

# HUNTSVILLE CENTRAL SEVENTH-DAY ADVENTIST CHURCH

## CENTRAL NEWS

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### FROM THE PASTOR'S DESK

#### That's my story and I'm sticking to it!

I want to remind you that every Wednesday night from 6:30-7:30 p.m. we are learning how to become Contagious Christians and Contagious Adventists. We are learning that not everyone is an evangelist, but everyone can join the mission of Jesus to “seek and to save the lost” ([Luke 19:10](#)). God wants to use you to share the Good News – even if you have to use words to do so.

Sharing Jesus is as easy as telling your story. Everyone has a story of how God has worked in their life. And, the greatest gift you can give to another person is the gift of your story.

The Bible is a book of stories; stories of God's leading, God's blessing, and God's rescuing us when we are wayward and lost. It is still the mission of Jesus to seek and to save the lost. And, one of the blessings of those who belong to Christ is the privilege of joining Jesus in His mission to bring new life to all who believe ([John 3:16](#)).

Our stories are like snowflakes – no two stories are exactly alike.

- For persecuting Paul it was a dramatic conversion when he was blinded by the light ([Acts 9:3](#)).
- For denying Peter it was guilt and shame and a bitter weeping ([Matthew 26:75](#)).
- For doubting Thomas it was evidence that Jesus is alive, risen from the dead ([John 20:28](#)).
- For the thirsty Woman at the Well it was the satisfying taste of living water given by Jesus to all who believe ([John 4:14](#)).

It is the story of Paul, Peter, Thomas, the Woman at the Well and many others that give us hope and a heart for God.

So, what's your story? The answer to that question is so important.

Why? For two reasons:

- 1) Because you join the mission of Jesus to seek and to save the lost when you tell your story.
- 2) Your story is the very story that someone you know needs to hear.

Never underestimate the power of telling your story!

If you would like to learn more about how to tell your story and how to join Jesus in His mission to “seek and to save,” then please join us on Wednesday nights. Someone you know needs to hear your story, I promise.

Love Always,  
Pastor Randy Mills

### REGULAR SCHEDULE

**Sabbath School** begins at 9:25 a.m. each Sabbath, with classes for all ages.

**Divine worship** each Sabbath begins at approximately 11:00 a.m. Pastor Mills will be the worship service speaker for the next several weeks.

**Bible study tools class**, after church in the Junior Chapel on 2<sup>nd</sup> and 4<sup>th</sup> Sabbaths. Expand your tool chest during each 45-minute class. Tearl King is the group leader.

**Worship service** (most Sabbaths) at Signature HealthCare Rehab Center, 105 Teakwood Drive, just south of the church, 1:00 p.m. (*note new time*). Please volunteer to help with music and/or a devotional. Sign up on the form next to the greeter's desk in the church foyer.

Everyone is welcome to participate by attending. Bring a caring heart and a smile!

**Mid-week meeting** – “Contagious Adventist” is the current topic each Wednesday evening at 6:30 in the church sanctuary. Learn how to adapt routine, everyday experiences into faith-sharing moments that will attract others in friendly ways and create in them a desire to learn more about the message and mission of Jesus and to study the Bible. Come and learn!

**Fellowship dinner** is usually the second Sabbath of each month. Chuck Kittleson's Sabbath School class will host February 8. Find the details under Central This 'n' That, on page 2.

**Men's disc golf** every 3<sup>rd</sup> Sunday of each month. For details contact William Wise.

**Choir rehearsal**, Fridays, 6:00 p.m. in the church. You are invited to join the choir. Questions? Ask Melinda McCleary.

**BCCA school board meeting** – the 2<sup>nd</sup> Monday monthly, 6:30 p.m. Note exception: February meeting will be on Tuesday evening.

**Central Church board meeting** – the 3<sup>rd</sup> Monday monthly, 6:30 p.m. Normally in Central Hall, but because of the depression seminar taking place there, the church board will meet in the youth chapel. Any member is welcome to attend as an observer.

### SPECIAL EVENTS

**Hope Beyond Depression DVD Seminar**, Monday evenings through March 23, 6:30-8:00, in Central Hall. Details under A Closer Look, page 5.

**Big Cove Christian Academy Open House**, Sunday, February 16, from 2:00-4:00 p.m.

Don't miss this great opportunity to meet the teachers and to ask questions about BCCA.

If you are aware of anyone interested in Big Cove Christian Academy, please invite them to Open House, or to contact the principal Lucas Smith.

BCCA mission: To harmoniously blend the work of redemption and education in one ministry through a Christ-centered curriculum. (*Lisa Schmitt, Christian Education Secretary*)

**Family and Friends Fun Food Event** to benefit BCCA at Nothing But Noodles, Tuesday, February 25 only. Find the details under Central This 'n' That, page 2.

**Baby shower** – Sunday, March 15, 1:00-3:00 p.m. for Maria Porter. It's a boy! She is registered at <https://www.amazon.com/baby-reg/maria-miranda-april-2020-huntsville/2E0VGZFP210PX>

**Cross Examination**, March 21 at BCCA. Details under Focus on Youth, page 2.

### MEMBERSHIP TRANSFERS

**Robert and Kathy Aitken** are moving their memberships from Central Church to Champion SDA Church, Loveland, Colorado.

## CENTRAL THIS 'N' THAT

Church Family, Thank you for your generous shoes and hats donations! Big Cove Christian Academy students delivered the much-needed items to the Downtown Rescue Mission, and were able to serve lunch to the residents. Your continued support of the school and the community is greatly appreciated. (*Lisa Schmitt, Christian Education Secretary*)

**Family and Friends Fun Food Event** for all who enjoy eating, to benefit BCCA. Please join us on Tuesday, February 25 at Nothing But Noodles, 4800 Whitesburg Dr. S., 35801. This is a one-day only event at only this designated location.

This is a perfect opportunity to invite your friends, family, co-workers or anyone else for lunch, dinner, or ANYTIME between 10:30 a.m.-9:00 p.m. for a delicious meal.

When you purchase your meal, please mention that you are supporting Big Cove Christian Academy. NOTE: 20% of all sales from those who participate in the name of the school that day, will be donated back to the school!

NOTE: For those who want to meet up for dinner, we will be meeting at the Whitesburg location around 5:30 p.m. The first 50 kids who come get free cotton candy (with parents permission! :)

(*Lisa Schmitt, Christian Education Secretary*)

**Flower calendar** – If you would like to sponsor the sanctuary flower arrangement for a specific Sabbath, please indicate so on the calendar on the wall in the church foyer. If you have a dedicatory message for the church bulletin on your special Sabbath, please send that to the bulletin secretary Janet Decker at least a week in advance.

(*Sheila Evans, Flower Committee Head*)

**Fellowship dinner reminders** – Extra food is always needed, so please bring your delicious vegetarian dishes to share with all. Dishes do not need to be fancy! Simple, healthful food is always welcome!

*NEW: Please relax in the church lobby or sanctuary until the Spanish Church attendees have completed their service and the deacons have had time to set up tables. We will alert you when Central Hall is open for lunch seating and prayer.*

**Helpful hints:** Bring your food already prepared so that it can be placed in the warming oven early (if needed) OR so that you can easily combine it in the kitchen (minimal prep due to our limited kitchen space). Mark your dishes with your name to ensure your items get back to you.

(*Fellowship Dinner Committee*)

**More hospitality dinners needed** – Our church has a ministry which provides Sabbath lunch to visitors on the Sabbaths when there is not a fellowship dinner at the church. Usually the hospitality dinners are hosted by just a few people at someone's home.

Questions? Willing to be involved? Please contact Sherrie Landis *by telephone* right away. Please prayerfully consider joining (or re-joining) this ministry.

**Vacation Bible School** is one of the ministries that has far reaching possibilities for children and their families. While it does take some work, hosting VBS is so much fun! The best part of VBS is that everyone in the church has a part in the success of this ministry.

We are in the early planning stages and need to know if there are enough people in the church who want to be involved in helping with VBS this summer. We can only go ahead with further planning if we will have enough personnel to make this event possible.

The following areas are crucial:

- Co-Lead
- Music Lead
- Craft Lead
- Story Time Lead and Story Tellers
- Food Lead
- Decorations Lead
- 6 Team leaders to move the children around the stations
- MC for introduction and ending program

If you are interested in any area, please contact me. Thank you in advance and looking forward to hearing from you. (*Lisa Schmitt, VBS leader*)

## FOCUS ON YOUTH

**Backpacking Invitational** for ages 13-19+ on March 6-8 at the Talladega National Forest. This is a great opportunity to enjoy the great outdoors! If interested, contact Rick or Kelly Riley.

**Cross Examination**, March 21 at BCCA. Our young people and youth leaders are busy planning for this youth rally for high school and college age youth.

Our theme this year will be "Fear Not." We have invited Pastor Richie Halversen from the Bowman Hills SDA Church to be the speaker.

This event is not only greatly enjoyed by our youth but it also gives them an opportunity to use their leadership talents and their creativity. It's also a great opportunity for them to invite their non-Adventist friends.

Please keep them and the youth leaders in prayer as we prepare for this event.

(*Evelyn Green, Senior Youth Leader*)

## PERSONAL GLIMPSES

**Michael and Michelle Callender** are the happy parents of a new baby girl, Melina Alianna Maree Callender, born January 12 weighing 8 pounds, 3 ounces.

Congratulations to this happy family!

## BIG COVE CHRISTIAN ACADEMY NEWS

**BCCA Principal's message** – Hello Brothers and Sisters, We have been quite busy at Big Cove during this last month! One of the first things we did was go to the Downtown Rescue Mission to serve lunch. This place is a phenomenal ministry to those in need. They are constantly developing new ways to reach those on the streets and are an inspiration for how to do ministry. We must teach that it is our responsibility to go out and reach those in need. We must provide services for them and teach them about Jesus (Matthew 28).

The other major thing we did was go to Bass Memorial Academy for Education Fair. The fair hosts a number of SDA schools in our conference. The schools all have projects in various subjects (Science, Bible, Art) or ready themselves for a test (Math, Spelling, Geography) and compete against one another. Big Cove did very well. We got first in Math, Science, Bible, and Photography/Poetry for 7/8<sup>th</sup> grade. We got 2<sup>nd</sup> and 3<sup>rd</sup> in Art for 7/8<sup>th</sup> grade as well as top ten in Geography. We also got 3<sup>rd</sup> in Math for grades 5/6.

Just as important, our students behaved incredibly well. There were students who were not behaving well and our students did not conform to their behavior but held themselves to a higher standard.

The whole experience was a validation for what we are doing at Big Cove. We have a strong academic program and show our students how to behave as followers of Christ.

If you would like more information about joining the Big Cove family, please let me know. (*Lucas Smith, BCCA Principal*)

*His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire (2 Peter 1:3-4, ESV).*

Check out the [BCCA website](#) for pictures, a promotional video, the monthly "BCCA Messenger," and more! [www.bigcovesda.net](http://www.bigcovesda.net)

**Gulf-States Conference Education Fair** – For the students who made the trip down to Education Fair 2020, we want to praise God for the safe trip, the fun time, and the learning along the way. Thank you for your prayers!

We would like to share with you the all the talent and ribbons with which God blessed our BCCA students:

Bible Quest – First Place: Avryl Navarro (Grade 8), Garren Lawler (Grade 8)

Science – Overall Grand Prize: Jordan Schmitt (Grade 8); First Place: Garren Lawler (Grade 8)

Math – First Place for Grades 7/8: Jordan Schmitt (Grade 8); Third Place for Grades 5 and 6: Josiah Navarro (Grade 5)

Art – Second Place: Garren Lawler (Grade 8); Third Place: Avryl Navarro (Grade 8)

Photography/Poetry – First Place: Jordan Schmitt (Grade 8)

Geography – Top 10 in Geography: Avryl Navarro (Grade 8)

*(Lisa Schmitt, Christian Education Secretary)*

*Editor's note – The following was dictated to Mrs. Daily by her students, for this newsletter. Thanks to Mrs. Daily and her class for this interesting report!*

**Cathedral Caverns field trip** – Field trips are never easy to plan, parents work and it's hard to get drivers. So when we had to have school on Sunday January 26, Mrs. Daily said, "I'm not sitting in a classroom, we're going somewhere!" We went to Cathedral Caverns.

Jacob Gurley, in 1952 bought this land from a farmer for about \$4,500. His wife was not happy, that was a lot of money. At that time the name of the cave was Bat Cave. Mr. Gurley took people for tours and built walk ways and bridges to get people from place to place. He also used an old army jeep to take people into the cave. Many times they got stuck in the mud and had to wade in water up to their chest. Jacob Gurley blasted through some rocks to open up some other cave rooms. He planned to build a swinging bridge to cross the Mystery River. But the pipes were too rusted that he was going to use, it was too dangerous.

Mr. and Mrs. Gurley were both photographers. Mr. Gurley took pictures of nature, while Mrs. Gurley took pictures of gothic churches. After four years Mr. Gurley made her go into the cave, she was not happy. They had to crawl through the mud and squeeze through tunnels on their knees. When they went into the big room they lit the room with lanterns and candles. Mrs. Gurley was mad that he hadn't told her of its beauty. She renamed it the Cathedral Room. She thought it was the most beautiful

formation she had ever seen. She saw something that looked like church bells and gargoyles. In the year 2000 the state of Alabama took control of the operations and made improvements for public safety.

Inside the cave we saw many different formation stalactites and stalagmites. These are formed by limewater dripping or running through the rocks. Some formations looked like an Indian chief and his dog, an old village, and whatever your imagination can see. There were also some shark teeth in the ceiling of the cave.

Very few animals live inside the cave, at the entrance you may see crickets, frogs, but no bats. Our tour guide, Michael, was very knowledgeable and only a senior in high school.

We were also able to use the water sluice to sift the dirt from a bag of gem stones. We were able to take these home to identify. If anyone has a rock tumbler we would love for you to polish our stones.

They have added a giant chair for some photos, it was great, we felt like queens and kings.

This summer when it is so very hot, take a trip and go to Cathedral Caverns. The temperature stays about 60 degrees and you will enjoy a 1.5 hike in the cool.

**Online learning for grades 9-12** – Big Cove Christian Academy has partnered with Atlanta Adventist Academy to bring online learning for grades 9-12 to Big Cove.

If you are interested in discovering if this program is a good fit for your child's education, you may want to visit Atlanta Adventist Academy to meet the students and teachers and to learn more about how this program works.

AAA's Academy Day on March 5 provides such an opportunity. Registration by March 3 is required. See the flyer here: <https://www.aaa.edu/academy-day>

Contact me for questions. *(Lisa Schmitt, Christian Education Secretary)*

**BCCA has two year-round super easy fundraisers!**

◆ **Box Top\$ for Education Fundraiser** – Download the Box Tops app and shop as you normally would, then scan your store receipts. The app will automatically credit the amount under BCCA earnings online. Help us reach our \$1000 goal! [boxtops4education.com/](https://www.boxtops4education.com/)

◆ **Publix Partners** – Sign up at Publix.com for an account, select BCCA, then enter your phone number at checkout. A percentage of each eligible transaction made using your Publix Partners account is allocated to BCCA. <https://corporate.publix.com/community/corporate-campaigns/publix-partners>

## **Pennies for Patients Outreach Challenge**

Church Family, Please join Big Cove Christian Academy in partnering with the Leukemia & Lymphoma Society (LLS), the world's largest voluntary health agency dedicated to eradicating blood cancer. Their mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families.

How can you help?

We will be collecting loose change/dollar bills until February 21. The money will be given to Pennies for Patients.

There will be two containers in the church foyer, both labeled "Pennies for Patients," one for boys and one for girls. Please place your donations into the container(s) of your choice. At the end of the collection time, we'll see which side collected the most!

Thank you for supporting this ministry!

*(Lisa Schmitt, Christian Education Secretary)*

**Support BCCA monthly** with tuition assistance for worthy students, or to the Nelson or Christensen memorial funds.

**It is the goal** of Huntsville Central that all the children in our church family receive an Adventist education. If you are interested in sending your child or children to BCCA, or if you know someone who is, or if you believe you may need financial assistance, please contact Lucas Smith, BCCA principal; or Jeff Green, school board chairman.

## **RELIGIOUS LIBERTY**

**Religious liberty campaign** – Though the official religious liberty offering has already been taken, we may give additional funds to the campaign until March 21 when it officially ends.

The annual Religious Liberty offering helps ensure that we are free to practice our faith and share the gospel as God has instructed. It is because of our faithful giving that legal aid is available to individuals experiencing religious discrimination in the workplace.

And it is because of our sponsorship of "Liberty" magazine that thousands of "thought leaders" within government, academia, media and other professions are better informed and more responsive to issues of religious freedom inside and outside our community. A portion of our offering is also used to aid in religious liberty promotion and education.

"Liberty" magazine has continuously been published since 1906. Subscriptions are \$7.95 for six bi-monthly issues. Besides a subscription for ourselves if desired, the goal is for each member to contribute any

amount to help finance the sending of magazines free of charge to community leaders. Central's goal for this campaign is \$7,000. All donations are tax deductible. Please be generous.

To view the latest issue and/or archives online, go to <http://libertymagazine.org/>

To view dialogues with experts on current events and how they may affect your religious freedom, go to Liberty Insider at <http://libertymagazine.org/media/tv>

### PRAY FOR ONE ANOTHER

*“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God” (Philippians 4:6, NKJV).*

Please note: For urgent prayer requests needing to be passed on to the church family, please contact Jon Barfield.

Hugh Wilson, Dia White, Noel Whitehead, Roger Hunter, George Navarro, Cassie Hamer, Rick Hendel, Bette Parris, Chuck Barnes, Rick and Deborah, Sledge family, Jeff and John Irwin, Lee Hipps, Norma Harrison, Dee Theiss, Deb Saylor, Clarence Baughn, Sherry Bray and sister Barbara, Vernelle Browning family, Deckers' children and grandchildren, Betty Nelson, Randall Rierson, Jennifer Olmstead's mother, Kimberly Kirton, Louise Parsons, Ben Bishop, Tim Spivy, Ryan White, Sheila Evans, Fran Scheidt, Tim Baker, Kaitlynn, Penny Miller, Pearl Wise, Dorothy Oliver, Thomas and Joanne Lang, Clifford Price, Samantha Rabuka, Mary Siniard, Stacy Howard, Jennifer Reyes, Tony VanBeukering, Andy Lowe family, Beth Stevens, Robbie, the families of Ted Baze, Irma Filip's daughter, Don Arnett, and James Browning, and all other families who are grieving.

Remember our families, children at home or away, shut-ins, BCCA, unsaved loved ones, victims of disasters, disease, strife and persecution, SDA leadership, and world leaders.

### SOMETHING TO THINK ABOUT

*Editor's note: The following is excerpted from a write-up by Monte Sahlin, CEO of "Adventist Today." The conclusion confirms the necessity for Adventists to be "contagious"—making friends for Jesus.*

**“Relationships are more important”** – In June of 2017 a Gallup Poll released its annual survey asking Americans how they view the Bible: 26 percent said it is “an ancient book of fables, legends, history and moral precepts recorded by man” (the skeptical view), 24 percent said it is “the actual word of God to be taken literally,

word for word” (the literal view) and 47 percent took an in-between view: “it is the inspired word of God but not everything in it should be taken literally.” Since 1976, when Gallup first asked this question of a random sample of the general public in the United States, the portion of the public taking a literal view has dropped from 38 percent to the current lowest point on record, while those taking the skeptical view have doubled from 13 percent to 26 percent. The percentage selecting the middle ground or mixed view has stayed about the same.

This is the first time that the literal view of Scripture has declined to the lowest share of the overall population. Less than one in four Americans now see the Bible as the literal word of God.

This presents a major challenge for Adventist evangelism because the Bible lessons and sermons used in public meetings, Bible studies and much of the media productions all assume that those interested in the Adventist message take a literal view of Scripture. There are no proven methods and few resource materials that seek to convert individuals who may take the middle ground or skeptical views, although they now include three out of four people. . . .

In general, little has been done to develop and test new strategies for outreach that can easily convince people with the middle view, furthermore those with the skeptical view, to find a good reason to join the Adventist fellowship and faith. *Increasingly relationships are more important to attracting converts than are proof texts or traditional Adventist logic.* [Emphasis supplied by Central New editor.]

In recent years a growing percentage of converts are individuals who had a prior connection with the Adventist Church. Often the majority of the people baptized in an evangelism campaign are returning to their Adventist roots. . . .

[I]n North America, as well as in Europe, Japan, Australia and New Zealand, the number of people with no Adventist background who join the church as adult converts has been in significant decline for decades. This is in contrast with other parts of the world where not only are there large numbers of adult converts, but even larger percentages of the adult population tell the official census that they are Adventists than the membership statistics can account for. . .

[I]t is important not to lose sight of the fact that 71 percent of Americans still view the Bible as a holy document that is God-inspired, even if they do not see the literal language as God's own words.

<https://atoday.org/trends-in-religion-only-one-in-four-americans-sees-the-bible-as-literal-words-of-god/>

### FAMILY BOOST

**Who will guard the children?** Parents have a lot to worry about these days. Christian parents, even more so. We are increasingly surrounded and bombarded by evil influences, and our children are more at risk than we may realize – especially if they are allowed to watch TV and other media such as what they can access on their devices. Without our close supervision they are quite likely to become entangled in the devil's web. And how can we supervise when they are with their peers, and away from us? Frightening thought indeed!

Here is a current example of what our kids can be exposed to if we are not diligent to oversee their activities. On January 10 the Disney channel premiered a new cartoon series *The Owl House*, which introduces young viewers to the world of demons and witchcraft. The main character, Luz, a teenage girl, pursues her dream of becoming a witch by serving as apprentice to Eda, the rebellious witch. The show tries to portray witchcraft as a positive tool to fight evil.

The show's art director, Ricky Cometa, was quoted as saying, “We really wanted to make this demon realm feel like home.”

Over the years, Disney has gone farther and farther into the dark realm. Spirit beings are very real and are out to deceive our children and entice them into the devil's lair with the intent to destroy them spiritually, physically, and emotionally.

It is up to us – parents, relatives, teachers and church family to protect our children from this sinister danger. And the danger isn't coming only from Disney. Nowadays, it seems, we must guard even our babies from these wicked influences.

As you perhaps know, I have pet parrots. For them, I sometimes turn on Alabama public TV. They enjoy the colors, sounds, and action of the children's shows. I am not usually in the room with them when these TV shows are on, but sometimes I am. For many years I have noticed that these shows, designed for our very youngest and most vulnerable children, are rife with occult messages. Because my parrots don't have souls to lose I am not afraid for them to see these things, but I would never let my human children or grandchildren watch these shows!

God has warned us to have nothing to do with the spirit realm in its many forms. *“And when they say to you, 'Seek those who are mediums and wizards, who whisper and mutter,' should not a people seek their God? Should they seek the dead on behalf of the living? To the law and to the testimony! If they do not speak according to this word, it is because there is no light in them” (Isaiah 8:19-20, NKJV).*

*“Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour” (1 Peter 5:8).* If our children are left unguarded, he will most certainly devour them!

Definitely we must be in much prayer for our children – the young, and not so young. But we must be do even more than pray.

Jesus instructed His disciples, *“Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak” (Matthew 26:41).* We can definitely apply this admonition to ourselves, and we can also apply it to our children. We must “watch” (scrutinize) what they watch so that they do not enter into temptation.

We are not left to our own understanding, which is insufficient for the task of leading our children in the path of righteousness. God has promised, *“If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him” (James 1:5).*

(Kathy Lamson)

Source:

<https://www.lifesitenews.com/news/disney-introduces-kids-to-world-of-demons-witchcraft-in-new-the-owl-house-show>

### TO YOUR HEALTH

*“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth” (3 John, verse 2).*

**Immune-boosters which help prevent illness, or lessen its severity** – With colds, flu, and maybe even corona virus to worry about, we need to know what to do to help our bodies resist these and other potential illnesses.

Here are several suggestions I have gleaned from the internet which we can add to what we should be already practicing – getting adequate rest, drinking a lot of water, consuming a balanced healthful diet while leaving off sugary and other junk foods, frequent and thorough hand-washing, and avoiding crowded environments.

**Garlic and more garlic:** With its antibacterial, antifungal and antiviral properties, it is evident that this immune-boosting herb is a valuable addition to our regimens. The chemical compound allicin in garlic is the credited with being the powerhouse. Cooked garlic is beneficial, but raw is much better. To really gain the benefits of this natural remedy, professionals say to eat 1 bulb of raw garlic per day. If you do not like garlic but want to tap into its riches, try cutting it into pill-sized pieces, dip it into something tasty such as honey, which itself is an immune booster and an

antiseptic to soothe a sore throat, and swallow it as if a pill. If you are worried about garlic breath, chew some parsley leaves for instant breath freshening.

**Vitamin C:** It is great for boosting the immune system. Eat a lot of citrus, and also supplement if desired. Divide your vitamin C dose throughout the day because it is water-soluble and is urinated out quickly.

**Zinc:** This essential mineral is huge for boosting the immune system. If illness strikes, zinc can speed up recovery time. Zinc lozenges sooth and heal sore throat.

**Vitamin D:** A natural immune booster which we normally do not get enough of during the winter because the body makes it in response to exposure to sunshine. Taking a supplement can decrease your risk of illness. Take vitamin D with fatty foods for best absorption because it is fat soluble.

**Echinacea:** Anti-viral, anti-microbial, anti-inflammatory. Taking this herb at the first sign of symptoms may stop the progression of illness nearly right away.

**Eucalyptus oil:** This natural oil works well at reducing chest congestion and other upper respiratory symptoms. It is a great anti-fungal, anti-spasmodic, anti-septic, and anti-bacterial remedy, especially beneficial for chronic and acute respiratory illness. It helps to loosen phlegm and move it out of the airways. Eucalyptus oil is also great for relieving muscle and joint pain.

**Goldenseal:** An excellent immune booster as well as being anti-inflammatory and anti-bacterial. Goldenseal and echinacea in combination are very effective and especially powerful for treating bronchitis.

**Oregano oil:** This essential oil is anti-bacterial, anti-fungal, anti-viral, anti-oxidant and is rich in vitamins and minerals. It loosens phlegm and mucous in the sinuses and the respiratory tract.

**Elderberry:** The anti-viral properties of elderberry offer a gentle yet very potent solution to loosen mucus in the lungs and boost the body’s defenses. Researchers say that bioflavonoids and other proteins in the fruit actually disarm flu and cold viruses already in the body. Use it at first signs of symptoms to dramatically shorten the duration and intensity of illness. Use only sambucus nigra or black elderberry syrup.

**Soups or broths:** Those which contain vegetables and spices such as garlic, turmeric, and oregano can be effective against the symptoms of illnesses.

**Herbal teas:** Many herbal teas have immune-boosting properties, and some can relieve specific symptoms. For example, peppermint tea can suppress cough, ginger tea can settle upset stomach and ease sore throat. Chamomile tea can sooth you to

sleep. Other teas have other benefits. Best to study up on the subject to determine what teas you want to have on hand. Add the juice of a whole lemon or lime to boost the vitamin C content, and add a little honey or stevia if you prefer. Even a simple cup of hot water with lemon and honey can sometimes soothe symptoms.

**Gargle solution:** Apple cider vinegar is thought to help reduce swollen tissue and fight fungal, bacterial and viral infections. Simply mix 1-2 tablespoons with 6-8 ounces of warm, filtered water. Add a bit of honey to enhance its flavor. Gargle several times, spitting it out. If you can do it, swallow a small amount.

As helpful as these remedies may be, they won’t benefit us if we don’t have them on hand to use as prevention, or to reduce the intensity of illness when it strikes. And if we don’t know how to use some of these, we can search the internet to learn what to do before we need to know! Sometimes the internet is a good thing!

God’s servant for the last days wrote:

“The Lord has given some simple herbs of the field that at times are beneficial; and if every family were educated in how to use these herbs in case of sickness, much suffering might be prevented, and no doctor need be called. These old-fashioned, simple herbs, used intelligently, would have recovered many sick who have died under drug medication” (*Selected Messages, Volume 2, page 294*).

“God has caused to grow out of the ground, herbs for the use of man, and if we understand the nature of those roots and herbs, and make a right use of them, there would not be a necessity of running for the doctor so frequently, and people would be in much better health than they are today. I believe in calling upon the Great Physician when we have used the remedies I have mentioned” (Letter 35, 1890, quoted in *Selected Messages, Volume 2, page 297*).

(Kathy Lamson)

### A CLOSER LOOK

**Hope Beyond Depression** – Depression DVD Seminar, with Dr. Neil Nedley, has begun, but it is not too late for you to get in on this seminar.

More than 19 million people in the U.S. suffer from depression annually, due to factors such as unrealistic goals, financial stress, family issues, losses of various types, and other changes. But the cure may not be as difficult as you might think. Actually, just a few basic lifestyle changes can help you break free of the trap of depression.

In this seminar participants will learn to:

- Identify depression and its causes
- Improve your emotional intelligence
- Enhance your energy levels and mood
- Overcome depression through positive lifestyle choices
- Eat for optimal brain function
- Manage stress without distress
- Live above loss
- Improve brain function
- Defeat depression with right thinking
- Achieve peak mental performance

Neil Nedley, MD, has had many years of research and clinical experience helping patients to identify causes, adopt better lifestyles and diets, improve brain function, adopt healthy sleep habits, increase energy, boost concentration, improve physical performance, and gain renewed hope. Nedley will also cover the benefits and risks of psychiatric counseling and drug medications.

#### PRaising Our Creator



*“But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many parrots” (Luke 12:7).*

#### Thank You, Jesus!

Some of you have met my parrot Cameo, a Moluccan cockatoo. I have had her from the day she hatched,

almost 28 years ago. I call her my “Teddy Bear” bird. Really I should call her “Velcro Bird” because she wants to be with me all the time and as close as possible.

In November of 2017, due to a mistake on my part, she had a freak accident which fractured her leg very high up. Despite the diligent efforts of my excellent avian vet, it became necessary to amputate the leg a few weeks later.

For the first few days after the amputation, excessive bleeding from the site kept me on constant alert, day and night. A couple of times I thought I was losing her because I was unable to staunch the flow. I prayed fervently for her then, and she survived.

In a few days the emergency state passed, and we began a new way of life. I kept her near me in a plastic tub or sometimes on the floor. Still I was on continual guard, fearing the wound would break forth again.

Cameo soon learned to navigate by putting her beak on the floor for balance, and shoveling herself along with her one foot. Eating was more of a trial and error for her. Parrots normally hold food in one foot while

balancing on the other foot. She had lost her food-holding foot and didn’t know what to do with something such as a slice of carrot or apple. She would pick it up and just stand there holding it in her beak, bewildered! She eventually figured out that she must leave it in the bowl to eat it.

Birds preen, constantly keeping their feathers in condition. Cameo is fastidious, and in the course of preening she would find the scab on the amputation site and pick at it even though I kept nasty-tasting stuff on it. It was prevented from totally healing, but it was minor so I didn’t really worry.

Fast forward to about five months ago. I came in from outdoors to find her and her cage splattered with blood. A careful inspection of her entire body convinced me that the source was the amputation site. Evidently in her clumsiness she had fallen onto the stump, causing injury. From that day onward, she seemed obsessed with picking on the site. Perhaps she had pain, or itching, I don’t know. So instead of the wound healing, or even remaining the same, it was worsening day by day.

I gave her birdy herbal relaxant preparation, put coconut oil on the wound morning and evening, and “dressed” her in capes I made. She soon figured out how to lift the cape and go under it to get to the wound, but it did slow her down. So I again was continually watching her all day so that I could intervene, usually just in time. She’s quick!

Thankfully, my parrots sleep 13 hours each night, as long as their room is dark. So Cameo sleeps in her plastic tub all night, which gives me evenings to do things without her by my side.

In her frustration, she began pulling out and chewing off her smaller feathers, all that she could get to while wearing the cape. She was eating very little on her own and losing weight so I hand fed her to supplement. The wound was enlarging despite my best efforts, and getting a sizeable deep oozing crater in the midst of it with a raised rim around. Thankfully there was no infection. But the only time she seemed content was when I was holding her. I knew she was miserable. And I was getting worn out from the stress of constantly watching her every single move all day long.

I began to despair of ever getting her healed without veterinarian intervention, which would likely have required more surgery – expensive and risky for a bird. I had no idea what to do. I at some point even contemplated briefly that I might have to have her euthanized.

I turned to God, asking Him for wisdom. Nothing new beyond what I was already doing came to my mind. So I started praying that Cameo would be healed. Partly for her sake, but partly also for myself. I reminded God that all I have is His and I didn’t want

to spend money on a vet needlessly if He was going to heal Cameo.

Every morning and evening I continued putting coconut oil on the wound. Though I was seeing no change, I kept praying for Cameo.

To my amazement, on the fourth or fifth morning after I started earnestly praying for her to be healed, the crater was totally filled in and level, covered over with a scab! “Thank You, Jesus!” I kept shouting to the birds! I was so excited, and still am excited as I see the scab getting smaller and smaller, and nice pink scar tissue forming around it! Every morning and evening, and many times in between, I say again, “Thank you, Jesus!” Maybe some of my talkers will learn to say, “Thank You, Jesus!” too.

The scab is tiny now, and I know without a doubt that God is definitely healing Cameo’s leg. Not because I am anyone special, or have any unusual prayer power. It is not anything that I did. It is because of His great love for even the tiny creatures that He did this! He didn’t want Cameo to suffer anymore! If He cares so much for a little bird, how much more He cares for you and me!

I am quite sure that God spared Cameo when she had excessive bleeding early on. But I have to wonder why Cameo’s leg did not heal in the normal fashion as it should have done soon after surgery. I wonder why God allowed this process to go on for more than two years. Was there something in it that I needed to learn?

I have to wonder about all the times I and many others prayed for the sick and they were not healed; perhaps they suffered long. Why would God choose to heal a little parrot and not heal a person for whom many people were praying? Was there something wrong with the prayers, or with the “prayers”? Or neither? Or something else?

I don’t know the answer to that but we can be sure God never makes a mistake, so we can trust Him with all of our troubles – from the smallest to the greatest and most severe. He has a plan which may not be what we have envisioned, but He will bring good out of it all someday – according to the outworking of His will, not ours.

*“And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God’s own will. And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them” (Romans 8:27-28, NLT).*

Oh, how He loves us! Do you love Him? He wants to work out His purpose for you! Someday soon we can shout together, “Thank You, Jesus, for all you have done!”

*(Kathy Lamson)*