



New Youth Ministry

By Alfonso Orellana

In February of 2007, Lesley, the children and I, along with two other church members, attended the Southwestern ASI convention in Dallas, TX. We were challenged to do more for God and to increase our investment in the Kingdom of God. We started praying for the Lord to show us what our next investment move should be. One day, as we were driving on Highway 51 in Sand Springs, we passed the Lloyd E. Rader Center – Office of Juvenile Affairs complex and just like a flash, we both knew what to do. Lesley said “you should go in there and offer books and Bible studies.”

My neighbor works in the kitchen at the Rader Center, so I approached her and asked if she knew who I could contact. She gave me the name of the Volunteer Services Director and I promptly called her for an appointment. The day of my interview I brought 50 *Passion of Love* books as a present. My intention was to lead out in a Bible study group, but she told me that all Bible study slots were filled. She asked if I wanted to volunteer as a mentor. I accepted. The Lord impressed me with the thought that I could be of help to one young man at a time.

The first day as a mentor, I parked outside the Rader Center and prayed. After praying I opened my Bible and the Lord directed me to this verse:

“I the Lord have called thee in righteousness, and will hold thine hand, and will keep thee, and give thee for a covenant of the people, for a light of the Gentiles; To open the blind eyes, to bring out the prisoners from the prison, and them that sit in darkness out of the prison house.” Isaiah 42:6, 7.

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Diet and Health (part 2)

From Life and Health, July 1, 1905

Variety

In order to maintain health, a sufficient supply of good nourishing food is needed. But there should not be a great variety at any one meal; for this encourages overeating, and causes indigestion.

It is not well to eat fruit and vegetables at the same meal. If the digestion is feeble, the use of both will often cause distress, and inability to put forth mental effort. It is better to have the fruit at one meal, and the vegetables at another.

The meals should be varied. The same dishes, prepared in the same way, should not appear on the table meal after meal and day after day. The meals are eaten with greater relish, and the system is better nourished, when the food is varied.

Preparation of Food

It is wrong to eat merely to gratify the appetite, but no indifference should be manifested regarding the quality of the food, or the manner of its preparation. If the food eaten is not relished, the body will not be so well nourished. The food should be carefully chosen, and prepared with intelligence and skill.

For use in bread-making, the superfine white flour is not the best. Its use is neither healthful nor economical. Fine-flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthful conditions.

The use of soda or baking-powder in bread-making is harmful and unnecessary. Soda causes inflammation of the stomach, and often poisons the entire system. Many housewives think that they cannot make good bread without soda, but this is an error. If they would take the trouble to learn better methods, their bread would be more wholesome, and, to a natural taste, more palatable.

In the making of raised or yeast bread, milk should not be used in place of water. The use of milk is an additional expense, and it makes the bread much less wholesome. Milk bread does not keep sweet so long after baking as does that made with water, and it ferments more readily in the stomach.

Bread should be light and sweet. Not the least taint of sourness should be tolerated. The loaves should be small, and so thoroughly baked that, so far as possible, the yeast germs shall be destroyed. When hot or new, raised bread of any kind is difficult of digestion. It should never appear on the table. This rule does not, however, apply to unleavened bread. Fresh rolls made of wheaten meal without yeast or leaven, and baked in a well-heated oven, are both wholesome and palatable.

Grains used for porridge or “mush” should have several hours’ cooking. But soft or liquid foods are less wholesome

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This verse reassured me that God wanted to reach these young men.

As I visited with the young man I was mentoring, I began to see firsthand the terrible grip Satan has over young people these days. These young men have been victims of all kinds of abuse. I also have experienced how much it means to them for a complete stranger to be there and just listen to what's on their mind. It is such a blessing to just sit down for an hour and visit with them. They look forward to mentor visitation.

Soon, Brother Jim Webb also joined as a mentor. He has shared with me how much he enjoys the time he spends with these young men and how he looks forward to visitation day.

A couple of months ago, the Volunteer Services Director approached me during a mentor visit and told me that an opening seemed to be available for Sunday chapel services. She asked me if I would be interested should this opening materialize. I saw another door of opportunity opening! I said yes! A couple of weeks later she called me and told me that the opening was for three hours of Sunday chapel services on the 4th Sunday of every month.

I started chapel services last month. I felt a strange calm that day. I say "strange" just because I know I should have felt nervous, but I wasn't. I know it was the Lord helping me with my emotions. I have learned how to interact with one juvenile but not with 10 or 20 at once! I also had a cold and was continually sneezing and having to blow my nose that day. During my three hours at Rader I did not sneeze or have to blow my nose even once!

The first service was at the medium security area. I had more than 20 juveniles! Most of them come just to get out of their unit and to visit with other juveniles. They had no interest in what I had to say. I moved a lot, asked questions, showed them pictures, and asked them to find the Bible verses with me to try to keep them focused. This was more challenging than the 8th grade class I worked with as a substitute teacher some 13 years ago! But then there were a few with a great desire to listen and participate. They volunteered to read the verses and shared thoughts as I asked questions. One of them, Corey, helped me with putting the Bibles away after the service and even apologized for the other juvenile's behavior. His level of maturity really impressed me. I thank the Lord for all those young people. I know that even if they're not there because they want to learn, the Word of God does not return to Him void.

I then moved over to the maximum security area. The group there was smaller and more under control (also, there were more staff and security available as an added incentive to them). The room was smaller, allowing me to be closer to the juveniles. I found a lot of interest in these young people, too. And they had also some very profound questions. The other thing that impressed me about these sessions was that the message is being brought, not only to the juveniles, but also to the staff. The two staff members and the security guard were intently listening to the presentation! They would even hush the juveniles that were talking, not merely to keep them quiet, but because they could not hear!

This is a blessed opportunity to reach out to these young people and I thank the Lord for opening this door. Please pray for these young people. Just imagine how far this outreach can go. When they leave and the seed of truth begins to grow, these young men can be of great influence to their families and

to former gang associates. And don't forget the staff and security members. The Three Angels message is also for them and their families. And finally please pray for us so we can have wisdom and know how to present the everlasting gospel to these young men. *DAJ*

Happy New Year!

A message from our Lay Pastor David Qualls

Dear Church Family,

This past year of 2008 has been filled with both blessings and challenges for our church. As I reflect back over the year, I can't help but praise God for His mighty works in so many ways. Here are some of the highlights:

- This year we were blessed with the arrival of our Bible worker, Alex and his family, who joined us after their training at AFCOE in California. We have benefited from the hard work and dedication of Alex and Lacey as they have jumped right in to the activities of the church, leading out in evangelism and other activities in the last six months or so.
- Alex conducted a Gospel Worker Training Seminar for church members.
- Alex conducted a 5-night prophecy seminar in Turley with a total attendance of 61 (30 guests). We are continuing to work the interests from these meetings.
- We held a Stop Smoking Seminar in Turley with a total attendance of 26 (10 guests).
- We distributed 1,000 David Asscherick DVDs.
- We distributed hundreds of pieces of literature door-to-door and via mailings.
- Brad and Helen coordinated church members in distributing food baskets to needy families during the holiday season.
- We handled a good number of Amazing Facts Bible Correspondence Course enrollees.
- We've ramped up our overseas mission focus with Alfonso leading out. Our giving towards these projects has continued to increase significantly over last year. This year, the Lord blessed us with over \$14,000, up from \$2,465 last year.
- The Lord has blessed us abundantly in making progress toward a new building. We formed a building committee, gained approval from the county board of adjustment, worked through a lot of details in formulating plans, and raised funds. We started the year with \$71,000 and are ending the year with \$210,000. Praise God!
- Our church attendance has grown through the year. We started the year with an average attendance of 30 and ended the year with an average of 39. That's a 30% increase. During the summer months, we had several record-breaking attendances, with our highest attendance day being Sabbath, June 21 (Pastor Larry Kirkpatrick was a guest speaker) where we had 67 in attendance.
- Our membership has grown as well, from 45 to 54 (20% increase).

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Three Angels Kitchen

Wild Mushroom Penne

Recipe taken from Vegweb.com

INGREDIENTS

- 1/2 c. onion
- 2 Tbps. margarine
- 2 c. baby Portobello mushrooms, sliced
- 1 c. Shiitake mushrooms, sliced
- 1 clove garlic, minced
- 2 Tbsp. unbleached white flour
- 2 tsp. Mckay's beef-style seasoning
- 1 3/4 c. soy milk
- 1 1/2 tsp. dijon-style mustard (optional)
- 1/2 tsp. dried tarragon
- 1/2 tsp. dried oregano
- 1/2 tsp. dried basil
- 4 c. penne pasta, uncooked
- 1 c. petite peas
- 1/2 c. dried parsley
- salt to taste
- 1/2 c. Tofutti Sour Cream
- 1/2 tsp. fresh minced garlic

DIRECTIONS

1. In a large saucepan over medium heat, sauté onion and mushrooms in the margarine until the onion is clear. Add garlic and sauté another minute. Sprinkle flour over the top and mix well. Cook, stirring constantly, for 1 minute, then pour in the soy milk and seasonings. Mix well, and continue stirring until the sauce thickens - about 3-4 minutes. Set aside.

2. Cook the penne pasta in salted boiling water until almost al dente. Drain pasta, but do not rinse. Add to the saucepan along with the peas and parsley. Mix well and heat just until hot. Serve immediately. If the sauce is too thick, you may thin it with vegetable stock or soy milk.

Yield: 10 half-cup servings. *Jef*

BIRTHDAYS & ANNIVERSARIES

January

- 3 – Nate Matthew Cortese
- 5 – Charles Permaul
- 11 – Alex Hooper
- 17 – Alfonso Orellana
- 17 – Daniel Orellana

- Tithes and offerings are up significantly for the year.

But more important than the numbers is the spiritual growth and experience that has been gained through the year. All has not been easy. There have been trials and serious challenges both in our personal lives and in our church. The Lord has been teaching us lessons in faith.

I want to thank each you for your dedicated and faithful service. We are truly blessed with a wonderful group of people in this church. This church and its leadership are committed to living and giving the distinct message for this time, to prepare a people to meet their God face-to-face, very soon.

As we look to the New Year, we are almost overwhelmed with the challenges lying ahead of us. Our supreme desire is to fulfill the great commission to carry the three angels' messages to our community while there is still time. Learning to live out the full meaning of those messages in our own lives is our great longing and privilege. We don't know what this next year holds, but we know Who holds this next year in His hand. And we know Who holds us in His hand.

We have much to do and less time to do it. Let us rise to the challenge, by God's grace, and make 2009 a turning point toward heaven like never before.

"We live in deeds, not years; in thoughts, not breaths;

In feelings, not in figures on a dial.

We should count time by heart-throbs. He most lives

Who thinks most, feels the noblest, acts the best."

(Our High Calling, p. 7)

God bless and Happy New Year!

It's a Boy!

Congratulations to Matt, Katrina, and Big Sister Hailey on the new addition to the Cortese family!



Nate Matthew

January 3, 2009

7 pounds, 5 ounces

18 inches long

ANNOUNCEMENTS

Need a Satellite Dish?

Would you like to have a 3ABN satellite dish? You can order one from Adventist Satellite by phone at 866-552-6882 or online at:

www.adventistsat.com/shop/category/glory.

If you need help with installation or troubleshooting, contact Gene Martin at 918-439-7434 when you receive your dish.

Upcoming Stop Smoking Seminar

Collinsville, some time in April.

Upcoming Prophecy Seminar

Collinsville, some time in April. More details to come.

Dennis Priebe Meetings

Coming May 1-2, 2009. Elder Dennis Priebe will be sharing deep insights into the gospel, the three angels messages, and other distinctive truths for our times. More details to come.

than dry foods, which require thorough mastication. Zwieback, or twice-baked bread, is one of the most easily digested and most palatable of foods. Let ordinary raised bread be cut in slices, and dried in a warm oven till the last trace of moisture disappears then let it be browned slightly all the way through. In a dry place this bread can be kept much longer than ordinary bread, and if reheated before using, it will be as fresh as when new.

Far too much sugar is ordinarily used in food. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients.

The free use of milk and sugar taken together should be avoided. If milk is used, it should be thoroughly sterilized; with this precaution there is less danger of contracting disease from its use.

Butter is less harmful when eaten on cold bread than when used in cooking; but, as a rule, it is better to dispense with it altogether. Cheese is still more objectionable; it is wholly unfit for food.

Scanty, ill-cooked food depraves the blood by weakening the blood-making organs. It deranges the system, and brings on disease, with its accompaniment of irritable nerves and bad tempers. The victims of poor cookery are numbered by thousands and tens of thousands. Over many graves might be written: "Died because of poor cooking." "Died of an abused stomach."

It is a religious duty for those who cook to learn how to prepare healthful food. Many souls are lost as the result of poor cookery. It takes thought and care to make good bread; but there is more religion in a loaf of good bread than many think.

There are few really good cooks. Young women think that it is menial to cook and do other kinds of housework; and for this reason, many girls who marry and have the care of families have little idea of the duties devolving upon a wife and mother. They can read novels and play the piano, but they cannot cook.

Cooking is no mean science, and it is one of the most essential in practical life. It is a science that all women should learn, and it should be taught in a way to benefit the poorer classes. To make food appetizing and at the same time simple and nourishing, requires skill; but it can be done. Cooks should know how to prepare food in a simple and healthful manner, and so that it will be found more palatable, as well as more wholesome, because of its simplicity.

Every woman who is at the head of a family, and yet does not understand the art of healthful cookery, should determine to learn that which is so essential to the well-being of her household. In many places hygienic cooking schools afford opportunity for instruction in this line. She who has not the help of such facilities should put herself under the instruction of some good cook, and persevere in her efforts for improvement until she is mistress of the culinary art. *DTG*

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Worship Schedule

Saturday (Sabbath)

Sabbath School.....9:30am
Main Worship Service.....10:45am

Wednesday

Prayer Meeting.....7:00pm

Please send comments or suggestions about this newsletter to alfonsoorellana@msn.com

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ADDRESS CORRECTION REQUESTED

