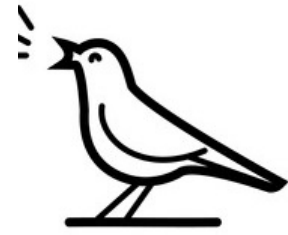




*Tryon  
Church  
Chatter*



**May, 2024**

Bob Grant, Pastor

Lorna Dever, Editor

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

**Pastor Bob's Blog**

Just in Case  
Echoing God's Love  
Charles Mills

"Why are you doing this?" I ask my aging father one bright, crisp autumn day. "You've got a perfectly good furnace. Surely you can afford heating oil."

"Yes," he stated as he took aim at a log teetering atop a stump and then sliced his axe through the dry wood with a resounding crack, "but one of you kids might need help down the road."

"We're doing fine," I protested. "We've all got jobs and are paying the bills. Why don't you and mom take it easy? Spend your money on fun things. Live a little."

"Wood's cheaper'n oil," father continued, ignoring my plea. "It's nice to have a little set aside for you guys just in case."

Just in case? My father was splitting wood he didn't have to cut and working hard to save money he didn't have to just so he could help children who didn't need any assistance. But that's the way it had been always. Growing up, I'd seen my dad face some pretty tough times, insisting that my three siblings and I attend Christian schools when public education would have been much cheaper. I'd watched him work long hours to earn the simple salary of a pastor, spending evenings and weekends in service to the God he loved. Countless nights I'd hear the garage door open as I stirred from slumber, signaling that my dad had finally returned home after yet another endless day at the conference office.

Unusual? Yes. Unique? Not to God. My heavenly Father understands such strange behavior. He figured there'd be those who might need Him, so He allowed His Son to leave heaven - just in case.

Jesus was born as a babe, just in case a child cried out in the night needing comfort. Our Savior grew up under the watchcare of human parents, just in case a lonely boy or girl needed a father's love. He walked among the poor and sick just in case a hurting heart longed to feel His healing touch. The Redeemer studied the religious teachings of the world just in case a pastor or priest needed answers to the heart troubling questions. And Jesus slept in the elements, just in case a downcast voice moaned from a park bench or cold hard sidewalk.

Our Savior allowed Himself to be sold for 30 pieces of silver just in case a soul in slavery yearned to be free. He felt the sharp pain of the whip, just in case the whimper arose from a prison cell. The Master stood unspeaking before lying witnesses, just in case a child of God was accused unjustly. And in that terrible hour, the Creator of the universe died the agonizing death of a sinner, just in case there was a soul to save.

I watched my father chopping wood and suddenly felt the power of that love on reserve for me in heaven just in case I needed it.

Thank you  
Pastor Grant

## May Church Calendar

Date	Start Time	End Time	Reservation id	Event	Location
5/1/2024	7:00 PM	8:00 PM	24-05-011	Bible Study	Church
5/4/2024	12:15 PM	2:15 PM	24-05-006	Visitors Lunch	MC: all areas
5/5/2024	9:00 AM	2:00 PM	24-05-009	Grace Foothills Service	Church
5/5/2024	3:30 PM	7:00 PM	24-05-014	SASSY game eveining	MC: all areas
5/6/2024	10:30 AM	11:30 AM	24-05-007	School Week of Prayer	Church
5/7/2024	10:30 AM	11:30 AM	24-05-007	School Week of Prayer	Church
5/8/2024	10:30 AM	11:30 AM	24-05-007	School Week of Prayer	Church
5/9/2024	10:30 AM	11:30 AM	24-05-007	School Week of Prayer	Church
5/10/2024	10:30 AM	11:30 AM	24-05-007	School Week of Prayer	Church
5/6/2024	9:00 AM	3:00 PM	24-05-012	Accounting	Church Library
5/8/2024	7:00 PM	8:00 PM	24-05-011	Bible Study	Church
5/10/2024	6:00 AM	6:00 PM	24-05-005	Private Event	MC: gym and Kitchen
5/11/2024	12:15 PM	3:15 PM	24-05-008	Fellowship Lunch	MC: all areas
5/11/2024	12:15 PM	3:15 AM	24-05-013	Secret Sister Reveal	MC: Conf Rm
5/12/2024	9:00 AM	2:00 PM	24-05-009	Grace Foothills Service	Church
5/13/2024	9:00 AM	3:00 PM	24-05-012	Accounting	Church Library
5/14/2024	6:00 PM	8:00 PM	24-05-006	Church School Graduation	MC: all areas & Church
5/15/2024	8:00 AM	3:00 PM	24--05-010	School Day	Offsite
5/15/2024	7:00 PM	8:00 PM	24-05-011	Bible Study	Church
5/16/2024	8:00 AM	3:00 PM	24--05-010	School Day	Offsite
5/17/2024	12:00 PM	8:00 PM	24-05-003	Private Event	MC: all areas
5/17/2024	12:00 PM	12:00 PM	24-05-015	Noon Dismissal	School
5/18/2024	12:00 PM	11:30 PM	24-05-004	Private Event	MC: all areas
5/19/2024	9:00 AM	2:00 PM	24-05-009	Grace Foothills Service	Church
5/20/2024	9:00 AM	3:00 PM	24-05-012	Accounting	Church Library
5/22/2024	7:00 PM	8:00 PM	24-05-011	Bible Study	Church
5/25/2024	12:15 PM	3:15 PM	24-05-008	Fellowship Lunch	MC: all areas
5/25/2024	All Day		24-05-016	Camp Meeting	Lake Junalusia
5/26/2024	9:00 AM	2:00 PM	24-05-009	Grace Foothills Service	Church
5/26/2024	All Day		24-05-016	Camp Meeting	Lake Junalusia
5/27/2024	9:00 AM	3:00 PM	24-05-012	Accounting	Church Library
5/27/2024	All Day		24-05-016	Camp Meeting	Lake Junalusia
5/27/2024	All Day		24-05-017	Church Office Closed	Church Office
5/28/2024	All Day		24-05-016	Camp Meeting	Lake Junalusia
5/28/2024	All Day		24-05-017	Church Office Closed	Church Office
5/29/2024	All Day		24-05-016	Camp Meeting	Lake Junalusia
5/29/2024	All Day		24-05-017	Church Office Closed	Church Office
5/30/2024	All Day		24-05-016	Camp Meeting	Lake Junalusia
5/30/2024	All Day		24-05-017	Church Office Closed	Church Office
5/31/2024	All Day		24-05-016	Camp Meeting	Lake Junalusia
5/31/2024	All Day		24-05-017	Church Office Closed	Church Office

**SASSY  
(Spunky Adventist Seniors Serving You)**

SASSY: All are invited to join in an afternoon of table games on Sunday, May 5 from 4-6 p.m. A game table of Dominoes and Rummikub are always looking for challengers! A box of additional games are available plus you may bring your own. Please bring a snack food to share. Popcorn and drink provided.



March Birthdays

- 2 Lancelot King  
Debbie Owens
- 14 Keith Amoroso
- 15 Delilah Queen  
Jonathan Rowe
- 19 Tabby Heyer
- 22 Brenda Hornbeck  
Connie Davenport
- 23 Gage Hines
- 25 Carolee Rhymer
- 28 Bethany Grant  
Brielle Grant  
Steven Milks
- 29 Paul Witt, Sr.



School Spring Concert



You may have your advertising here by sending email to [lornanewsinfo@gmail.com](mailto: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.**

**30 DAYS TO BETTER HEALTH**  
with David DeRose, MD, MPH  
**POWERFUL NATURAL HELP FOR DIABETES AND HIGH BLOOD PRESSURE**

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

[www.timelesshelingsinsights.org/30days/tryon](http://www.timelesshelingsinsights.org/30days/tryon)

**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.





## Lorna Rae Dever

Lorna was born in Dallas, Texas. Shortly after her dad graduated from “Southern Missionary College” her parents moved to Ohio (Zanesville and then Cleveland). Ohio didn’t fit well with her parents, her mother used to warmer weather being raised in the Orient and her father finding Florida too hot so they settled for Tennessee as a mid-way compromise. At age 4, Lorna with her family were transplanted to Tennessee. She called that home until she moved to Columbus, North Carolina in 1994. Her parents were teachers and thus they moved around to a few different places: Augusta GA then Cleveland and Dunlap, Tennessee. As an adult, Lorna has lived in Warner Robins, Georgia, Knoxville and Frog Level, Tennessee, Makwasa, Malawi, as well as other locations.

Lorna is a third generation Adventist on her dad’s side and a seventh generation on her mom’s side of the family. A little twist of family lore: her grandfather was Fordyce Detamore who was the first voice heard as the Voice of Prophecy went from coast to coast. Lorna had a great aunt who had married an Adventist and invited her sister and sister-in-law to listen to a radio broadcast from California. When those first words, “Hello, America!” beamed over the radio waves, her dad (a teen), was sitting in his farmhouse in Ohio. At the conclusion of the broadcast when a correspondence course was offered, Lorna’s dad, his mom, and aunt signed up for the course. Later her dad would marry the daughter of Fordyce Detamore who started the Voice of Prophecy Bible School and had written those lessons. He always proudly showed his diploma which had been hand signed by Fordyce.

Lorna started school in a one-room school with her dad as her teacher in McMinnville, Tennessee. When her mom decided to go back to teaching (now that all of the girls were old enough to attend school), they moved to Augusta, Georgiawhere Lorna attended sixth through eighth grade – her being the only student whom her dad had taught all eight grades. Having first visited Laurelbrook School on the mountain above Dayton, Tennessee when she was seven, she always said that would be her academy and sure enough, she attended there for her academy years. From Laurelbrook, she followed onto college at “Southern Missionary College” where she earned her bachelors in Elementary Education. Laurelbrook’s motto is “Learning through Doing” which she adopted as well, giving her many avenues of “education outside the classroom.” She also is a Certified Nursing Assistant in geriatric care, but she has taught school, done typesetting, medical transcription, medical billing, and various entrepreneurial activities.

When asked how she found her way to this area, Lorna shared that she was offered the job of Supervisor-in-Charge at Ridge Rest in Columbus. Ron Herman’s family had been friends of her family since her mother was in Char’s (Ron’s mom) dorm in academy when her mother came to the States in academy. Ron’s sister, Jeanne, had also been close friends with Lorna at Southern.

Since her parents were teachers, they received a sabbatical every five years; they staggered them so about every two to three years they traveled North America from sea to shining sea. She’s been as far south as Montemorelos, Mexico and as far north as Yellowknife, Northwest Territories, or Fairbanks, Alaska, or St. John’s, Newfoundland, whichever is the northernmost! All have had unique and fun experiences but her most memorable would be their Alaskan trip in the summer of 1973. The experiences, miracles, and fun times of that trip are too long for this newsletter.

Lorna has a unique hobby; she collects Bibles. She also loves anything to do with the beach, especially shells and lighthouses. She is an amateur radio operator and she hopes to get her radio and antennas set up again soon so she can start chasing lighthouses and special events. When it comes to music, she likes religious and old folk songs. As far as food goes, she likes potato salad and mortebac (an Indonesian dish).

Lorna was baptized at age 11 by her “Grampie,” but she really turned her life totally over to Jesus after her senior year of academy. That summer she worked at Laurelbrook for a few weeks. The cook’s daughter, Julie (who is Kelley Edney’s cousin) was a toddler at the time. Julie wanted to spend the night with Lorna in the dorm. As they went down the driveway of Julie’s folks, Julie’s hand in Lorna’s, her mom called after Julie to let her know if she became afraid Lorna would bring her home. In Julie’s lisp, she said “I not be ‘fraid; I wi Worna!” As Lorna laid in bed that night with those words ringing in her ears, she thought, “I’m not afraid because I’m with Jesus!” And that has carried her through many miles and dark nights. Jesus is real to Lorna and Del Delker’s song rings in her ears often, “The love of God is greater far than any tongue or pen can tell...”

A typical day for Lorna is she wakes up, has prayer time, gets ready to face a new day with Jesus, parking lot patrol for the school, Share Thy Bread and Thrift Store duties, evening with family, and an attempt to be in bed by 9 p.m. At least one day a week she attempts to spend some special time with Ms. Burkett’s classroom where her “adopted” grandson is a student. Although her family has a barnyard full of pets, the ones she claims as her personal ones are a Border Collie-Swiss Mountain Dog mix (Precious) which she has had for nine years; along with five cockatiels and two parakeets. The only thing on her bucket list is driving a Bobcat! She’s been an avid driver of most anything since 11, but has not had a chance to drive a Bobcat. There’s nothing else on her list except a hankering to go to Heaven.

Lorna’s grandmother was her dearest friend. As she told Lorna good-bye when they were getting ready to go back to Laurelbrook at the end of Christmas vacation her senior year, they knew it was going to be their last family reunion with “Grammie.” Her last words to Lorna were, “I’ll see you soon.” Less than two weeks later she was laid to rest awaiting Jesus’ sweet voice. Fifty plus years of pain, sorrow,

Continued on Page 5

## Getting to Know You

Continued from Page 4

struggles, and joys have filled Lorna's life, but those parting words are what propels her to get out of bed and put another foot forward to hasten Jesus' return. She longs to go home and has a passion to tell others so they too are ready for Jesus' soon return. Her favorite Bible verse is Revelation 7:17, "For the Lamb which is in the midst of the throne shall feed them, and shall lead them unto living fountains of waters: and God shall wipe away all tears from their eyes."



## 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 Rene and Bud Jackson for coordinating our April 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.

**May 11 and 25:** The hostess and host for the second and fourth Sabbath fellowship lunches will be Wendy and Marty Logue. 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 May people with birthdays!!!

### Did you know?

All of the trash bags are kept under the handwashing sink. That is the sink which is next to the ice maker.

If you find a dirty hot pad please put it in the dirty linen basket in the big storage room so it can be washed.

The church will provide disposable white tablecloths for all of the tables. If you would like colored tablecloths please buy the colors you would like and submit the receipt with notation of "kitchen supplies" to Deb Owens for reimbursement of the cost. We want you to have exactly what you want for your table decorations. Thank you!

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.



School Spring Concert

## Congratulations, Graduates!

Tuesday, May 14 at 6:00 p.m.

### Kindergarten & Eighth Grade Graduation

Join us for a reception afterward in the Morgan Center

#### **Eighth Graders:**

Grant John Cashmir  
Anders Jackson Gore  
Zina Prashant Ishwar  
Ethan McCray Owens  
Victoria Elizabeth Wolff

#### **Kindergarten:**

Luna Baughman  
Sophia Cwiklinski  
Arzy Ishwar  
Ralph Riess

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#### **Other Graduates:**

Mills River SDA Church, May 15, 7 p.m.  
Amy Violet Ford

Hendersonville SDA Church, May 16, 7 p.m.  
Captain Gilmer Christian School  
Leah Faith Rowe

Home Life Academy, May 17  
Emma Isabell Zjaci

Mount Pisgah Academy, May 19  
Jonathan Michael Wolff

Andrews University, May 5  
Bethany Dawn Grant

Southern Adventist University, May 5  
Brielle Denise Grant



## Living Foods Revolution

Bev Cook

In our frenzy to experience it all, get it all done, manage our universe, and not let a moment escape us, we're missing out on one of our body's most important needs – a good night's sleep. "We're shifting to a twenty-four-hour-a-day, seven-day-a-week society, and as a result we're increasingly not sleeping like we used to. We're really only now starting to understand how that is affecting our weight and our health, and it appears to be significant."

A whopping one-third of our population sleeps only six and a half hours or less nightly – far less than the eight hours that many sleep specialists recommend. Dr. Will Wilkoff (author of *Is My Child Overtired?*) says that the number of overtired patients that he sees has soared in the last 25 years since he has been in practice because families are trying "to squeeze 26 hours of living into a 24-hour day."

Research is showing that there is a correlation between the lack of sleep so many Americans are experiencing and the weight gain that is plaguing our nation. Columbia University studied the sleep habits of 3,682 people and found that those who got by on less than four hours of sleep a night were 73% more likely to be obese than those who slept seven to nine hours nightly. Those catching a moderate six hours of sleep a night were 23% more likely to be obese. Other studies report that reducing sleep to six and half hours or less for successive nights causes potentially harmful metabolic, hormonal, and immune changes that can lead to illnesses and diseases such as cancer, diabetes, obesity, and heart disease.

There are hormones that make you hungry and hormones that control your appetite and research shows that they are significantly influenced by how much sleep you get. Sleeping in a few extra minutes has its advantages. If you increase your sleep by just 30 minutes per night, your chances of losing weight go up exponentially.

If you've thought sleeping was a waste of time, you don't need to feel guilty about sleeping ever again.





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

As I write this, Mom and I have just returned from a training in Asheville and we will be attending again tomorrow. April 25-26 was a training for HSOs (health service organizations) for the Healthy Opportunities Pilot (HOP). Share Thy Bread is a food HSO – meaning we provide people with healthy food boxes and fruit and vegetable “prescriptions,” just like a doctor provides services to their patients.

My training today had to do with resilience. You know how it is. You work and work until you get burned out and no one seems to appreciate it. We learned some good tips like how to focus on our senses (what we can smell or feel, for instance) as a way to calm down in stressful situations. However, the best news for us is that God does see, He appreciates the little gifts of service we give Him, and He gives us strength. Remember, “The eyes of the Lord are on the righteous, and His ears are attentive to their cry” (Psalm 34:15).

Mom participated in something called the Cost of Poverty Experience. We’d love to do this at our church sometime – it’s a really powerful training. You role play a month in the life of someone experiencing poverty. We’ve done something like this before and it really gives you a different perspective on what people are going through. It helps me understand why Jesus had to come here and not just die for us, but actually live a whole life here for us. “For you know the grace of our Lord Jesus, the Messiah. Although he was rich, for your sakes he became poor, so that you, through his poverty, might become rich” (2 Corinthians 8:9).

Please continue to pray for the ministries in our church as we try to meet people’s needs and show them Jesus. And whether God lays it on your heart to help with Share Thy Bread or the thrift store or with some other ministry, I hope you will “do it heartily, as to the Lord and not to men, knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ” (Colossians 3:23-24).

*May 6 we celebrate  
10 years  
serving our community!*

The concrete is poured and curing for the new dumpster site.



Every Wednesday or Thursday we must carefully load 40 sets of three boxes into the STB van to store until the next Monday HOP box set up day. With the new building we will have ample space to accommodate this storage demand.



Every Monday begins again our HOP set up in the gym. Each row of boxes represent a family in need of food. The empty tables are filled with non-perishable and perishable foods by 11 a.m. each Monday then placed in the boxes. All boxes are delivered on Tuesday. If it rains or is too cold, we must adjust our set up area so the school has access to the gym – another major reason we so desperately need our own facility. A gofundme.com account has been set up for STB to collect donations for our new 2,100 square foot building. Thank you in advance for anything you are willing to do to help us reach our goal.



**From the Desk  
of the Church Secretary**  
Marty Logue

I was recently reading about being a minister, and the article reminded me that his job is not as easy as it may seem. Being a pastor is listed as one of the four most difficult professions in the United States because, a pastor must be: Preacher, Husband, Family man, Counselor, Minister, Visionary, Mentor, Friend, Marriage counselor, Youth counselor, Leadership trainer, Bible teacher, Evangelist, and most importantly cleaning staff.

Every pastor constantly confronts reviews like: The pastor does not visit me, his sermons do not work for me, he does not preach enough about a specific topic, he preaches too much about a specific topic, the sermons are too long (somehow, they never seem to be too short), he needs to be the one speaking most of the time. The list of things we know he could do better goes on and on.

Do we value the time a pastor puts into his work and time his family is without him?

We joke that we all know he only works on Sabbath morning, but we do not see the number of evenings he spends at the church in meetings, the visits that he makes during the day, the trips to the hospital to visit those who are sick, the days he teaches at the school, the time he spends with our children leading worship at school, the prayers he prays for everyone, the burden he voluntarily carries for his church family, and the work he does to support the Carolina conference. My point, he works the day shift, the evening shift and sometimes the night shift and often his wife is working right beside him.

The Bible shares, “And I will give you pastors according to mine heart, which shall feed you with knowledge and understanding” (Jeremiah 3:15).

Let us today practice having the “Fruit of the Spirit” for our pastor and his family. “But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law” (Galatians 5:22-23).

In the coming months, I will be writing on each of the nine different fruits listed. For now, let us just start with having some love for each other. When we see each other throughout the week let’s share some kindness.



**Trilliums**

Don’t you love native wildflowers? There are so many this time of year. One of my favorites is the dwarf crested iris -- it’s only 6-8 inches high but such a beautiful blue color.

Another favorite is the trillium, so called for the three leaves at the top of the stem. The flower often hangs down below the leaves and can be missed if you don’t know to look for it. There are almost 40 varieties of trillium in North America alone.

One variety may be recognizable -- it is often called the wake robin. It’s a large trillium with beautiful dark red blooms very common in the Appalachian mountains. Other varieties have pale pink, or white, or even yellow flowers.

Most of these flowers are small, like my dwarf iris, so be careful when walking in the woods, especially where there is a lot of undergrowth. You may just find one of these special spring flowers.



Baby Dedication



Bell ringers from five churches performed in our first local Bell Festival.



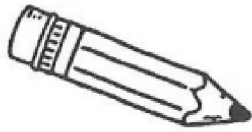
# CHILDREN'S CORNER

Ages 3-6

1 ————— 7

Jesus'  
helpers  
went  
to  
work  
in  
the  
world

Connect the dots



3 •

2 •

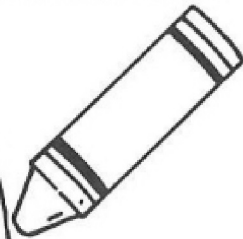
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• 5

4 •



Color the Earth

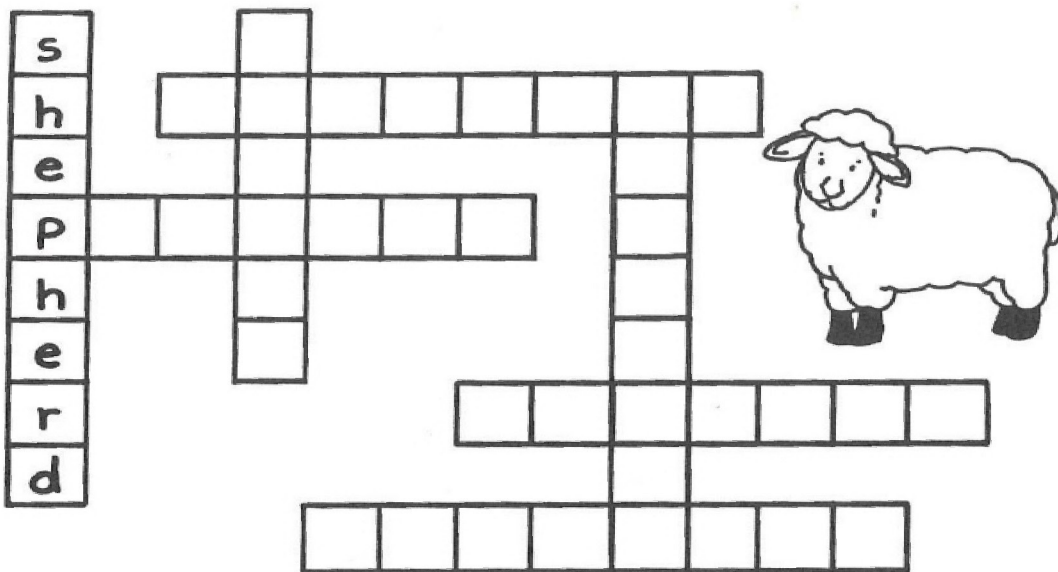


# CHILDREN'S CORNER

Ages 7-12

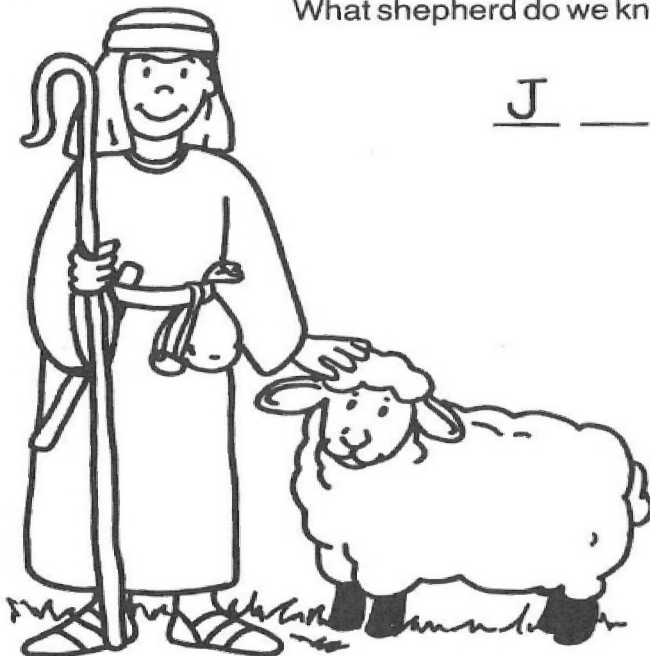
A shepherd is very important. A shepherd is never "off-duty." Fit these words that describe a shepherd into the boxes in the puzzle.

patient      watchful      caring      unafraid      leading      guarding



What shepherd do we know who has all these things?

J \_ \_ \_ \_



A shepherd in Judea needed certain equipment. Match the object in the picture with its description.

- Staff - short stick carried on belt for weapon
- Rod - long and hooked to pull back straying sheep
- Scrip - bag made of animal skin to carry food in
- Sling - for protection and to warn sheep not to stray