



Lacombe Church Newsletter

Love Matters Most Part 6

Love is Provoked

I have a problem in the kitchen. Every time I attempt to boil water, it boils over. This, of course, creates a terrible mess. But this is a small matter, compared to what appears to be happening in society at large.

Maybe I'm imagining it, but it sure seems like more people than ever are ready to boil over with anger. According to the National Highway Traffic Administration, fatal car accidents due to "road rage" increased by nearly 500% between 2006 and 2015. In 2016 the American Automobile Association (AAA) reported that nearly 80% of polled drivers say they experience road rage at least once each year. If that's not alarming enough, the poll also revealed that:

- 51% (104 million drivers) tailgate on purpose
- 47% yell at other drivers
- 45% honk at other drivers in anger
- 33% gesture obscenely
- 24% try to block another vehicle from changing lanes
- 12% deliberately cut off other drivers
- 4% report getting out of their car to confront another driver
- 3% admit to ramming another car on purpose

Social media rage is on the rise, too. The BBC's Science Focus magazine offered this observation on April 2, 2020:

"Outrage has become the defining emotion of the 21st Century, worn righteously, as a finger-pointing badge of honor." The article then states what anyone on social media has noticed: "The Twitter hordes are waiting, spring-loaded, to call out anyone who is ideologically opposed to them. Anger is being baited, owned and exalted like never before."

"Outrage has become the defining emotion of the 21st Century..."

Gallup tracks the emotional state of the world. After interviewing a whopping 151,000 people in 140 countries, the organization's "Global Emotions Report" informs us that from 2016 to 2019 the number of respondents who felt angry rose significantly, placing the global average of angry people at 22%.

Paul says, "Love... is not provoked" (1 Corinthians 13:4-5). To be "provoked" is to be triggered with irritation or anger. I'll suggest a simple formula: Love begets love.

The only way to not be provoked, is to love people. And the only way to love people, is to receive the love of God. I must know and believe that I am loved if I am to love others. God's love is the universal cure for all the maladies of the human soul, including the societal anger that is about to boil over and make a huge mess of the world.

Ty Gibson, Director at Light Bearers



Ty Gibson

Ty is the Director of Light Bearers Ministry and pastor of Storyline Adventist Church in Eugene, Oregon. A passionate communicator with a message that opens minds and moves hearts, Ty teaches on a variety of topics, emphasizing God's unfailing love as the central theme of the Bible. Ty and his wife Sue have three adult children and two grandsons.

Editor: Arnetta Bolig

The Health Page

Happy Camper: Why Camping Is Good for Your Body, Mind, and Spirit

It looks like half your house has been dumped in the entryway -- grocery bags, totes, backpacks, water bottles, a cooler, pillows. As you load it all into your van, you can't help but wonder, Is camping even worth the effort? Two hours later you pull into your campsite. Your previously squabbling kiddos squeal with delight. The van doors fly open, and the thick smell of pine trees fills the air. A stream meanders through the back portion of your campsite, and you breathe a sigh of relief. Sitting by the crackling fire that night, you wonder. Why don't we camp more often? The idea of camping as recreation can be traced back to 1869, when a young preacher from Boston named William H. H. Murray published a camping guide called *Adventures in the Wilderness*. Murray's book presented ideas that seemed outrageous at the time: First, that an outing into raw nature could be enjoyable, and second, that there was a strong link between nature and a person's spiritual and physical health. Here are just some of the ways that an outdoor excursion can enrich your life and health:

Camping is Good for Your Spirit - Watching a loon lift up in flight, standing on a mountain summit, experiencing a sunrise from a kayak -- it all reminds us that we're small players in this very big world. It is simultaneously a humbling and awe-inspiring experience to be outside, without walls, windows, or doors. "Spiritually, it's the disconnection from the wired world that helps us slow down and appreciate God's creation," says Cunningham, cofounder of *BeyondtheTent.com* website that offers information and encouragement to campers. Getting outside and immersing yourself in nature--the sights, the sounds, the smells--helps you be still and be restored.

Camping is Good for your Mind - Being in nature helps reset our nervous system and gives us a break from society's constant stress cycle, says owner of *EasternSlopes.com*. Our lives now are tied to screens, but human beings were not meant for that. We were built for horizons. When you get out into the woods and start camping and see that horizon, it's very calming to the nervous system. Camping also helps us to filter and prioritize things in a way we can't when we're constantly online and connected to social media and the news. Just as camping is good for an individual's mindset, it is also good for the whole family's attitude and connection. "When we take our kids out camping, we are able to give them our undivided attention and connect with them on a different level." Cunningham says. These mental health benefits are available to anyone, no matter their age or stage of life.

Camping is Good for Your Body - Whatever your level of physical fitness or comfort in nature, you can experience the health benefits of camping, such as breathing fresh air and feeling sunshine on your skin. "You get the majority of the benefits of camping just being out there." Shedd says. "Camping provides a sense of adventure," says Cunningham. "What will we see? How will we get there? Will it require hard work, and what will the rewards be? Those questions all have different answers on every camping trip you take." All part of the thrill and appeal of camping.

Can't Go Camping? For the times you can't get away to a campsite, you can still experience the health benefits of nature. **If you only have a few minutes:** Dim the lights at night and light candles. Listen to nature sounds. Infuse your home with pine-scented essential oil. Sit in a quiet place and read from the book of Psalms. **If you only have a few hours:** Build a campfire in your backyard. If the weather is bad or you aren't in a season of life where you can camp, plan your dream adventure. **If you only have one day (or one night):** Go on a day trip. Turn off all electronics and snuggle into a makeshift "camp" in your living room.

Are You New to Camping? 4 Tips for Getting Started:

1. **Start close to home—really close:** If you're a camping newbie, don't hesitate to borrow a friend's tent and pitch it behind your house. You'll learn how to pitch the tent, how comfortable your sleeping setup is, and how it feels to build a small fire and cook over it. Plus, your bathroom is just a short walk away, and if the weather turns bad, you can retreat to the comfort of your own bed.
2. **Talk about it:** Once you start asking around, you might be surprised how many of your friends are also interested in camping. "It offers the comfort of being in a park and also being part of a community."
3. **Keep it simple:** "It doesn't have to be overcomplicated or expensive . You can get out next weekend and have a great time." says Cunningham. Start with drive-up camping at a national park near you. Load up the car with food, supplies, and gear, and hit the road.
4. **Learn from the Pro's:**..If you're ready to advance your camping skills, try taking classes at local nature centers, local hiking clubs, or outdoor stores. These courses, many of which are free, will give you more information and increase your confidence. They're also a great place to ask specific questions, get information about the best local camping spots, and meet others with similar interests

March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Date	Speaker	Birthday	Anniversary
Friday	Mar 05	Mabel Harder	
Sabbath	Mar 06	Matt Waldron	Sonja Wallace
Sunday	Mar 07		Brian & Sonja Wallace
Tuesday	Mar 09	Vera Bouz Jillian Mullin	
Friday	Mar 12	Mathy Jeffrey	
Sabbath	Mar 13	Pastor Halvorson	
Sabbath	Mar 20	Teddy Joseph	
Monday	Mar 22	Trish Cox Carolyn O'Neill	
Friday	Mar 26	Jacob Link Viktor Schwarz	
Sabbath	Mar 27	Pastor Halvorson	
Sunday	Mar 28		
Monday	Mar 29	Silvana Lepori Les Saylor	
Wednesday	Mar 31	Lyndene Hansen	