

Geetings!

Chet Cook

Hello Church family:

I want to first of all express my deep and sincere appreciation to many of you who have consented to be prayer warriors in my behalf. I can't really express how profoundly it has impacted me to realize the expression of shared sympathy and concern over my recent diagnosis with cancer. Honestly, I never ever thought I would fall prey to this serious condition but I'm attempting to wear the mantle graciously and as humbly as possible. I have learned a hard lesson in this experience, to not let physical changes go unchecked and looked at by a physician just to make sure that it was not anything serious. Well, I would call this serious, and what I believed to be just hemorrhoids turned out to be cancer instead.

Now I was faced with the decision of determining what choice of treatment to consider. I could write many things here describing the process of choosing a treatment, but I will spare you the many words that it would take. After finally eliminating the choice of attending a Cancer Center (Hospital) I elected to come to one of our Adventist owned Lifestyle Centers that have an extensive cancer treatment program available.

So, I am now writing to you from Eden Valley - Institute of Wellness in Loveland, Colorado. My program began this past Sunday afternoon at 1:30 p.m. after a wonderful vegan lunch. I was then headed to a Sauna treatment at 180° temperature for 1

hour duration followed immediately by 30 seconds of a cold, cold water rinse. Guess what? I survived! Then we had an orientation session for all the new program attendees. There are nine of us here, most of which are planning to stay for the entire 14 day program. Over half of us are dealing with cancers of one sort or another. We are here from, California, Oregon, Illinois, Colorado, Michigan, Wyoming, New York, and of course North Carolina. Only two men, the rest are ladies

They are utilizing copious means and methods of natural treatments to treat us. I don't know if any will be coming back to do a second 14 day treatment as I would like to, but we'll see. I've already experienced several means or modes of treatments including Sauna, hyperbaric chamber, fever treatments, and far-infra-red treatments which have been wonderful to experience. These are interspersed with lectures about proper health modalities, and spiritual lessons of great importance to each of us. Of course, they are utilizing a full spectrum of herbs, teas and ointments along with the other treatments I've just described.

Hopefully this will give you a small insight into what I am going through and why I am absent from your gatherings. Thanks again for your thoughtful prayers in my behalf. I love and miss you all.



Our hymnal does not carry the last verse of *Shower of Blessings*, yet it carries a beautiful message!

There shall be showers of blessing;  
This is the promise of love;  
There shall be seasons refreshing,  
Sent from the Savior above.

Refrain:  
Showers of blessing,  
Showers of blessing we need:  
Mercy-drops round us are falling,  
But for the showers we plead.

There shall be showers of blessing,  
Precious reviving again;  
Over the hills and the valleys,  
Sound of abundance of rain.

There shall be showers of blessing;  
Send them upon us, O Lord;  
Grant to us now a refreshing,  
Come, and now honor Thy Word.

There shall be showers of blessing:  
Oh, that today they might fall,  
Now as to God we're confessing,  
Now as on Jesus we call!

There shall be showers of blessing,  
If we but trust and obey;  
There shall be seasons refreshing,  
If we let God have His way.

How much pain must I endure before I give up?

*More pain than Jesus endured for me.*

## Got Diabetes? Reverse It!

Lorna Dever

“You can’t reverse diabetes!” my doctor proclaimed as I sat in her office. She had just told me my blood sugar was higher than it should be, which was not surprising since my exercise level had dropped.

“You can’t reverse diabetes,” the facilitator of the discharge-ordered class informed me the first night our group met.

“If you can’t reverse diabetes why do I have two friends who do not have to be on diabetic medications any more?” I asked both proclaimers of doom, and furthered queried, “Why does my friend Terri teach classes on reversing diabetes?”

Neither were able to give me an answer, but kept trying to convince me that you can’t reverse diabetes.

A couple weeks after my last encounter I was having to help at our church as the Grace Foothills attendees were coming. As I sat at my computer in the workroom a male voice asked what I was doing! Turning my head I saw Micky Edwards leaning against the door frame. We exchanged greetings and soon his wife stepped up behind him. I told Terri what I had been through in regards to reversing diabetes, especially in my most recent encounter. She asked if I was going to be around until they got out

of church and explained that she had a book she wanted to give me. After their service ended Terri presented me with *Reversing Diabetes* by Dr. Neal Barnard.

Anyone that knows me very well will tell you I am not a reader, but I went home that afternoon and began reading!

The thing that impressed me the most was the research that has gone into Dr. Barnard’s regimen for reversing diabetes and the success statistics he shares. In one of his early studies “two thirds of patients improved so much that they were able to reduce or eliminate their medications within 12 weeks.” “After just 16 days on the program, more than half of the men were able to stop taking insulin entirely.” Terri was just finishing a five-week class at Spartanburg Regional and had the same results.

Again, in my mind, if they could do it I could too. I set me “begin” date as May 1. Within two weeks I had stopped one of my diabetes medications and reduced the other.

Would you like to join me and reverse your diabetes? Terri is willing to teach a class here but we need 15 people to promise to come. There will be scholarship funds available for those who sign a contract to promise to give the program a 100% chance. If you are interested contact me, 828-817-1544 or [news@tryonsdachurch.org](mailto:news@tryonsdachurch.org).

*Want to get rid of your diabetes medications?  
Want to get away from the side affects of diabetes?  
Read Above! This is YOUR chance!*

## Our Missionaries to Turkey

Our missionaries to Turkey, Trey & Vicky Brown, have been their usual busy. As of late, a new door has opened for them to teach English as private tutors. They are drawing closer to some Turkish families and have had opportunity to counsel with some concerning God. They, themselves, continue learning the Turkish language with their own personal lady tutor twice per week. They have had many opportunities to share God with her as she does not claim Islam due to finding an inconsistent God in the Quran. She does believe in God and recently accepted a book

by Roger Morneau from the Browns. They solicit our prayers in her behalf.

Recently, they had the privilege of spending time abroad with their colleagues from around the world; it was a global retreat. For two weeks they focused on four goals: 1) to enable all field personnel to connect with the rest of the team; 2) to spend time in intentional nurture of their personal family life; 3) to sharpen their church-planting skills,, vision and focus, and 4) to deepen their relationship with God.

This is year three for the Browns in Turkey and they are looking forward to their time to visit us as they have so much to share. They will be in the states from August until December. We look forward to having them at Tryon on Sabbath, October 27.



## Church Happenings

Bev Cook

It is no understatement that we are members of a very busy church. Evangelism is our highest goal in winning people to Christ. With that in mind, we hope to kick off a Bible School through various means of contact largely through the internet but also through billboards and personal contact. There will be three different ways for the communities to engage in Bible studies: one-on-one, small groups, or personal self-study and there will be Bible studies available for children.

Our church is also sponsoring a family to the Family Bible Camp called SHINE this summer at Fletcher.

Come August, Pastor Robinson will be holding a three-month Revelation series in our community. We are currently looking for a venue in the community that will hold 100 people classroom style and if unsuccessful, we will hold it in our Morgan Center.

July 15 (Sunday) is slated for our next Church Business Meeting. We will be discussing various items including a new church budget for 2018-2019 church year. There will be a luncheon at 2:00 pm (potluck style

of sandwiches, salads, and desserts) following by the meeting at 3:00 pm in the Morgan Center.

Our Church School wound up a very successful year and are now off for the summer. During May, the students went to Nosoca Pines for outdoor education and here at home participated in a successful Walk-a-Thon and were very thankful for all the many sponsors they had from our church.

Community Services still is looking for volunteer gardeners to help with the Matthew 25 Garden. If you can spare one week this summer, please contact Lorna Dever and she will share details on what is needed.

The new building for the Thrift Store, Yard Sale, and Share Thy Bread is approaching groundbreaking. Once permits are in place and architectural plans finalized, we should see groundbreaking. We hoped to see some action in May, but June should be more of a reality for this project. We hope all will be 100% behind this exciting new development at our church.

Let's all stay faithful and not be so busy we lose our first love, Jesus. He is coming soon and we want to tighten our relationship with Him through Bible study, prayer and sharing.

## Butterscotch Pudding

I basically just put these ingredients together:

4 cups of steamed butternut squash

Soy milk enough to cover the top of the squash in the blender after it has been steamed.

1 tsp cinnamon

1/2 cup of maple syrup - or to taste

1 tsp sea salt

First steam squash. Then drain and put in blender or Vita Mix. Add enough soy milk to cover; Add cinnamon, maple syrup, and sea salt. Blend until totally smooth. If too thick, add a bit more soy milk. Add 5 drops of butterscotch flavoring oil to the smooth squash mixture after it cooled. You can add more if you like. Chill and serve.

There is a So Delicious whipped topping made from coconut milk at Ingles in the refrigerated section and a dollop of that would be good on top. Enjoy!





## AV Needs Young People

Wanangwa Hartwell

Greetings! As your AV leaders for a second year, Ronnie and I are looking for volunteers to make a bigger and better team. If you are interested in working with us, please see us at church, or contact us by email or phone (see below). We are particularly eager to get young people involved so if you have children please consider bringing them too. We will accept any kids who are at least ten5 years old and who are willing to learn and to obey

Thank you!

Ronnie, 316-680-8773;

Wanangwa, 828-817-0251

## Library Corner

Wanangwa Hartwell

Hi everyone! It's that time of year again! We are preparing donations for camp meeting and hoping to exchange them for more new materials for our church library. We have also added several new titles to the library in the past few weeks, so be sure to check the updated title list on the church website [insert link here or at the end] or just visit and browse the shelves. Please leave books in the book drop box for reshelving rather than putting them back on the shelves at random. Thank you!



## Sea of Miracles

Desirée Magnant

Vacation Bible School

June 25 - 29

Sea of Miracles

Save the date for the upcoming VBS and plan to invite family and friends to attend. We will experience the miracles and stories of the seaside town of Galilee. The program will run from 6 - 8 p.m. nightly. We can still use volunteers if you are interested in getting involved please let Desirée know at 386-481-8215.

## Literature Rack

Wanangwa Hartwell

Attention all persons interested in evangelism and outreach! You can do a great work without signing up for long term projects. Just grab a few books or tracts off the literature cart or stands and pass them out wherever you go. Give them to people at the grocery store, at the gas station, or while walking in the park. Let me know if there are titles you think might be good additions for sharing. Ellen White said to spread our literature like autumn leaves -- let's spread it like the rain we've been experiencing! Good luck and God bless!

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## Sabbath Afternoon Picnic

Dick Bayley

It was a really nice picnic, lots of chit-chat, lots of kids, lots of food –someone said it was better than the potlucks, but someone else said that's probably because it was nice to be outdoors. There was a brief worship led by Jeremy, with a few hymns. The kids who spent so much time in the water were getting chilly as the sun began to set, but they warmed up by the fire Jeremy built near the lake. The frogs serenaded everyone as it ended.

(Editor's Note: Picnic pictures in this issue were taken by Dick Bailey and Kelley Edney. Also, if you go to the online issue there are more pictures and all in color!)

## Bible School to Launch in June

Desirée Magnant

The Tryon SDA Church will launch a new outreach to the community offering Bible studies in three separate forms, including Amazing Facts-Landmarks of Prophecy, Amazing Facts Study Guides and a youth focused Amazing Adventures.

The offerings include multimedia presentations and also various styles of study including: self-study, 1:1 and small group.

Promotion for the series includes a landing page, outdoor boards, digital ads, handouts and inserts in the Tryon Daily Bulletin.

Interested participants will call or fill out the contact form and members of the Bible Outreach Team will work with them based on their chosen method of study.

The series is slated to run during Q2-Q3 and then participants will be invited to attend the Fall evangelism outreach efforts.

Church members can participate by praying for the program, helping with studies and contributing to the evangelism fund.

## Fourth Annual Fun Run

Mills River SDA School

The 4th Annual Mills River Valley 5K, 10K and 1 Miler Fun Run/Doggy Dash will be held at Mills River Park on Sunday, September 9. Hosted by the Mills River SDA School, proceeds will benefit the school and their programs and Blue Ridge Humane Society. The race is growing fast and we invite you to come enjoy the beautiful park and events! This year we are excited to announce that we will have the Park Ridge Creation Health team on site with a booth. Be sure to invite your running friends and make it go-to event! Register by July 1 to enjoy an early registration price. For more info and to register, go to [www.imATHLETE.com/events/MillsRiverValley5K](http://www.imATHLETE.com/events/MillsRiverValley5K). We appreciate your support and look forward to seeing you there. Questions? Contact Mike Blackwell at 828-674-5976.

## FLAG Camp

Arden SDA Church

The Arden Seventh-day Adventist Church will be conducting its 15th Annual Christian Summer Day FLAG Camp (Fun Learning About God) program for kids ages 5 - 12 starting June 11 through August 3, Monday-Friday: 8:30 a.m. - 4:30 p.m.

Open House will be on Wednesday, June 6, 6:00 - 8:00 p.m. FLAG Camp provides kids a safe, fun-filled, educational summer day camp experience. Fees are competitive and are charged by the day. Pre-Care and After Care services are available.

Register now by calling 828-585-4112 or 828-684-6700. Registration forms and further information are available on-line at [www.ardenadventist.org](http://www.ardenadventist.org).



# Advertising

news@tryonsdachurch.org

**FOR SALE:** Raw Honey. 24# = \$65.00; 12# = \$40.00; 3# = \$12.00. Contact Benjamin Owens at: 828-625-9073.

**FOR SALE:** Free range chicken eggs. \$3/dozen. Call Lorna, 828-817-1544.

**Sewing and alterations.** Deb Grant 828-817-7015.

**FIREWOOD:** Split, hardwood firewood, delivered within 25 miles. Call John Cantrell, 828-817-7345 or 828-817-4178 for delivery details and pricing.

**NEEDED:** Holy Cross Episcopal Church is looking for a part-time staff to work in our nursery with our infant to four year olds on Sunday mornings from approximately 9:30 - 11:45 a.m. If interested, please call the office at 828-859-9741.

June



- 2 Richard Goodman
- 3 Charmain Herman  
Daine Magnant
- 5 Kristin Bobbitt
- 6 Easton Carney  
Robert Carney
- 7 Mike Stone
- 8 Curtis Rowe  
Wesley Shepard
- 9 Julie Edwards
- 1 1 Chase Warner
- 13 George Kim  
Bethany Painter
- 15 Heather Blomeley  
Grace Kellogg  
Wally McDaniel
- 16 Ryan Sasso
- 19 Mary Lee Lindsey
- 23 Alex West
- 24 Esperanza Hale
- 25 Ted Coles  
Jon Massengill
- 27 Victoria Moses
- 28 Amy Ford  
Bonnie Hornbeck  
Terri Beth Melashenko  
Pixie Paradis
- 29 Carl Edney

Tryon Seventh-day Adventist Church

Inreach

Outreach

Infogram

June, 2018



*Congratulations!*



May 6

Chris Sauve

Rebecca Sauve

SAU

May 15

Lemuel Milks

Tryon Adventist

May 20

David Alvarez

Katelyn Green

Jeffrey Tary

Fletcher

May 25

Alex West

Landrum High

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
<b>CAMP MEETING</b>						
9am - Grace 10am - Thrift Store	<b>Memorial Day</b> 9am - Thrift Store 6:30pm - Christian	9am - Thrift Store 9pm - Bulletin	8:30am - Circle of 9am - Thrift Store 6:30pm - Study of 6:30pm - Study of the	9am - Thrift Store	9am - Thrift Store 8:38pm - Sunset	<b>No Fellowship Meal</b> 9:15am - Sabbath 10:45am - Worship 8:39pm - Sunset
3	4	5	6	7	8	9
10am - Thrift Store	9am - Thrift Store 6:30pm - Christian	9am - Thrift Store 6:30pm - SCHOOL 9pm - Bulletin	8:30am - Circle of 9am - Thrift Store 6:30pm - Study of 6:30pm - Study of the	9am - Thrift Store	9am - Thrift Store 6pm - Small Group 8:42pm - Sunset	<b>Youth Sabbath @</b> 9:15am - Sabbath 10:45am - Worship 12:30pm - FELLOWS 8pm - Vespers and 8:42pm - Sunset
10	11	12	13	14	15	16
10am - Thrift Store	9am - Thrift Store 6:30pm - Christian	9am - Thrift Store 6pm - Finance 7pm - Church Board 9pm - Bulletin	8:30am - Circle of 9am - Thrift Store 6:30pm - Study of 6:30pm - Study of the	9am - Thrift Store	9am - Thrift Store 8:45pm - Sunset	<b>NO FELLOWSHIP</b> 9:15am - Sabbath 10:45am - Worship 8:45pm - Sunset
17	18	19	20	21	22	23
<b>Father's Day</b> 10am - Thrift Store	9am - Thrift Store 6:30pm - Christian	9am - Thrift Store 9pm - Bulletin	8:30am - Circle of 9am - Thrift Store 6:30pm - Study of 6:30pm - Study of the	9am - Thrift Store	9am - Thrift Store 6pm - Small Group 8:46pm - Sunset	9:15am - Sabbath 10:45am - Worship 12:30pm - FELLOWS 8:30pm - Morgann 8:47pm - Sunset
24	25	26	27	28	29	30
<b>CO-OP ORDER DATE</b>	9am - Thrift Store	9am - Thrift Store	8:30am - Circle of	9am - Thrift Store	9am - Thrift Store	<b>NO FELLOWSHIP</b>
<b>5pm - VBS Morgan Center @ Morgan Center</b>						
10am - Thrift Store	6:30pm - Christian	9pm - Bulletin	9am - Thrift Store 6:30pm - Study of 6:30pm - Study of the		8:47pm - Sunset	9:15am - Sabbath 10:45am - Worship 8:47pm - Sunset

## Bible Experience

Wanangwa Hartwell

Did you see the Southern Tidings? There was a great article about the Pathfinder Bible Experience. Many of our own Tryon kids participated in that PBE testing, though they didn't make it to the Union level, and they can attest to the power of PBE in helping memorize and understand the Word of God. We are now preparing to study the book of Luke and we are asking YOU to help us! Please think about ways that you can make the story of Jesus in the gospel of Luke come alive: writing Scripture songs, making Bible-based food, sharing about different jobs and life in that time -- anything that will help the kids connect with this challenging but amazing gospel. Then let me know so we can create a wonderful learning experience for our kids in the coming year. Thank you!

## Lightening

Young Disciple, Vol. 7, Num. 36

In the last few weeks, we've seen more than our share of thunder, lightning, and rain. Here are some interesting facts about lightning. Lightning is a powerful burst of electricity that happens very quickly during a thunderstorm. It can occur inside clouds or between clouds and about a quarter of lightning strikes go from clouds to the ground. When it does strike the ground, it goes for the shortest route to something with a positive charge, which is why if you get caught in a storm, you should make yourself as small and low to the ground as possible. Lightning is usually sudden and very fast, which is what we think of when we read Jesus' words that Satan fell like lightning from heaven. In open spaces, it seems to fill the whole sky, which is why Jesus said that His coming would be as the lightning shining from the east clear to the west. Stay safe during this stormy season and spend time preparing for His soon return!



Remains of the Matthew 25 Pump



A flooded yard after the May 18 mudslides and Pacolet's overflow!