

# Health & Healing

By Carin & Ron Lynch

Directors of LIGHT Lay Institute for  
Global Health Training



Friday June 7, Sabbath June 8,  
Sunday June 9

**Friday: 6:30pm** "Introduction to Health Evangelism and  
Medical Missionary Work"

**Sabbath: 10am** Sabbath School Lesson "Principles of  
Health and Healing"  
(No Adult Sabbath Schools)

**11:15am** "Brookings Seventh-day Adventist  
Church Center of Influence"

**12:30pm** Fellowship Luncheon

**2pm** Principles of Massage and Hydrotherapy

**4pm** Nature's First Aid Kit-Natural Remedies and  
Charcoal

**Sunday: 3pm Plant Based Whole Food**

Location

**Brookings Seventh-day Adventist Church**

102 Park Ave, Brookings, OR 97415

Pre-Register for Cooking Class 541-499-2323

Free Admission

## From the Pastor's Desk.....

"He went from year to year on a circuit to Bethel, Gilgal, and Mizpah" (1 Samuel 7.15). This describes the circuit ministry of Samuel. It appears that pastors have had responsibility for multiple locations even from Bible times.

The new combination of Brookings, Cave Junction, and Gold Beach will require a new pastoral pulpit schedule. As of June, the pastor's preaching schedule will be:

1st Sabbath, Gold Beach  
2nd Sabbath, Brookings  
3rd Sabbath, Cave Junction  
4th Sabbath, Brookings

Pastor will not be available on 5th Sabbaths.  
Having churches yoked together will require us to work as a team with all hands on deck. As we serve side by side God will bless our efforts.

## Hilda's Stuffed Bell Peppers

Submitted by Ceri Claridge

4 bell peppers (bottoms/tops cut)	2 Tb brown sugar
1/2 medium onion - diced	1 Qt tomatoes-drained
2 plant based burger patties	1 Tb imitation beef broth
1 1/2 c brown rice—cooked	1 Tb imitation chicken broth
Plant based parmesan—optional	1/4c—1/3c ketchup



Combine cooked rice and sauté the last five ingredients

Stuff peppers with the rice mixture. Place in a shallow casserole baking dish. Spoon more rice mixture around the outside of the stuffed peppers. Sprinkle with plant based parmesan. Bake 350 degrees F for 45 minutes.

POT LUCK FAVORITES

## Applying the 10 Commandments

A church school teacher was discussing the Ten Commandments with her five and six year olds. After explaining the commandment to 'Honor thy father and thy mother,' she asked, 'Is there a commandment that teaches us how to treat our brothers and sisters?'  
Without missing a beat, one little boy answered, 'Thou shall not kill.'

## Pulpit Schedule

June 1 Allyson Cramm

June 8 Carin Lynch

June 15 Douglas H Cross

June 22 Bob Biegel

June 29 Dwight Winslow

## June Sunset Times

Friday May 31, 8:47 pm

Sabbath June 1, 8:48 pm

Friday June 7, 8:52 pm

Sabbath June 8, 8:53 pm

Friday June 14, 8:56 pm

Sabbath June 15, 8:56 pm

Friday June 21, 8:58 pm

Sabbath June 22, 8:58 pm

Friday June 28, 8:58 pm

Sabbath June 29, 8:58 pm

## What's Up..

- ⇒ **We would like to get everyone's picture** and utilize the new tv screen in the church foyer to display pictures paired with names. This will be beneficial as we can all get better at greeting each other. Please send a picture of yourself by email to [tdclaridge@yahoo.com](mailto:tdclaridge@yahoo.com) or by text to 541-661-7470. Another option is to give a printed photo to Ted Claridge as he will put this all together.
- ⇒ **Oregon Conference** is sponsoring a one-day campmeeting on Sabbath, July 20, at Milo Adventist Academy. Ty Gibson is main speaker, also Elizabeth Talbot. Bring your own food if you plan to attend.
- ⇒ Matching Funds?
- ⇒ **Thank you for everyone** who helped out with the Azalea Festival. We met a lot of people and handed out a lot of literature.



### Fellowship Meal

**Luncheon, June 8 -Food provided**  
**Potluck June 22 -Bring a dish to share**

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In May, The Children's Sabbath School got to celebrate Beach Day as a reward for memorizing their Bible memory verses. They enjoyed playing games, making ribbon crafts and a scavenger hunt. They all had a wonderful time at the beach.

## Brookings Seventh-day Adventist Church



### June 2024 Newsletter

**10am Adult Sabbath School in Room 1 & 3**  
**10am Children/Youth Sabbath School**  
**11:15am Worship Service**

**102 Park Avenue, Brookings, OR**