



Diluting the Gospel ~ 3

Liberty Department

Submitted by Metodi Ikonov

Aristotle, the Macedonian Realist; The first one to try to prove the existence of God with logic

Aristotle (384-322 BC) is Plato's best student. He was born in Stagira, a city in central part of Macedonia, just about 50 miles from Thessaloniki where my ancestors are from. His father was a Doctor Physician of the King of Macedon. Because Aristotle had the chance to grow in the royal court, he started his education from a very young age. When he became about 18 years old, he moved to Athens to continue his studies in Plato's Academy. He remained there nearly 20 years. Shortly after Plato's death, Aristotle left Athens at the request of Philip II of Macedon to tutor his son Alexander, later known as the Great. In the Macedonian capital he created a school called Lyceum, and there, he helped the young Alexander to draw the plans for conquering Persia. Later, Alexander will fulfill prophesy written in the book of Daniel. Also, in his Royal Lyceum, Aristotle gave lessons to two other future kings - Ptolemy and Cassander. Alexander represents the leopard in Daniel 7:6, while Ptolemy and Cassander represent two of the heads. After the death of Alexander, Ptolemy became the ruler of Egypt and the founder of the Ptolemaic dynasty. This dynasty will last for the next several centuries and will turn Alexandria into a center of the Greek culture. Later, Alexandria will play a big role for introducing the Greek philosophy into the Christianity in the West. We will talk about this in our future discussions.

While being Plato's best student, Aristotle was not appointed to be his replacement. Probably because both of them disagreed on major issues and perhaps had open philosophical disputes. Raphael puts this perspective in his famous fresco "The School of Athens" where Aristotle has to share the central frame with Plato and the two scholars are debating. Here, Raphael captures with their gestures, one of their famous disagreements. Looking at the painting it looks like they are debating about the nature of the cosmos, the role of the Gods, and the place of the human beings - Plato's hand, pointing up, represents his idealism and spirituality; while Aristotle's hand is over the ground, corresponding to his realism and materialistic view. For Plato, the ultimate reality is above and beyond the world of our experience; while according to Aristotle, the ultimate reality is the world around us, everything that encounters our senses - rocks, flowers, trees, animals, and people.

The main topic for their debates was: "Where the knowledge comes from?" According to Plato, the knowledge is obtained by "Faith"; while according to Aristotle, the knowledge is obtained by "Reason", by observing the world around us. For Aristotle, our world is the real world and nothing exists beyond the reach of our senses. The soul is not an entity but just a principle of life and it is not restricted only to the human beings. In the same time, he talks about three types of souls - rational, vegetative, and animal - assigned correspondently to the humans, the vegetation, and the animal kingdom. For Aristotle, the reincarnation didn't make sense and the personal immortality didn't

Continued on Page 11

Diluting the Gospel ~ 3

Continued from Page 6

exist, as we have it in Plato.

Here are couple examples how Plato and Aristotle reflect. Plato describes, in one of his works, how his teacher, Socrates, proves the immortality of the soul and the incarnation by using a geometrical problem. We already mentioned that Plato follows, systemizes, and advances the teachings of Socrates. In this famous example Socrates calls an uneducated person (a young slave) for the test. Socrates draws a square and asks him to double the area. The person quickly suggests that this can be achieved by doubling the lengths of the sides. Socrates explains to him that this will make the area of the square four times bigger. If the original square has side length equal to 2 then the area of the original square is $2 \times 2 = 4$, and if we double the sides then the area is $4 \times 4 = 16$ - four times bigger. Then the person proposes to increase the lengths of the sides of the square by 1.5 times. This will increase the side of the original square from 2 to $2 \times 1.5 = 3$ but then the area becomes $3 \times 3 = 9$ (not what we expect to be 8, in order to be doubled). Then Socrates guides the person, with questions only, towards the correct answer. Finally, the person discovers that the correct answer is to use the diagonal of the original square as a side for the new square. From this geometrical phenomenon ancient Greeks derived the famous Pythagorean Theorem - the square of the hypotenuse of a right angle triangle is equal to the sum of the squares of the other two sides ($a^2 = b^2 + c^2$). This theorem is a basic foundation of geometry (for example we cannot build a house without using it). The explanation from Socrates

here is that the person already had this knowledge within himself. He draws this conclusion because the person was able to find the answer without any education in geometry. Then he must have obtained this information before from somewhere else, but, from where? Apparently not from Socrates because he did not teach him anything, he just asked questions. His soul must have obtained this knowledge before, being in contact with a god, for example with Demiurge - the craftsman of the universe or if we want to be more exact "the One" - the ultimate origin of all things according to the Neo-Platonism. Demiurge is not the ultimate creator. According to the Platonic teachings, he is the artisan of all things. On the other hand, to fashion the material world, he draws the basic constituents from something else. He serves as a link to the material world. The word "demiurge" is an English word derived from the Greek word "demiurgus" meaning "craftsman". Later, when these teachings entered into the Christianity, the role of Demiurge was assigned to Jesus. With this Socrates is leading us to the idea that his soul must be immortal and carries its knowledge from one life to another through incarnation.

To Be Continued



Thanks!

Art Paradis

Thanks for All the Fun!

I would like to thank you all for coming out to celebrate my birthday with me - it was very special to have my church family enjoy the day with me! ~ Art Paradis

New Year's Resolutions Part 3

Continued from Page 1

62. Live with Margin – Half of our life is spent trying to find something to do with the time we have rushed through life trying to save. ~ Will Rogers. 1 Chronicles 23:25.

63. Don't Have a False Sense of Responsibility – We are all something, but none of us are everything. ~ Blaine Pascal. Psalm 7:10.

64. Don't Try to Take Care of Everybody – I was so good at caretaking that I once found a piece of petrified wood and spent the next year trying to make it not be so afraid. ~ Terry Kellogg. Galatians 6:4.

65. Give Up Control – We may let go all things which we cannot carry to the eternal life. ~ Anna Robertson Brown Lindsay. Romans 8:9.

66. Be Willing to Adapt – Adapt yourself to the things among which your lot has been cast and love sincerely the fellow creatures with whom destiny has ordained that you shall live. ~ Marcus Aurelius. Mark 4:8.

67. Don't Try to Change What You Cannot Change – God grant me the serenity to accept the things I cannot change. ~ Reinhold Niebuhr, The Serenity Prayer, Part 1. Job 37:15, 16.

68. Change What You Can Change – God gives us courage to change the things which should be changed. ~ Reinhold Niebuhr, The Serenity Prayer, Part 2. Job 36:24.

69. Be Realistic in Your Expectations – Expect nothing. Live frugally on surprise. ~ Alice Walker. Psalm 39:7.

70. Progress is Made One Step at a Time – Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish. ~ John Quincy Adams. James 1:4.

71. Wise Up Before You Burn Out – We are made wise, not by the recollection of our past, but by the responsibility for our future. ~ George Bernard Shaw. Proverbs 3:13.

72. Cultivate Solitude – I love people. I love my family, my children, but inside myself is a place where I live all alone and that's where you renew your springs that never dry up. ~ Pearl S. Buck. Isaiah 32:18.

73. Be Eternally Minded – Aim at Heaven and you will get Earth thrown. Aim at Earth and you will get neither. ~ C. S. Lewis. Colossians 3:2.

74. Tackle Each Day as It Comes – Live neither in the past nor in the future, but let each day's work absorb your entire energies and satisfy your widest ambition. ~ Sir William Osler. Acts 24:16.

75. Remember That God is for You – If our confidence in God has to depend upon confidence in any human person we would be on shifting sand. ~ Francis Schaeffer. 1 Corinthians 1:9.



Sabbath School Council

Deb Grant, Secretary

November 3, 12:45 p.m., School Multipurpose Room – Potluck

Opening Prayer, Pastor Bran, Approximate 55 attended.

Sabbath School has the following elements: Fellowship, Bible Study, Outreach, Mission

The main discussion revolved around on what is working, what is not working, and what changes, if any, can or should be done to the song service leading into the Sabbath School program. Many suggestions and ideas were brought up and discussed.

With young families with children and seniors presently representing the two main age groups of our church, the discussion offered an opportunity to actively listen and interreact on expectations related to our Sabbath morning schedule.

In summary: our Sabbath morning schedule will offer again a song service

ministry provided for those desiring and able to come early.

Jamie Grindley made the following motion:

Song service to start back at 9:15 a.m. Jamie Grindley, assisted by Bev and Chet Cook, will organize choristers and pianists. Sabbath school will begin with opening song at 9:30 am.

LeNoy Kyzer seconded this motion. It was voted and carried.

The Sabbath School morning schedule is as follows:

- 9:15 a.m. Song Service
- 9:30 a.m. Opening Song and Superintendent's remarks
- 9:40 a.m. Break for classes
- 9:45 a.m. Classes begin
- 10:35 a.m. First bell, 5 minutes to wind down classes
- 10:40 a.m. Second bell – all classes are dismissed

Closed with prayer that included the blessing on the food.

Dinner began at 2:00 pm.

2019 Devotional Books

Special Church Ordered Prices ~ Watch for more info in Bulletins beginning December 8

Adult, *Authentic* by Shawn Boonstra, \$14.99

Evening, *God's Amazing Grace* by E. G. White, \$14.99

Above two as set, \$27.99

Women, *In His Presence* by Carolyn Rathbun Sutton, \$11.99

Young Adult, *Conviction* by Troy Fitzgerald, \$12.99

Teen, *Here I Am* by Natalie Dorman, \$13.99

Junior/Earliteen, *Sensational Quotational Devotional*, \$13.99

Primary, *God's Amazing Creation* by Redden, Reed, and Yamada, \$12.99

Preschool, *Little Hearts for Jesus* by Sally Pierson Dillon, \$12.99

Harvest Party

November 11

Thanks to the great planning of the sponsors, Family Ministries and Social Committee, it was a fun time for all! It was a cold day warmed by fellowship, activities and homemade chili at Jonathan and Sarah Rowe's home.

Activities and opportunities were varied and entertaining. There was tug-of-war for all ages, checkers, paint a pumpkin, make your own caramel apple, bonfire, a hot drink station, a heated garage area and great conversations. A "Mystery Item" game kept many occupied as they went from person to person to guess the items. The game "who can put the chicken in the sack?" brought about many squeals and shrieks! For the pumpkin relay, teams of children raced to pass the pumpkin and beat the opposing team. It ended pretty much in a tie between the teams.

Ten couples accepted the challenge of the "Apple Eating" competition. With hands behind their backs and an apple hanging on a string between them they all gave it a mighty effort. The winning couple would be the first to consume the apple. Congratulations, Jeremy and Debbie Ford!

Guess the number of 'pieces in the jar' activity exposed some very talented guessers whose guesses were incredibly close. The winners were: Tootsie rolls (136) Jonathan Alvarez guessed 132; Candy Corn (202) Danielle Magnant guessed 201; Roasted Peanuts in the shell (216) Kylie Yoder guessed 215.

The chili judges, Pam Green, Carla Powell and Robert Carney, had a tough job trying to determine the winners. The results are 1st Place, Blue Ribbon – Pixie Paradis; 2nd Place, Red Ribbon – Bob Dendy; 3rd

Place, White Ribbon – Bob Shepard.

The evening ended with hayrides where the joyful riders were cold but still wound up. Their spirits weren't dampened by the light rain and sleet that fell on them.

Thank you to all who participated in producing this great evening. Congratulations to all who won and blessed are all who attended. Looking forward to the next event.



New Year's Party

Desirée Magnant

New Year's Party, December 30, 5:00 p.m. Don't miss out on all the fun and talent this church has to offer. Join us on Sunday, December 30 for a New Year's Celebration starting at 5:00 p.m. Plan to bring your favorite sandwich's and soup to share potluck style. We will provide the dessert and "Midnight" toast! If you are going to perform as a part of our variety show, please text or email Desirée at 386-481-8215 or at desiree5472@hotmail.com.

Health Nugget

Michael Owens, Sr.

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God. 1 Corinthians 10:31

In order to preserve health, temperance in all things is necessary – temperance in labor, temperance in eating and drinking. Our Heavenly Father sent the light of health reform. . . that those who love purity and holiness may know how to use with discretion the good things He has provided for them, and that by exercising temperance in daily life they may be sanctified through the truth.

Great care should be taken to form right habits of eating and drinking. The food eaten should be that which will make the best blood. The delicate organs of digestion should be respected. God requires us, by being temperate in all things, to act our part toward keeping ourselves in health. . . The spiritual experience is greatly affected by the way in which the stomach is treated. Eating and drinking in accordance with the laws of health promote virtuous actions.

Principle should rule instead of appetite or fancy. . . It means much to be true to God. He has claims upon all who are engaged in His service. He desires that mind and body be preserved in the best condition of health, every power and endowment under the divine control, and as vigorous as careful, strictly temperate habits can make them. . . . Temperance in eating, drinking, sleeping, and dressing is one of the grand principles of the religious life. Truth brought into the sanctuary of the soul will guide in the treatment of the body.

The better you observe the laws of health, the more clearly can you discern temptations, and resist them, and the more clearly can you discern the value of eternal things.

May the Lord help you to make the most of your present opportunities and privileges, that you may daily gain new victories, and finally enter the city of God, as those who have overcome by the blood of the Lamb and the word of their testimony. *My Life Today* 141

THE BLESSING IS IN THE OBEDIENCE

Project ReFresh is Here

www.theprojectrefresh.org

Carolina Conference – What is Project ReFresh?

It's a media platform with tons of interesting stuff for ages 13 - 35. Five new video series, six podcasts, a blog, and a myriad of other social media content produced for the young people of our conference by the Carolina Conference Communication Department. There's something for everyone, and we're

planning to add more. We're working on several new series in areas like young families, Adventist Education, reaching the community, healthy cooking how-to's, etc.

Project ReFresh will answer hard questions about Adventist beliefs and the way we do things. We will have fun, be relatable. We want to break down barriers and reignite the lines of communication between generations.



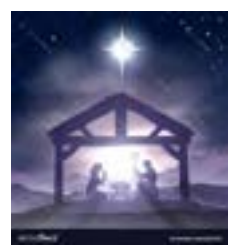
Clean Eating Cooking *Free!* Seminar

You'll learn: * What are live foods? How to keep them fresh & handy! * Food as medicine! * Learn about juicing & its benefits for your health! * How to make delicious dairy substitutes! Lots of FREE FOOD samples!

Call 888-670-5581 to register! This is completely free, but space is limited!

For more information, please call 888-670-5581. This FREE program is a community service of the Tryon Seventh-day Adventist Church

3 SUNDAY SESSIONS:
January 13, 20, 27;
2-4pm
Morgan Center
2820 Lynn Road.
Tryon, NC



Prison Ministries

Shawn Eckmann Interview

Our church is into outreach and the community knows and appreciates it. Our newest ministry is Prison Ministries, following the injunction in Matthew 25:36 to visit those in prison. Shawn Eckmann, our representative, has been visiting, encouraging, and sharing God's Word with those in our newly constructed law enforcement center. After getting this ministry off to a slow start, God opened the doors wide in October.

I was in prison and you came to Me.
Matthew 25:36.

There was a ministry orientation at the new facility in September – Shawn Eckmann and Lorna Dever attended. At the meeting approximately 35 people from various churches were there some of whom had over 25 years of prison ministry experience. The orientation required a background check on the attendees and picture ID, etc. They learned that there would be two times during the week (Sunday mornings and Thursday evenings) when inmates could be visited.

After the orientation, Shawn and Lorna did not think they would get called as they had the least experience ministering to prisoners. As God would have it, a few days later the prison chaplain called Shawn and asked if he would teach an ongoing Sunday School class starting Sunday morning, October 7.

At the facility, there are three pods that denote levels of security: Pod #1 minimum, Pod #2 medium, and Pod #3 maximum security. Each Sunday from 8 – 9 a.m., Shawn goes to the center, usually to Pod

#1, and can talk to up to three men during that hour. It takes 10 - 15 minutes just to get clearance. There are no clocks inside so Shawn has to take his own watch. Thus far, every Sunday has brought a new set of men to the Pod. Shawn's desire is to be an encourager and infuse these men with hope. He has adapted the lessons from our Sabbath School quarterly to share and also has been impressed to go over Genesis 1 & 2 sharing the beautiful life and environment God always intended for us. Then he moves onto Genesis 3 and what

happened when sin entered in. He makes the Bible record real to the men, showing the results of sin like blame. He teaches them about the animals that died pointing to Jesus' eventual sacrifice for us.

Shawn also has the opportunity to pray with the men and how to find a Bible verse. Most have had some Biblical background and many have been baptized. The men come on a volunteer basis from Pods A & B and meet in a designated room. Pod C men cannot come out of their cells and if going there, the ministries can only talk to these men from outside their cell which is not ideal.

Please pray between 8 – 9 a.m. on Sundays for Shawn. On occasion, no one shows but often they do. He is also befriending some of the local pastors. Lorna is in charge of special prayer requests from the men and women. Shawn has found his calling. Praise God for this most important ministry. Prayer is our best and most powerful contribution.

Christmas Yard Sale

Sara Wolff

Thank you to everyone who came and helped with yard sale. We were able to set up in less than a week and take down the leftovers in less than two hours. It was only possible because of all those who helped. Many hands make light work.

As we prepare for the next yard sale I am looking for help. If you would like to help sort and price during the week, please let me know. Call or text me anytime, Sara Wolff, 980-229-5186



Donate for the Kingdom

Desirée Magnant

Donate for the Kingdom - Spring Evangelistic Outreach Planned

The Evangelism Committee is planning a Spring 2018 outreach featuring evangelist John Earnhardt. The series will run May 3 - 25 covering the foundations of our faith, provide attendees his Bible marking guide, and feature a car show.

We want to open the doors of our church to all segments and are looking for your help. The church's contribution will be around \$3,000 and the conference is investing \$15,000 towards the series. If you would like to support this outreach please mark your Offering envelope "Earnhardt."

Thank you!

Bell Ringing

Wanangwa Hartwell

Come one, come all! The students from our school, and a select group of homeschoolers, will be performing three times in the month of December.



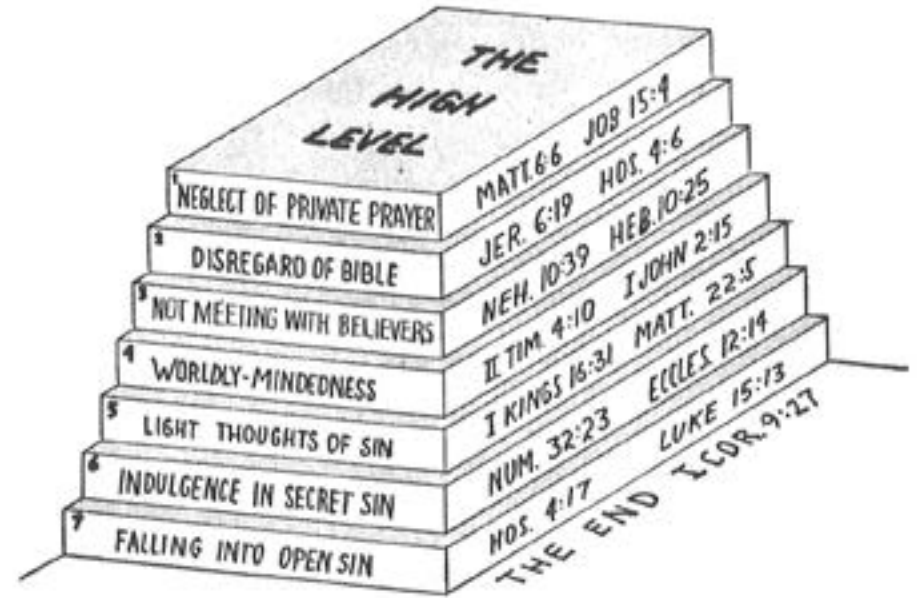
They will have the worship service at our church on Sabbath, December 8, so please plan to be at church that day.



At the request of one of our students, our third to eighth graders will also be playing at Foothills Community Chapel, Columbus, 2720 Landrum Road, on Sunday, December 9, at 6:00 p.m.



Finally, all the students will be playing at the Polk County Public Libraries, Columbus Library, on Thursday, December 13, at 1:00 p.m. If you are able, come to the library at noon that day to enjoy the Cookbook Club program (Bring two dozen cookies and enjoy the cookie exchange!) and then stick around as our kids fill the place with music. Hope to see you there!



The 7 Steps of Spiritual Decline

Upward SDA Food

Jackie Neff

The Upward Way Thrift Store is now caring Dinner Roast, Turkey, Wham, Chicken, Corned Beef Rolls and in sliced 8 oz. boxes. Nutabella, Swiss Stakes, Tender Bits, Big Franks and Fri Chik are some of the other items available.

Have a Blessed Sabbath,
Jackie Neff



Free Seminar

Amy Davis

Free Seminar on "How to be Happy, Healthy & Energetic" presented by Dr. Sharon Norling at the Upward Adventist Church on Thursday, December 6 at 6:30 PM. Light refreshments will be served. Find more details on the bulletin board or Facebook@Upwardsda.

Outreach Sabbath

Compassion 1,000,000

Outreach Sabbath - December 8

Stay for potluck and go with us to spread sunshine at the White Oak Nursing Home. We will be singing and playing instruments – all are welcome.

Advertising

news@tryonsdachurch.org

Do you have something you wish to sell? A service you provide? Please submit to the above e-mail address. Thanks!

ALTERATIONS/SEWING: Deb Grant, 828-817-7015.

FIREWOOD: John Cantrell, 828-817-7345 or 828-817-4178. Split. Hardwood. Delivery within 25 miles.

HONEY for Sale: Benjamin Owens, 828-287-5866. 24# = \$65. 12# = \$40. 3# = \$12.

RECUPERATIVE MASSAGE: Roseanne Richards, 864-357-4875. Call or Text. Chair Massage on site. Therapeutic Massage at Richard's home.

10. Manger
9. Reindeer
8. Stocking
7. Gingerbread
6. Wreath
5. Holly
4. Tree
3. Bells
2. Candle
1. Candy cane

Scrambled Words Answers

10. Laura Ingalls Wilder
9. Margaret Thatcher
8. Dale Evans Rogers
7. Norman Vincent Peale
6. Charles M. Schulz
5. Charles Dickens
4. Carrie Fisher
3. Bob Hope
2. Calvin Coolidge
1. Brigham Young

Who Said It? Answers



- 2 Jazzilyn Ford
Ginny Finch
- 3 Bill Sampson
- 4 Kasey Thompson Reynolds
Sally Rhyneerson
- 5 Owen Gordon
- 7 Brian Coon
- 8 Odila Oliver
- 9 Faith Iannone
John Cantrell
- 16 Tim Grindley
- 18 Myrna Esh
- 19 Audrey Connelly
Gerald Tary
- 21 Jodi Smith
- 22 Jordan Saladino
- 24 Marilyn Cook
Michael Wolff
- 25 Fred Gibbs
John Richards
- 27 Richard Bayley
- 28 Tonya Kim
Vesta Whitmore
- 29 Judah Kim
- 30 Lynn Bayley
- 31 Brenda Lee Brittain
Ron Herman
Jane McCulley

Tryon Seventh-day Adventist Church

Journal

December, 2018

New Year' Resolutions, Part 3

Lorna Rae Dever

It may seem a little early to think about New Year's Resolutions, but I just read an incredible book, *100 Ways to Simplify Your Life*, by Joyce Meyer and wanted to share the highlights with each of you.

51. Don't Be Complicated – Our life is frittered away by detail. Simplify! Simplify!
~ Henry David Thoreau. Psalm 116:6..

52. Don't Plan for Perfection – All of us occasionally do what is right, a few predominantly do what is right, but do any of us always do what is right? ~ Max Lucado. Philippians 2:5.

53. Be Easy to Get Along With – Coming together is a beginning. Keeping together is progress. Working together is success. ~ Henry Ford. 2 Corinthians 13:11.

54. Don't Overestimate Yourself – It was pride that changed angels into devils. It is humility that makes man as angels. ~ St. Augustine. Proverbs 29:23.

55. Get Rid of Junk Mail ~ Pity your poor mail carriers. Their shoulders must burn under the mailbag strap as they haul each day's mail to your desk. ~ Kevin A. Miller. Proverbs 4:15.

56. Block Solicitors' Phone Calls – I suppose some degree of commerce would grind to a halt if telephone solicitors weren't able to call people at home during dinner hour. ~ Anonymous. 1 Corinthians 7:34.

57. Don't Let Work Pile Up – Idleness is a constant sin, and labor is a duty. Idleness is the devil's home for temptation and for unprofitable distracting musings; while labor profiteth others and ourselves. ~ Anne Baxter. Acts 20:35.

58. Plan Ahead – First say to yourself what you would be and then do what you have to do. ~ Epictetus. Proverbs 16:9.

59. Buy Some Time – Surround yourself with the best people you can find. Delegate authority and don't interfere as long as the policy you decided upon is being carried out. ~ Ronald Reagan. Ecclesiastes 3:1.

60. Organize – Don't agonize, organize. ~ Florence Kennedy. Proverbs 31:27

61. Keep Prayer Simple – Do not pray for easy lives, pray to be stronger men. Do not pray for tasks equal to your powers, pray for power equal to your tasks. ~ Phillips Brooks. Nehemiah 1:6.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25 10am - Thrift Store	26 9am - Thrift Store	27 9am - Thrift Store 2pm - Office Hours -- 9pm - Bulletin deadline	28 8am - Church Office -- 8:30am - Circle of 9am - Thrift Store 1pm - Church Office -- 6pm - Adventurers -	29 9am - Thrift Store 1pm - Church Office --	30 9am - Thrift Store 5:16pm - Sunset	1 No Fellowship Lunch Local Church Budget - 9:15am - Sabbath 10:45am - Worship 5:16pm - Sunset
2 10am - Thrift Store	3 Morgan Center 9am - Thrift Store 4pm - COPE - Morgan 6:30pm - SCHOOL	4 9am - Thrift Store 2pm - Office Hours -- 6pm - Hour of Prayer - 9pm - Bulletin deadline	5 8am - Church Office -- 8:30am - Circle of 9am - Thrift Store 1pm - Church Office -- 5:30pm - Pathfinders -	6 9am - Thrift Store 1pm - Church Office --	7 9am - Thrift Store 5:16pm - Sunset	8 Community Services* - 9:15am - Sabbath 10:45am - Worship 12:30pm - FELLOWSHIP 5:16pm - Sunset
9 CO-OP ORDER DATE 10am - Thrift Store	10 9am - Thrift Store 6pm - Finance 7pm - Church Board	11 9am - Thrift Store 2pm - Office Hours -- 9pm - Bulletin deadline	12 8am - Church Office -- 8:30am - Circle of 9am - Thrift Store 1pm - Church Office -- 6pm - Christmas Party -	13 9am - Thrift Store 1pm - Church Office --	14 9am - Thrift Store 5:17pm - Sunset 6pm - Small Group	15 Local Church Budget - NO FELLOWSHIP 9:15am - Sabbath 10:45am - Worship 5:18pm - Sunset
16 10am - Thrift Store 6pm - Christmas Party	17 9am - Thrift Store	18 9am - Thrift Store 2pm - Office Hours -- 9pm - Bulletin deadline	19 20 21 Christmas Break - TSDAS			22 Carolina Youth - 9:15am - Sabbath 10:45am - Worship 12:30pm - FELLOWSHIP
23 10am - Thrift Store	24 Christmas Eve 9am - Thrift Store	25 Christmas Day 9am - Thrift Store 2pm - Office Hours -- 9pm - Bulletin deadline	26 8am - Church Office -- 8:30am - Circle of 9am - Thrift Store 1pm - Church Office --	27 9am - Thrift Store 1pm - Church Office --	28 9am - Thrift Store 5:24pm - Sunset 6pm - Small Group	29 9:15am - Sabbath 10:45am - Worship 11am - Communion 5:25pm - Sunset
30 Christmas Break - TSDAS 10am - Thrift Store 5pm - New Year's Party	31 New Year's Eve 9am - Thrift Store	1 New Year's Day 9am - Thrift Store 2pm - Office Hours -- 6pm - Hour of Prayer - 6:30pm - SCHOOL	2 8am - Church Office -- 8am - School Resumes 8:30am - Circle of 9am - Thrift Store 1pm - Church Office -- 6:30pm - Study of the	3 9am - Thrift Store 1pm - Church Office --	4 9am - Thrift Store 5:30pm - Sunset	5 No Fellowship Lunch Local Church Budget - 9:15am - Sabbath 10:45am - Worship 5:31pm - Sunset

Animal Travels

What do you know?

The area that wild animals travel is called a range. Many animals have a small range - a pair of cardinals may stay in your backyard. Some have huge ranges - caribou may travel 1,500 miles on their migration routes.

Do you know what a cougar is? How far do you think they can travel? One cougar left the Black Hills in South Dakota and

was seen on trail cameras in Michigan. Sadly he was hit by a car when he reached Connecticut. A Florida panther, another name for a cougar, was seen in Alabama, though some question whether he actually came from Florida.

With all this travel, a cougar might just come to Polk County! Keep your eyes open!

Question: How many names do you know for a cougar? Can you tell Ronnie?

