



Our Little Messenger

February, 2020

Irrigon Seventh-day Adventist Church

#02-2020



Last week I hit the 12-week mark since surgery. I was 6 weeks non-weight bearing and 6 weeks in a walking boot. I was so excited to get back to walking without the boot. The boot was not comfortable and it was difficult walking with that heavy boot. However, there was something that I noticed when I started walking without the boot. The 6 weeks of not walking and the six weeks in the boot was not helpful for the rest of the muscles, tendons and ligaments in my leg. My muscles were atrophied and my tendons and ligaments were stiff with a limited range of motion. I've slowly been adding more walking and continuing with biking and other activities. Slowly my muscles are rebuilding and I'm gaining range of motion and mobility.

Similarly, when someone doesn't exercise their faith through bible study, prayer and sharing their faith with others, their faith atrophies and the longer that atrophy occurs the weaker that faith can become. That is why it is so important that we follow the apostle Paul's advice in 1 Thessalonians 5:16-18, "16 Rejoice always, 17 pray without ceasing, 18 give thanks in all circumstances; for this is the will of God in Christ Jesus for you." We can

rejoice always even in the midst of the burdens of this life because we know we aren't home yet and one day all things will be made right. To pray without ceasing means that we recognize that God is always with us and we by faith ask Him to lead our footsteps in the path of His choosing. When we see how God leads our footsteps and uses us to be a blessing to others; when we see God using these broken vessels of ours to bring others to Him, our faith muscle is exercised and grows. The amazing thing about exercising our faith muscle is when we see God working it reminds us of all the ways God has led us in the past. Our faith grows stronger and our experience with Him deepens. As you exercise that faith muscle and God works in your heart and mind you are claiming God's promises for your life and experiencing Romans 12 verse 2 where Paul exhorts us, "2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."



Pastor Brian, Terra, Leah, Simon, Mark & Lolita



Friday	Sunset	Sabbath	Sunset
January 31	4:57 pm	February 1	4:59 pm
February 7	5:08 pm	February 8	5:09 pm
February 14	5:18 pm	February 15	5:20 pm
February 21	5:28 pm	February 22	5:30 pm
February 28	5:39 pm	February 29	5:40 pm

Offering Schedule for February



- February 1- Church Budget
- February 8 - Adventist TV Ministries
- February 15- Church Budget
- February 22 - UCC Share
- February 29 - NAD Evangelism



Anniversary Milestones

- 14 Keith & Patty Gay (27 years)
- 15 Jess & Janet Terry



Birthday Blessings

- 03 Scott Risley
- 10 Renee Hughes (Washington)
- 10 Lindalee LeRossignal
- 19 Breezi (James) Putnam
- 23 Nathaniel Palmer
- 24 Claudia Silva
- 24 Ethan Silva
- 25 Lee Bates



- 01 Prayer Time, 8:30 am (Church Library)
- 01 Fellowship Potluck, 30 min after church
- 01 **It's A Paint Party, 6 pm**
- 03 **Study Group - Clauson's - 6 pm**
- 04 Family Closet - 8:45 am - 1 pm (volunteers)
- 04 **Study Group - Agate Acres - 4 pm**
- 04 Celebrate Recovery Roundtable, 6 pm
- 05 **Elder's Meeting, 6:00 pm**
- 05 Bible Study & Prayer, 6:50 pm
- 07 **Vespers - Forever Faithful - 7 pm**
- 08 Prayer Time, 8:30 am (Church Library)
- 08 Fellowship Potluck, 30 min after church
- 09 **Church Board, 10:00 am**
- 10 **Study Group - Clauson's - 6 pm**
- 11 Family Closet - 8:45 am - 1 pm (volunteers)
- 11 **Study Group - Agate Acres - 4 pm**
- 11 Celebrate Recovery Roundtable, 6 pm
- 12 Bible Study & Prayer, 6:50 pm
- 14 **Vespers - Forever Faithful - 7 pm**
- 15 Prayer Time, 8:30 am (Church Library)
- 15 Fellowship Potluck, 30 min after church
- 17 **Study Group - Clauson's - 6 pm**
- 18 Family Closet - 8:45 am - 1 pm (volunteers)
- 18 **Study Group - Agate Acres - 4 pm**
- 18 Celebrate Recovery Roundtable, 6 pm
- 19 Bible Study & Prayer, 6:50 pm
- 21 **Vespers - Forever Faithful - 7 pm**
- 22 Prayer Time, 8:30 am (Church Library)
- 22 Fellowship Potluck, 30 min after church
- 23 **Friendship Brunch, 11 am** ❤️
- 24 **Study Group - Clauson's - 6 pm**
- 25 Family Closet - 8:45 - 1 pm (Volunteers)
- 25 **Study Group - Agate Acres - 4 pm**
- 25 Celebrate Recovery Roundtable, 6 pm
- 26 **Work Bee, 2:30 pm**
- 26 Bible Study & Prayer, 6:50 pm
- 28 **Vespers - Forever Faithful - 7 pm**
- 29 Prayer Time, 8:30 am (Church Library)
- 29 Fellowship Potluck, 30 min after church

Friendship Brunch
 February 23, 2020
 Time: 11:00
 Bring a friend
 Please RSVP to 541-701-1687