



*Tryon
Church
Chatter*



September, 2023

Bob Grant, Pastor

Lorna Dever, Editor

828-817-1544 (Call or Text) serendipitykids@gmail.com

Pastor Bob's Blog

Autumn is in the Air
Seasons of Life, Charles Swindoll

Of all the seasons, autumn is my favorite. There's a feel about it, a distinct and undeniable aura that surrounds it. As I see apples begin to ripen, I realize my favorite season is fall, but of course it goes much deeper than that.

The leaves are part of it, what color, what artistry! Crisp, frosty mornings also help. What a refreshing change from the oppressively hot afternoons and sweltering nights! Then there's a helpful return to routine as school starts. And along comes Thanksgiving, a nostalgic reminder that God has indeed "shed his grace on thee." The firewood is cut. The pumpkins are getting bigger. Our hearts are overflowing.

Let's think of autumn as a season of reflection. Time to gain new perspective. To stroll along the back roads of the minds. To think about what. And where. And why. Such visits through the museum of memory never fail to assist us in evaluating the way we were and establishing the way we want to be. This implies change, another reason autumn seems to represent the season of reflection. It's during the season the foliage changes. And the weather changes. And time changes. Birds make their annual journey southward. Squirrels finish storing their nuts. Salmon start their phenomenal swim back to their spawning grounds. And many of the larger animals take a final stretch before curling up for the winter's nap. With incredible consistency, all these creatures in the natural world act out their individual pageants without external instruction or some subscript to follow.

Quietly, without flair or fanfare, God graciously moves upon our lives, taking us from summer to autumn, a season when He mysteriously writes His agenda on the tablets of our hearts. Patiently He waits for change to begin. Without exception, it does. And we reflect upon that as well.

Thank you, Pastor Grant



Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
10am - Thrift Store Open 12pm - Voice of Prophecy (1160) 4pm - Sassy. Game Night	Church Office Closed Church School Closed Thrift Store Closed	STB using Morgan Center 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 School: K-12 BOE @ MPA 8am - Church Office Open 9am - Thrift Store Open	8am - Church Office Open 9am - Thrift Store Open	Offering: STB Local Budget 9:15am - SS & Church 12:30pm - Visitors Lunch hosted
3	4	5	6	7	8	9
12pm - 3rd Annual Health Fair 12pm - Voice of Prophecy (1160)	Church Office Closed Church School Closed Thrift Store Closed	STB using Morgan Center 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 School: K-12 BOE @ MPA 8am - Church Office Open 9am - Thrift Store Open	8am - Church Office Open 8am - Church School: Noon 9am - Thrift Store Open	9:15am - SS & Church 12:15pm - Fellowship Lunch @ 1:30pm - MC Conference
10	11	12	13	14	15	16
Thrift Store Closed 12pm - 3rd Annual Health Fair 12pm - Voice of Prophecy (1160)	8am - Church Office Open 8am - Grandparents Day 9am - Thrift Store Open 1pm - STB using Morgan Center	STB using Morgan Center 8am - Church Office Open 9am - Thrift Store Open 6pm - Finance Committee 7pm - Church Board Meeting	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: Local Budget 9:15am - SS & Church
17	18	19	20	21	22	23
Thrift Store Closed 12pm - Voice of Prophecy (1160)	STB using Morgan Center 8am - Church Office Open 9am - Thrift Store Open	STB using Morgan Center 8am - Church Office Open 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
24	25	26	27	28	29	30
Thrift Store Closed 12pm - Voice of Prophecy (1160)	STB using Morgan Center 8am - Church Office Open 9am - Thrift Store Open	STB using Morgan Center 8am - Church Office Open 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	Offering: Carolina Youth 9:15am - SS & Church 12:30pm - Visitors Lunch

ADVERTISE

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

Deb's Sewing and Alterations, 828-817-7015.

For Sale – Raw Honey, ('23 harvest) Quart, 44 oz net weight, \$18; or Pint, 21.2 oz – \$10. Call Wally at 828-863-4154. Could use your used vegenaize and mayonnaise jars with caps.



<i>BEV'S BAKERY</i>	
1. Apple Spice Cake with orange frosting – \$8	5. German "Chocolate" Cake – \$9
2. Banana Date Muffins – \$8	6. Just like Cheesecake – \$10
3. "Chocolate" Peanut Butter Pie – \$10	7. Lemon Squares – \$7
4. "Chocolate" Walnut Brownies – \$8	8. Raspberry Date-Nut Torte – \$8
704-692-6667 or cookbev09@gmail.com	

- | | | | |
|----|----------------|----|------------------|
| 5 | Nancy Franks | 16 | Wendy Logue |
| | Penny Tary | 18 | David Alvarez |
| | Lemuel Milks | 19 | Linda Michel |
| 8 | Debbie Jackson | 20 | Eileen Busch |
| 9 | Ted Brown | 21 | Benjamin Owens |
| | Regina Bryant | | Leah Rowe |
| 11 | Jeff Harms | 25 | Bob Esh |
| 12 | Art Slater | 29 | Jonathan Alvarez |
| 13 | Joseph Finch | | |
| 14 | Missy Tary | | |



Monday's ONLY, 6:15 - 8 p.m.
 September 18 - November 6, 2023
 Tryon Seventh-day Adventist Morgan Center
 \$45 Materials Fee; Call Bev, 704-692-6667

LOVING HOME NEEDED for two Lurcher Hounds (wolfhound crossed with foxhound). Sisters, about 8 or 9 years old. Sweet with adults, untested with children, less than friendly toward other animals. Advanced escape artists! Please call Ronnie Hartwell, 316-680-8773, or Wanangwa, 828-817-0251, to learn more about these dogs.



Start your journey today that can help you in many ways ~
 More than just Diabetes and Blood Pressure improvements!

www.timelesshelingsinsights.org/30days/tryon

*"Happily we bask in this warm September sun, which illuminates all creatures."
 ~Henry David Thoreau*



Chris Perry

Getting to Know You – Chris Perry

Chris was born in California in 1965 near Sacramento and, although his family moved quite frequently, he was basically raised in Chicago and its suburbs. When he was nineteen, he joined the Marine Corps out of Chicago in 1985. He served for four years and received an honorable discharge in 1989. While in the Marines, Chris was stationed at Camp Pendleton in Southern California for three years but his last year, he was deployed to Okinawa, Japan.

His mother, Terry Robinson, raised his sister and him in the Adventist Church. He spent several years in self-supporting SDA academies growing up but attended high school in a Chicago public school. He received his GED in the Marines. Most of his adult life he spent on the East Coast. After being discharged from the military, he moved to Florida to help support his mother and stepfather.

Chris has worked in various fields. Currently, he is working in Fletcher at an auto-auction. He has also worked in different capacities in the manufacturing industry. Basically, he says, “he’s done a little bit of everything.”

Chris moved to our area to be closer to his parents, Harry and Terry Robinson, and to be of help wherever needed. In September, he will have lived in this area (Hendersonville/Flat Rock) for three years.

Spiritually speaking, Chris was baptized at 12 years old but he did not really understand what the Christian life required. His real conversion happened around 2014 when confronted with some great personal catastrophes in his life. He had slid away from God but at this time found himself depending on God for everything. His focus now was on a complete surrender to God and he desired to make a difference in the lives of others. He made a big commitment to God: “I will do anything You want me to do, go anywhere you want me to go, and be Yours entirely and completely.” He now understands that God wants to save us so much that He sometimes has to allow difficult things to happen to us in order to finally bring us back to Him. Jesus made Himself real to Chris. Now he has read through the Bible seven or eight times. He really understands the character of Jesus Who prompted him to write a song he recently sang at our church entitled, “Who Are You.” He found his way to our church through the influence of his parents.

For a number of years, Chris attended the Raleigh SDA Church being ordained as a Deacon and also has taught the adult Sabbath School class. He has taught Bible lessons in various settings.

One of Chris’ hobbies is collecting cut glass; in particular American Brilliant Period Glass (1876-1914) and some turn-of-the-century (1900) antique European glass. He also enjoys playing tennis, which he has done for over 40 years. He enjoys playing the guitar and singing (of which we have all been the blessed recipients of his talent). He is a history buff,

especially of Bible history, and loves archeology.

Speaking of music, Chris enjoys quite the variety: oldies from the 80’s, various individual groups, country, contemporary Christian music, and classical music, especially Antonio Vivaldi – the Italian composer.

When asked about his favorite foods, he stated Italian and Spanish cuisine; and although he is not a vegetarian, he does adhere to the kosher foods. He also likes some of the meat substitutes like MorningStar and Worthington.

He has enjoyed many past vacations i.e., San Antonio (the Alamo), Washington State - the Space Needle in Seattle, and the Grand Canyon.

His typical day is fairly simple: go to work, come home, go to work, come home, etc. He does go to Open Mic Night in Hendersonville every other week where he plays country music as well as original songs he has written. He sings for the audience there and really enjoys it. He does his Bible study in the evenings before bed. He has read through the Old Testament five to six times and the New Testament eight to nine times. He enjoys reading Ellen White’s notes and also reads the Daily Bread.

He doesn’t have much on a bucket list but would like to visit Jerusalem someday. Since he is a civil war history buff, he’d like to visit Gettysburg, PA as well. He would love to sing the National Anthem starting a major league baseball or NFL football game but thus far has only sung for some minor league games.

Chris has a few favorite Bible verses: Isaiah 41:10, “Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand,” Philippians 4:7, “and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus,” Proverbs 3:5-6, “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.” He has others too.

Chris says he wants to be used by God and not be a pew warmer. He wants to help and serve people in our church. God has given him abilities to be used for Him in edifying the church. What a huge blessing it is to have our brother, Chris, among us as a valuable asset to God’s work!





September

Are you ready for the weather to start cooling off? This month marks the beginning of autumn in the northern hemisphere. The daylight hours are growing shorter. Plants and animals will begin preparing for winter. Many trees and plants drop their seeds before going into their winter sleep. Animals and birds will stock up on these to store away for winter months or to grow fat and fluffy to prepare to stay warm.

Gray squirrels will gather leaves for their winter homes and store nuts and seeds for the larder. They may be robbing your bird feeders but they know an easy source of pantry supplies when they see it! Chipmunks will likely dig their winter homes in the ground. Watch for them to stuff their chubby cheeks full of seeds.

Like to see birds in your yard through the winter? Don't clear all the weeds or deadhead your flowers. Birds will come throughout the colder months to feast on the seeds left behind. Some of their favorites are aster, coneflower and black-eyed Susan.

September's full moon is called the Harvest Moon, so named because it is so bright that farmers are said to be able to harvest their crops in its light. Be sure to go out and see it at the end of the month. This year it will be on Friday, September 29th. The colder months are good for stargazing too. It seems the sky is clearer when it's cold out. This fall, be sure to go out and enjoy the wonders our God has created.



S.A.S.S.Y. News

Spunky Adventist Seniors
Serving You

Two events are scheduled for September:

> Sunday, September 3 from 4 - 7 all, regardless of age, are invited to an afternoon of board games. Please meet in the Morgan Center; bring your favorite board game and a finger food to share. Popcorn and drinks will be provided.

> Sunday, September 24 from 11 - 1 a free class will be presented on understanding and using "Shutterfly," a digital photo app. Learn how to do a photo scrapbook, poster, mugs and more with your favorite photos! This is a wonderful gift and memory opportunity! All ages are invited to bring your device and meet in the upper grade classroom of the school. For more information you may text or call Eileen Busch, 828-817-2948





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

Food Available
 Onsite on Tables and Carts
 Monday - Thursday 10 a.m. - 2:30 p.m.
 Friday 10 a.m. - 12:30 p.m.
 First Sunday 10 a.m. - 2:30 p.m.

Food Deliveries Available
 To Shut-ins
 Call/Text 828-817-1544
 To Register

Do you have free time now that your kids are back in school? Or do you want to include an activity in their schedule to teach them about community service? We need Volunteers!

The Healthy Opportunities Pilot (HOP) is growing rapidly. We currently serve 24 households, consisting of nearly 100 individuals. If you have time available to help, especially on Monday and Tuesday, we could use more people to help with packing the boxes to be delivered to these families. Or if you're interested, you can apply to be a delivery driver. Or if your bent tends to shopping, you can talk to Lorna about helping purchase the food to be delivered. And don't worry, it won't come out of your pocket!

That said, even if you don't have time to volunteer, monetary donations are always welcome. Just be sure to mark your tithe envelope (or Adventist Giving donation) for Share Thy Bread, or HOP, or the STB building fund. We desperately need room to expand.

Thank you for your continued prayers and support. We want you to know it's making a difference in people's lives, both now and for eternity.

P.S. One more thing: September is Hunger Action Month. Keep an eye out this month for ways that *you* can take action to end hunger. Thank you.



**Hunger
 Action
 Month**

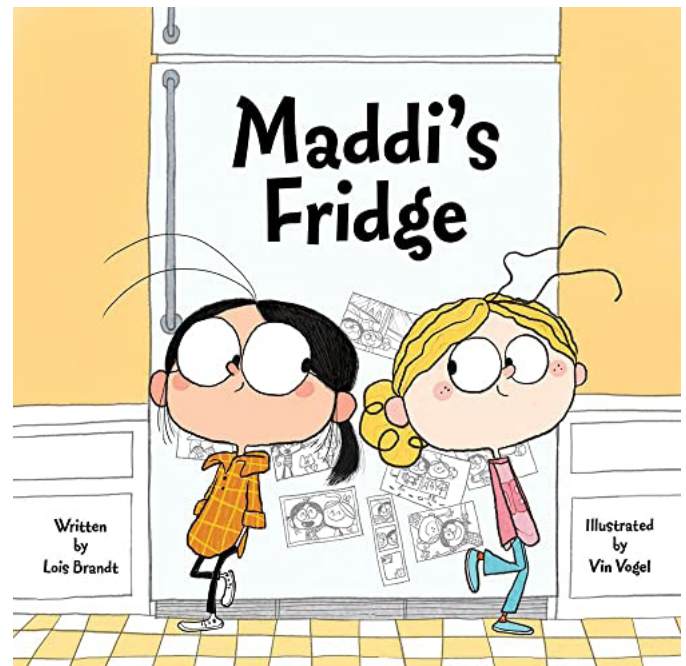


Wanangwa Hartwell

September is National Library Card Sign-Up Month but you don't need a library card to use your church library! Just come pick out a book or DVD, write your name and the date on the card in the back, and leave it in the box on the back bookshelves.

The theme in the library and on the free literature table this month is based on Hunger Action Month. We should be hungry and thirsting after Jesus and His righteousness. Let's never stop seeking to grow closer to Him.

Oh and as to the "real" Hunger Action Month, the one about food insecurity in America and around the world? Do me a favor. Go to the public library and check out the book *Maddi's Fridge* by Lois Brandt. Let it inspire you to look for ways that *you* can make a difference. Remember, it could be *your* neighbor. Thank you.



Sugar Alternative Seminar

Bev Cook

On August 20, we held a health seminar called Sugar Alternatives. We had 23 people in attendance. The seminar commenced with a PowerPoint lecture pointing out the many health problems associated with the consumption of white sugar. It also informed the attendees the many steps in processing sugar from either sugar cane or beets to the fine, crystallized substance we call sugar. The lecture pointed out the signals if sugar is truly becoming an addiction and then the steps on how to get victory over this addiction. The attendees were surprised at the many sugar alternatives like stevia, maple syrup & honey (used sparingly since it is concentrated), and also date & coconut “sugars.”

After the lecture, Bev demonstrated a handful of dessert recipes using the healthier items for sweetening. Among those demonstrated and sampled were Carob Walnut Brownies, Just Like Cheesecake, German “Chocolate” Cake, Almond Truffles and others.

The attendees were happy there were some healthy and yet tasty alternatives available on the market. Bev also shared that the more wholesome foods from the vegetables and unprocessed grain categories we incorporate into our diets, the less demanding something for sweets becomes. The bottomline seemed to be that the closer to the original plant that God designed to be consumed, the safer it is. The more processing and man’s “improvement methods” applied, the less healthier and even dangerous some so-called foods become.

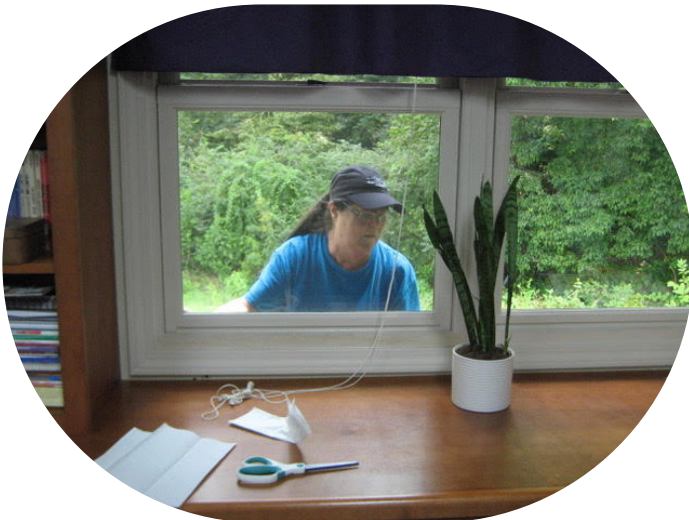
The next health seminar will be the Diabetes Reversal Seminar starting September 18. Be watching for promotions.



*Regardless of age or energy level
we have something you can do!*

Be a part of this rapidly growing ministry to those who are in desperate need in our community. We have all levels of opportunity in our Healthy Opportunity Pilots program. You can sit down, stand up, lift weighty things, or barely lift anything weighty. Our main time frame is on Mondays and Tuesdays for getting the boxes set up, filled, and moved from the Morgan Center to the Share Thy Bread room. Want to meet the people who receive the boxes? Become a driver of our van and deliver boxes to people. See! We can use YOU!

Remember – Jesus’ method alone is what will bring true success to our evangelistic impact in our community. He mingled with the people. He met their needs. He showed compassion. You don’t have to go to the mission field to be a missionary. Be one right here in Polk County!



September is here — marking the transition from summer to fall and ushering in an energy that makes us want to savor every moment of crisp mornings and cozy evenings!





Dr. Lori Busch

The 2023-24 school year has begun with 35 students enrolled and attending on the first day. We believe that we may enroll up to 40 students by the end of this semester. This year, less than one quarter of our students have requested Worthy Student assistance. Worthy Student assistance is set up through the church to assist families who desire a Christian-based education, but who may not have all the necessary funds to attend. The school asks that all families pay some portion of their registration fees and some portion of their monthly tuition. Last year, over half of Worthy Student funds came from private donations by church members and other individuals. This year's financial assistance applications are still being processed. However, it appears that the amount needed will be roughly the same as last year. We are asking for your continued support for the Worthy Student account. There are two ways to support this project. First, Lamb's Offering during the church service before Children's Story goes to the Worthy Student fund. Second, individual donations through your personal offering may be directed toward Worthy Student expenses. If you believe that God is directing you to support this cause, we ask that you consider direct monthly offerings to the Worthy Student fund through the church. No amount is too small, and all proceeds will go towards helping a child receive a God-centered education. We appreciate your prayerful consideration and continued support of our school and these amazing young people! Thank you.



Gavin looking for the hidden object in his Primary Sabbath School room Sabbath, August 26!



Always Temperate
Bev Cook

What is the meaning of temperance? The word temperance, when used in the context of health, has three very distinct meanings:

- 1) moderation in the use of that which is good;
- 2) total abstinence from that which is harmful; and
- 3) self-control.

The book, *Temperance*, p138, states: "True temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful. There are few who realize as they should how much their habits of diet have to do with their health, their character, their usefulness in this world, and their eternal destiny. The appetite should ever be in subjection to the moral and intellectual powers. The body should be servant to the mind, and not the mind to the body."

Also, when you think of temperance, think of the honey principle as found in the book of Proverbs 24:13; 25:16-17. Also in the book of Proverbs, we find texts that speak of moderation in the use of that which is good and of self-control (See Proverbs 23:13-, 6, 8). In 2 Peter 1:6, temperance is one of the key rounds in Peter's ladder to Christ. It is also important to note that in order to be patient, one must be temperate (1 Peter 1:6).

Here are the areas to especially exercise true temperance in:

- * Eating
- * Dress
- * Labor
- * Study
- * Married Life
- * In All Things



Art getting the Great Controversy ready to distribute. He knows that the Lord will help those who receive them to come to the truth.



Packed boxes of Great Controversy ready to go!



Second Language

Dick Bayley

Scientific Studies Say Studying a Foreign Language Delays Alzheimer's

Since fifth grade I have been very interested in foreign languages. In high school I had a choice between French and Spanish. It was a tough decision, but I settled on Spanish, and still have my book from that class. Couldn't wait to get started! I still remember this sentence from chapter 1, "El burro es un animal importante." I had three years of Spanish and would have taken four if I could. Mention foreign language study to the average person today and I imagine there will be immediate rejection.

People will say things like, "Why on earth study a foreign language? I'm too old for that. Besides, it's useless." Or, "I just don't have a gift for languages. I'd be wasting my time." "A foreign language? Talk about boring!" Etc. In the minds of most people these days, the idea of taking time out to study a foreign language is totally alien. Nevertheless, current research tells us that studying a foreign language has definite benefits for the brain and, older folks get this... it can delay the onset of Alzheimer's by five years!

There is a relatively new Alzheimer's drug that went through phase 3 clinical trials last year, and was reported in the New England Journal of Medicine. This is where we heard that the drug Lecanemab (now known as Leqembi) slowed memory loss by 27% over 18 months. The cost? \$26,500 a year for intravenous injections every two weeks.

There's another way to delay memory loss that's free. "Big Think" on line last January reported on an article from Neuropsychology. In that report, the focus was on a language-learning "app" called "Duolingo," where it was argued that learning another language is "remarkably protective" against Alzheimer's, "firmly trouncing Leqembi's pricey benefits." The evidence is quite strong they say. Duolingo, by the way, offers training in 43 languages, including some interesting ones like Navajo, Turkish and Finnish. All can be studied at your own pace.

At the same time you can find data that confuses the issue somewhat. On the one hand, most researchers find that speaking two languages expands the brain's network of connections, to put it simply. Things like memory, emotions and self-control are improved, while susceptibility to Alzheimer's symptoms declines.

On the other hand, research at University College, London failed to turn up a strong benefit for second languages—so you find contradictions everywhere. It illustrates that conducting valid research is a complicated business. Take the work of Jed Meltzer at Baycrest Hospital, Toronto, who found that the free language learning app Duolingo was just as good as the brain-training app BrainHQ at improving "executive functioning." (Personal Journal, WSJ, 8-8-23)

Getting back now to the article in Neuropsychology, another important aspect of 2nd language learning is that "... proficiency with a second language matters more than when

the new language was learned, suggesting that learning a new language at any age likely protects against Alzheimer's symptoms." Furthermore, where it says "proficiency," that doesn't mean the same thing as "fluency." In other words, learning a little bit of French, or German or whatever, represents a good start. Just go on from there, step by step.

Lenore Rosenbluth, 77, of Roxbury, N.J. who already knows French, Spanish and Japanese, suffers from multiple-system atrophy. This former college-level language teacher uses Duolingo regularly, not just to polish a foreign language, but to combat loneliness and isolation, which is another cause of cognitive decline. (WSJ above) It's her "fallback activity."

There are several language-learning apps available besides Duolingo. For example, there's Mondly, Babbel and Rosetta Stone. Some are not free I believe. And the apps are not as effective at developing real "comfort" with a language as having a live teacher, especially a native speaker. My son who teaches high school Spanish says it's generally recognized that it's best to study a foreign language in a situation where you can learn to put together original statements using the vocabulary in new ways.

As a former language teacher myself, I'd have to say my son's assessment is very accurate. And I would also add the observation that the learner needs to be willing to make mistakes when speaking to native speakers, or others who are proficient. As you learn more, you will find that you discover new ways to express yourself.

There are so very many languages in this world, so many that open up deep understanding of other societies and cultures, and there is a certain excitement, a sense of accomplishment that goes along with communicating in a language other than English.

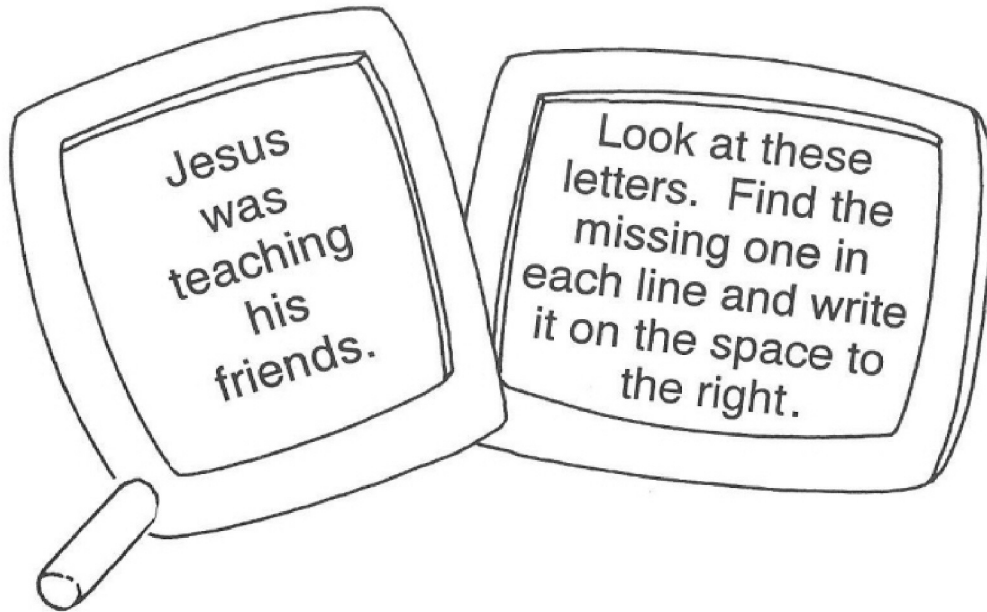


The Tower of Babel, by Pieter Bruegel, 1563. Linguists estimate there used to be about 31,000 languages in the world.

Now they estimate about 7,000 languages exist.

CHILDREN'S CORNER

Ages 3-6



ABCDEFGHIJKLMN OPQRST UVWXYZ ____

ABCDFGHIJKLMN OPQRST UVWXYZ ____

ABCDEFGHIJKLMN OPQRST UVWXYZ ____

ABCDEFGHIJKLMN OPQRST UVWXYZ ____

ABCDFGHIJKLMN OPQRST UVWXYZ ____

____ others.

CHILDREN'S CORNER

Ages 7-12

Jesus was traveling with His disciples.

Work through the maze below to find the name of the village where they were. As you travel the *correct* paths you will find the letters that spell the name. Write them on the lines below.

