

# In-Touch Newsletter

35<sup>th</sup> Ave SDA Church

507 N 35<sup>th</sup> Ave.  
Yakima, WA 98902  
(509) 452-2041

November 2020

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## SPECIAL DAYS IN NOVEMBER

- THANKSGIVING DAY - 26TH



## Pastor's Corner

**W**e're back! *Hello Yakima church family!* I have the honor and privilege to introduce the Pastor's Corner on our newsletter.

Kayla and I have had quite a year! Though 2020 started off as normal as a year could, our entire lives were disrupted in March due to COVID19 (much like yours I'm sure) when our classes went online for the rest of the year.

Through the summer I had interviews at a few other churches, but for one reason or another they didn't work out. It was discouraging trying to interview, because nothing was coming together! Anytime we would learn of a new church to interview at, Kayla and I would scour for homes in the area and try to find things to do, and each time there was nothing. No homes available, no points of interest, nothing.

Then we got the call to Yakima, and God opened all the doors! By the next day we had a house, the day after that we got our moving arrangements figured out, and we already knew the area so we knew what was around! We both

are just so excited to be back in the area, and can really see how God worked to make sure that we were placed exactly where we needed to be.

Things have definitely changed since we moved away to go to Michigan! There are smaller changes, like the presence of a Jamba Juice in the valley and a few more Dutch Bros. There are larger changes as well; the ubiquitous presence of masks and social distancing guidelines, or church friends that have moved away or passed on.

But in spite of all that, it really does feel like we're coming back home. The Yakima Valley has held a special place in our hearts, and we're so happy and excited to be back with all of you!

It makes me think about heaven, and how it will feel to finally enter into the unmediated presence of God. I think it's going to be a bit like coming back to Yakima; things are probably going to be different than I'm expecting (okay, a LOT different!), but being in the presence of God, I wouldn't be surprised to learn that it feels a little bit like coming home.

Though Yakima and heaven are two different places, I can imagine heaven feeling like it does now; something familiar, yet different. Comforting in all the right ways, and the biggest, best reunion we could ever imagine!

I'm looking forward to that day, and I hope you are too. ■

*Pastor Kenton and Kayla Gonzalez*

*WELCOME BACK! A special Yakima welcome to Pastor Kenton and Kayla. God lead you here again.*

*Pastor Harry and all of us*

**G**enerosity – Deeds of giving are the very foundation of the world.

-unknown

## Healthy Lifestyle

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### CAN FATS BE PART OF A HEALTHY DIET?

**W**e're often told to avoid or limit fats, and that they promote diseases like cancer, stroke and heart disease, not to mention "fats make you fat" right?

Well, not so fast. It turns out that not all fats are bad – some fats – whole plant food fats in particular are actually healthy!

Whole plant food fats are great sources of healthy polyunsaturated and monounsaturated fatty acids. Foods like nuts, seeds, avocados and olives contain these healthy fats as well as fiber, folate, B-vitamins, minerals such as potassium, magnesium, calcium, zinc, copper, manganese, iron... Nuts and seeds are also great sources of protein and phytosterols (help lower cholesterol).

More good news about whole food plant fats:

- ☑ Promote absorption of fat soluble vitamins (A, D, E and K) and phytochemicals
- ☑ Provide satiety – feeling full after eating – which helps you avoid overeating
- ☑ Lowers your risk of heart disease, cancer and stroke

Some tasty ways to eat these healthy fats:

- ☑ Nuts and seeds – sprinkle on cereals, salads, stir-fry, or pasta... try nut or seed butters on bread or toast, as a dip for fruits or vegetables, in salad dressings or sauces (especially good with Asian recipes)
- ☑ Avocados – slice for sandwiches or salads, mash (think guacamole!) on sandwiches, wraps, burgers, burritos...
- ☑ Olives – chop or blend and use as a spread for sandwiches or in dips, toss on salads or pasta... ■

*Article by Linda Sloop*



### CASHEW PARMESAN

½ c. raw cashews  
2 Tbs. nutritional yeast  
1 small garlic clove, minced, optional  
⅛ tsp. salt

Process all ingredients in a mini food processor until finely chopped (or finely chop nuts with a knife and then stir in remaining ingredients). Don't process too long or you'll end up with flavored cashew butter (also tasty, but not what you want here!)

Sprinkle over pizza, lasagna, salads, casseroles, roasted vegetables...

*Linda Sloop*

## Welcome Home

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**I**t started like any other day. I had a wife, a home, a job that I enjoyed. Then it happened! A car accident that would change my life forever.

My body and mind were broken. A brain injury that changed my personality and painful wounds that were treated with strong medications. A downward spiral of anger at everyone and everything especially God. Why had I lost my wife, my job of 20 years, and my home? Why God, I asked in anger!

As my life crumbled around me a no contact order was issued from the state. We were trying to work things out so I repeatedly violated the no contact order. I soon found myself in prison for 18 months.

Oddly, prison was one of the best things that happened to me. Various churches held Bible classes, which I attended including the SDA church. I started reading the Bible and discovered the 7<sup>th</sup> day was the Sabbath. *Really?* I had never heard that before. I went in search of every calendar I could find to disprove the 7<sup>th</sup> day was the Sabbath. As you all know, I could not disapprove the Sabbath. I started studying with Glen Blackwood, who ran the SDA studies at Walla Walla State Penitentiary.

I returned to Yakima after my release not sure what my future would hold. Through contacts I

found a clean, sober and faith based house which I have resided in for the last 2 years. I attended the Foursquare church at first with others from the house, but I knew an SDA church was really where I wanted to be.

I discovered the 35<sup>th</sup> Avenue SDA Church and was so excited to attend my first service that I left 2 hours early Sabbath morning for a 45 minute walk to church. Fortunately, the doors were open or I would have been out in the cold.

I currently volunteer for the Food Bank and as a bus driver. Most importantly I work with the Prison Ministry. I understand the need to know that someone cares. God has blessed me in so many ways since leaving prison!

On September 26, 2020 upon my baptism I started my new journey with God as my Leader and Savior. ■

*By James Chapman*

## Prison Ministry

**T**his very special Ministry has 22 teachers from our congregation who are sending out lessons to prisoners in seven different states. This essential ministry has 361 prisoners receiving lessons at this time.

The results are as follows:

- ◆ 321 are working on 108 lessons from the New Discovery Bible School in Keene, Texas
- ◆ 5 are Amazing Facts lessons
- ◆ 9 Voice of Prophecy Daniel-Revelations
- ◆ 12 Revelation seminary of the Book of Daniel
- ◆ 2 Spanish New Discovery series

Year-to-date there are 2,806 mailings with 3 lessons each for a total of 8,418 distributed.

In addition, 106 Mission Study Bibles with E. G. White's Bible Commentary were disseminated. Furthermore, 43 Seminars Unlimited King James Bibles, along with numerous Spirit of Prophecy paperback book and flow tracks.

What a wonderfully successful Ministry! Congratulations to all who volunteer! ■

*Submitted by Bob Northrup*



## November Birthdays

*If we have missed anyone we wish you a very **Happy Birthday**. Please call the church office and let them know so we can include you on future lists.*

<b>Sherrie Stephenson</b>	<b>11-01</b>
<b>Joyce Ensey</b>	<b>11-03</b>
<b>William Fulsom</b>	<b>11-03</b>
<b>Gaylord Case</b>	<b>11-07</b>
<b>Sterling Sigsworth</b>	<b>11-07</b>
<b>Brian Lapsley</b>	<b>11-10</b>
<b>Janice Forgey</b>	<b>11-11</b>
<b>Mary Shafer-Heintzman</b>	<b>11-11</b>
<b>Angel Diaz</b>	<b>11-12</b>
<b>Shirley McQueary</b>	<b>11-13</b>
<b>Tyler Bowen</b>	<b>11-15</b>
<b>Russ Tanner</b>	<b>11-15</b>
<b>Bradley Burke</b>	<b>11-16</b>
<b>Izabella Kim</b>	<b>11-17</b>
<b>Joyce Wallewein</b>	<b>11-17</b>
<b>Paul Garcia</b>	<b>11-18</b>
<b>Ethan Risenhoover</b>	<b>11-19</b>
<b>Lizzie Kim</b>	<b>11-20</b>
<b>Crystal Blubaugh</b>	<b>11-21</b>
<b>Kelly McLlrath</b>	<b>11-21</b>
<b>Kathy Bridge</b>	<b>11-22</b>
<b>Becky Harter</b>	<b>11-22</b>
<b>Jackie Allison</b>	<b>11-23</b>
<b>Daniel Polley</b>	<b>11-23</b>
<b>Alicia Gomez-Diaz</b>	<b>11-23</b>
<b>Robert Holmes</b>	<b>11-25</b>
<b>Dave Rattray</b>	<b>11-27</b>
<b>Nadia Urlacher</b>	<b>11-27</b>
<b>Ryan Urlacher</b>	<b>11-28</b>
<b>Paul Dressel III</b>	<b>11-29</b>

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**Contributors: Kenton and Kayla Gonzalez, Linda Sloop, James Chapman, Bob Northrup, Nita Hinman**

**Submit contributions to Rhodene Hubbard at [Rhubbard98926@yahoo.com](mailto:Rhubbard98926@yahoo.com) or call 509-552-7654, or mailbox in church lobby.**

**Please submit your information by the 5<sup>th</sup> of each month to be included in the Newsletter.**