

Tryon Thurch Ghatter



February, 2024

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Pastor Bob's Blog

A Minister passing through his church In the middle of the day, Decided to pause by the altar To see who come to pray. Just then the back door opened, And a man came down the aisle, The minister frowned as he saw the man Hadn't shaved in a while. His shirt was torn and shabby, And his coat was worn and frayed, The man knelt down and bowed his head, Then rose and walked away.

In the days that followed at precisely noon, The preacher saw this chap, Each time he knelt just for a moment, A lunch pail in his lap. Well, the minister's suspicions grew, With robbery a main fear,

He decided to stop and ask the man, 'What are you doing here?' The old man said he was a factory worker And lunch was half an hour Lunchtime was his prayer time, For finding strength and power. I stay only a moment Because the factory's far away; As I kneel here talking to the Lord, This is kinda what I say:

'I JUST CAME BY TO TELL YOU, LORD, HOW HAPPY I HAVE BEEN, SINCE WE FOUND EACH OTHERS FRIENDSHIP AND YOU TOOK AWAY MY SIN. DON'T KNOW MUCH OF HOW TO PRAY, BUT I THINK ABOUT YOU EVERYDAY. SO, JESUS, THIS IS BEN, JUST CHECKING IN TODAY.' The minister feeling foolish, Told Ben that it was fine. He told the man that he was welcome To pray there anytime. 'It's time to go, and thanks,' Ben said As he hurried to the door. Then the minister knelt there at the altar, Which he'd never done before. His cold heart melted, warmed with love, As he met with Jesus there. As the tears flowed down his cheeks, He repeated old Ben's prayer:

'I JUST CAME BY TO TELL YOU, LORD, HOW HAPPY I'VE BEEN, SINCE WE FOUND EACH OTHERS FRIENDSHIP AND YOU TOOK AWAY MY SIN. I DON'T KNOW MUCH OF HOW TO PRAY, BUT I THINK ABOUT YOU EVERYDAY. SO, JESUS, THIS IS ME, JUST CHECKING IN TODAY.'

Past noon one day, the minister noticed That old Ben hadn't come. As more days passed and still no Ben, He began to worry some. At the factory, he asked about him, Learning he was ill. The hospital staff was worried, But he'd given them a thrill.

The week that Ben was with them, Brought changes in the ward. His smiles and joy contagious. Changed people were his reward. The head nurse couldn't understand Why Ben could be so glad, When no flowers, calls or cards came, Not a visitor he had.

Pastor Bob's Blog

Continued from Page 1

The minister stayed by his bed, He voiced the nurse's concern: No friends had come to show they cared. He had nowhere to turn. Looking surprised, old Ben spoke up And with a winsome smile; 'The nurse is wrong, she couldn't know, He's been here all the while.' Everyday at noon He comes here, A dear friend of mine, you see, He sits right down and takes my hand, Leans over and says to me:

'I JUST CAME BY TO TELL YOU, BEN, HOW HAPPY I HAVE BEEN, SINCE WE FOUND THIS FRIENDSHIP, AND I TOOK AWAY YOUR SIN. I THINK ABOUT YOU ALWAYS AND I LOVE TO HEAR YOU PRAY, AND SO BEN, THIS IS JESUS, JUST CHECKING IN TODAY.'

Many people will walk in and out of your life, but only true friends will leave footprints in your heart

May God hold you in the palm of His hand And Angels watch over you. If you aren't ashamed. Jesus said, 'If you are ashamed of me,' I will be ashamed of you before my Father.'

So, FRIEND, this is ME - "Just Checking In Today"



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

www.timelesshealinginsights.org/30days/tryon



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Be a Missionary Where the Lord has Placed You. Any age. Any skill. Any level of mobility. We have something for anyone interested in donating 30 minutes, three hours, or whatever fits your schedule in a ministry that helps you mingle with the community and meet their needs, which will give you a chance to show compassion. (*Ministry of Healing* 143). Currently we have a special need for volunteers to cover two Thursday shifts 9:30-12 and 12-2:30. For more information about how you can help *Share Thy Bread*, contact Lorna, 828-817-1544.

Sat 3 Offering: STB/Local Budget 9:15am - SS & Church 12:30pm - Visitors lunch:	10 9:15am - SS & Church 12:15pm - Fellowship lunch @	17 Offering: Local Budget 9:15am - SS & Church 12:30pm - Vistors lunch: Library 3pm - MC: all areas - Pathfinders	24 Offering: Carolina Youth 9:15am - SS & Church 12:15pm - Fellowship lunch	α
Fri 8am - Church Office Open 9am - Thrift Store Open	8am - Church Office Open 9am - Thrift Store Open	16 Bam - Church Office Open 9am - Thrift Store Open	23 8am - Church Office Open 9am - Thrift Store Open	-
Thu First Day of Black History Month Bam - Church Office Open 9am - Thrift Store Open 9am - Morgan Center (Closed)	8 Bam - Church Office Open 9am - Thriff Store Open 4pm - Morgan Center (Closed)	15 Bam - Church Office Open 9am - Thrift Store Open 4pm - Morgan Center (Closed)	22 Bam - Church Office Open 9am - Thrift Store Open 4pm - Morgan Center (Closed)	29 Bam - Church Office Open 9am - Thrift Store Open 4pm - Morgan Center (Closed)
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S. 28	10am - Thrift Store Open 12pm - Voice of Prophecy (1160	11 Thriff Store Closed 12pm - Voice of Prophecy (1160	18 Thrift Store Closed MC: all areas - Pathfinders Camp- 12am - MC: all areas - Pathfinder 12pm - Voice of Prophecy (1160	25 MC: all areas - SASSY: Cooking Thrift Store Closed 12pm - Voice of Prophecy (1160



I (Richard) was born in Tipton, IN in 1974 and lived in Indiana until I was seven years old. I was raised in Dayton, OH. I was not an Adventist although my grandma was an SDA. Along with my two brothers (Edward & George), I attended church now & then with her. In 1994 I moved to Chicago where Marty & Wendy offered me a place to live rent free if I would go to college. They also gave me a chance to apply for Mail Room Clerk at S&C Electric Company where my uncle worked. Soon I found myself working full-time and attending school part-time. So, I worked with Marty at S&C Electric Company until 2000. I worked there from 1994 to 2004. In those ten years I transferred to Electronic Products as an assembler and quickly became an electronic inspector 'A'.

I did graduate from DeVry in 1998 with an associates Electronic Technician and in 2003 completed my BS in electrical engineering. On March 10th 2000, I married Bobby (Logan's Mom). We came to visit NC in 2003 and loved the southern hospitality. The selling point for us was snow today and gone tomorrow. We talked about having kids some day and did not want to raise children in a large city. We moved here in 2004. I now was doing contract work for electrical engineering with Aerotek based in Charlotte. They were a temporary agency and they sent me out on jobs. I worked with them for about a year and during that time, I kept getting laid off and finally I landed a full-time job with General Dynamics (government contract work). I worked with them one year & seven months and then got laid off again.

We were attending the Adventist church in Shelby taking Marty's mom to church when requested. Eventually, we were baptized. I now was praying what type of field to go into as the electronic engineering market was so depressed. I ended up becoming a CNA in June 2007. My first job was working at Cleveland Pines Nursing Home. I was there for two years and then transferred within the Cleveland County healthcare system to the hospital on the Medical-Surgical unit. It is now known as Atrium Health – Cleveland. After 2 years I moved to the Emergency Department where I still currently work the night shift.

Logan was born on May 7, 2012. In 2016 my wife and I separated and then Logan and I moved to Mooresboro NC. I got re-baptized in the Shelby SDA Church after the divorce in 2018 when I became fully committed to Christ. I had a deeper conviction to follow Him. Many blessings followed including Logan and I becoming very close. His birth was premature (27 weeks) and he only weighed 2 lbs and 14 inches. He was born with club feet and in the NICU for two months followed by one month in progressive care.

A typical day on the weekend for me and Logan is getting up for breakfast, going to church and spending quality time together. During the school week Logan stays with my aunt and uncle. They take him to school and we take turns bringing him home. I sleep during the day since I work nights and Logan comes home from school on Fridays unless I am still sleeping – then he goes with his Uncle Eddie or Uncle Marty. In the evening I join them at either my mom's house or Marty's house. Sometimes on the weekend, we will have a campfire with friends and family where we roast hot dogs and marshmallows. On other evenings you might find us coloring, listening to TV or going for walks when the weather is nice. Logan likes various sports such as swimming, running, and soccer. I like hiking and walking. With Marty and Wendy's help Logan has been attending Tryon Adventist School since kindergarten and he is in the fifth grade currently. It was one of the best decisions I ever made.

As a baby, Logan had to have his tonsils and adenoids removed due to the swelling. Thankfully, he had that done and everything worked out well.

Last year in January I developed a cough that would not go away. In August I had my blood pressure medicine changed and that could give a dry cough, but the cough still did not go away. The family doctor had an x-ray of the lungs done. It showed a spot in the left lung. Then a CAT scan of the lungs was ordered. It was concluded that a small part of the lung had collapsed due to an obstruction and that was where the chest pain was coming from. The CAT scan confirmed the x-ray results and I was referred to a pulmonologist. The pulmonary specialist looked at the CAT scan results and found a tumor in the left lung. He ordered a PET SCAN. It showed a much larger issue. The pulmonary specialist looked at the PET scan and he said he needed to biopsy the tumor because it needed to be staged and typed. He said I needed a bronchoscopy for that. In October, I switched to a different pulmonary specialist and he needed a new CAT scan to be done for mapping before the bronchoscopy could be done. That CAT scan showed the lung was improving. Looking over the history of the scans, they went from really bad, to bad, to better. The biopsy sample showed no cancer. The specialist could not explain what it was. I continued to go for scans but by now, I no longer had any pain and the cough was gone too. Our church was praying and all I can say is "Praise the Lord!"

My favorite Bible verse is Ps. 119:105, "Your word is a lamp to my feet and a light to my path." Logan loves that one too but also likes Jeremiah 29:11, "For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope."

It is no wonder these are their favorite verses. We are so happy to have them both as an integral part of our church family!



Ideas from 7 Fun and Safe Ways to Spoil Your Dog [AKC website]

Do you love your dog? Or should I say, dogs? (Many of us have more than one. Our family has five.) Big or small, dogs have a way of worming their way into our hearts. I've seen (and own) a 60-80 pound "lap dog." I've seen a small dog that can put a big dog "in its place." A while back, I included some suggestions for pampering your cat(s) so I thought it would be a good time to share ways to pamper your dog(s) too.

Give your dog a frozen treat on a hot day. There's nothing better than peanut butter stuffed into a toy and then frozen until it's hard...at least not to your dog. Just make sure it's 100% plain peanut butter, without any additives. Chemical additives can be fatal to dogs (and they aren't that great for us either).

Take your dog to the pet supply store and let her choose a new toy. Heading to the pet supply store with your dog is a fun social outing. All the sights and smells provide mental stimulation and an opportunity to socialize. Also, your dog can participate in filling your shopping cart. (Just make sure your dog is properly socialized, vaccinated and potty trained first!)

Buy your dog some fancy swag, like a new collar.

Give your dog a massage. If your dog loves to be cuddled, then chances are he will love a massage. It will help him relax and ease any sore muscles. Use soft, sweeping motions along your dog's body, avoiding any areas he doesn't like to have touched.

If your dog likes water, take her for a swim -- or set up the sprinkler in the yard and play tag with her!

Take your dog for a hike or for a romp in the dog park. Again, just be sure he's up on his vaccinations and keep an eye on the news -- if there's sickness going around the area, you don't want to expose your furry friend.

Last but not least, bake your dog some treats. You can tailor the recipe to her favorite foods and because you control the ingredients, you know exactly what your dog is eating. Make sure to only include foods that aren't harmful to your canine companion.



Richard and Logan Hodge



Wanangwa Hartwell

Hi, friends! I want to tell you all something. A week or so ago, a friend of mine came up to me at church and asked, "Do you have forty of something we can give away from the literature room?" I tell you, that was music to my ears. Did you know we have a whole room full of literature to give away to tell people about Jesus? I said, "I have forty of lots of things!" We have The Great Controversy, we have magazines about the Sabbath, we have Glow Tracts and all kinds of other literature.

If you're looking for some thing to share with a friend who wants to know more about Jesus, or a stack of items you can pass out easily at an event, or an Ellen White book that you're missing from your own collection, or a Bible that you can give as a gift, please talk to me. We have so much literature to share and it won't make it to anyone's hands except through someone else's hands. Let those hands be your hands.



God's Kitchen Korner Wendy Logue

This article will provide kitchen information about the fellowship and visitor lunch ministries in God's kitchen.

We would like to thank Art and Paula Slater for coordinating our January fellowship lunches. We would also like to thank Lorna Dever-Zoom Class and Donna Cantrell-Sanctuary class for coordinating our visitor lunches. A huge thank you to everyone who helped with lunches. Our host and hostess ask people to help them and we sincerely appreciate all of the help. My Mother always said that many hands make light work.

February:

> February 10 and 24: Host and hostess for the second and fourth Sabbath fellowship lunches will be Yahaira and Alberto Alvarez.

> February 3: The Visitors lunch will be coordinated by Bev Cook-Conference room class.

> February 17: The Visitors lunch will be coordinated by Carol Peden-Library class.

Did you know?

Containers are available for leftovers in the left 2 bottom drawers on the island side towards the gym. People donate them and they are available for anyone.

The fourth sabbath of every month we celebrate all of the birthdays for that month.

Thank you to everyone who helps keep God's kitchen clean.

School News

Michael Meadows

Recently, Mrs. Meadows and I listened to a sermon about Daniel. In Jeremiah 29, Jeremiah tells the people that they would be carried away to Babylon. While there, the captives were to pray for peace, plant gardens, marry, have children, and remember Him and in time, He would bring them home. In Daniel 1, we find a young person and three close friends taken from their home of Judah as hostages, an offering to a conquering king, lambs without blemish. Nebuchadnezzar gave these captives four "gifts": an education from his finest teachers, service to the King in his government, the finest food in the kingdom, and new names (a sign of a new king's authority over them). Regarding one of these, Daniel 1:8 tells us that "Daniel purposed in his heart that he would not defile himself" with the king's food and wine. In Daniel 1:9, immediately, we see that God brings Daniel "into the favor and goodwill of the chief of the eunuchs." Favor and goodwill could also be interpreted as God's compassion / mercy / grace. Daniel and his friends decide to follow God while far away from home and He blesses them for all their lives. Our church school is blessed that it not only teaches the basics, but it also teaches about this same Lord, assisting our families to know and worship Him better. We do not know where our children will be "carried away to" after they graduate. Wherever it may be, our prayers are that they will be a Daniel in that place and bring wisdom, peace, and blessings to their part of the world because they learned to worship and follow their God while young. Thank you for your continued prayers, your talents in volunteering, subsidy from the church and the thrift store and your individual donations to the school. Each are invaluable keeping our school open and the success of each student (40 this year) in our school. Thank you for continuing to help raise more "Daniels."



100 Days of School Dress-Up



SASSY SEVERAL SPECIAL EVENTS ARE PLANNED FOR 2024!

The first SPECIAL event will be a cooking demonstration on Sunday, February 25, at 12:30 pm in the Morgan Center. Thai King will be demonstrating how to prepare spring rolls and a Vietnamese favorite soup, Pho. In addition to helping with the preparation, you will also be able to sample the prepared items! She will share her recipes and answer any questions you might have.

Everyone, regardless of age, is invited to attend this FREE demonstration. There will be a donation jar for donations to cover the cost of supplies.

Sign-up sheet is located on the card table located in the church Sabbath School hallway leading to the Morgan Center. Registration is required.

For further information you may call or text Eileen Busch, 828-817-2948.

GAME AFTERNOON will continue each second Sunday from 3-6 pm in the Morgan Center. ALL are welcome to bring a game or join a game of Dominoes, Rummikub or other popular choice of games available. Bring a snack food to share.







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

Hi everyone! A big thank you to all of you who have helped with and supported Share Thy Bread with your time, your money, and your prayers -- you know who you are. The word is out from MANNA Food Bank -- they and their partners (which includes us!) distributed over 20 million pounds of food in 2023. That's the equivalent of 17.5 million meals for our neighbors in need. On average, it chalks up to 137,169 people a month. (Here at STB, we serve over 1,000 of those folks each month.)

Thank you all for your unwavering support in making a significant impact on hunger in our community. We couldn't do it without you. Thank you to the countless volunteers who have given so much of their time for both Share Thy Bread and the thrift store. Thank you to the people who have given of food and financial support. Some of you have donated items that you picked up while grocery shopping for yourselves and your families. Thank you to our van drivers. And thanks be to God, Who gives us all the strength to keep going every day. He has really blessed us and continues to bless. May He bless you as well.

School News

Christy Durby

Mrs. Durby's 1st and 2nd grade class studied the Sanctuary. Pastor Grant visited our class, dressed as a High Priest, to explain the symbolism of the garments. He was impressed with how much the children had learned, and how they were able to identify the parts of the sanctuary, as well as explain the symbolism, in relationship to Jesus, as our Redeemer. Mrs. Sara Wolff visited another day to help with the high priest part of their drawings. She explained how the layout of the sanctuary is in the shape of a cross. The children's sanctuary posters were on display outside our classroom during the month of December.

Mark Your Calendars

Just want to get a couple of upcoming Sabbaths on your calendar! On February 10, the bells and chimes will be providing the music for the church service, and February 17 is Pathfinder Sabbath. Be sure to come out and support our kids at both of these special Sabbath services. Thank you!



How Cleansing Can Help Weight Loss, Continued from last month); (excerpts from Foodmatters Juices, Smoothies and Soups) Bev Cook

While doing a cleanse, many people experience not only a physical food cleanse, but also go through an emotional cleanse. Many of us use food as comfort when we're feeling down, stressed or simply bored. We try to feed our mood with the satisfaction of food. This relationship with food has turned from one of nourishment to one of trying to fill a void or escape a dark thought. However, no amount of ice cream or chocolate is going to actually help us work through those dark emotional times.

It's very common for our emotions and moods to go through a bit of a roller coaster ride. After all, we are human and are emotional beings. During a cleanse, we often feel everything from the highs of feeling overly joyous and energized to the lows of extreme agitation, anger and guilt. That's because once you cut out processed toxic foods from your body, you start to release stored toxins that cause these unpleasant mood swings.

The good news is that this is only temporary, and it's definitely worth strapping yourself in for the ride! During the post-cleanse period, once the toxins have been eliminated from your body, you are likely to feel more balanced, happy, and energized on a regular basis.

If you are interested in a seven-day cleanse (juices, smoothies & soups) and would like a friend for support to go through it with you, please call Bev. She is happy to join in with you!



God's Love

Wanangwa Hartwell

I've been thinking about God. God is love and power and holiness and perfection. One pastor once pointed out that it makes sense that God is three beings – Father, Son and Holy Spirit. Two beings "in love" can get totally wrapped up in themselves, but three are continually giving and receiving amongst themselves and others. God wants us to share His love with Him and with each other.

We tend to think of God as a God of rules – do this and do that. But in reality, in the beginning, God, the Creator of angels, Heaven and other worlds, ruled all under one law of love. We are told that the angels didn't even realize there was a law, because it was all about love (MB 109.2).

The first message to our world was that law of love. The second (after the fall) was the promise of redemption and a return to love. Adam and his descendants were given instruction for salvation (PP 66-67). When the message wasn't followed, further instruction was given through prophets (Enoch, Noah, etc.) by message and example.

After the flood, the message was still oral. The promise was given to Abram (later Abraham) and the instruction spread through him and his family. The message still focuses on love and redemption. Even through Babel, dispersion carried some truth throughout the nations and we find evidence of the knowledge of God and creation in stories around the world today.

Moses was the first to write the story down. He began with Genesis and Job – the beginning of our world with God's messages and a picture of the great controversy. After the Exodus, the people of Israel were given a more extensive view of God's love and character in the Ten Commandments and of the plan of redemption in the sanctuary. They became the bearers of the message and example for the world.

Because of disobedience, God sent prophets to Israel with more messages, instructions and examples. Through the eventual captivity and dispersion of the Jews, these prophets carried the message to the world.

The oral and written messages proved insufficient – people continued to choose disobedience – they weighed down the message with much irrelevant content. Finally, God sent Jesus – as in, God Himself came to make the message clear and give the example. This was necessary anyway since God must pay the cost of our disobedience or else we have to. He chose to pay the wages of sin for us.

The message and example given and payment made, Jesus returned to His place in Heaven and sent the Holy Spirit as the new representative. The Holy Spirit had always been here but each transitioned to a new role. The early church became the bearer of the written message and example, which continued to expand to meet various needs and questions.

Across the centuries, we witness the great controversy and God's continual outpouring of the truth of His love, His law of love, through prophets, reformers, written works, spoken messages, and examples in life and death. All truth is God's truth, as we read: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them" (Isaiah 8:20).

In the timetable of history, we have the fulfillment of prophecy and the movement to a new dispensation prior to the end. Jesus moves to His final work in the Most Holy, the Spirit prepares for the final outpouring, those who are listening and obeying and reading (see Revelation 1:3) observe and begin to act.

God raises up another prophet to give more written guidance for these troubled times. His people on earth are now of all kinds in order to reach all kinds. Their spoken and written words and life example will testify of His law of love to a disobedient world until He comes to make it new, for now is our salvation nearer than when we first believed (Romans 13:11).

When Jesus comes, the law of love will again rule all. It will be written in our hearts as it can be now. The Spirit will still control. God will still reign. There will be no need of prophets because "they shall all know Me from the least to the greatest" (Jeremiah 31:34) and it will go on forever for eternity, fuller and deeper, as we learn more of the amazing love of God.

Like a river glorious is God's perfect peace, Over all victorious, in its bright increase; Perfect, yet it floweth fuller every day, Perfect, yet it groweth deeper all the way.

Hidden in the hollow of His blessed hand, Never foe can follow, never traitor stand; Not a surge of worry, not a shade of care, Not a blast of hurry touch the spirit there.

Every joy or testing comes from God above, Given to His children as an act of love; We may trust Him fully, all for us to do; Those who trust Him wholly find Him wholly true.

Refrain:

Stayed upon Jehovah, hearts are fully blest Finding, as He promised, perfect peace and rest.

A Dream Day

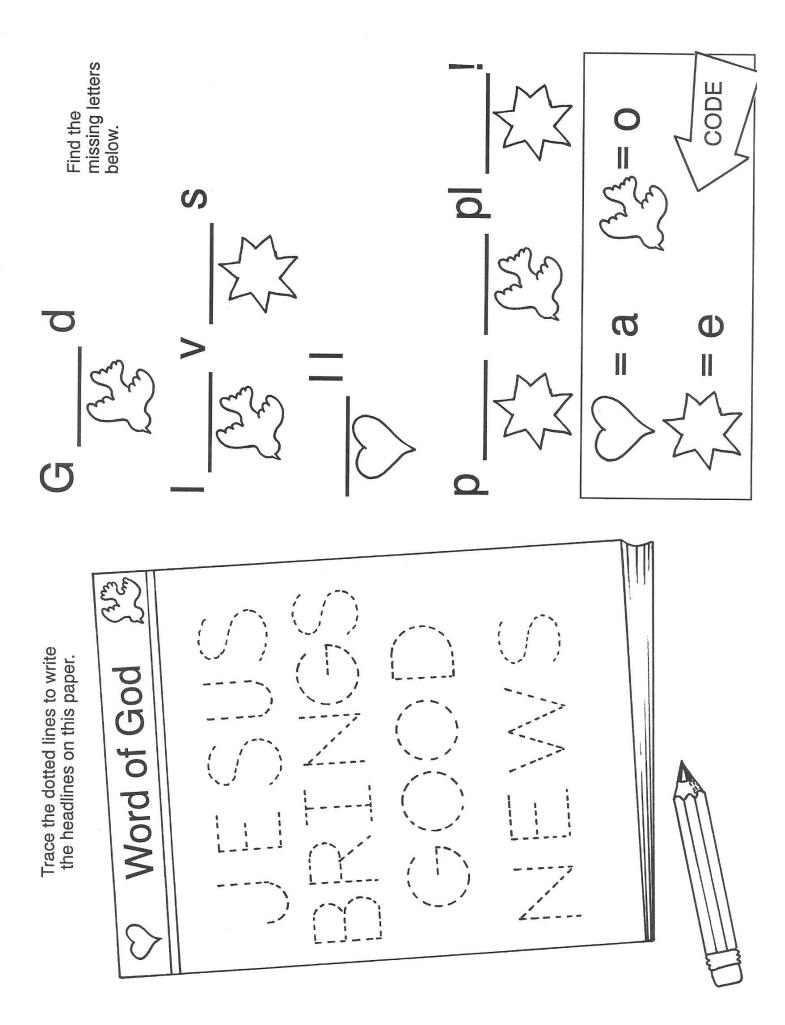
Bev Cook

On a recent Sunday in January, four of us ladies (MJ, Cheryl, Rosanne, and Bev) went to Ridge Rest, a local assisted living facility, to "pamper" the residents. We set up a miniature SPA consisting of four modules - nails by MJ, hair by Cheryl, facials by Bev, and massages by Rosanne. This was a treat these lovely people haven't experienced in a long time if ever. Did they ever feel loved and cared for as they moved from one service to another! Each station was a 12-minute stay, so by the time they made the rounds of four, they had a 48-minute pamper. Their otherwise sober faces lit up with anticipation of something special just for them. As much as the "feel good" touch was, the social interaction interwoven with love, care, and interest was just as much appreciated by them. And the blessings came to those serving as much as those served. Who would have realized that just donating a few loving hours would have brought so much happiness all the way around? Those folks are still talking about that day and asking when we will do it again. Jesus said it is more blessed to give than to receive and this dream day brought His saying home to all of us.









CHILDREN'S CORNER

Ages 7-12

- Where Jesus went with three disciples
- 2. Went to mountain with Jesus
- 3. Went to mountain with Jesus
- 4. Went to mountain with Jesus
- 5. Law giver who appeared to Jesus and the three disciples
- 6. How the disciples felt
- Prophet who appeared to Jesus and the three disciples
- 8. Who said, "This is my Son"
- 9. Where God's voice came from
- 10. Glowing and glistening white
- 11. What Peter called Jesus
- 12. What God said to do
- 13. Came from a cloud
- 14. What God called his son
- 15. The disciples had to keep the secret until Jesus had

_ __ __ __ __ from the dead

Word List				
afraid	Peter	God		
Elijah	John	voice		
mountain	listen	master		
risen	beloved	cloud		
garments	Moses	James		

In the scripture story today Jesus was "transfigured" — His appearance was changed for a time. Choose a word from the list below to answer each question.

