

Tryon Church Chatter



# February, 2023

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# **Pastor Bob's Blog**

Does God Want Everyone to be Happy? Taken from, ShelbyStar, Jan. 13, 2023

The idea that Christ wants his people to be happy is not one that most, who have swallowed a cultural caricature of religious people, have spent time exploring. That caricature, found in books and film, represents Christians as dreary, and frequently sour folks who care nothing for earth, but only for heaven. They regard earthly pleasure as a threat, which is their sacred duty to avoid. They also feel obligation to deny these ruinous pleasures to others.

It is, unfortunately, not just irreligious people who have bought into this way of thinking; many Christians have, too. They have somehow come to believe that the faithful can't have fun. To enjoy earth, they think, is to betray - or, perhaps, to risk – heaven.

But is this a caricature? Doesn't the Bible say a lot about keeping commands, fleeing youthful lusts, and walking in the narrow way? Isn't the Bible filled with commands that Christians are required to obey? Wouldn't constant attention to those commands make one dreary and sour?

I think this way of framing it is misleading. Yes, there are many rules or commands in the Bible - more in the New Testament than in the old, which many people find surprising. But keeping these commands was never an end in itself, nor was keeping them a requirement for entrance into heaven.

Think of it this way. There are a lot of rules in music. For example, music follows a rhythmic pattern at a particular tempo. It requires pitch, which is a result of sound waves vibrating at particular frequencies. Musicians make use of particular pitch patterns based on established relationships between these frequencies. They build harmonies on recognized combinations of them.

Anyone may choose to ignore these rules and do music their own way. That, of course, is up to them, but they may not be able to play well – or play at all – with other musicians. Moreover, it is quite likely that neither they nor anyone else will find their music satisfying. The "rules" of music are not there to frustrate musicians and to get in their way. They simply express the way music actually works.

Likewise, following the Bible rules helps us "play well" with God and others in a way that is rich and satisfying and wonderfully creative. God did not give us rules to frustrate us but to enable us to flourish.

If we only keep the Bible's rules as a means of reaching a desired end – entrance into heaven – they will feel artificial and imposed. But once we realize that these rules express the way life works best, the door opens for us to see that God wants his people to be joyful. The mistake we repeatedly make is trying to create feelings of joy rather than construct a state of being in which joy is a natural part.

God, the Bible makes clear, experiences joy Himself. He is, in fact, the most joyful being in universe. He delights in his creation, rejoices over his beloved people, and takes pleasure in showering blessings on them.

It is because God is the universe's most joyful being that the hero Nehemiah could tell people: "the joy of the Lord is your strength." It is also why the biblical songwriter could say to God "in your presence there is fullness of joy; at your right hand are pleasures forevermore."

CS Lewis said "it is just no good asking God to make us happy in our own way without bothering about religion. God cannot give us happiness and peace apart from Himself because it is not there. There is no such thing."



Sat  Offering: STB/Local Budget 9:15am - SS & Church 2pm - MC: tentative	9:15am - SS & Church 12:15pm - Fellowship Lunch @ 1:30pm - MC Conference	Offering: Local Budget 9:15am - SS & Church	Offering: Carolina Youth 9:15am - SS & Church (concert for 12:15pm - Fellowship Lunch
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Mon 30	8am - Church Office Open 8am - MC: Mother's Prayer Group 9am - Thriff Store Open 6:30pm - MC: Diabetes Reversal	8am - Church Office Open 8am - MC: Mother's Prayer Group 9am - Thriff Store Open 6:30pm - MC: Diabetes Reversal	8am - Church Office Open 8am - MC: Mother's Prayer Group 9am - Thriff Store Open 6:30pm - MC: Diabetes Reversal 8am - Church Office Open 8am - Thriff Store Open 9am - Thriff Store Open
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### **Nature Nugget -- Shore Birds**

(with excerpts from NatureKidsBC) Wanangwa Hartwell

Did you know you don't have to go to the ocean to see shore birds? When I was a kid, we went to the Great Salt Lake in Utah and there were seagulls! Last week, Ronnie and I went to Chimney Rock and Lake Lure. The water was down very low at Lake Lure and because of this we could actually walk down on the sand where there is normally water. We had the company of many small shore birds, just like you would walking on the beach at the ocean.

We couldn't identify the shore birds we saw, unfortunately. There are just too many kinds that look alike. For example, I love sandpipers, but there are at least 22 different kinds of sandpiper and they can be a challenge even for someone who is very good at identifying birds because there are slight difference in their calls, colors and patterns that makes it difficult to tell them apart.

So go for a walk at Lake Lure sometime and be sure to look for the shore birds as well as for the song birds. And at Harmon Field, you can see killdeer, which are one of the few "shore birds" that you can see without going to a beach at all.



Killdeer at Harmon Field







- 1 Ann Fisher
- 2 Shawn Eckmann Sara Wolff
- 4 Yahaira Betancourt Autumn Mitchem Paula Slater
- 7 Carla Powell Gabriel Bergman
- 12 Kelley Edney Melissa Zjaci
- 14 L\evi Rowe
- 15 Helen Green
- 1\7 Michael A. Owens
- 23 Oakley Eckmann
- 24 Debbie Ford
- 26 Lawrence Moses Alivia Owens



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### **Deb's Sewing and Alterations**

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Green Mango Bowl Bev Cook

#### Green Mixture:

- 2 cups spinach
- 1 1/2 cups frozen mango chunks
- 1 frozen banana
- 1/2 1 cup non-dairy milk

#### Toppings:

5 Tbsp chia seeds 2 Tbsp coconut flakes 4 strawberries, sliced 1/2 cup almonds 1/2 cup blueberries 1/2 cup granola

- 1). Place the first five ingredients in a high-speed blender in the order given. Blend until smooth.
- 2). Pour mixture into two bowls & divide the toppings between them. Enjoy!



## Jeremy, Debbie, Emily, & Amy Ford

Jeremy and Debbie Ford have been married for 21 years. They were married on September 2, 2001 and had just gotten back from their honeymoon when 9/11 happened. They met on a picnic in Pisgah Forest. Jeremy had come down from upstate NY to attend Mt Pisgah Academy for his Junior and Senior years of high school. Debbie and her family had met one of Jeremy's aunts who lived in Hendersonville and attended the Upward SDA Church where Debbie's sister, Becky, was going at that time. Unbeknownst to Debbie, they planned a picnic so that Jeremy could meet her brothers and her - at least that is what they told her mom.

The Fords were married at Green Creek Baptist Church, only three miles from where Debbie had lived since she was eight years old. Their reception was at Debbie's parents' farm under a big white tent. It was a beautiful day with many friends and family sharing their happiness. They became parents almost seven years after they were married. People had almost given up on them. Now they have Emily, age 14 and Amy, age 12.

After they were married, they lived in Hendersonville in Debbie's grandparents' house that they rented from her Mamow. She lived a couple houses down the road with Debbie's aunt and would still walk over and work in their garden. What nice times they got to share with her while living in that little farmhouse that was full of fond memories of fun family times. They enjoyed living with her for three years before moving to Saluda, NC where they built their first home. With Debbie's dad being their general contractor, they were able to do a lot of things to help build their home with his guidance. They lived there for 12 years and brought their girls home from the hospital after being born to that house. After keeping their eyes open for a bigger piece of property where they would have room for a barn & more animals for the girls to enjoy, the Lord blessed them with finding the property where they live in now - still in Saluda & only eight minutes across town. This time they built they had two good helpers in Emily & Amy. They have lived there for five years so far and feel so blessed to have such a beautiful and peaceful place to call home.

Jeremy has been a deacon and elder at our church. Debbie has been a deaconess and a Building Committee member. They have both been children's Sabbath School teachers and are Pathfinder Counselors.

Both Jeremy & Debbie enjoy being outside so they camp, boat, hike, snowmobile, and spend time with their girls. Jeremy loves water skiing and wakeboarding with the girls and that is a favorite pastime in the summer. Debbie loves riding bikes and reading. They've been on many vacations. Before the girls arrived, they did a road trip up the East Coast and enjoyed New England and then continued up into Canada, traveling through New Brunswick; ending up in Prince Edward Island which is an amazing place. They would love to go back there some day. Then they toured around Nova

Scotia before turning back south. Their favorite vacation with the girls was a trip around Lake Michigan and into the UP (Upper Peninsula). Lake Superior and Pictured Rocks was an awesome experience. Mackinac Island was so fun and their self-drive carriage ride around the island was one of the girls' favorite parts of that trip.

Jeremy typically leaves for work at 5:30 am. He is definitely a morning person. He likes to get an early start and travels around WNC repairing Volvo heavy equipment. Starting early allows him to get home early enough to enjoy family activities. By 9pm, he is usually in bed for the night. Debbie leaves home at 7am and drops the girls off at school and three days a week works as a teacher's aide at Mills River SDA School where Amy is a student. Debbie helps with third & fourth grade and enjoys working with the kids there. Her two days off are spent cleaning house, running errands and the things that moms fill their time with. In the afternoon she picks up the kids from school and gets ready for the next day or is a chauffeur to the different things that the girls are involved in. Coming together in the evening for family time and worship is important to them!

Emily made them parents in 2008 and has brought so much joy into their lives for the past 14 years. She loves team sports with her favorite being soccer. She also loves horses and riding her horse. Dirt biking is also something she enjoys doing, along with water sports. She is the queen of the kneeboard and also likes to water ski. She is a freshman at Fletcher Academy this year and loves her time there. Amy is their baby and joined their family in 2010. For 12 years she has blessed their family with her caring heart and sweet attitude. She enjoys playing football and volleyball, hanging out with friends and shopping. Amy loves summer and hot weather so water sports are one of her favorite things to do on a summer day. She water skis, slalom skis and wakeboards which is probably her favorite. She makes all of this look so easy to do.

The Fords have one dog, two inside cats (which are the girls' babies), three outside cats and two horses. Debbie would like to travel more, take a pottery class, and learn to play the cello. Jeremy wants to do tractor pulls someday.

Jeremy's favorite Bible verse is Proverbs 3:6 and Debbie's is Philippians 4:13. They both feel so blessed and grateful for our Tryon Church family and their love and support over the years! They treasure the times and memories that they have had with so many of our members. They want to thank everyone for all of the prayers, love and kindness you have shown them. They love each one of us. And needless to say, our church family feels so blessed to have the Fords with us and hope they are here for a long, long time!



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

Greetings! We hope you'll take time to stop by the Thrift Store and Share Thy Bread to pay us a visit. It's always a busy, exciting place to be!

Share Thy Bread was blessed with three different grants during a short space of time at the end of 2022 and we are keeping over 60 volunteers occupied distributing

all the food. The Healthy Opportunities Pilot (HOP) program is growing and the van has been a huge blessing in both delivering food and in picking up donations from the various local stores.

You may have heard the latest rumors: There are plans underway to build an addition onto the community services building to create more space for both Share Thy Bread and the Thrift Store. Funds are already being raised and plans drawn up and we're eager to see them come to fruition.

See Lorna Dever (for Share Thy Bread) or Sara Wolff (for the Thrift Store) if you are interested in donating time or funds to either of these wonderful community ministries. Please pray for all of our staff and volunteers that they will be able to share the love of Jesus with our neighbors.



#### Wanangwa Hartwell

Hi everyone! Hope you're staying warm and dry these days. It's been a good time for reading and we have plenty of great options in your church library.

This month we've added some great books on prophecy by Russell Burrill and Scott Christiansen. We also had a good copy donated of Fulton's Footprints in Fiji by Eric B. Hare and I found a good King's Heralds Reunion CD in the thrift store (thank you, Sara!).

Best of all, Laura Gibbs donated many copies of the Guide's Greatest \_\_\_\_ Stories on various topics so I will be adding them over the next few months. Look for them in the teen section (they're right on the line, geared for middle school age, but the teen section is easier to browse than the kids section).

Last but not least, I'm excited about the DVD Tell the World which is about the beginning of the Adventist movement. It's a very good retelling of the story as a "movie" rather than a documentary so be sure to check it out.

If you read anything you especially like in the church library this year, please send me an email review or leave a written one in my box in the church workroom and I'll type it up to share with others. God bless and have a wonderful February!

### **Tryon SDA School Financial Update**

Ronnie Hartwell, School Treasurer

The Tryon SDA School has been around since this church was founded. One of the first things the new church did was to create the church school. It has been in business since then and has been a blessing to countless alumni. We are grateful for the support of this church throughout the years and we humbly ask for your help as the school needs your support now more than ever.

This year we started a program that has never been done before in our school. We began a Kindergarten and Pre-K program. This is a wonderful way to reach people we otherwise would not be able to reach. It also sets the school up for the future as we will be able to teach students for all grades through until academy.

At the beginning of the year, we spent around \$18,000 on the construction, decorations and setup of the Pre-K room, as well as to replace the front door, which wasn't locking properly – a huge security risk, especially in this day and age. With this program, we also increased our staff, expecting our student count to be higher as a result. Currently we have four teachers – three teachers paid for through the conference and two that are local hires (one full time and part time). This costs over \$20,000 a month just for salaries.

We didn't end up getting as many students as we had expected, and the school could use more. Right now, we have 36 full time students, which is 8 or 9 per class. We'd really like to see 11 or 12 per class. We would like people to refer kids they may know who may be looking for a school for the second part of the year.

If you are able to help support the school financially, gifts of any size are appreciated. It is now possible to pay online through Venmo or you can mark your tithe envelope for the school. We always strive to keep our cost to students low – it currently costs about \$300 per child per month for tuition. Our greatest need right now is to cover the teachers' salaries until we can find more students.

It is a huge commitment but I think we are on the right path for the future. Please pray for the school, the teachers, the students, the parents, the board and all involved to have wisdom for future decisions about the school and for the Lord to provide so we can continue the terrific programs we have here at Tryon.

# Thrift Store Helps with Hurricane Ian

Lorna Dever

The backdrop for this story begins in 1980 in the small town of Dunlap, Tennessee when a scared little girl arrived with her mother at the Seventh-day Adventist Church School. The mother inquired of the lower grades teacher, "Do you take non-Adventist children?"

Mrs. Dever assured her, "Yes, we do!"

"Do you require them to join your church?" Mrs. Partin asked,

"No, but we teach from the Bible in all of our subjects."

Soon Mrs. Partin had her little daughter, Nicole, who had been bullied in public school enrolled in school. After the first day Mommie told us that she had decided that she would put Mrs. Partin to work listening to other children reading as it appeared Mrs. Partin would be around to stay for awhile. Nicole had kept her hand on her mom's knee all day.

The next day Nicole arrived at the classroom door swinging her lunchbox, leaving her mom in the parking lot relieved that Nicole was a happy little girl again. As the years rolled past Nicole completed all eight grades in that little two-room school with the Devers as her teachers throughout.

Throughout upcoming years Nicole showed her love for children by organizing a Kid's Bible Story Time for the low income area of Chattanooga. She also headed up a religious talk show in Chattanooga. Then Nicole moved to Florida and over time her love for children led her to get involved with foster care.

In 2017 Jaysun became one of her first foster kids, arriving at her home even prior to receiving her license. Jaysun wiggled himself into Nicole's heart and she decided to give him a forever home. Other children moved in and out of their home, then one day a little over a year later Nicole received a call that would change their family forever. The court system

learned that Jaysun had a biological sister! Would Nicole take Khimora into their home? Knowing that as Jaysun got older he would have wanted his sister to join them, so Nicole put into action the adoption process again. More children have come and gone and three more are looking at finding a forever home with Nicole.

About four years ago Nicole was able to enroll Jaysun, and the next year Khimora, into the Adventist Church School in Naples, Florida.

Because of my personal ties with Nicole and having been able to personally meet Jaysun and Khimora in 2018, I call them my grandkids. About every six months I've sent them a care package with books and other little treats. Last summer as I was putting together a box to send them I learned that they were going to vacation in the Gatlinburg area so with the help of the Thrift Store workers was able to put together a nice box of books and toys for each of the five kids that Nicole has. It was Christmas in July for them. Each was so excited with what they found in their box.

During the Fall I learned that I could ride down to Florida with Linda Michel and visit family down there. Linda agreed that I could take some things down for Nicole's family. The Thrift Store received a lot of nice children's books throughout the Fall. Then Hurricane Ian hit and our plans for a Florida trip got derailed. I would not be able to go with Linda during the timeframe she would be going, but she said she would be happy to take the books down, if Nicole could meet her in Punta Gorda to get them. Everything was arranged. The Tryon SDA School removed some of their books so I began collecting those as well. Nicole's children will enjoy some of the books, but some will also be going to their school, which received storm damage from Ian.

Thanks to Linda, the Thrift Store, and the School there are a bunch of happy kids in Florida.



Linda's truck ready to head south



Nicole's van loaded with the gifts



### Wanangwa Hartwell

It's that time of year again! The school kids will be playing bells for the church service on Sabbath, February 11. We hope you can come out to support them and enjoy the music. Also, please keep them in your prayers as Music Festival will be at Mount Pisgah Academy on March 2 and 3 this year. We have as many as 18 kids that could be going there to play bells and chimes! Please pray that everyone will stay well and safe during this event.



Amy, Emily, Debbie, Jeremy Ford (See Getting to Know You)

### That Man Who Loves Me

Author Unknown (Submitted by Terry Robinson)

One day a beautiful, but very troubled little girl came through the door of my day nursery. From the very beginning, I became captivated by this child who had so little but needed so much. I was heartbroken that a four-year-old could suffer such heartache and pain. She was born in prison after her mother had used marijuana, crack, and cocaine throughout her entire pregnancy. The little girl did not talk, she had very little control, and I knew that her progress was going to be a mighty battle!

Whenever somebody approached the child, she became violent for long periods of time. She ended up in a fetal position on the floor, crying out, and I began praying for her every day. As months rolled on, I began to bond with this little girl who nobody wanted. She and I worked very hard, taking one step forward, then four steps back! Every day we sat in the big rocking chair in my office, rocking back and forth. During our rocking time, I sang "Jesus Loves Me." She always settled down and became very still, and although she never spoke, peace seemed to fill her little face as she listened to the song.

One day after a very long battle, I held my special little girl so that I could calm her fears and pain. In silence, we rocked back and forth and back and forth. Then she looked at me with her eyes filled with tears, and she spoke for the very first time. "Sing to me about that man who loves me." Then, blinking back tears of my own, I knew the battle had been won.



Many have been asking for an update on the Thrift Store. How are sales going? Where do we stand with the mortgage? Are we really able to witness to the customers?

The following is a synopsis of the activity at the store.

Over the past year, (2022), the Thrift Store had total gross sales of \$181,566.61. We had 16030 customers although many were repeat customers, (remember that's also 16030 opportunities to witness)!

As for the mortgage, we have been aggressively paying down the mortgage adding an extra \$5000.00 almost every month last year. At the beginning of the year, we had a balance of \$331,112.37. By the close of the year the balance had been brought down to \$270,018.24. That is a reduction of over \$61,000 in the past year! This includes normal payments, extra payments from the store, and payments made by the church from monies donated from church members.

If you would like to donate to help pay off the Thrift Store Mortgage, you may mark the tithe envelope as such. You can also make a donation by going to the church website and clicking on "Adventist Giving" and checking the box "Thrift Store Building Fund". We would love to get this paid off as soon as possible because in today's volatile economy, we never know what the interest rates may go to (I remember the '70's when mortgage rates shot up to 18%+)! Also, every point increase can add a couple hundred dollars of just interest to our payments every month.

I would like to remind everyone that the sooner we get the mortgage paid off, the sooner we can dedicate more resources to the Christian education of the children!

If you have donated to help in this in the past, we would like to say a big Thank You! If you haven't yet but would like to this year, pray about it and let the Lord lead in your decision to give.

Again, thanks to everyone for your support, whether in giving, purchasing items from the store, or in your prayers! We greatly appreciate your support.



Remnant Refashioned Rosanne Richards

Sometimes our lives seem broken— Into pieces that none can put together. God takes the brokenness and fashions A mosaic more beautiful than ever.

Using the pain we're immersed in, By giving Him one piece at a time, He makes of us a better version, As we continue our upward climb.

## Playing the Organ is Fun!

by Dick Bayley)

Several years ago a young guy, Christian Houlihan, was blown away by the organ, and said, "What cooler instrument is there?!" He was impressed, for one thing, by all the different sounds an organ produces. This is illustrated by the number of knobs that control the sound, on each side of the organist; look at the photos here. Another young person who couldn't stay away from the organ was Nick Lowery (not to be confused with the pro football player), who described the organ this way—"loud, frightening, delicate, exotic, and everything in between." (The Augusta Chronicle) Today, Houlihan is a well known concert organist, while Lowery is organist at Church of the Good Shepherd in Augusta (Episcopal).

Piano teachers too have discovered that many kids are eager to try the organ. One such teacher is Barbara Eno, who is the organist at the Hutchinson, Minnesota, S.D.A. church, and a teacher at their school as well. During their piano lessons, she says, the kids often ask her whether they can play their piano pieces on the organ. And, she believes, actually playing the organ is very important for kids, especially if they don't hear the organ played at church.

So what music do they play? Pieces like "Go Down Moses", arr. Estelle Leibling; "Quiet River", arr. Palmer; "This Is My Father's World", arr. Martha Mier, and an occasional classical piece, for example Pachelbel's "Canon in D".

There is a mistaken belief that organs are simply antiques, suitable only for congregational singing of old hymns, or maybe wedding, or funeral music. It is true, in fact, that here and there are churches that have simply removed their organs, to favor music that teens are known to prefer, Christian rock and pop for example. But that's not the whole story. Recent research states that "Virtually every published study has indicated that rock and pop are the types of music teenagers prefer for leisure listening." As a result, the researchers believed that teens would prefer that same music in other situations, including the church, but this assumption was not true.

When the computers analyzed the results from 500 teens representing 33 religious groups, including the "unchurched",

the results showed clearly that the adolescents preferred traditional choral music for church, not rock or pop adapted for church, which by the way got the lowest rating! The authors of the study concluded that a young person's previous religious experience, or attendance at a certain church was the most influential in determining what music they felt was appropriate. In other words, listening on line or on the street doesn't dictate what's right for church. Teens who had no church were the ones who said rock was OK for worship.\*

If you listen to some of the gifted organists on YouTube, it's understandable that you may say "Forget that!", and move on to something else. They always show off the difficult, classical pieces they can play, but as Nick Lowery says, "Why not have fun playing the organ?" And there's plenty of fun music available. Hal Leonard publishing company has a series of organ books, without those scary pieces you hear on YouTube. And there are many other options, with titles like "Easy Organ Library", the "Church Organ Book" (popular songs not requiring the pedals) or Flor Peeters "Little Organ Book". And don't forget, the internet itself is a teaching tool, with teach-yourself videos of all sorts, some intended for those who already play piano. You see, being a good piano player doesn't automatically make you a good organist.

A 2018 article in the "Baptist Press" asked the question, "Where have all the organists gone?" Unfortunately pay alone isn't enough to attract all the organists that are needed in our churches. Just take a look at the website of the American Guild of Organists where many openings are listed, and you'll get the message. Around the country there are churches, towns and cities where young people are still involved in loving the organ and learning to play it. Minneapolis-St. Paul has been one of those. Then too, local chapters of the American Guild of Organists across the country provide help and encouragement for people of any age who want to learn. The piano will always be important, but maybe we should rethink our attitude toward the organ. There's a world of fun and excitement waiting there.

\*On line at Reformed Worship, "Teens and Church Music: What do they really think?", by Dr. Barbara J. Resch, Director of Music Ed.. Indiana University—Purdue Univ. Dir., Youth Choirs St. Paul's Lutheran Church, Ft. Wayne, IN.







## **Memory Lane – Foretaste of Heaven**

Lorna Dever

(Some names are not real names due to forgetting actual names)

"I don't believe we should put Mkandawire back in children's Sabbath School."

"No, she never shows up. We need to find someone who really wants to work with the children."

And so went the discussion during Malamulo (Malawi Africa) Nominating meeting in October, 1983. Finally, I asked where the children's Sabbath School classes meet.

"Over on the wall and lawn of the cafeteria building," was the quick reply.

"Are you telling me that the little group of children I see sitting on the wall with a little girl who is about 12 is your Children's Sabbath School Department?"

"Yes," they all agreed.

I turned and addressed one of the committee members, "Mtinda, do you tell Bible stories to Danny (age 4) the same way you do to Justin (age 11)?"

"No!"

"Why not?"

"Because Justin gets bored when I tell stories to Danny and Danny doesn't understand what I am telling Justin."

"So how would you expect Mkandawire, or anyone else, to teach Sabbath School to all ages from one-year-olds to 13?" Malamulo has Sabbath School for the academy and college students, as well as the adults, but nothing for kids under 13.

"What do you do in America" was their next question.

I stepped to the chalkboard and proceeded to write down the divisions and ages. I was asked to lead them in the process. I requested to train Mkandawire and have Njakwa there as my translator. I had been using Njakwa as my translator as he kept up with my speed of talking. I wanted to give Mkandawire a chance at proving herself as a Sabbath School leader. I requested they give me four leaders and four assistants for the four divisions.

I had been eating and spending time with the pastor's family who lived in a house behind me, but they had recently left so he could further his education at Andrews University. I was walking down and up the hill alone; eating at home alone; and doing everything alone. Needless to say I was lonely during the week, but most weekends I would go into Blantyre to spend with the pastor's wife's family. I was talking about Sabbath School plans with Njakwa who told me Mkandawire was my neighbor one house below mine. I had even secured four rooms at the academy for our classes, which surprised several who thought the principal would not allow it.

One day as I was headed down the hill to school I caught a glimpse of a lady coming down the path towards the road from the house just downhill from mine. I kept walking, but I began to realize I could hear intermittent clapping from behind me as though someone was trying to get another's attention. I turned around and discovered I was the one being called. The lady introduced herself as Mkandawire. In Africa we all went by our last names amongst the Africans. For the next approximately seven months we "walked" together, as

the Africans say. I began eating two meals a day with the Mkandawire family. Because the children called the parents "Amai" (mom) and "Atate" (dad) that is what I began calling them as well.

Amai and I organized the Sabbath Schools at Malamulo and several neighboring village churches. The last Sabbath of December, 1983 I took a picture of the children's Sabbath School – about 15 kids lined up on the brick wall. Six months later the last Sabbath I spent at Malamulo we had over 400 children in our four divisions. Over the course of the following years Amai was called on by the Unions in Malawi and Kenya to train other Sabbath School leaders. God has truly blessed in the work amongst the churches of Malawi and Kenya.

During the time I spent with the Mkandawire family their youngest, Lusungu, won my heart. The biggest problem was that we could not communicate much with each other – when she was a little girl, Lusungu only knew Chichewa; I only knew English. Four years ago Lusungu and her family moved to Seattle, Washington. In mid-October, 2022 she called me to tell me Amai was coming to the states November through January and they wanted to come see me. What a surprise! Planning began! As the visit neared I think everyone around heard about it. I can only imagine what Heavenly reunions will be like as I had a little foretaste of it on January 6 when Wanangwa and I were able to be united with Amai and Lusungu at Greenville-Spartanburg airport.

But there were some things about the reunion that has made me stop and think more regarding a parallel with Jesus' coming. When I saw that the airplane was going to arrive early I rushed out of the Thrift Store and Wanangwa and I had to hurry down to the airport – Are we really ready for Jesus' coming, or are we trying to get one last thing accomplished?

When we arrived in the terminal we asked where the passengers from the flight would be entering the building and were directed to the spot. We waited and waited much longer than I felt necessary waiting for people to start coming off of the plane from when my app had said it had landed. Suddenly, Wanangwa noticed people coming down the hallway and over to the escalators behind us – We had been watching the wrong direction! Could we have our eyes focused in the wrong direction for Jesus' soon approach?

When we were finally reunited it was so much fun to speak directly with Lusungu – no one having to translate what we wanted to share. In Heaven we will all speak the same language no matter where the person lived.

Some were surprised that I wanted to "share" Lusungu and Amai since they were here for such a short time. Again, I thought of Heaven – how much fun it will be to introduce all of my friends from every place I have lived! What a grand reunion that will be! Hope you will plan on meeting us there.

I am already thinking about and looking forward to our next reunion, if Jesus does not come before April 2024. At least it will not be another 38 years. I long for Jesus' soon return, and am trying to help others be drawn closer to Him so they too are longing for the great reunion soon to take place!



#### Lori Busch

This past week, the students at the Tryon SDA School enjoyed learning about Dr. Martin Luther King, Jr. One of the activities the older students did was to take their favorite quote from him and explain what it means to them and to tell of a dream they have for the future.

"I look to a day when people will not be judged by the color of their skin but by the content of their character."

This means that you should not judge someone by their race/color like black and different races, but by their character/actions. Martin Luther King Jr. got judged a lot from his race because he was a different color than some people, and he said this in his "I had a Dream" speech so that everyone will be treated equally. By Victoria Wolff.

"I have decided to stick with love. Hate is too great a burden to bear."

This quote means that if you love different people than you, you will feel good, but if you hate people and make fun of them you will feel weird and sad. Like at the time, you think that making fun of them will be amusing and funny, but later on you will not feel good, depressed even. So love people – don't hate them! By Alivia Owens.

"No person has the right to rain on your dreams."

Martin Luther King Jr means that if you are rude and not kind, he will hold it against you. People shouldn't ruin your dreams because it is none of their business.

"Never, never be afraid to do what's right, especially if the well-being of a person or animal is at stake. Society's punishments are small compared to the wounds we inflict on our soul when we look the other way."

Martin Luther King, Jr is saying don't ever be afraid to do the right thing, even if your friend or pet did it, don't be afraid to do the right thing. By John Cashmir.

"Love is the only force capable of transforming an enemy into a friend."

The Bible tells us to love others even if they are mean. When you treat others nicely, they could be nice to you and even become a friend. By Hannah Busch.

"Only in the darkness can you see the stars."

At one time they came and bombed his house, but still at that time, he was happy. Dr. King was always happy, even in jail. He was happy while marching and being beat and blasted by fire hoses. He was always a light person even in the darkest times! By Treyvon Whiteside.

"The time is always right to do the right thing."

This means that you can always do the right thing even if you think it is too late to. Dr. King had a few moments where this applied to him. By Anders Gore

"A man who won't die for something is not fit to live"

It means: when someone who is so committed to something he is willing to die for it, but someone who doesn't does not deserve to live because he has nothing to live for. By Ethan Owens.

### **Diabetes Reversal Seminar**

Bev Cook

The Diabetes Reversal Seminar is currently being held on Monday evenings at 6:15 pm. We have a great group, about 20 with seven or so staff. The nightly format is getting stats as the guests arrive, PowerPoint lecture, exercise, and discussion in small groups. We also are treated with a luscious high-fiber dish at the beginning of each class prepared by Debbie Balvin. Our "Health Coaches" are Pastor Grant, Gerald Tary, Michael Wolff, Julie Rayburn, Yemi Smith, & Keron Bobb. Nancy Franks is helping out with blood pressure.

The guests are learning new ideas on how to actually reverse Type 2 diabetes and pre-diabetes. Even at this early stage some are seeing results in their numbers. A feeling of camaraderie seems to be forming. The program itself has been written by Stephen & Karen Wickham of Lifestyle Makeovers and is medically sound with various practical ideas. The guests set weekly goals, making small incremental steps largely in diet (including timing of meals), exercise, and other natural lifestyle habits. In the lectures they are getting the "whys" behind the what-to-do's.

In next month's newsletter we hope to report some outstanding changes so hold on and pray that God will empower our guests to go all the way with this Christ-ordained program.

