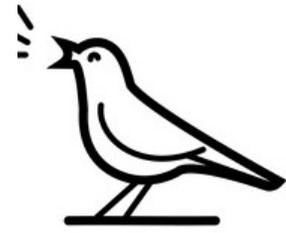




*Tryon
Church
Chatter*



November, 2022

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Pastor Bob's Blog



This month has been filled with unexpected gestures of appreciation. Someone somewhere decided to make October Pastor Appreciation Month and we have been the recipients of the Tryon Church's love. Many of the school students as well have been sharing special thoughts of appreciation to each of us.

Ramona and I feel truly loved by our church and we both love being a part of this family. Sharing the love of God is always a joy and feeling the love of God in return also fills our heart. We would like to share our appreciation to the Tryon Church family for allowing us to be your pastoral team.

Talking the talk is one thing, but walking the walk is such a greater testimony to His Word being truth for today. Brotherly and Sisterly love expressed daily is what it is all about.

1 John 4:7-13 says, Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not knoweth not God; for God is love. In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through Him. Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins. Beloved, if God so loved us, we ought also to love one another. No man hath seen God at any time. If we love one another, God dwelleth in us, and His love is perfected in us. Hereby know we that we dwell in Him, and He in us, because He hath given us of His Spirit.

Others are drawn in by seeing demonstrated the Word in action. Being different from how the world lives.

Jesus is returning soon and very soon. May we continue to seek His will in proclaiming the Good News in our community and beyond. And never forget that our love for one another is paramount in letting others see that truly God is Love.

Pastor Grant

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
		8am - Church Office Open 9am - Thrift Store Open 11am - MC: School Lunch	Church Office Closed 9am - Thrift Store Open 11am - MC: School Lunch 7pm - A/V and Bulletin Deadline 7pm - Bible Study	8am - Church Office Open 9am - Thrift Store Open 11am - MC: School Lunch	WINGS: small group women's prayer retreat 8am - Church Office Open 9am - Thrift Store Open 11am - MC: School Lunch	Offering: STB Local Budget 9:15am - SS & Church
6	7	8	9	10	11	12
WINGS: small group women's Thrift Store Open 12pm - Voice of Prophecy (1160)	8am - Church Office Open 8am - MC: Mother's Prayer Group 9am - Thrift Store Open 11am - MC: School Lunch	8am - Church Office Open 9am - Thrift Store Open 11am - MC: School Lunch 6pm - Finance Committee 7pm - Church Board Meeting	Church Office Closed 9am - Thrift Store Open 11am - MC: School Lunch 7pm - A/V and Bulletin Deadline 7pm - Bible Study	8am - Church Office Open 9am - Thrift Store Open 11am - MC: School Lunch	8am - Church Office Open 9am - Thrift Store Open 11am - MC: School Lunch	9:15am - SS & Church 12:15pm - Fellowship Luncch @ 1:30pm - WINGS Meeting
13	14	15	16	17	18	19
Thrift Store Closed 12pm - Voice of Prophecy (1160)	8am - Church Office Open 8am - MC: Mother's Prayer Group 9am - Thrift Store Open 11am - MC: School Lunch	8am - Church Office Open 9am - Thrift Store Open 11am - MC: School Lunch	Church Office Closed 9am - Thrift Store Open 11am - MC: School Lunch 7pm - A/V and Bulletin Deadline 7pm - Bible Study	8am - Church Office Open 9am - Thrift Store Open 11am - MC: School Lunch	8am - Church Office Open 9am - Thrift Store Open 11am - MC: School Lunch	Offering: Local Budget 9:15am - SS & Church
20	21	22	23	24	25	26
Thrift Store Closed 12pm - Voice of Prophecy (1160)	Church School Thanksgiving Break 8am - Church Office Open 9am - Thrift Store Open	8am - Church Office Open 9am - Thrift Store Open	Church Office Closed 9am - Thrift Store Open 7pm - A/V and Bulletin Deadline 7pm - Bible Study	Church Office Closed Thrift Store Closed	Church Office Closed Thrift Store Closed	Offering: Carolina Youth 9:15am - SS & Church 12:15pm - Fellowship Lunch
27	28	29	30	1	2	3
Thrift Store Closed 12pm - Voice of Prophecy (1160)	8am - Church Office Open 8am - MC: Mother's Prayer Group 9am - Thrift Store Open 11am - MC: School Lunch	8am - Church Office Open 9am - Thrift Store Open 11am - MC: School Lunch	Church Office Closed 9am - Thrift Store Open 11am - MC: School Lunch 7pm - A/V and Bulletin Deadline 7pm - Bible Study			

Nature Nugget -- Pamper Your Cat

Wanangwa Hartwell

Excerpts from 50 Simple Ways to Pamper Your Cat (*Even when it runs away outside and eludes you for two hours! ~ Italics inserted*) by Arden Moore

What sound does a cat make? You would say “meow,” right? Or perhaps a hiss or a purr? Did you know cats can chirp? This musical trilling sound seems to end in a question mark and usually means a friendly greeting, as if they’re saying “welcome home.”

Why does your cat rub her cheeks against your leg? She is marking you – it’s her way of declaring to others, “Hey, this is mine.” Cats have scent glands on their faces that leave behind a smell on you that only they can smell.

How many whiskers does your cat have? Would you believe 24? They are spaced in four rows on each side of the face and are actually sensitive organs that protect the eyes and size up the width of entries. If the whiskers clear, the entire body can make it through.

Want to cater to your kitty? Try some of these fun ideas for a kitty-centric change of pace.

Open a drawer in your dresser as an invitation for a catnap. You can put an old towel on top of clothes if you don’t want them dirty -- your cat will enjoy the change of scenery. I mean, if you slept 70% of your life away, you might want to change beds once in a while too!

If your cat likes to hang around in the bathroom, let the sink faucet drip lightly for a while so he can take a drink and play in it. Believe it or not, some cats enjoy water.

Grow some potted cat grass to fulfill your cat’s plant-chewing instincts. Bonus: Chewing on cat grass will reduce hairballs. (Always check to be sure your houseplants are not toxic to indoor pets.)

Open the blinds to allow sunshine in and give your cat a lookout point for outdoor action. Remember that “chirp” mentioned above? My cat chirps and trills when he’s “hunting” vicariously through the window.



6	Curt Watkins
9	Ruth Brown
11	Billy Benfield
12	Howard Brittain
14	Roberta Amoroso
18	Jaden Bergman Art Paradis
19	Charlene Alford
25	Stevie Milks
26	Greg Sizemore



Georgia Pecans for Sale ~ \$8.50/bag.

Halves and pieces available. Orders and money must be in by November 3. Pick-up date is November 7. Call Peggy or Katie at 828-859-5757.



You may have your advertising here by sending email to lornanewsinfo@gmail.com or texting to 828-817-1544.

Deb’s Sewing and Alterations

From buttons to wedding dress bustles give me a call at 828-817-7015.

Single?

For our singles: There will be a singles potluck at the Fletcher SDA Church on the first Sabbath of every month. Thank you, Kathy Lynch



The Zjaci Family

Have you had a chance to get to know the fun Zjaci family yet? And just so you won't be embarrassed, their last name is pronounced "Zee ah'chee." Their family consists of Besnik (or Nick), Melissa (or Missy), Katerina, Emma, and Desten. Nick & Melissa have known each other for 18 years and have been married for 16 of those years. They were married in Springville, California at the Rayburn homestead surrounded by church family. Nick & Melissa met at the SDA College in Florence, Italy. His parents worked at the college and lived on campus and Melissa was a student studying art and Italian Language.

Once married, they lived in Springville, CA for a while and since then have lived in Visalia, Tulare, & Lake Elsinore (all in CA) and briefly in Apopka, FL and currently in Taylors, SC. Their three children were all born in Porterville, CA (Katerina Amelia on January 20, Emma Isabell on December 1, and Desten Tyler on October 2).

The main highlight of their married life was the birth of their three children. Other high points have been when they traveled back to Florence, Italy to visit Besnik's family. They've made this trip twice, once when Katerina was a year and a half old and the other time in 2019 with all three of their children.

Katerina, Emma and Desten are all homeschooled. They did go to public school until the pandemic hit and then the Zjaci's started homeschooling and never looked back.

The family had been looking for a church family since moving to the Greenville area and after trying a couple of different churches, they were invited to visit Tryon. After one visit, they knew they had found their church family (and aren't we glad they did?).

Nick goes to work for a roofing company in Simpsonville and Melissa homeschools their three kids taking them to cello practice, soccer practice, Pathfinders and Share Thy Bread. Nick likes to tinker with anything electronic, rebuilding and fixing broken computers. Melissa likes painting on glass and crocheting blankets.

Katerina is turning 15 years old this January and Emma will be 13 in December. Desten just turned 10. All the children like to be outside exploring and fishing.

Regarding our Share Thy Bread ministry, Melissa takes all three kids there once or twice a week to help out in any way they can. It is important that they see the importance of helping others less fortunate.

Nick is the second child of four and grew up in Albania. In 1996 at the fall of communism, his father decided to take

his family to Italy to keep them safe and keep his sons out of the mandatory military service. When arriving in Italy, after a very dangerous boat ride across the Adriatic Sea, they stayed in a refugee camp. From there someone from the Adventist School, Villa Aurora in Florence, Italy, came to the camp to look for a "good family" that could help out on campus. God directed that person to Nick's family. The rest is history.

Melissa grew up in Springville – a small town at the base of the Sierra Nevada's out in the country of California. While Nick was battling the waves of the Adriatic Sea immigrating to Italy, Melissa was riding her horse over the rolling hills exploring the countryside with her sister and brother and graduating from 8th grade. In 2002-2003, Melissa was a student missionary, teaching second grade in the Marshall Islands.

When asked if they have a favorite Bible verse, Melissa said they don't have one favorite book or passage in the Bible as there are so many they love equally. They have enjoyed watching Walter Veith and Conrad Vine helping enlighten them on the Bible and the state of the world and the importance of being ever ready for our Savior's return.

We are so happy the Zjaci's and our church family found each other. They have already made a big contribution to our church which we thank God for; we hope we have them for a long time!





Making a difference in people's lives and impacting them for eternity

Well, we've already received our first few referrals from the Healthy Opportunities Pilot (HOP) and given away more rack cards than I think our partner organization thought we could manage in the first year! Polk County DSS and other local organizations are super excited to have a HOP provider in Polk County. Thank you all for your prayers as this program gets off the ground.

If you know anyone with Managed Care Medicaid (MCM) under the following four providers, please encourage them to contact their care manager and ask if they qualify for HOP. If they do, the care manager will send us a referral and they can actually receive a prescription for healthy food boxes for several weeks. The program is an effort to demonstrate to insurance companies that it makes more sense to pay for preventive wellness care (i.e. healthy living assistance) than for treatments for disease in the long run. The providers under MCM are:

- AmeriHealth Caritas
- Healthy Blue NC
- WellCare of NC
- United Healthcare

Unrelated to HOP, we have been able to receive several cases of plant-based Beyond Beef, Beyond Breakfast Sausages, Beyond Burgers, and Beyond Crumbles from MANNA FoodBank as part of our ongoing effort to provide nutritional food to people.



A local Girl Scout troop collected over 300 items for Share Thy Bread!

The Selkirk Grace

Scottish Prayer commonly attributed to Robert Burns

Some hae meat an canna eat,
And some wad eat that want it;
But we hae meat, and we can eat,
And sae the Lord be thankit.

In case you have difficulty with the old Scottish dialect, here is the prayer in our everyday speech:

Some have meat but cannot eat,
And some would eat that have none;
But we have meat and we can eat,
So let the Lord be thanked.





W-I-N-G-S Women in God's Service

Kelley Edney

The end of September WINGS hosted a high tea luncheon for widows. Decorations went up, food was prepared, hugs were shared, encouraging words were spoken and we had a good time. Eleven guests attended and five ladies helped pull it all together.

At our October meeting we were blessed by Sara Wolff as she shared her testimony about how God has worked in her life. From her early years and schooling in Portugal, meeting Michael and health challenges - she continues to trust in God and gives Him all the praise for His goodness.

On Sunday, October 23 a few ladies spent the afternoon shopping at the outlet mall in Gaffney, SC. We enjoyed

beautiful weather, food and laughs. Some of us made more purchases than others. :)

Dixie Painter will be sharing with us at our next WINGS meeting on November 12. We meet in the conference room immediately after fellowship dinner. All ladies are welcome.

Secret Sisters is Starting Again!

If you would like to join in the fun of being and having a secret sister, you will find a questionnaire to fill out and then place it in the basket in the church foyer. All ladies are welcome! We had a lot of fun last time and are hoping to involve even more ladies. The idea is that every month you give your secret sister a small gift or card. And to lift up your secret sister in prayer every day. The reveal party will be in April 2023. If you have any questions just ask Terry Robinson, Kelley Edney, Ramona Grant or Charlene Alford.



Blessings

Terry Robinson

Numbers 6:24-26

The Lord bless thee, and keep thee:
The Lord make his face shine upon thee,
and be gracious unto thee:
The Lord lift up his countenance upon thee,
and give thee peace.

Blessings from God are always falling around us -- like rain drops or snow. Often, with every worrisome thought or occurrence, a blessing also comes. More times than not, it's a very small blessing and for some people, hardly worth noticing. However, perhaps the "size" of the blessing has been calculated by our Lord to see whether we will even notice it and give Him thanks.

So, what are some things we can thank God for that we notice all around us? It could be something in nature or even someone's gracious smile. Yet no matter how small it is, every day, try to discover even a tiny blessing somewhere.



Ring, Christmas Bells!

Wanangwa Hartwell

Greetings! We hope you enjoyed the kids playing handbells in October. Thank you for your generous support of the bells and all the various programs at the school. We are excited to have so many students and homeschoolers participating.

Please mark your calendars for the second Sabbath in December (12/10/22) as the bells will be playing again for church. The school Christmas program, which will also include the bells, will be just two days earlier, at 6pm on Thursday, December 8. We hope you can join us for both of these special programs.



Thanksgiving Day

Lydia Maria Child

Over the river and through the wood,
To grandfather's house we go;
The horse knows the way
To carry the sleigh
Through the white and drifted snow.

Over the river and through the wood--
Oh, how the wind does blow!
It stings the toes
And bites the nose,
As over the ground we go.

Over the river and through the wood,
To have first-rate play.
Hear the bells ring,
"Ting-a-ling-ding!"
Hurrah for Thanksgiving Day!

Over the river and through the wood,
And straight through the barn-yard gate.
We seem to go
Extremely slow--
It is so hard to wait!

Over the river and through the wood--
Now grandmother's cap I spy!
Hurrah for the fun!
Is the pudding done?
Hurrah for the pumpkin-pie!

Ever Heard of Ikaria, Greece?

Dick Bayley

Well, mention the Mediterranean diet and the name “Ikaria” is almost sure to come up. It’s a Greek island that has the distinction of being included in the famous “Blue Zones,” well known since 2004 when research revealed certain areas of the world where people live significantly longer. Ikaria is one of these areas, where people live about eight years longer than the average American. I hadn’t read much about it until a friend gave us a copy of *The Blue Zones Kitchen* recently.

This island, along with Sardinia (Italy), has called the world’s attention to the food items which form a basic part of the diet on Ikaria and other places. These days many people know what this diet consists of, things like fruits, vegetables, legumes, olive oil, grains, with very limited amounts of fish, cheese and yogurt.

However, the island of Ikaria has its own variation of this diet. Owing to the craggy nature of this island, grapes are about the only agricultural product of significance, and they are used mostly for wine. So one of the most important elements in the diet are beans and legumes, such things as chickpeas, lentils, and black-eye peas along with wild onions and asparagus.

Add to that generous amounts of wild greens, many of the weedy sort American gardeners chop out of their soil as soon as possible. They say there are one hundred kinds of wild greens that are commonly eaten, by themselves, or combined with other ingredients. Furthermore the locals commonly harvest them along the roads, while walking to a shop, or a friend’s house, possibly in a nearby mountain village. And by the way, going anywhere on Ikaria involves walking uphill, or downhill and then back up. This too incorporates another vital element into their lifestyle—exercise, though they love afternoon naps too.

The cookbook author points out that as Greek Orthodox Christians, Ikarians are called upon to observe 200 days of fasting per year (!), which I haven’t checked, though it’s part of the culture, and if followed, reduces their calorie consumption and “oxidative stress.”

Lastly, how about herbs? (Let’s pronounce it “urbs.”) Herbs are a big thing on Ikaria too. In fact, herb tea qualifies as “a daily ritual.” The antioxidant and anti-inflammatory properties of these teas may help to explain the low rate of cardiovascular disease and dementia. Dementia on Ikaria, incidentally is about 20% of the American rate; they say rosemary and sage tea in particular are helpful in this regard.

There’s no simple explanation for the exceptional longevity of Ikaria’s people. Diet is the best starting point though. A Wikipedia writer put it this way, it’s the “geography, culture, diet, lifestyle and outlook, including late-night domino games [for men especially], and a relaxed lifestyle that ignores clocks.”

Most of the information here comes from the book mentioned above, by Dan Buettner, one of the originators of the “Blue Zone” concept in 2004. Among the Blue Zones, besides those already mentioned, are Okinawa, Nicoya Peninsula, Costa Rica, and Loma Linda, U.S.

Men’s Ministry in Action

Bev Cook

On Sunday, October 23, the Men’s Ministry headed up by Charles Mildton was in action and came to Bev Cook, Myrna & Bob Esh’s rescue. Having a 125’ pine tree taken down earlier in the week, we had about ten 8’ logs laying in the gullies alongside our long gravel driveway. They would impede drainage of water from a hard rain that we frequently have unexpectedly. So here come Charles, Michael, Jonathan, & Kessiah Wolff, Raynel, Adrian, & Oziel Medina, and Wally McDaniel fully equipped with chainsaws, wood splitter, and most needed - muscle. They were like a well-oiled machine and made quick work cutting, splitting and taking down some small trees that were about to fall & block our driveway. Everyone knows how valuable our time is especially on Sundays, yet these men were willingly and happily there giving with no expectation of return. This is Christlike love in action. When I think of our Tryon family, I see action behind our profession and know God is smiling with every helpful effort towards others - true sacrificial beneficence! Thank you guys!



Southern Union Camporee at Camp Kuloqua, Florida



Barbara Carney teaches Pizza Making Honor to the Pathfinders.



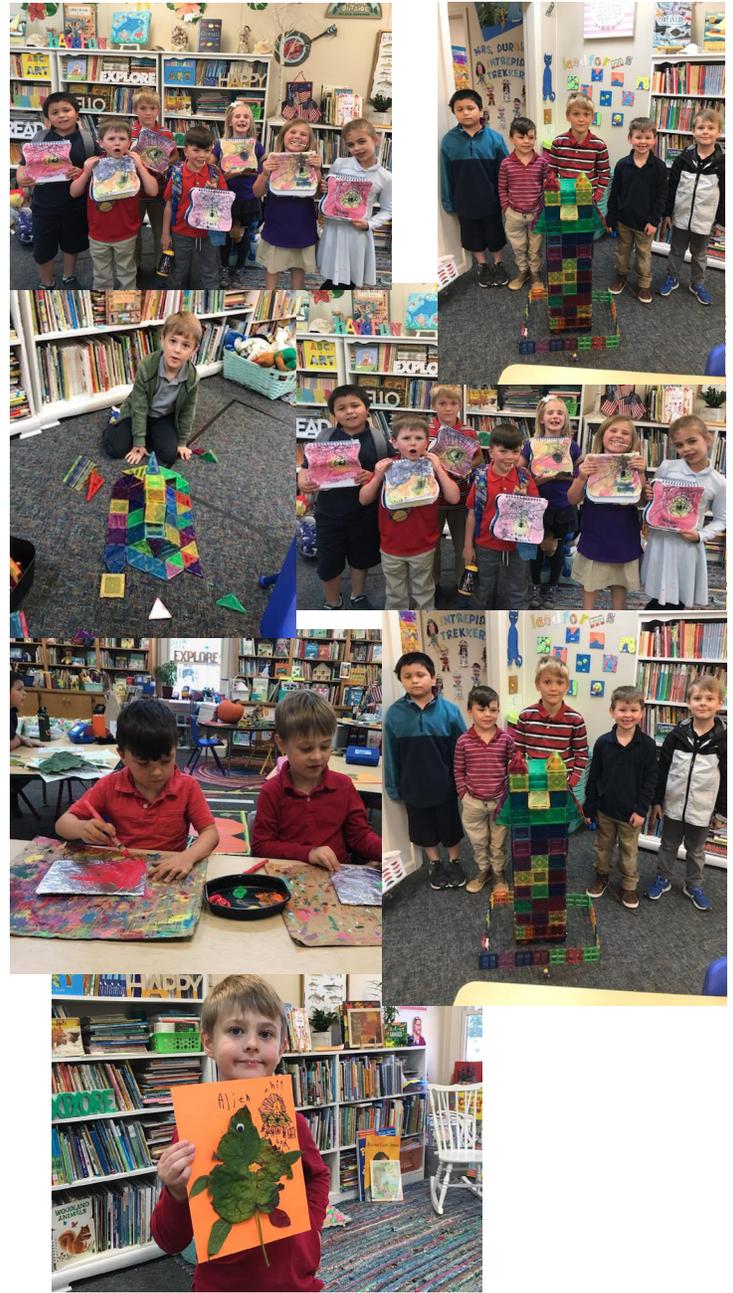
Mrs. Durby's 1st & 2nd grade class are collecting items to fill shoeboxes as we participate in Operation Christmas Child. This is an opportunity for our children to learn about children in other countries, through books, video clips, Christian service, demonstrating selflessness and to see that even young people can witness for Jesus.

If you would like to contribute items for the shoeboxes or contribute to the \$10 per box shipping costs, that would be greatly appreciated. We will be packing the boxes Friday, November 4 & Monday, November 14.

Our class will be delivering the shoeboxes to a drop off location in Columbus, so the children can follow their shoeboxes the next step in the journey. Later, we will receive notifications from where in the world our shoeboxes have traveled to!

We include letters that the children write in each shoebox. In the past, we've occasionally had letters written back to us by recipients of the shoeboxes!

Please pray for our students as they learn about giving & sharing the love of Jesus and pray for the children who will receive these shoeboxes, that they will come to know Jesus as their Lord & Savior.



Church Happenings

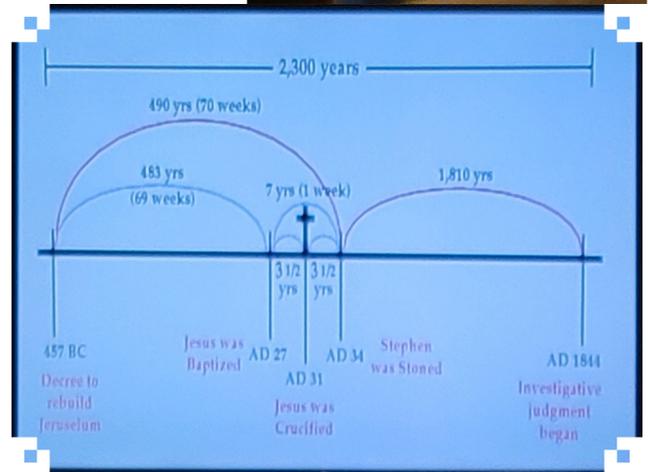
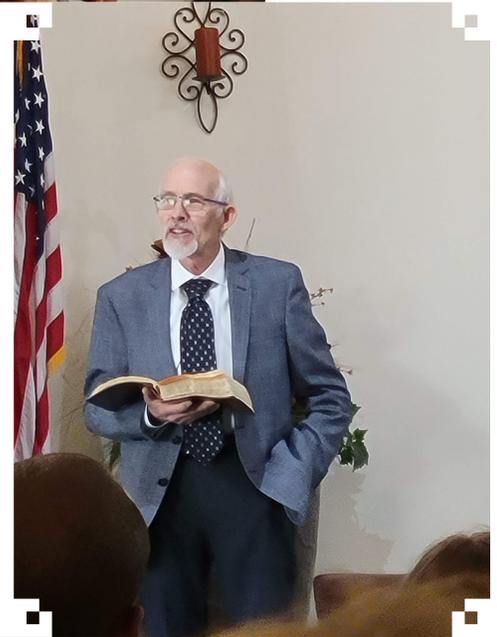
Wanangwa Hartwell

On the 178th anniversary of the Great Disappointment, Robert Carney preached on Jesus' second coming and on 1844. Glenn Cantrell sang *What a Friend We Have in Jesus* for special music. Tim and Jamie Grindley sang *Count Your Blessings* for the offertory and Shawn Eckmann and Grayson Rowe were among those taking up the offering. It's always such a blessing to see our young people involved in the church service and we appreciate all who contribute to provide such beautiful music and uplifting messages.

Then I heard one saint speaking, and another saint said unto that certain saint which spake, How long shall be the vision concerning the daily sacrifice, and the transgression of desolation, to give both the sanctuary and the host to be trodden under foot? And he said unto me, Unto two thousand and three hundred days; then shall the sanctuary be cleansed. Daniel 8:13-14

The Scripture reading for the day was John 10:10. For an inspiring message through music, go on YouTube and listen to Jennifer LaMountain sing *Abundantly*.

The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly. John 10:10





During pastor appreciation month, the kids drew pictures of themselves with our pastor.

Mrs. Burkett's class really enjoys seeing our pastor.



We went outside and picked some leaves. We later compared sizes and colors.



We had fun taking out the pumpkin insides and learning about the different parts. We also had a fun experiment with baking soda and vinegar. We loved watching the cool reaction.



Mrs. Burkett's Pre-K & K Class



