



Our Little Messenger



February, 2019

Irrigon Seventh-day Adventist Church

#02-2019



When we think about February we often think about it being the “love” month. For many people it

is the time when they better remember February 14th or someone they love may experience hurt feelings. For me, February this year is a time to celebrate because I finally get to run after having to take 3 months off.

I first fell in love with running towards the end of 2011. Prior to this I had let myself go physically. I had never been too concerned with what I ate or the exercise that I did or mostly didn't do. But I had let my weight creep up to almost 250 and I realized it was time for a change. I had been a member at a local gym for several years but I was mostly profit for the club owners; I paid the monthly fee but rarely worked out.

I became more active towards the end of 2011 and was able to get some of the weight off. I entered a 3 month contest at the gym and managed to from 228 to 199. When I had first started this process I couldn't run more than a quarter mile without having to stop and walk. Eventually I found that the running became easier and I actually was enjoying it.

I visited a running store that fall and read about a 12 hour running challenge. I decided to enter and loved both the physical challenge and the

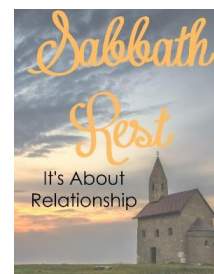
comradery. I ran my first marathon in 2013 and have run 11 official marathons and ultra-marathons including a 100 mile run in 2017. After the three marathons last year in August, I knew I needed to ease up a bit as I was having foot pain. In November after I ran a trail half marathon I knew I needed to stop until things improved. After seeing an Orthopedist, I have been cleared to start running again in February.

I never realized how much I would miss being able to get out and run as well as all the places running took me. Sometimes we don't realize the things or more importantly the people that bring joy to our lives until they are gone. While some people may not celebrate Valentine's Day, it is never a bad idea to show appreciation and love for the people we love and bring meaning to our lives.

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

Sunset

Friday	Sunset	Sabbath	Sunset
February 1	4:59 pm	February 2	5:01 pm
February 8	5:10 pm	February 9	5:11 pm
February 15	5:20 pm	February 16	5:22 pm
February 22	5:30 pm	February 23	5:32 pm



Offering Schedule for February



- February 2- Church Budget
- February 9 - Adventist TV Ministries
- February 16- Church Budget
- February 23 - UCC Share



Anniversary Milestones

- 01 Don & Joy Lancaster (55 years)
- 14 Keith & Patty Gay (26 years)
- 15 Jess & Janet Terry



Birthday Blessings

- 03 Scott Risley
- 10 Renee Hughes (Washington)
- 19 Breezi (James) Putnam
- 23 Nathaniel Palmer
- 25 Lee Bates



- 01 VESPERS: Doug Diamond, 7 pm**
- 02 Prayer Time, 8:30 am (Church Library)
- 02 Fellowship Lunch, 1 pm
- Theme: Haystacks**
- 05 Family Closet - 8:45 am - 1 pm (volunteers)
- 05 Celebrate Recovery Roundtable, 6 pm
- 06 **Elder's Meeting, 6:00 pm**
- 06 Bible Study & Prayer, 6:50 pm
- 09 Prayer Time, 8:30 am (Church Library)
- 10 **Church Board, 10:00 am**
- 12 Family Closet - 8:45 am - 1 pm (volunteers)
- 12 Celebrate Recovery Roundtable, 6 pm
- 13 Bible Study & Prayer, 6:50 pm
- 16 Prayer Time, 8:30 am (Church Library)
- 19 Family Closet - 8:45 am - 1 pm (volunteers)
- 19 Celebrate Recovery Roundtable, 6 pm
- 20 Bible Study & Prayer, 6:50 pm
- 23 Prayer Time, 8:30 am (Church Library)
- 23 Fellowship Lunch, 1 pm
- Theme: Bring your favorite Vegetarian Dish**
- 26 Family Closet - 8:45 - 1 pm (Volunteers)
- 26 Celebrate Recovery Roundtable, 6 pm
- 27 **Work Bee, 2:30 pm**
- 27 Bible Study & Prayer, 6:50 pm

