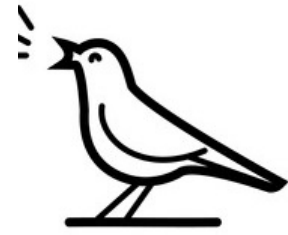




*Tryon
Church
Chatter*



March, 2024

Bob Grant, Pastor

Pastor Bob's Blog Lorna Dever, Editor

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

Success

Echoing God's Love, Charles Mills

A biblical success story carries a familiar ring. Solomon, looking back on his life and accomplishments, writes, "Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun." (Ecclesiastes 2:11, NIV)

We've all got mortgages to pay, doctors to visit, food to buy. Each of us must succeed at some level in order to survive. But what, exactly, should we be willing to sacrifice along the way?

Booker T. Washington once said, "A measure of man's success is not what he achieves, but what he overcomes." It sounds to me as if the country singer, popular actor, busy CEO, and even Solomon of old failed to realize that we must include, follow, and proclaim God and his laws in any grab for success. Many unfortunate overachievers have failed to overcome the deadly concept that God isn't important, that what he says doesn't matter, that we can live life our own way. They were all wrong.

Christian author Paul Reese writes, "If you want a picture of success as heaven measures it, don't look for the blaring of the bands on Broadway, listen rather, for the tinkle of water splashing into a basin, while God Incarnate, in a humility that makes angels hold their breath sponges the grime from the feet of his undeserving disciples."

When Jesus comes back to earth, He won't invite us to heaven based on how well we've labored or how well we've lived. On that glorious day, our acceptance of salvation will hinge entirely on how well we've loved.

What's God's secret for success? To live lives focused on the sacrifices. All else is meaningless.

Thank you,
Pastor Grant

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	1	2
Church: Reserved for Prespatium Thrift Store Closed 12am - MC: Private Event 9am - Presbyterian Church 7pm - Church - Finance Seminar	MC: STB using gym for boxing 8am - Church Office Open 9am - Thrift Store Open	MC: STB using gym for boxing 8am - Church Office Open 9am - Thrift Store Open	Church Office Closed MC: STB using gym for boxing 9am - Thrift Store Open 6pm - Bible Study 7pm - A/V and Bulletin Deadline 8:30pm - MC: gym Men's	8am - Church Office Open 9am - Thrift Store Open 4pm - Morgan Center (Closed)	First Day of Women's History 8am - Church Office Open 9am - Thrift Store Open 1pm - MC: gym (TSDAS PE and	Offering: STB/Local Budget 9:15am - SS & Church 6pm - MC: All areas - Private
3	4	5	6	7	8	9
Church: Reserved for Prespatium Thrift Store Closed 12am - MC: Private Event 9am - Presbyterian Church 7pm - Church - Finance Seminar	MC: STB using gym for boxing 8am - Church Office Open 9am - Thrift Store Open	MC: STB using gym for boxing 8am - Church Office Open 9am - Thrift Store Open	Church Office Closed MC: STB using gym for boxing 9am - Thrift Store Open 6pm - Bible Study 7pm - A/V and Bulletin Deadline 8:30pm - MC: gym Men's	8am - Church Office Open 9am - Thrift Store Open 4pm - Morgan Center (Closed)	8am - Church Office Open 9am - Thrift Store Open 1pm - MC: gym (TSDAS PE and	9:15am - SS & Church 12:15pm - Fellowship lunch @
10	11	12	13	14	15	16
Daylight Saving Time starts Thrift Store Closed 9am - Presbyterian Church 3pm - MC: Gym and Kitchen 7pm - MC: Conf. Rm - Finance	MC: STB using gym for boxing 8am - Church Office Open 9am - Thrift Store Open	MC: STB using gym for boxing 8am - Church Office Open 9am - Thrift Store Open 6pm - MC: gym - Finance 7pm - MC: gym - Church Board	Church Office Closed MC: STB using gym for boxing 9am - Thrift Store Open 5pm - MC: Pathfinders & 6pm - Bible Study 7pm - A/V and Bulletin Deadline 8:30pm - MC: gym Men's	8am - Church Office Open 9am - Thrift Store Open 4pm - Morgan Center (Closed)	8am - Church Office Open 9am - Thrift Store Open 1pm - MC: gym (TSDAS PE and	Offering: Local Budget 9:15am - SS & Church 7pm - MC: all areas
17	18	19	20	21	22	23
St. Patrick's Day Thrift Store Closed 9am - Presbyterian Church 7pm - MC: Conf. Rm - Finance	MC: STB using gym for boxing 8am - Church Office Open 9am - Thrift Store Open	MC: STB using gym for boxing 8am - Church Office Open 9am - Thrift Store Open	Church Office Closed MC: STB using gym for boxing 9am - Thrift Store Open 6pm - Bible Study 7pm - A/V and Bulletin Deadline 8:30pm - MC: gym Men's	8am - Church Office Open 9am - Thrift Store Open 4pm - Morgan Center (Closed)	8am - Church Office Open 9am - Thrift Store Open 1pm - MC: gym (TSDAS PE and	9:15am - SS & Church 12:15pm - Fellowship lunch
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Thrift Store Closed 9am - Presbyterian Church 7pm - MC: Conf. Rm - Finance	MC: STB using gym for boxing 8am - Church Office Open 9am - Thrift Store Open	MC: STB using gym for boxing 8am - Church Office Open 9am - Thrift Store Open	Church Office Closed MC: STB using gym for boxing 9am - Thrift Store Open 5pm - MC: Pathfinders & 6pm - Bible Study 7pm - A/V and Bulletin Deadline 8:30pm - MC: gym Men's	8am - Church Office Open 9am - Thrift Store Open 4pm - Morgan Center (Closed)	8am - Church Office Open 9am - Thrift Store Open 1pm - MC: gym (TSDAS PE and	Offering: Carolina Youth 9:15am - SS & Church 12:15pm - MC: all areas - Special
31	1	2	3	4	5	6
Easter Sunday Thrift Store Closed 9am - Presbyterian Church 7pm - MC: Conf. Rm - Finance	MC: STB using gym for boxing					



Nasir & Jennifer Khan Christopher & Kareena

Nasir and Jennifer have been married for 19 years, married on December 19, 2004. Interestingly, they met in Bangkok, Thailand. Jennifer had graduated from Southern Adventist University and wanted to take some time to travel before she started working, so she decided to travel to Thailand to teach English at one of our Adventist Language schools. Nasir was living in Bangkok with his family and working as an English Language Teacher at the same school.

They were both teaching English at the Adventist English Language School. All of the teachers would get together at the Director's house to visit and eat together and they first spoke there. Jennifer was going to sing at the church for special music and Nasir offered to play the guitar and accompany her. After that, they started going out together. During their time dating, they were able to see a lot of the country with frequent trips to various beaches. They always rented motorcycles and were able to see more local sites. One of their trips was to Southern Thailand to the beautiful Island of Ko Phi Phi. Another trip they took was the train to Northern Thailand to Chiang Mai and saw the most spectacular fireworks for New Year's Eve. Once they were engaged, they started making preparations for the move back to the U.S.

They were married in California. They had two ceremonies, one in Porterville, CA (her home church) and one ceremony at the La Sierra Campus Church. Before they were married, Nasir's family had a Mehndi program for them in Southern California where several of his family members reside. The Mehndi ceremony is a Pakistani pre-wedding celebration. The bride and groom sit on a stage and then the ladies of the families come one by one and apply the Mehndi, a plant-based dye on the top of the bride and the grooms' hands to "decorate them" for the upcoming wedding. Also, the bride and groom are fed Laddus, a sweet milk-based treat.

After they were married, they lived in a couple of different little towns in central California. Mostly, they lived in Visalia and Tulare, CA for the last 19 years. Nasir lived in Pakistan until the age of 9 and then he moved with his family to the Philippines where his father studied at one of the Adventist colleges. From there, he moved to Thailand as a missionary. He lived in Bangkok and worked at the English Language school and studied at Mok Lek Adventist College. Jennifer lived in Southern California and Mesa, AZ when she was a child. When she was 10 years old, she moved to Springville, California.

They started a family after a couple of years. Christopher was born in August of 2007. He is 16 1/2 years old. Kareena was born October in 2009 and she is 14 years old. They both go to school in Greer, SC.

They moved to Greenville, SC in March 2023. They had bought some property in TN and had planned to live there, but it did not work out for them at that location. So, they decided to move to this area because Jennifer's parents and sister live in this area. It is really nice to be close to them again.

Both Nasir and Jennifer were raised in the Seventh-day Adventist Church. Nasir was raised on the church school campus in Pakistan, the Philippines and Thailand and was baptized when he was an early teen. Jennifer was baptized when she was thirteen years old and has always been involved in the church whether helping with music or activities with the teens.

The Khans were introduced to our Tryon SDA Church through Jennifer's parents, Bob & Julie Rayburn. Jennifer is currently helping with the music at our church and the whole family volunteers at our Share Thy Bread food pantry.

Jennifer likes to spend time working outside in the garden and yard. Also she enjoys arts, crafts, and baking. Nasir likes relaxing at home, antiquing, and collecting die cast cars. They both enjoy cooking together and spending time with their kids. The Khans' favorite vacation was several years ago when they took the kids to Clearwater, FL. They really enjoyed spending time at the beach.

A typical day for Nasir and Jennifer is getting the kids to school in the morning and Nasir going to work. Jennifer stays at home to take care of the home and the yard. Once a week they volunteer at Share Thy Bread. They have one dog. Her name is Mia and she is a German Shepherd-Lab mix. She is four years old.

They all love traveling and exploring new places. They would love to take the kids to Washington DC and see some of the historical sites that the Eastern Seaboard has to offer.

Jennifer's favorite Bible verse is "Seek ye first the kingdom of God and His righteousness and all these things shall be added unto you" (Matthew 6:33). Nasir's is Psalm 91, "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. "I will say of the Lord, 'He is my refuge and my fortress, my God, in whom I trust.' Surely he will save you from the fowler's snare and from the deadly pestilence.

"He will cover you with his feathers, and under his wings you will find refuge; His faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. You will only observe with your eyes and see the punishment of the wicked.

"If you say, 'The Lord is my refuge,' and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone. You will tread on the lion and the cobra; you will trample the great lion and the serpent.

"'Because he loves me,' says the Lord, 'I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life I will satisfy him and show him my salvation.'"

Getting to Know You

Continued From Page 4

Note from the Khans:

Dear Church Family:

Jesus is coming soon! There are so many signs of the times that have been fulfilled. Let us put on the armor of God and go forth with boldness to spread the gospel of His soon return. Let us love each other, uplift each other, and work together as a team for Christ! Most importantly, let us not be afraid of the changing world around us; it only means that we will see our Savior soon. God will take care of His faithful; put your faith and trust in Him!



God's Kitchen Korner

Wendy Logue

This article will provide information about the fellowship lunch ministry in God's kitchen. If you have any kitchen questions, please contact Wendy Logue at 704-418-0253

We would like to thank Alberto and Yahaira Alvarez for coordinating our February fellowship lunches. Thank you very much to everyone who helped with the lunches. It is very much appreciated. Our host and hostess ask people to help them, and we sincerely appreciate all of the help.

March:

March 9 and 23: The hostesses for the second and fourth Sabbath fellowship lunches will be Sonja Bennett and Kelley Edney. A big thank you to everyone who is helping them.

The fourth Sabbath of every month we celebrate all of the birthdays for that month. Happy Birthday to all our March people with birthdays!!!

Did you know?

Iron cookware should not be used on our ceramic stovetop burners. It will ruin the stovetop.

If you would like a sign placed beside your dish saying "Vegan," "Gluten Free," or whatever you want people to know about your dish they are located in the upper cabinet that is next to the refrigerator. There are sign stands, signs, and pens. Please feel free to use them!

If you would like to use the kitchen and gymnasium for a Sabbath lunch on the first, third, or fifth Sabbath of the month please reach out to Marty Logue (704-418-4846), the church secretary to reserve the day you want to use it,

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



God's Instructions

John Bryant

Soon, the national elections will take place. There are a lot of questions as to the responsibility that we have as American citizens and also as Seventh-day Adventist Christians.

Some of these questions have arisen here within our own church. Therefore, I believe that it is necessary to address this issue, yet I do not feel that it is appropriate to deal with this issue during the worship service. The worship service is to be strictly used to bring each one closer to God, and is not intended to be used for anything with a political bent.

Also, it is not my duty to promote one party over the other, or to esteem one political affiliate over the other. "None of you have any burden laid upon you by the Lord to publish your political preferences in our papers, or to speak of them in the congregation, when the people assemble to hear the Word of the Lord." 2SM 336).

I would encourage each one to consider the following counsel we are given from the hand of inspiration in regards to voting, and prayerfully ask God for His guidance in this matter.

There is no reason for God's people to become engrossed with any political candidate. We are called to a much higher duty.

"The Lord would have His people bury political questions."
Counsels for the Church p.316

As we well know, those running for office will promise anything in order to get elected.

"We cannot with safety vote for political parties; for we do not know whom we are voting for."
Counsels for the Church p.316

Though we may be passionate about what we perceive to be the abilities of one candidate or another, and even though our feelings may seem to be justified, are we just to sit back and do nothing?

"It is not wise to find fault continually with what is done by the rulers of government."
Counsels for the Church p.316

"We are not as a people to become mixed up with political questions. All would do well to take heed to the Word of God, Be ye not unequally yoked together with unbelievers."
2 Selected Messages p. 336

"What are we to do, then?—Let political questions alone."
Counsels for the Church p.316

"It is a mistake for you to link your interests with any political party, to cast your vote with them or for them."
Fundamentals of Christian Education p.418

Also, consider this, what if we vote for someone who ends up passing laws that oppress God's people?

"The people of God are not to vote to place such men in office; for when they do this, they are partakers with them of the sins which they commit while in office."
Gospel Workers p.392

But what about the important issues that we are facing? Do we ignore these issues as well?

"I dressed and found I was to speak to the point of whether our people should vote for prohibition. I told them 'Yes,' and spoke twenty minutes."
Temperance p. 255

Yes, we are to vote for the "issues" that affect God's people and for issues of temperance, but let political issues alone.

"While we are in no wise to become involved in political questions, yet it is our privilege to take our stand decidedly on all questions relating to temperance reform. Concerning this I have often borne a plain testimony."
Temperance p. 252

Finally, we need to remember that it is God who places an individual into any leadership position.

"He removeth kings, and setteth up kings."
Daniel 2:21

(Please note that this is only a sample of the counsel we are given. I urge each one to study into this issue for themselves.)



Firsts and Lasts

Maranatha (<https://maranatha.org/news-events/firsts-and-lasts/>)



January 10, 2024

As 2023 came to a close, a 41-member group from the Tryon Seventh-day Adventist Church in North Carolina traveled to southern Peru on their first Maranatha Volunteers International trip. The team's primary goal was to lay block walls for the Cabana Adventist congregation's new church building, a much-needed upgrade from the tiny mud structure the 30-member congregation worshiped in previously. In addition to block work at Cabana, volunteers painted the nearby Cabanillas Adventist Church building, which Maranatha constructed in 2005. Project leader Jonathan Rowe cherished the opportunity to serve those in need and engage with the local community throughout the nine-day trip. "It's an amazing experience, just walking away knowing you've helped someone. It's a very rewarding and rich feeling to give of your own time and talents."



Beyond their construction efforts, volunteers engaged with the local community by carrying out a five-day Vacation Bible School (VBS) program and pop-up medical clinic. Nearly 80 children attended each VBS session to sing songs, make crafts, and learn about Jesus. The medical clinic also experienced an impressive turnout. "They had a line about two blocks long," Rowe recalled. Working as efficiently as possible, volunteer healthcare professionals treated roughly 100 patients each day. Rowe remarked, "Our team did a really good job. You know, it was run just like a doctor's office."



While one of Maranatha's last projects of 2023, this was a trip of firsts. Not only was it the Tryon Church's first-ever Maranatha mission trip, but the majority of volunteers had never been outside of the United States or flown on an airplane. Having served on four Maranatha projects previously, Rowe was relieved when his group's cautious uncertainty was replaced with an appreciation that matched his own. "We had people in our group who have never flown on an airplane before. We had a lot of scared people who had never been out of the country. And the overwhelming response was just, 'Wow. I'm so glad I went.'"

From 2004-2006, more than 3,000 Maranatha volunteers landed in Peru, constructing nearly 100 churches and schools. In 2019, Maranatha returned to Peru at the request of the Seventh-day Adventist Church in South America. After several volunteer groups served through early 2020, work halted when the COVID-19 pandemic locked the country down in March of that year. Maranatha's in-country crew and volunteers have since resumed work as conditions improved.



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

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

Requesting urgent prayers! We have a couple of really good grant possibilities that could help cover the cost of our new building for Share Thy Bread. (You can see the blueprint on the next page of this newsletter -- or there's a bigger one outside the STB room.) Please pray that these will work out and that we will be able to move forward. If the Lord lays on your heart to give financially toward the project, please mark your tithe envelope "STB building fund." The more we can raise, the more these funders are likely to give as they will see we are serious about the project. Thank you!



A Clean Heart

A new heart, a fresh start...

As the year progresses.

It's easiest made from a broken heart,
 And the soul that confesses.

A simple thought and lesson taught,
 From every experience.

The price He paid, for we were bought,
 And redeemed with deference.

A renewed spirit from this clean heart
 Changes absolutely everything!

Genuinely different, not acting a part:
 Is what true repentance brings.

"Create in me a clean heart, O God;
 and renew a right spirit within me."

Psalm 51:10



Starting Your Day With a Green Smoothie

Bev Cook

Starting your day with a green smoothie is an excellent way to feel invigorated, refreshed, and ready to take on the day.

Adding spinach (the green element) to your smoothie is a great way to get in those extra vitamins. High in Vitamin A, C, E, K and bioavailable in iron, manganese, calcium and folate, spinach is truly a powerhouse green that supports many functions of the body.

Discreet in flavor, the avocado in the smoothie is a little powerhouse on its own. Avocados are high in essential fatty acids (monounsaturated fats), a type of fat which is integral in cell function and synthesis of some important hormones. Not to mention adding this fat into your smoothie helps you feel "fuller" for longer and prevents those post-meal hunger pangs.

If you're a fearful "newbie," fear not. This recipe does include bananas and dates for sweetness. The combination of these ingredients makes for a delicious blend; not to mention all these ingredients are functional foods as well. Bananas are high in potassium and great for metabolic balance; dates contain fiber.

Recipe:

- Handful of baby spinach (or frozen)
- 1/2 avocado
- 1 banana
- 1 date, pitted
- 1 serving protein powder of choice (pea protein is preferred)
- 12 oz unsweetened plant-based milk of choice (coconut, hemp, almond, rice)
- 1/2 tsp cinnamon (opt)

Add all ingredients to the blender and blend until smooth.



Neolithic Noodles

Dick Bayley

Many people are interested in firsts, like the first gas-powered automobile, or the first home computer (the Kenbak-1, 1971), and lately quite a few firsts involving women, like Kim Ng, the first woman general manager of a major league baseball team, (the Miami Marlins, 2020). Now then, let's consider the first spaghetti. Sorry to say we don't have any photos of this first, history-making pasta, but the archeologists have come pretty close. Just take a look at the photo here.

Right away you should recognize some "proto-spaghetti" in an ancient bowl that was unearthed at an archeological site known as "Lajia" near the Yellow River in north-western China in 2005, apparently just served at a meal when an earthquake and flood ravaged the area, turning the bowl of "spaghetti" over on the floor, and there it remained for four thousand years!

Somehow, according to Chinese archeologist Houyuan Lee, sediment from the flood practically filled the bowl, but left a small space for the noodles. The sealed space became anoxic (lacking oxygen) preserving the noodles until they were exposed to air many centuries later. (1)

Some have called it "Neolithic" spaghetti, because of its extreme age. Fortunately the archeologists took photos of what they found, because the millet-based noodles promptly turned to dust once they were exposed to air.

And, while we think of spaghetti as a purely Italian food, there are plenty of people who would dispute that idea, people who would like to claim this ever-popular food as part of their own national tradition. Starting with the Italians themselves, many will point to the famed 12th century Italian merchant/adventurer Marco Polo, who is credited with bringing noodles to Italy from China. Once in Italy, as it is known today, the Chinese noodle took on many different forms, more than 300 in fact according to todayonline.com. That source gives a sample of pasta types, including spaghetti of course, bucatini (hollow), farfalle (butterfly-shaped), orecchiette (ear-shaped) penne (short), and on and on.

Tradition says it happened roughly this way: having been sent on a diplomatic mission to the court of Kublai Khan, grandson of the fearsome Mongol leader Genghis Khan, Polo finessed his diplomatic skills so well that he was appointed to Kublai Khan's own entourage. When Polo returned to Italy years later, he took along some Chinese noodles, which supposedly established pasta in Italy, leading to the creation of spaghetti as we know it.

There are always plenty of complications and disputes revolving around stories like this one. To suggest a few: 1. Some say the Marco Polo story is just a myth. 2. The Chinese were already making a noodle-like food around 3,000 B.C. 3. 13th century Italians created their own variations, including spaghetti, based on noodles brought by Chinese immigrants. 4. "Pasta culture" was already widespread around the Mediterranean region hundreds of years before Marco Polo's famous journey. How about one more? 5. The earliest evidence

of pasta is in ancient Greece. The Romans, they say, took pasta home with them following their defeat of the Greeks in 146 B.C. (2) For their part, many Greeks say pasta was created in prehistory by the Greek god Vulcan! (3)

Finally, there must be countless ways to eat spaghetti, maybe slurping one long strand, perhaps chopping it up so it's manageable, or... if you're into style, really "with the program", you can buy an electric fork that's ideal for rolling up spaghetti in a spoon. See the photo here. People who know about such things say rolling spaghetti in a spoon is the height of "bon ton", the ultimate in elegant style. You may want to reserve this technique for just the right occasion.

Sources. (1) TheGuardian.com/world/2005/Oct13/china (2) tastingtable.com/99249/the-ancient- (3) sharethepasta.org/pasta101



These ancient bowls unearthed in China in 2005 revealed an example of a very popular food today



A battery-powered fork?? Seriously. They're available.

CHILDREN'S CORNER

Ages 3-6

Jesus wants you to

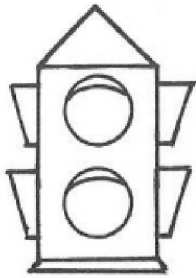
FOLLOW

F A D W
L
C O
B O L K G

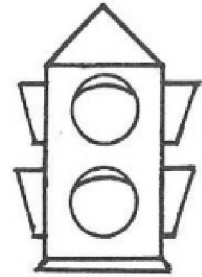
Find the letters to match those underlined.

CHILDREN'S CORNER

Ages 7-12

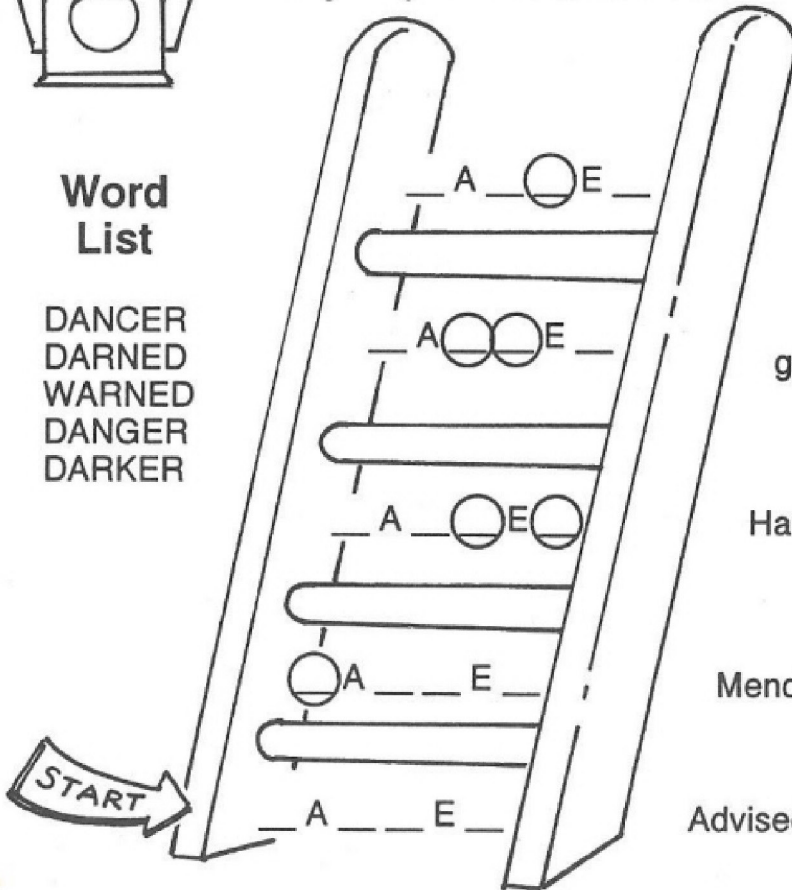


Some good Pharisees had to find Jesus. They had something very important to tell Him.



Word List

DANCER
DARNED
WARNED
DANGER
DARKER



Something that may hurt you.

Person who moves gracefully to music

Has less light

Mended a sock

Advised to be careful

The bottom word will tell you what the Pharisees wanted to tell Jesus. The top word tells why it was so important.

Begin at the bottom. Write the word from the word list that fits the definition. Continue up the ladder. Change only the letters that are circled.