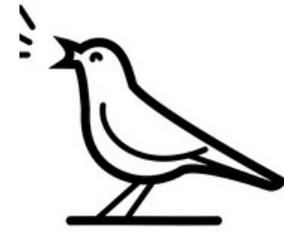




*Tryon
Church
Chatter*



July, 2023

Bob Grant, Pastor

Lorna Dever, Editor

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Pastor Bob's Blog

Overexpecting
Seasons of Life, Charles Swindoll

When you stop achieving long enough to think about it, our world is full of overexpecters. They are in every profession, most of the schools, many of the shops, and (dare I say) all the churches.

To the overexpecter, enough is never enough. There's always room for improvement, always an area or two that isn't quite up to snuff, always something to criticize. Always. The overexpecter uses words like "ought" and "should" and love sentences that include "must" and "more." To them, "work harder" and "reach higher" are the rule rather than the exception. When you are around them you get the distinct impression that no matter how hard you've tried, you haven't measured up. What's worse, you never will. Overexpecters don't say that, but the meaning oozes out of their frowns and glares. Sooner or later your motivation is sapped as demands and expectations replace excitement with guilt. The killer is that final moment when you realize you have become a weary slave of the impossible.

Fun fades. Laughter leaves. And what remains? This won't surprise anybody: The tyranny of the urgent. The uptight, the essential, the expected – always the expected. Which, being interpreted, means, the making of a coronary.

It was once said:

When laughter fades
the tendency towards self-absorption
squeezes the light to a pinpoint.
Morning only intimidates you into another day
and creativity no longer has the energy to care.

Because nobody finds enough courage to tell overexpecters where to get off, these things keep happening:

- * The little child loses his love for art because he's told time and time again to stop coloring outside the lines. Parents are often overexpecters.
- * The wife erodes in her joy around the house because she never seems to please the man she married. Husbands are often overexpecters.
- * The gifted and competent employee gets an ulcer because the boss finds it next to impossible to say two monosyllabic words, "good job." Employers are often overexpecters.
- * The once-dedicated, motivated pastor in a small church finally decides to change careers because he realizes he will never please his people. Church members are often overexpecters.
- * The high school athlete chooses to hang it up at midseason because he knows no matter what, he will never satisfy. Coaches are often overexpecters.
- * And, yes, congregations get tired of being beaten and bruised with jabs, hooks, and uppercuts from the pulpit. Preachers are often overexpecters.

So, what's the answer? Obviously it's not the opposite extreme. Few people who are healthy enjoy mediocracy. Life without challenge is about as exciting as watching shadows change on a sundial. No, I haven't got all the answers, but when I think over my own tendency toward overexpecting, six words help a lot. Honesty. Reality. Acceptance. Tolerance. Acknowledgment. Encouragement.

I frequently think of Jesus as the Model. He promised people "rest" if they would come to him, not an endless list of unrealistic expectations. He even said his yoke would be "easy" and his burden "light." He was something else. Still is!

All of us high achievers need big doses of the counsel:

When I work, I work hard;
When I sit, I sit loose;
When I think, I fall asleep.

Thank you, Pastor Grant

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
10am - Thrift Store Open 12pm - Voice of Prophecy (1160) 2pm - MC: Gym & Kitchen for	8am - Church Office Open 9am - Thrift Store Open	Church Office Closed Thrift Store Closed	Church Office Closed 9am - Thrift Store Open 7pm - A/V and Bulletin Deadline 7pm - Bible Study	8am - Church Office Open 9am - Thrift Store Open	8am - Church Office Open 9am - Thrift Store Open	Offering: STB/Local Budget 9:15am - SS & Church 12:15pm - Visitors Lunch by
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10am - Thrift Store Open 12pm - Voice of Prophecy (1160) 2pm - MC: Gym & Kitchen for	8am - Church Office Open 9am - Thrift Store Open	Church Office Closed Thrift Store Closed	Church Office Closed 9am - Thrift Store Open 7pm - A/V and Bulletin Deadline 7pm - Bible Study	8am - Church Office Open 9am - Thrift Store Open	8am - Church Office Open 9am - Thrift Store Open	9:15am - SS & Church 12:15pm - Fellowship Lunch @ 1:30pm - MC Conference
9	10	11	12	13	14	15
Thrift Store Closed 12pm - Voice of Prophecy (1160)	8am - Church Office Open 9am - Thrift Store Open	8am - Church Office Open 9am - MC: Gym only for STB 9am - Thrift Store Open 6pm - Finance Committee 7pm - Church Board Meeting	Church Office Closed Marty Logue's Birthday 9am - Thrift Store Open 7pm - A/V and Bulletin Deadline 7pm - Bible Study	8am - Church Office Open 9am - Thrift Store Open	8am - Church Office Open 9am - Thrift Store Open	Offering: Local Budget 9:15am - SS & Church 12:30pm - Visitors Lunch hosted
16	17	18	19	20	21	22
MC: Conference Room - Private Thrift Store Closed 12pm - Voice of Prophecy (1160)	8am - Church Office Open 9am - Thrift Store Open	8am - Church Office Open 9am - MC: Gym only for STB 9am - Thrift Store Open	Church Office Closed 9am - Thrift Store Open 7pm - A/V and Bulletin Deadline 7pm - Bible Study	8am - Church Office Open 9am - Thrift Store Open	8am - Church Office Open 9am - Thrift Store Open	9:15am - SS & Church 12:15pm - Fellowship Lunch
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Daniel, Lancelot, Thai, Theia, Mystique, and Xenia



Daniel and Thai King and Family

Daniel and Thai King have been married for 19.5 years, marrying on January 9, 2004. They have an interesting history. They met at Monterey Peninsula College (MPC), a junior college in Monterey, CA. Daniel was a student and Thai was working in a transitional program with special ed students in college. She made sure the students were safe and made it to their classes.

They first met while Daniel was working for a transportation (tram) service on MPC that was provided on campus for those with disabilities or couldn't physically get to and from classes. One day Thai and her students were running late for their class and Daniel gave them a ride on the bus tram. One year later Daniel changed jobs and worked for the adaptive PE department on MPC. The first day that Thai and her students came into the adaptive PE department, Daniel looked at Thai and wondered where did he see her before? Then realized that he had seen her one year before when he worked for the tram service. For the first couple of months, he did not know her name. He had to ask one of her students what her name was. Four days a week Daniel would rearrange chairs at the Nursing Department of MPC, from a classroom setting to a Lamaze setting. Daniel and Thai just happened to take their lunch breaks at the same time. They both would talk about their boyfriend and girlfriend, and they would give each other good advice on their relationships and became good friends. Eventually, both relationships failed (not because of each other). Daniel, at this time as a friend, took Thai on a few motorcycle rides and from there they started hanging out a little bit and then their relationship grew.

Daniel and Thai were married at Lover's Point in Monterey, CA, on January 9, 2004. Two days later they had an official ceremony at the Watsonville SDA Church. They started living in Marina, CA and were there 11 years where all four of their children were born; in order: their son, Lancelot (2005), and daughters, Xenia (2007), Mystique (2010), and Theia (2013). Then the family moved to Prunedale, CA to live with Daniel's parents, and they were there for seven years.

In 2022, the whole family moved to Chesnee, SC where they live today. What brought them here? Daniel wanted to move to a state with diversity in family and a state where parental decisions were respected. Thai likes temperate weather, so they considered FL or HI but settled on SC. Daniel's childhood best friend recommended them living in SC instead of NC. They were also looking for a good place to re-locate Daniel's chiropractic practice and settled in Landrum, SC. Their current four-bedroom, three-bath home in Chesnee was found by Thai on the internet and was bought sight unseen.

Daniel was born into a Seventh-day Adventist home with dedicated parents. He has three sisters, two older and one younger. He remembers family worship on Friday and Sabbath evenings. His parents made sure the Sabbath

hours were enjoyable and the children looked forward to the Sabbath. Thai was born into a family where her mother was Catholic, and her father still is Buddhist. She had three other siblings but two died when young and her older brother died of cancer 2 years ago. Daniel's influence on Thai gave her an understanding of SDA beliefs. She started going to church with him while they were dating and has been going ever since. In California, the family attended the Watsonville SDA Church which was very friendly, warm, and outgoing.

When asked what interests or hobbies they have, Thai loves cooking and has an interest in gardening. Her main interest is in taking care of her family. Daniel likes the guitar and singing. He also loves playing airsoft, which is the Japanese version of paintball. They've had a few great vacations, one being their visit to Vietnam in 2019, where they visited many of Thai's family. They've also been to HI and a cruise to the Bahamas. The cruise included time snorkeling, shopping, and taking strolls on the beach, while Daniel carried Lancelot on his shoulders while Thai was pregnant with Xenia.

A typical day for Daniel is waking up, feeding their animals, morning devotions, and waking the kids up on school days and getting them off to school. Then he is off to work at his chiropractic clinic from 9 am – 7 pm. Thai's typical day is similar, waking up, cooking for the family, preparing lunches, and working part time at Daniel's chiropractic clinic on Mondays, Wednesdays, & Thursdays. She also is doing weekly Bible studies on Thursday afternoons.

Thai says some day she would like to visit Dubai but that may take some years. They would also like to visit Sapa, which is in northern Vietnam. Sapa has many rice beds cut into the mountainsides. Thai was born in the southern part of Vietnam, in Rach Gia.

Daniel's favorite Bible verses are 2 Cor 12:9-10 and 1 Cor 10:13. He was a youth leader and deacon for over 20 years in the Watsonville SDA Church as well as an elder for the last four years there.

Their son, Lancelot, is going into the army reserves. He likes playing the guitar, airsoft, swimming, drawing, and doing origami. Xenia likes to crochet, draw, and do origami, swim, cook and art. Mystique likes to draw, swim, and skateboard. Theia likes to draw, swim, bike, and cook.

This family has become a great asset to our Tryon SDA family. They were an integral part of our recent VBS and are always a great help at fellowship meals. Daniel has taught the adult Sabbath School lesson and they are a joy to be around. Look for them at most any fellowship meal and make it an effort to get to know them better. You'll be abundantly blessed.

Nature Nugget -- Heat

Wanangwa Hartwell

How many of you like it hot? I have many friends who like it cool better and think I'm strange to enjoy the heat. Of course, it's possible to get too hot, even for me. I hope this summer you're drinking lots of water and taking time to cool down.

Have you ever seen a mirage? If you've been driving down the road on a hot day and seen what appear to be puddles of water on the road, you've probably seen a mirage. Also called "heat haze" or "heat shimmer," this type of mirage happens when you are looking at an object through a layer of heated air. Most of the time this happens when you are looking through the exhaust gases produced by airplane engines or looking at an object across hot asphalt.

When a road is heated by the sun, the air closest to the road becomes hotter than the air just above it. This variation between the hot air at the surface of the road and the denser cooler air above produces the blurred shimmering effect you are seeing. When light passes from hot to cold air, it's refracted, or changes direction.

The Bible talks about Jesus as being "brighter than the sun" or shining "like the sun in his strength" yet we are repeatedly promised that if we love and trust Him, it won't cause us any harm. Moses was able to look at God's glory until his face shone almost as brightly. Psalm 121 tells us the sun will not hurt us if God is our protector. While we should always take proper precautions when we're out in the heat, we can also thank God for His protection and love.



Healthy Highlights – Biological Living

Bev Cook

(Excerpts from How to Have Good Health Through Biologic Living by J.H. Kellogg:)

The mind and especially the emotions are among the most powerful influences which affect the body. Their specific effects upon the body processes present as clearly defined characteristics as do the effects produced by heat, cold, electricity, and other physical agents, or such bodily states as hunger, thirst and fatigue. Joy, sorrow, anger, fear, and other emotional states may exalt or depress bodily functions as quickly and as powerfully as the most potent drugs or the most active physical agents.

Certain emotions poison the body. Dr. Cannon of Harvard University has shown that hate, envy, scorn, jealousy, and fear actually create poisons, not psychological poisons, but powerful toxic substances, which poison the life stream - the blood - and under their influence, the body weakens and all the life processes are disturbed. A person, who lives under fear, or under the shadow of any depressing emotion, seems to shrivel up. He grows old prematurely. Worry kills a hundred people where work kills one.

Cheerful emotions heighten the activity of all the bodily functions. Under the influence of joy, the small arteries and capillaries dilate, and every organ receives an increased and more active blood supply. There is not only an increased disposition to activity, but an increased capacity for effort and endurance. The heart beats stronger, the mind is more alert, breathing is deeper, digestion more active, the eyes brighten; the glow of health is on the cheeks. The whole body rejoices and prospers under the influence of cheerful and joyous emotions.

Modern scientific research has demonstrated the physiologic soundness of the ancient proverb, "A merry heart doeth good like a medicine..."



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Making a difference in
 people's lives and
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We continue to be grateful for the support of MANNA FoodBank. In April of this year, they served more community neighbors than ever before in their 40-year history: 151,000 people across Western North Carolina. Share Thy Bread is blessed to be a part of that outreach.

Costs of living remain high and combined with low wages and high housing costs, this has put 1 in 6 people under significant financial strain and into food insecurity. At the same time, the emergency relief measures provided during Covid have been discontinued, most recently in the drop of food stamp assistance. One lady we assist helps provide for seven people in her household and went from having just over \$100 in food stamps each month (still not much for seven people) to having \$16 -- practically nothing. She is one of many who has expressed her gratitude to Share Thy Bread.

Praise the Lord, He continues to provide! We recently received more funds for the Healthy Opportunities Pilot (HOP) which continues to grow and makes it possible for us to get reimbursed for some of the produce and healthy foods we give out. We also just received a \$15,000 grant from the newly established Carolina Foothills Foundation. Thank you for your prayers and support as we continue to minister to those in need.

FUN FACT: MANNA once had a parking lot full of sweet potatoes! In May 1995, after the sweet potato was designated North Carolina's official state vegetable, the North Carolina Sweet Potato Commission arranged for delivery of one ENTIRE tractor trailer load of sweet potatoes! With no way to receive them in the warehouse, the truck delivered the sweet potatoes in MANNA's parking lot. Volunteers hustled to sort/cull the sweet potatoes by sundown to avoid wildlife.



To keep a smile on kid's faces like this and help keep food on people's tables we desperately need a larger space. Our floor plans can be seen outside our current room. Help us meet our goal of \$300,000 by donating towards STB Building Fund. Thanks for your support.

sharethybread.com



Respite for Americans Rosanne Richards

COME VISIT THE
CHURCH LIBRARY

Wanangwa Hartwell

In New York Harbor stands a lady,
With a torch raised to the sky;
And all who see her know she stands for,
Liberty for you and me.

I'm so proud to be called an American,
To be named with the brave and the free;
I will honor our flag and our trust in God,
And the Statue of Liberty.

On lonely Golgotha stood a cross,
With my Lord raised to the sky;
And all who kneel there live forever,
As all the saved can testify.

I'm so glad to be called a Christian,
To be named with the ransomed and whole;
As the statue liberates the citizen,
So the cross liberates the soul.

Oh the cross is my Statue of Liberty,
It was there that my soul was set free;
Unashamed I'll proclaim that a rugged cross,
Is my Statue of Liberty!

These well known words were written by Neil Enloe in the early 1970s. I believe he completely captures the spirit of our freedom in Christ. I hope this summer we won't just focus on the fun and festivities, but take time to meditate on the liberty we have in this country but more importantly in Jesus Christ. Whatever may happen, and prophecy says things will happen, to affect our earthly freedoms, God is in control and will ultimately overrule all to the working out of His purposes. Let's praise Him and trust Him to handle things.

Our focus this month in the church library and sharing literature is the cross and our freedom in Christ. I encourage you to share with your friends and neighbors who may not have found that freedom yet. Don't let us fulfill the prophecy about Laodicea but rather the prophecy that by God's grace, we will tell the world!

Sometimes we need to come away...
To reflect, refresh and restore our spirits.
God has made beautiful places to stay:
Return to His natural world for visits.

Thank God for the green verdure,
And quiet paths walking by still water!
Where He restores our souls, we endure...
When staying busy just gets us hotter!

As His sheep, where He leads us
He will guide and protect us too.
We need to take some time to find solace,
We're making too much of what we do!

We need God's blessing on America now,
As much or more than we ever have before
Tumultuous times we are having allow...
We need God's grace and freedom much more!

What's Up Church? June

This is a new column to keep us up-to-date on what our members are doing, perhaps something out of the ordinary from the day-to-day activities or a surprise visit, answered prayers, etc. We are always interested in what each other is doing – those things that we want to share.

> Bob & Myrna Esh had their daughter, Lisa, visit them from Tennessee for a whole week and enjoyed each other's company. Leigh Ann joined them and they had some great family time. Bob and Myrna also went one day to the Jesus for Asia missionary rally at the Fletcher SDA Church.

> Wally McDaniel and Terry Bantz went to Illinois and Missouri this month for the 3ABN Spring Camp Meeting. They also visited Wally's older brother in Missouri. They visited with the Clarks in Thompsonville, Illinois and stayed at their recently opened lifestyle center.

> Kelley Edney went to Florida for the memorial service of a faithful friend who passed away at the age of 102!

> Marty Logue, Richard and Logan Hodge went to "The Ark Encounter," as well as the Creation Museum in Tennessee and had a fabulous time. Great memories were made.

> Bev Cook went for the entire week to Carolina Camp Meeting at Lake Junaluska and had a great time. She stayed with SDA friends in Waynesville.

> Lancelot King left for the Army Reserves' basic training for the summer. We look for his return sometime in August.

> Sara Wolff's Dad, Carlos Candido, is visiting their family from Azores, Portugal until August 16.

Toxicity

Ruthann Harrelson

Been thinking a lot about toxic people. This led me to think about toxins, as poisons. Some things are poisonous only in large amounts or when exposed to over time. For instance, chlorine can, in small doses purify water, but in large doses could kill you. Some toxins are invisible. Some toxins are enjoyed, as in a favorite food or drink that slowly destroys the health.

What may be toxic to one person, may not be toxic to another. An example of this might be peanuts. Many people can enjoy them, but to others, mere exposure can be harmful. Now, back to people. Some people make us sick after being with them or speaking to them. I'm not talking about bacteria or virus carriers. We feel nauseous, or get a headache, or perhaps we "catch" their toxic behavior after exposure and we ourselves become toxic.

Some traits of a toxic person could include unsupportive behavior, being manipulative, judgmental, controlling, self-centered, inconsistent, belittling, guiltting, sabotaging your achievements, deflecting responsibility, negativity. These behaviors can in turn cause us to feel sick. Often the toxic person can be a close friend, someone you have known all your life, or it could be someone who came into your life as a colleague. Many times these people have been through a trauma and do not know how to process their stress in a healthy positive way, so they may become unpleasant to be around.

How can we deal with these behaviors in others? The following are some suggestions.

- * Let them know what they are doing. You may have to confront them with their behavior.
- * Set boundaries. Make expectations clear, and stay calm as you communicate your boundaries.
- * Prioritize yourself. Toxic people may need your help and want to cling or latch on, but know your own personal limits. You might not be much help if you become emotionally drained yourself. Set limits which may mean learning to say "no."
- * Be compassionate, but realize it is not your job to "fix" them or their situation. Sometimes a professional counselor is necessary.
- * Pray. Pray. Pray. Ask God for help.

Sometimes, if we are honest with ourselves, we are that toxic person. We need to self examine, and ask God to help us to be positive and loving. Here are some ideas for when you find yourself being the toxic person:

- * Know your values and live by them consistently.
- * Always be polite.
- * Be a good listener. You don't always have to have the last word.
- * Be empathetic and compassionate to others.
- * Think first, before reacting. Be intentional.
- * Choose to be happy.
- * Ask God to help you and to change you. Cooperate with Him.
- * Get professional help when needed.

Remember, Jesus came to this toxic planet to save toxic people! (John 3:16, Romans 5:8) He is well able to save us!

For more information:

<https://www.webmd.com/mental-health/signs-toxic-person>

<https://www.scienceofpeople.com/toxic-traits>





Dr. Lori Busch

Small School, Big Heart

Aristotle once said, “Educating the mind without educating the heart is no education at all.” Adventist educators seek to help children grow academically, spiritually, physically, and emotionally in a way that promotes a well-rounded life. At the Tryon Seventh-day Adventist School, we are blessed to be able to offer an educational experience that targets children’s developmental needs and allows them to grow in a way that is healthy and natural.

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- Whole-child development
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If you are looking for a close-knit, Christian school family, the Tryon Seventh-day Adventist School has a few openings at each grade level (PreK-Grade 8) for the 2023-2024 school year.

Feel free to contact our principal, Dr. Lori Busch at (828)859-6889. Check out the exciting things we are doing at our FB page: <https://www.facebook.com/tryonsdaschool>

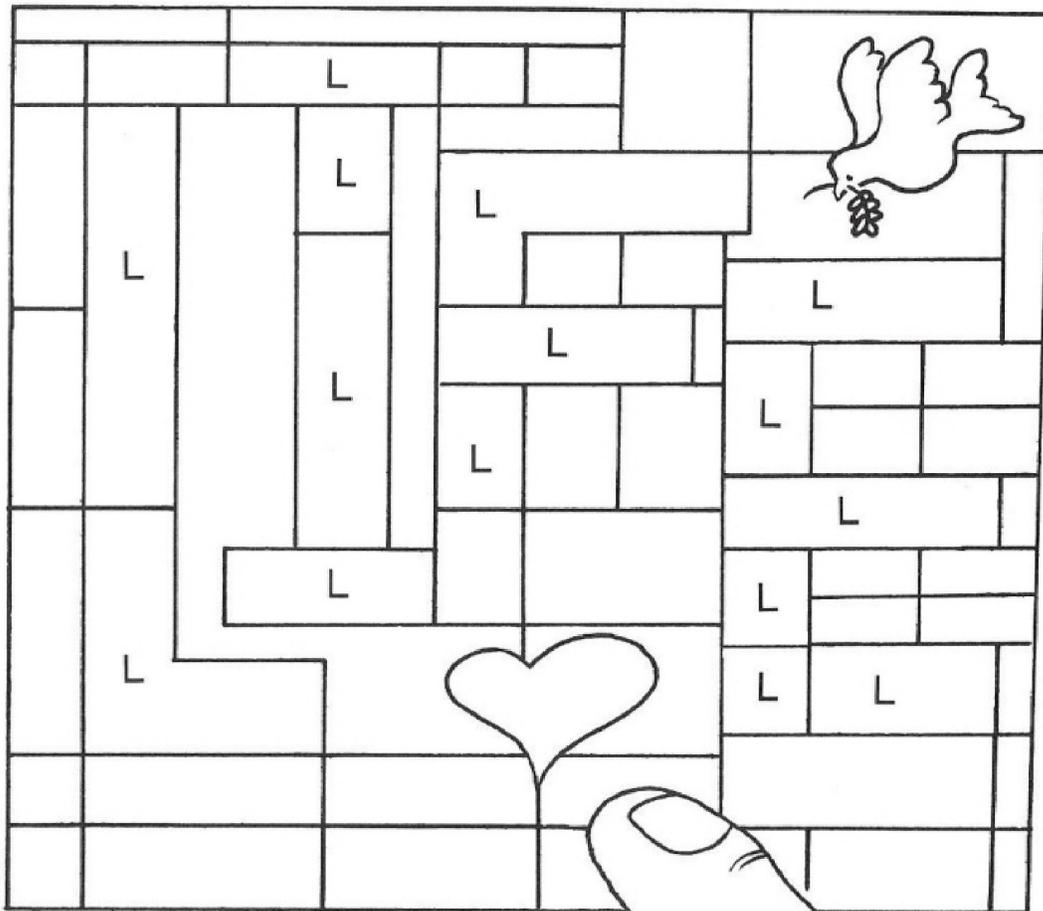




CHILDREN'S CORNER

Ages 3-6

➔ Color the spaces that have an "L."



**JESUS
GIVES
US
LIFE!**

CHILDREN'S CORNER

Ages 7-12



Luke 1:46-55 is a beautiful song some have called the "Magnificat." It is what Mary sang when she visited Elizabeth. She knew she was blessed by God.

Find these words from the "Magnificat" in the puzzle below. They will be found going forward, backward, diagonally, up and down.

"... My soul magnifies the Lord, and my spirit rejoices in God my savior, ... for behold, henceforth all generations shall call me blessed."

-Luke 1:46-48

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