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May Highlights

Look what's happening

Mother's Day

May 12th

The Joy of the Lord is Our Strength!

May 16th, 2019

Image Point's Fundraiser
The Seasons Performance Hall
Featuring comedian Mike Williams!
Please join us for this very special night.
See the details on page 2!

Memorial Day

May 27th

Please send us your event listing on our contact page at www.goodnewsyakima.com.

National Day Prayer

May 2nd, 2019, 1:00 pm - 2:00 pm

Harmon Center Event
See page 15 for details.

Love, INC Banquet Fundraiser

May 2nd, 2019

At the West Valley Church
Doors open at 5:30 pm
Dinner at 6:00 pm

Harrah Community Christian School

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Shop for a Cause

May 9th-11th, 2019

10:00 am - 4:00 pm
Sunrise Room
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See page 23 for details



Incredulous Honors, Rocky Outcomes

By: L. Stream

In 1918 President Woodrow Wilson proclaimed Katmai National Monument in Alaska comprising one million acres. Katmai was later enlarged to nearly 2.8 million acres and at one time was the largest National Park in the U.S.

Woodrow Wilson also started a love affair of the Albanian people toward the United States and its Presidents when he stood up to the victorious nations of Europe after World War 1 for the small country of Albania. President Wilson insisted that Albanian borders be preserved because they were one of the oldest peoples of Europe. The country would have been carved up into surrounding nations had it not been for President Wilson's actions and the Albanians have never forgotten what he did for them. The U.S. intervened in defense of Albania again after WW11 and again in 1991 and 1999 during ethnic cleansing uprisings. The Albanian people learned that their security lay



At the lower monument.

not with the states of Europe but with the United States of America.

I have an Albanian friend (Din) who lives in Sky Valley California and he did an amazing thing. Din came to the United States as a 17 year old boy during the ethnic cleaning period in the 1980's. He first had to hike across his country and thru surrounding European countries and eventually got passage on a ship to the U.S. Din was so grateful to be in a country that had so much food and freedom to do as he pleased that he overlooks much of the frustrating things we worry about.

So it was no surprise that he wanted to do something to show his own gratitude of

Woodrow Wilson by building a monument to him. The amazing thing is he built not one but two monuments on the mountain directly north of where he lives. Now Din is a strong man and determined so he packed water, cement and tools a mile straight up a steep hill to the site of the first monument and later 2 ½ miles up to the site of the second monument. These monuments are built of rock from the surrounding area and cemented together. It was a tedious task of everyday work to pack up the cement and water then mixing and cementing rock to form the tower but he persisted until they were finished. His first monument towers about 15 feet high and the second

one maybe 20 feet tall. It took him several years to build them working on his days off as a cook in an upscale restaurant. He keeps a ledger at each site for people to sign and make comments all of which are very positive. It's been several years since he built them but poor Din never checked to see whose property they were on. To him it was open space and a great place to build monuments. One day a couple years ago a Park Ranger from Joshua Tree National Park showed up at Din's door and asked if he had put up the monument. He readily admitted he had and why he had done it but that netted him a day in court before a Federal Judge one hundred miles away. Din explained to the Judge why he built the monument and the Judge was sympathetic and commended him for his dedication in honoring our nation and President Wilson but none the less had to fine him \$13,000 for erecting a structure on Federal Land without permission to do so. Din has taken this better than most people and wants to do the right thing even though it cost him dearly. It reminds me of the different monuments that were built in ancient biblical times. Some were honorable and some were not. What about monuments you build? Our monuments can take many forms of which some are family, possessions, work, hobbies etc. and point to the things we honor the most. The question is "Who are you honoring and with what outcome?" Something to think about!

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Kristen; A Story of Transformation

By D. Golladay

Imagine that you go to your church on any given Sunday and sit in your usual seat; greeting others as you wait for worship to start. Kristen comes in and sits quietly by you and returns your greeting with warmth. Later, as the offering is being received, you notice that Kristen passes it on every week, without ever putting anything in it. “H-m-m-m?” You wonder, and then you don’t give it another thought.

But what about Kristen and others like her? What’s her story? It’s a story of transformation! Kristen Lawrence recently sat down with me to share her journey with Love In the Name of Christ

(Love INC); specifically, the TEAM program (Training, Equipping And Mentoring).

Kristen is a single mom; mother of son Hunter who is seventeen and enrolled in “Running Start” at Yakima Community College. While living on an extremely limited budget, she was not able to make ends meet; nor was she able to apply for jobs, due to a debilitating physical condition. Belonging to a loving church (WestSide Church) was always important to her; yet, Kristen often felt “less than.” She was quick to say that no one at the church made her feel that way. Instead, she was not able to see her potential and labeled

herself unequal with the rest of the church population. Her emotions were as deplete as her bank account.

Kristen was blessed by the church’s benevolent fund. She was always received with



Kristen with her certificate of completion.

respect, love and compassion. On one particular occasion, the pastor told her about Love INC’s TEAM program. She stored it in the back of her mind; equating Love INC with an earlier volunteer opportunity in which she and her parents volunteered to paint a client’s home. Unaware of how Love INC had grown into the current transformational program, she thought, “I don’t need my house painted. What is the pastor thinking? How can Love INC help me?” As God would have it, He put another person in her midst, Larena Mills, the Coordinator of the TEAM program! No coincidence there; simply God

directing Kristen’s path.

Kristen signed up for the program and knew instantly when she attended the orientation class, that this was a great “fit.” Kristen learned the “how” of financial management. After the first initial weeks, she was assigned to Julie, her mentor. Again, God provided the perfect person to walk through the next year with her. Kristen describes Julie as a “godsend.” After the first hour with Julie, Kristen participated in a second hour of life skill classes. In “Affirming Potential,” she learned who she was in God’s sight and allowed herself to dream of the future. She learned to set boundaries in the Boundaries class.

Other classes gave her more insight into who she was. The contrast between the before and after, is very telling. Once without hope, low self-esteem, times of depression, Kristen now describes herself as someone who “dwells on the positive and is moving forward,” and has discovered her personal strengths.

I found it very telling that Kristen’s income has not increased! While most of us would think she could only overcome her needs with more income, she learned to control her spending and rely on God to provide. He led her to enroll in college and is currently studying medical billing and

coding. “It’s my kind of thing,” she cheerfully remarked. She will be able to work from home, which will accommodate her physical limitations. Plus she was able to pass on what she learned to Hunter and is understandably pleased that he has a new respect for her.

Now when Kristen goes to church, she is able to tithe regularly. She no longer slips out the side door after service, but eagerly enters the lobby to greet her church family. Now, when she sees someone in need, she views them differently. She knows that God will bring them through their trials, if cry out to Him and receive His help.

If you would like an opportunity to be a part of the Love INC ministry, whether serving in the “behind the scenes” or ministering to our clients, please contact our office. (509) 453-2942. You will be blessed to know you blessed God in His transforming work, as well as being transformed yourself.



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Finding God's Will on State Highway 1

By C. Winter

In my high school years I gradually developed a yearning to go on to college and become a Forest Ranger. Even in my teens, I had developed an appreciation for the mountains and a desire to help protect those majestic forests.

After high school, I was enrolled in a two year course in pre-forestry at San Bernardino Valley College. My home was in Banning, California and "San Berdoo" wasn't that far away. I had already collected quite an assortment of plants and flowers that had been

identified, dried and stored.

I completed the two year course and would soon graduate with an AA degree. One of my professors would be teaching summer sessions at the School of Forestry at Oregon State and he helped me with my pre-enrollment at Oregon

State.

Combining my interest in botany and bike riding, I chose to travel by Schwinn bike the some 1,200 miles from my home in Banning, California to Oregon State. My route would take me up California State Highway 1 which closely following the Pacific Coast and I would sleep in a sleeping bag and carry my essentials with me.

The trip was filled with stops to photograph and identify flowers and plants that I passed. The route, though not the most direct, would be nonstop scenic. I had arranged with my Dad to periodically send me General Delivery letters to stops along the way with of course news from home and a small amount of cash.

As I traveled along God's lovely coastline I would



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rehearse in my mind this calling I had to be a forest ranger and help save trees. That was paramount in my thinking, but God had something else in mind.

When I approached the San Francisco Bay Area I contacted a high school friend in San Mateo and he picked me up with his pickup and took me safety north, over the Golden Gate Bridge, to Petaluma.

Somewhere after that stop I began to be aware of a slight discomfort in my left knee. I had a fleeting memory of injuring that knee playing basketball, but that was a long time ago. But as the miles slipped by the discomfort became, a nagging pain as I pedaled. The closer I got to the Oregon line there was no denying something was going on in that knee. The pain became more sharp.

Something else began to get my attention: God's Holy Spirit prompting me with a challenge. Yes, it was important to see trees saved, but it was eternally far more important to see souls saved. I was being called in a different direction, not one of my own choosing.

A few miles from the Oregon line I stopped at a small town post office to pick up Dad's next letter. There was a letter all right, but not from my Dad, rather from his doctor. He told me that Dad needed serious surgery and I should come home as fast as I could. Was it a chance occurrence that the knee hurting and God's call arrived when they did? I think not.

What to do. I didn't have money even for a bus ride. I turned around and headed inland to the main north south inland highway, Highway 5. Riding the bike became



a chore as every turn of the wheel reminded me of that knee. I made it to a tuck stop. Going inside I asked the several truckers there if I could hitch a ride with my bike. All said no.

Dejected I started south holding far to the side of the busy highway. Oh that knee was objecting. I tried pedaling more with the right leg but that was soon too much. A few miles along I heard a big rig coming up behind me and pressed even father onto the

berm. The semi passed me and then the driver began to downshift. He pulled over to the side of the road and called out the passenger window. "Get your bike in back and come up here. I'll give you a ride."

That was surely the Lord's doing. He took me all the way to the top of Cajon Pass and from there it was pretty much downhill to San Bernardino, where my former landlady was more than glad to give me a ride home.

Dad had his surgery and I

worked the rest of the summer. But where to go now to continue my "calling to serve" education? My home church offered me a \$75.00 scholarship to attend Grace College/Seminary in Indiana. That was another nudge from the Lord.

These years later I find the continuing truthfulness of a Scripture verse the Lord impressed upon me - I Thessalonians 5:24. *Faithful is he that calleth you, who also will do it.* Beloved, you can count on it.

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Not-so-Perfect Christians

How many times do you hear someone say “Well if that’s how Christians act, I don’t want to be one?” Or how about, “That person is out drinking on Saturday, in church on Sunday and cussing on Monday morning.” Or have you heard, “And so-and-so is getting divorced again!” In some circles, especially for the church circles, being divorced is like wearing a big “D” on your forehead. Surely, those goody-too-shoes look at you and wonder what a terrible person you must be!

Perhaps a little humbleness of what a true Christian’s face looks like. The Bible, for all those people who haven’t cracked the spine open, is full of the wisdom that relates to real people. For the woman at the well that carried Jesus message to the good people of Samaria wasn’t the lady who had been married for 77 years to the perfect husband. It was the woman who had been

divorced multiple times and was living with her lover. She was the bearer of the ‘good news.’ She was the one who Jesus met in His weariness.

Thankfully for us who can never be perfect, even while we seek the direction of the Father, we have a living hope in the Kingdom and what the Promise is. He promises to anyone – that means you and me, that if you seek Him first with all your heart; He will give the gift of eternal life. That is what we all have faith in. He will take you in your brokenness and make you new. In asking for forgiveness, the slate is wiped clean. This is what sets “Christian”



apart from any other ‘faith’ in the world. In a nut-shell, it’s those who have faith in the real meaning of what it’s really all about: Love.

Christianity is not just for the perfect record keepers, the

perfect married, the perfect givers, the perfect saints. Even if some of those people make you feel like it is. When a friend reminds you about those so-called Christians that did such-and-such, just smile. Remember, to say we serve an interesting God who gives many chances; He happens to love a hard-luck story and he somehow turns bad things that happen into amazing examples of His power of restoration.

For the not so perfect Christian and others who have a record that is bruised and dusty, you can now have a fruitful, unconditional relationship with the One and Only. He will meet all your needs. How amazing is His grace! That is what being a Christian is all about.

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Desiderata

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and every- where life is full of heroism.

Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be.

And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

Written by Max Ehrmann in 1927



In 1956, the Reverend Frederick Kates included Desiderata in a compilation of devotional materials for his congregation. The compilation included the church's foundation date "Old Saint Paul's Church, Baltimore 1692". Since then, the text's authorship was (and still is) mistaken as 1692, the year of the church's foundation. However, the wisdom of what springs forth from Proverbs, Psalms and other parts of the Bible, are in a gentle, everyday perspective on life that is still true almost 90 years after it was written. For those searching for faith, it may be a starting point... on living the 'good' life.

Desiderata, Latin meaning, Desired Things. Max Ehrmann's writings that certainly focus on God as a central part of our lives are compiled in his book entitled *A Desiderata of Faith, A Collection of Religious Poems*. It was published by Crown Publishing Company. Desiderata is now available in many formats written for cat, dog and horse lovers in a gift book style.

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Understanding Organic Gardening Methods

By D Jameson

Your supermarket likely has a very distinctive and attractive produce section labeled,

“Organic grown”. What does this mean? One might answer, “without fertilizers and chemicals,” another might say, “no sprays are applied,” or “it is safer”. Does this title on a box display move your hand to reach and select? Is Organic food a new concept or just a marketing title relating to production techniques well known in a past era of farming? Well let’s answer a few of these questions and see what practices might fit your gardening plans this summer.

Organic production has developed in the last 40 years to where there are certification rules to follow to claim this description. These are set by Federal and State agencies and certification can be verified on the farm by different inspection entities. Generally, only inputs can be used that are naturally occurring, or are derived from natural

plants or organisms. This then precludes fertilizers made by synthesis processes as urea or ammonium sulfate, or certain phosphates or potassium products produced by reactive



chemistry. Similarly, herbicides or insecticides created by “chemistry” would be excluded. But what is important to realize, is that, various types of approved fertilizers amendments, or naturally extracted plant protection products are still used and sprayed on to achieve the crop quality which the consumer demands. The term

“safe” can never be an absolute. The real question in “food safety” is really one of minimized exposure to any adverse chemical or environmental factor. Hence, in these debates,

it is well to keep in mind, risk is a function of the chemical concentration and the duration or quantity of exposure, and with an appreciation to the benefits. Thus we, think little of a quick x-ray to make a key diagnosis for our greater good. So, with philosophy aside, let’s dig in. How can the gardener plan to grow “organically”?

As I view it there are two phases to organic production. The first is soil preparation for planting, using qualified nutrient amendments, employing cover crops (usually a season before planting) and selecting cultural practices (as weed control by hoeing or use of weed barrier etc.). Deciding if to rotovate or use minimum tillage is a part of this phase. Of course, here too, preparing for weed control would exclude any synthesized herbicides. The goal in this phase is a fertile, nutrient balanced and biologically healthy soil. The

second phase of preparing for organic production is planning which protection methods and products will be used for pest control or to reduce insect feeding or foliage or crop disease infections? Both topics are obviously very wide or extensive, hence we will save the second for a later day.

A healthy soil can be promoted by additions of green manure in the early spring, from a planting the previous August of rye or a legume as hairy vetch to build up nitrogen. In April the vegetation can be mulch mowed and rotovated in a couple weeks before intended planting.

In the absence of planning for a green manure, a quality compost of your own pile or purchased can be applied at rates recommended by the supplier, or adjusted to soil test. Since compost is usually under 2-3 percent nitrogen, a supplement will be needed for non-legume vegetables of higher N demand. Dealers of Organic supplies carry products of 4-15 % N which can be used to supplement the requirements. These may be derived from; fish, guano, bloodmeal, feather-meal or other extracted plant proteins. Most are dry or granular, but some supply companies carry liquid preparations. Organic qualified lime or gypsum product is fairly easy to obtain, as these do exist as natural deposits which have been mined.

After soil and seedbed prep, time the plantings to frost-free dates, and soil temperatures.



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Share Prayer

-  Please pray for Betty in Sunnyside –B.
-  Please pray for my mom. –D.
-  Please pray our house will sell. –Anon.
-  Please pray for my aunt. –Anon.

Prayers for the 5000

By V. Braten

There are a lot of prayer requests for those in pain and those needing healing, whether physical or spiritual. We get requests for unspoken prayer requests, where there is a need but they aren't wanting to share the exact nature of the prayer. The Bible says, "Then they prayed, "Lord, you know the hearts of all people." Acts 1:24a (ISV)

We can still pray for these unspoken prayers knowing that God knows their needs and he hears our prayers.

"Because you have so little faith." He answered. "For truly I tell you, if you have faith the size of a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impos-

sible for you." Matt. 17:20 (Berean Study Bible) God does answer our prayers.

There is power in prayer and we have upwards of 5000 people that will read your

prayer through this magazine and join you in prayer.

Send in your prayers or, if you have an answer to a prayer that you would like to share please send it to our address

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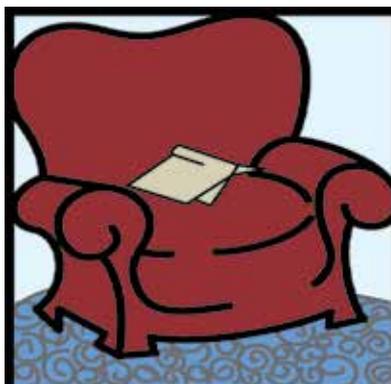
If you look at Vitamin D, you'll see God's amazing complexity and simplicity all in one. It was by divine design that the Lord felt it was good for us to get out in the light of day. In fact, in doing so we enjoy the most major natural source of this 'D'-lightful vitamin. Vitamin D helps the body absorb serious nutrients like calcium, iron, magnesium, phosphate, and zinc. As the body absorbs sunlight the body transforms it in the kidney and liver and subsequently helps maintain the necessary levels of these vital elements in the blood.

- * Vitamin D is easier to get from a short walk in the sun than from any other way. But for those who have darker skin tones, either genetically or from developing a deep tan, the amount of Vitamin D that passes through the skin is less than that of someone of paler skin.
- * Vitamin D toxicity is not a concern from the sun, although sunburn might be, so be careful.
- * When you review the daily suggested requirements for children and adults, those values are based on only consuming food sources

of Vitamin D and do not account for any time you expose your arms or legs to sunlight. There are not a lot of food sources of Vitamin D, but some foods are fortified. Cooking also can reduce the Vitamin D in the food. While Rickets was once a major health concern for deficiency of Vitamin D in children, there is now a rising deficiency among older adults who spend most of the day indoors. Even, office workers may suffer from deficiency after logging long hours at a desk job all week. From youngsters to the

elderly, Vitamin D deficiency is becoming common place and more doctors are checking levels as a routine part of annual checkups.

Vitamin D can protect against Osteoporosis, but there is growing evidence that Vitamin D may be tied to many health issues. God wove a very intricate nutritional balance when creating the human body and each piece is a part of a working puzzle. Evidently, He thought it would be a good idea to get out and enjoy the sunshine and your good health may depend on it!



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Mark your calendars and join us for a celebration of our freedom to pray, on May 2nd at 1:00pm at the Harmon Center in Yakima. Special guest speakers include Sheriff Bob Udell, Pastor and School Administrator Colleen Sheahan, former West Valley School Superintendent, Peter Ansingh and more. The staff from The Good Life Magazine will be on hand. We'll have a very special cross lapel pin that has an American flag motif on hand and we'll give all of those who attend a pin as a gift!

If you've never participated in an event, now is the time!



Sheriff Robert Udell

Sheriff Robert Udell has been with the Yakima County Sheriff's Office since 1990. He has performed a variety of functions within the agency, including patrol, detectives, D.A.R.E. Officer, and Off Road Vehicle deputy. He was appointed as Chief Civil Deputy in 2013, and as Chief Criminal Deputy in 2017 and elected to the Office of Sheriff in 2018. Sheriff Udell was born in Yakima County, and was raised on a family fruit ranch. He graduated from Washington State University and returned to the family farm to work with his father. He and his wife, Traci, raised four girls on the family farm. He and his family are currently members of the St. Timothy's Episcopal Church in Yakima.



Rev. Colleen L. Sheahan

Rev. Colleen L. Sheahan is Founder/ Administrator of West Chestnut Academy of Yakima. The private Christian school is now finishing its 17th year. Her undergraduate degrees are from Yakima Valley College (in collaboration with Heritage University) and Central Washington University. She completed the United Methodist Course of Study at St. Paul School of Theology, Kansas City, and earned her Master's Degree in Education from Indiana Wesleyan University. Colleen was presented the Violet Lumley Rau 2018 Outstanding Alumnus Award from Heritage University. She is married to Rev. Gary Starkey (retired United Methodist elder). They celebrate their 25th in June!



Dr. Peter Ansingh

Dr. Peter Ansingh is now retired after 35 years in public education; 32 years as a superintendent; 20 years at West Valley. He was born in the Netherlands and immigrated to the United States at the age of 4. He spent most of his childhood in Auburn. Peter earned a BA from PLU, a MST from U of Wyoming and an EdD from Seattle U. Peter's wife, Pam, is also public education; They have a blended family - 5 kids, 6 grandchildren with one more on the way. Pam and Peter stay busy keeping up their 2 acres and taking out their travel trailer to visit sites in the PNW. They are members at West Side Church and Peter serves as Chairperson of the Board for the Yakima Union Gospel Mission.

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What on earth am I here for?

It's one of those questions that people who are depressed can ask, and yet people who have a completely full and satisfying life can feel at times too. The Purpose Driven Life, by Pastor Rick Warren when it was originally released a dozen years ago, (as

the Purpose Driven Church), took the Christian church market by storm, in fact 32 million copies were sold. The numbers alone show that people are seeking purpose, not only in their church but as they navigate life's struggles while trying to find meaning.

Taking the best of that book and 'reimagining' it for a new generation with a new push for vision, Warren presents a biblical approach to honing in on one of the most perplexing questions to people who are searching for meaning. A reason for being. This time,

you can be united with a larger world- wide internet community where you can discuss your journey with others and get the kind of connection and support you might miss if you aren't part of a group within a church doing a study.

Warren leads the reader through a five point focus that says in a nutshell, the Christian life will have fullness when you include, worship, fellowship, discipleship, practicing real ministry and evangelism.

Rick Warren is a pastor of the eighth largest church in the United States, Saddleback Church, in Lake Forrest, California. But don't think Warren's grand life will give you a candy coated version, he knows first hand what it means to struggle in the face of pain. In 2013, his son committed suicide after struggling with mental illness.

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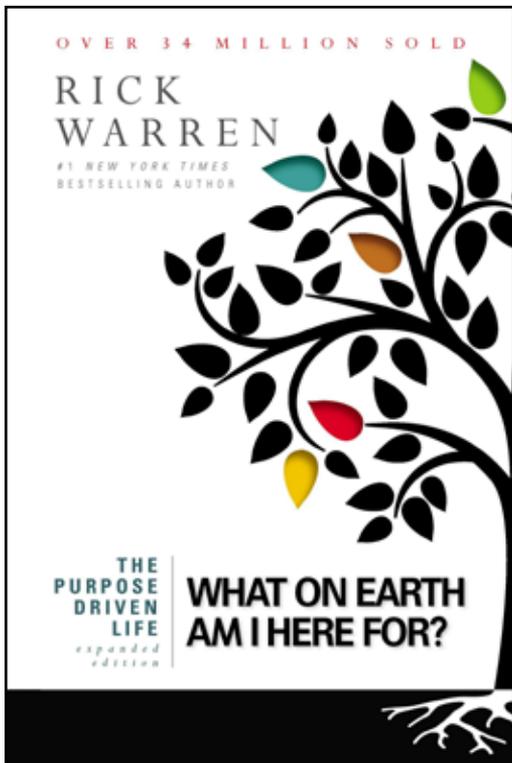
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It's one of those often hush-hush myths among people of faith that life is suppose to be perfect. The year following Warren's son's death, more than 10,000 people wrote to him about their own struggle with mental illness within the church. In the spring of 2014, he launched a gathering called Mental Illness and the Church to bring light and healing for sufferers. Yet, mental illness seems to be increasing.

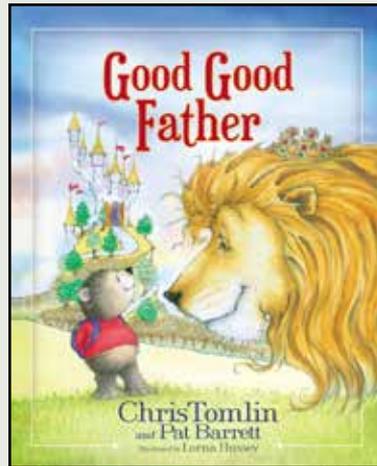
In case you aren't able to pick up a copy, perhaps a dose of positive thinking may help. In Philippians 4:8 the Bible teaches us what our minds need to be thinking on "And now, my friends, all that is true, all that is noble, all that is just and pure, all that is lovable and gracious, whatever is excellent and admirable—fill all your thoughts with these things." Learning new ways of thinking, takes effort. But the Bible says, "...be renewed in the spirit or attitude of your mind." (Ephesians 4:23).

You have the power to do something today to make a difference in your life and someone else's. What are you waiting for?

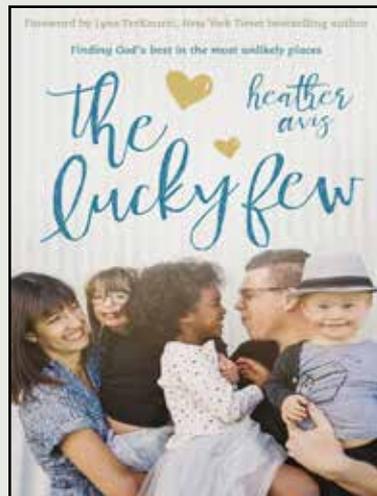
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"When my husband and I decided to grow our family ten years ago, we were surprised to find that getting pregnant was not as easy as we had thought it would be. And as we navigated the ups and downs of infertility, God led us down the path of adoption. Of course, we would adopt! Not what we had originally planned, but certainly a wonderful option."



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Just a little walk with thee

By B. Altera

I met Grandma in 1975, when I was nine. When my mom and sister and I relocated from the South to live with her briefly while we all recovered from divorce. It was a life changing experience in many ways as we became life long Washatonians. It was Grandma O'Neal that took us to church at the Naches Tabernacle Revival on Thursday nights. Nothing like being entrenched into religion via a Pentecostal, spirit filled, tambourine night. I would sit beside her, singing "Just a little walk with Jesus" and enjoying fellowship like I had never known. It was where the seeds for my faith were likely sown. And also where I developed a life long love of Butter Rum Life Savers. Grandma always kept a roll inside her purse and she shared them when I would get a little fidgety as the night wore on. It was

there I would thumb through her well used, red-letter King James Version Bible. But when Saturday morning came, at the first of the month, it was with Grandma, that I learned about memorials, as we all headed to the Naches Cemetery.

Grandpa died young. It seemed old when I was a child, but now at 50, I can see clearly. So Grandma devoted herself over the next 25 years to holiday rituals of flowers sometimes weekly and always with every season. As the President of her local Garden Club, she would take her prize picked bouquets and fill not only the flower flute for Grandpa, but for my Great Grandpa, and a few others that I had never met. She would talk about them and I would wander around looking at headstones, particularly unique ones.

And for six months of my life, I trekked along with her

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learning the reverence that comes by visiting along side headstones that don't begin to tell the story of the life they represent. Especially, a life well lived. Although I always wondered what happened, especially to those whose time was short on earth, I would say a little prayer that they were now ok. I'll never forget the child's tombstone, a scroll, that sat at the end of the row and I would take a few flowers down and lay it on top of it. The tombstone was so old Grandma said that she didn't think there were any relations left to tend it. So I made it my charge to remember that little girl when I was there.

Grandma passed in 2004, the year my little boy was born. My mother, my son and I have visited her grave many times and walked through the history of some of the family, with

a few more there now, laying out flowers along the way. Me telling the story of when I was young with Grandma. It's my son now that makes sure to put a little flower atop the scroll, but for Grandma, a small bouquet of flowers and a roll of Butter Rum tucked

within have a special meaning between us.

Perhaps, it is those symbols of faith, that add to a sense of peace for a heart that misses a loved one. The symbols of living the good life, here and beyond, found among love ones that have advanced to the

next step in meeting God. For now, I have Grandma's tattered Bible on my table, and just looking at it reminds me of her. My mother has already passed her Bible to my son and of course, when I see them in a store, I can't pass up those Butter Rum Life Savers either.

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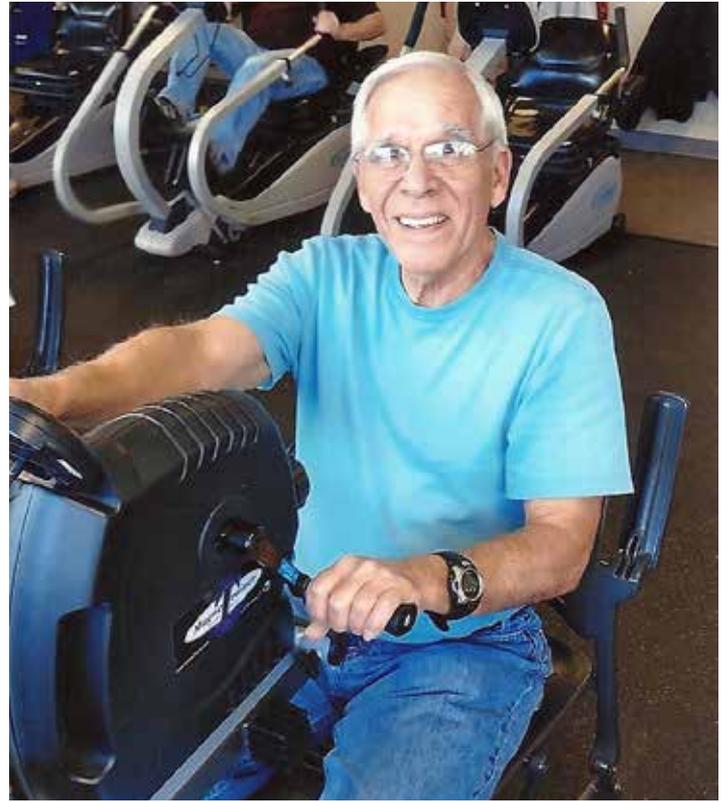
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At Scenic Hills/Cowiche Canyon trails. Al completed 87 miles walking in the Mileage Club before the end of school in June of 2017.



Exercising after completing cardiac therapy.

Right at the heart of it...

By J. McCarty

Encountering an old friend somewhere is such a gift, such a good day. When it happens and you have the time to sit down and really catch up, it's even better! It happened recently, that I

spotted an old friend at a corner table in a local coffee shop, and was able to sit down with my 8th grade Sunday School teacher, Al Rose.

Longtime resident of Yakima and longtime member of Christ Lutheran Church, the church I grew up in, it was such a delight to catch up with him and to find that through these many years, he has been actively involved as a school volunteer, and has been a positive influence in many children's lives, as he was in mine.

Since 1980, when his oldest son was in kindergarten, he has volunteered in local schools, first Mountain View and most recently, Cottonwood Elemen-

tary, where he started in his grandson's class and when the grandson moved up to middle school, they convinced him to stay on helping with the Mileage Club program and aiding the teachers any way he can. He has corrected papers and helped kids with their math.

Many years ago, out of shape and with high blood pressure issues developing, Al decided to start getting in shape. He joined a gym, and began to think that swimming was something he really wanted to do for fitness, but he had to take some lessons to learn how to swim first!

Al swam for about 18 years to stay in shape, and began

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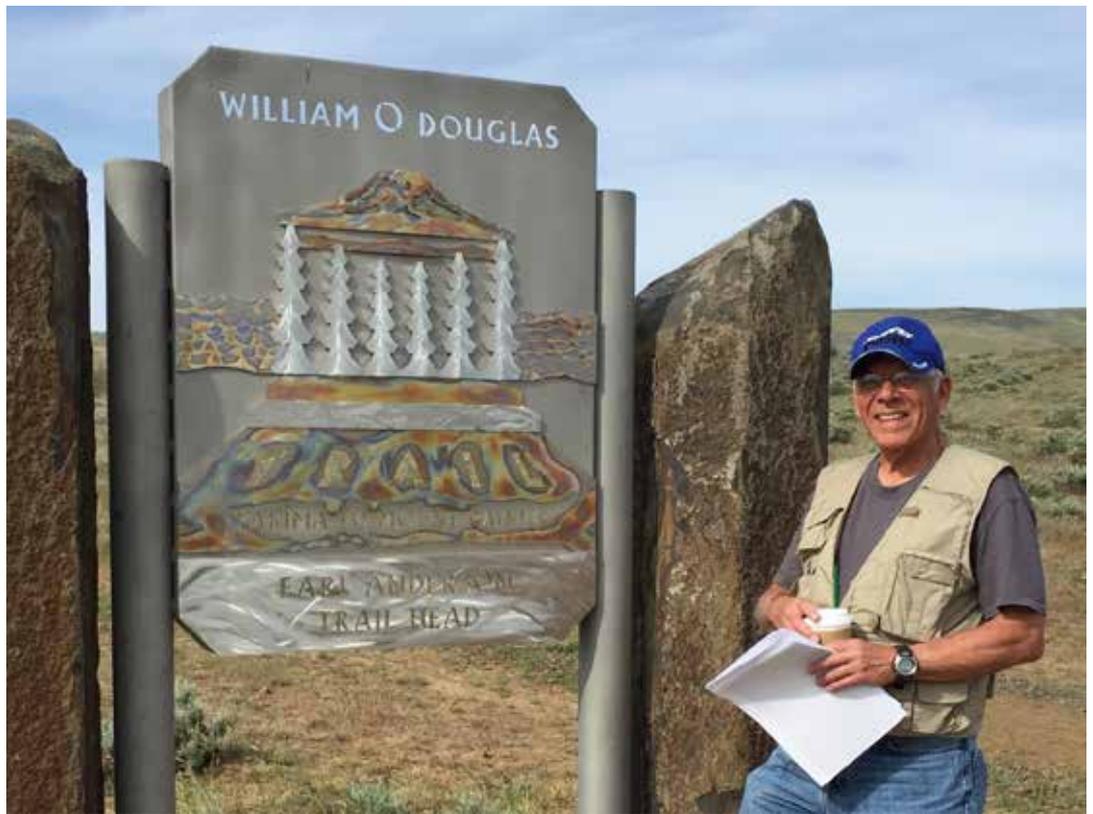
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walking and hiking for fitness 15 or 20 years ago. He walks a lot around the valley, and stays in great shape. Two years ago he started to feel a little winded at times, and started to wonder if something might be wrong. He went to his doctor, and they did some tests but he was in such good shape they really had to look hard to find the problem, which turned out to be some blockages in some of his arteries, which eventually meant a five-bypass open heart operation. It went very well, and the (usually) four-hour surgery took only two and a half hours. In the circumstances before, during and after the surgery, Al says that God was definitely involved in everything, from the diagnosis to the team involved in the actual surgery, to the fact that he was able to resume walking right away afterwards. The doctors said his level of fitness was the key factor in all of that, and that walking for exercise is the best thing a person can do for themselves. It's free, you can do it anywhere, alone or with friends. Al loves walking with the Mileage Club kids, who form little groups to challenge each other as they earn their miles. As they walk, they earn little charms shaped like feet that go on a chain for the miles they walk, incentives to keep going. And at 50 miles they earn a t-shirt, a sweatshirt at 100 miles. Mileage Club is an active program in all the West Valley elementary schools, keeping the kids moving. Al has logged 90 miles already for this school year.

He gets to know special students, telling me about one girl named Mazi who challenges him in walking their laps. Turns out she is my great-niece, (he also knows her mom,



Al on the William O. Douglas/Snow Mountain ranch trails on Cowiche Mountain.

my niece), and we had a good laugh about what a small world it is and how God's people know each other. Another simple gift from our good God, who delights in relationships.

"The school kids are fun to work with, a blessing to me and I enjoy so many rewarding relationships with them,

the teachers, and my walking partners," Al says. He frequents a local coffee shop every morning. "I think of it as my one indulgence," he says. He has a coffee, reads the paper, talks to people, and has a quiet start to his day. He likes the word "serendipitous," which I think to him is synonymous

with "a gift from God." He is thankful to have been "fixed" by his surgery, that his recovery was so quick and so complete, and that at age 78, he is "on the road again" with a healthy life full of family and friends, and the opportunity to help children along on their journey.

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Dear Pastors...



Dear Pastors,

I read your column and was wondering if you could help me. We are both in our mid-forties, past the time for children and we both chose not to have any. I'm fine with it, but my wife complains all the time, like it was my fault that we didn't have kids. We've talked about adoption and foster care, but really I don't have any interest at this point as I like my life as it is. We have 2 cats and 3 dogs, so don't suggest any more pets. I'm sick of listening to her insults. What now?

Fed Up, Mike

Dear Fed Up Mike,

My first thought is that your wife might be starting in the change of life. Also as you grow older, she could be realizing that you two won't have any help. Another reason could be that her friends are having grandchildren and she has none of that, realizing that she probably did want children, but now it's too late. Please talk to your pastor and be very patient with your wife, I feel that she knows time is gone. Take time, pray and follow the leading of the Spirit, maybe the Lord is leading you down a different

path then you might want to go. Take this scripture and help your wife during this time. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. (Galatians 5:22-23 NIV) Being a woman myself, she needs you more than ever.

- PBB

Dear Fed Up Mike,

Have a wife myself, I thank God for leading me on the right path in our marriage. In the Epistle to the Ephesians 5:25, we are told to "Husbands, love your wives, just as Christ also loved the church and gave Himself for it" (NKJV). This leads us to serve our wives. This is not natural to our selfish nature. But if you will serve your wife, you will start to see positive differences in both of you (Prov. 31:10-11). She will feel cared for, and you will feel fulfilled. She will feel loved, and you will feel rewarded. She will feel respected, and you will feel significant (Eph. 5:28-29).

Of course, unappreciated service can wear you down over

time, but trust God. Allow Him to supply the strength you need to serve. If the Lord is not empowering your service, you will eventually burn out and possibly become resentful. Bitter service does not last, but joyful service does.

Serve your wife out of gratitude to God for giving her to you (Gen. 2:18-19). Serve her in the routine of life and when she least expects it. Serve her where she wants to be served, not just where you want to serve her. Service from a sincere heart shows that you value and respect her as your gift from God.

Our Savior modeled service. He did not come to be served (Matt. 20:28), but to serve and give His life in the ultimate act of service. When we enlist in the service of God's kingdom, we become His full time servant. You can't out serve Christ, but you can be a conduit of service on His behalf. Seek to out serve each for your Savior. I will be praying for both of you, and His guidance.

- PML

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Are you raising the bar?

Perhaps you know someone in your life... maybe even yourself that has set the bar to the chant of "How low can you go..." or maybe the bar is just hovering at 'good enough'? "If you don't like me like this, then tough..." has gone far away from its original meaning of accepting a person with their handicaps and short falls, to meaning "I'm going to do it my way" with little regard to how it may impact another. From classrooms, to pulpits, to restaurants, to the workplace, and even on the road ways, civil gentility has gone out the window. It has been replaced with a self serving attitude, even beyond a sense of entitlement, to "I'm going to take all I can get away with—even if I have to break the rules." The Bible says, anyone who is saved, will be saved by grace through faith (Eph. 2:8) But faith alone may not be the only expectation of God's

will for your life. Genuine faith brings you to a desire to want to do "His" will, not your will in your life. Remember the saying, 'talk is cheap and action speaks volume'? God is listening in all ways. The Lord certainly calls you to 'come as you are', but there is an expectation that in knowing Him, you will rise to a new level in all you do.

Hebrews 5:9 says of Jesus,

"And having been perfected, He became the author of eternal salvation to all who obey Him." There is no mistaking the need to submit to the authority of the Lord, but not only out of reverence for His authority, but because of a desire to live pleasingly, and rightly as He designed. How about doing the 'reverse limbo'? Maybe it's at your workplace, maybe with your spouse or

with your children. It can be an amazing life when your stature increases with a reflection that beholds the Almighty.

As Nike once said, "Just do it." Maybe that is part of the problem in a double edged sort of way. Perhaps it is time for a new brand in your life, the dawn of a new beginning of inspiration. This time, how about, "Just raising the bar."

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Carrot Cake

By V. Braten

Ingredients:

- 2 Cups Flour
- 1 Cup White Sugar
- 1 Cup Brown Sugar
- 1 Tsp. Salt
- 1½ Tsp. Baking Soda
- 2 Tsp. Cinnamon
- 1 ½ Cups Salad Oil
- 3 Cups Grated Carrots
- 4 Large Eggs

What a great way to welcome in spring with a delicious carrot cake! Sift all dry ingredients together in a large bowl, mix by hand. Add salad oil and mix well. Beat eggs, add eggs and carrots and mix. Preheated oven at 350°F/175°C. Bake in a 9 x 13 pan for 40 - 45 minutes. The cake is done when a toothpick comes out clean. Place on a cooling rack. After the cake is cooled, prepare the frosting.

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Chicken Mole

By S. Lenz

- 1 Large Chopped Onion
- 1/2 Cup Raisins
- 4 Cloves Chopped Garlic
- 1 Can Chopped Chipotle Chiles in Adobo Sauce
- 1/2 Cup Peanut Butter
- 1 Can Crushed Tomatoes (28oz)
- 1 Teaspoon Sugar
- 1 Teaspoon Ground Cinnamon
- 2 Tablespoons Chili Powder
- 1 Teaspoon Ground Cumin
- 1/2 Teaspoon Ground Coriander
- 3 Tablespoons Unsweetened Baking Cocoa Powder
- 2 Pounds Chicken Breast (Boneless, Skinless)
- 1 Tablespoon Peanut Oil (Optional)

Combine all ingredients in a slow cooker and cook for 4 to 5 hours. Can be served as whole breasts or meat can be shredded with a fork. Immersion blending the sauce creates a smoother texture.

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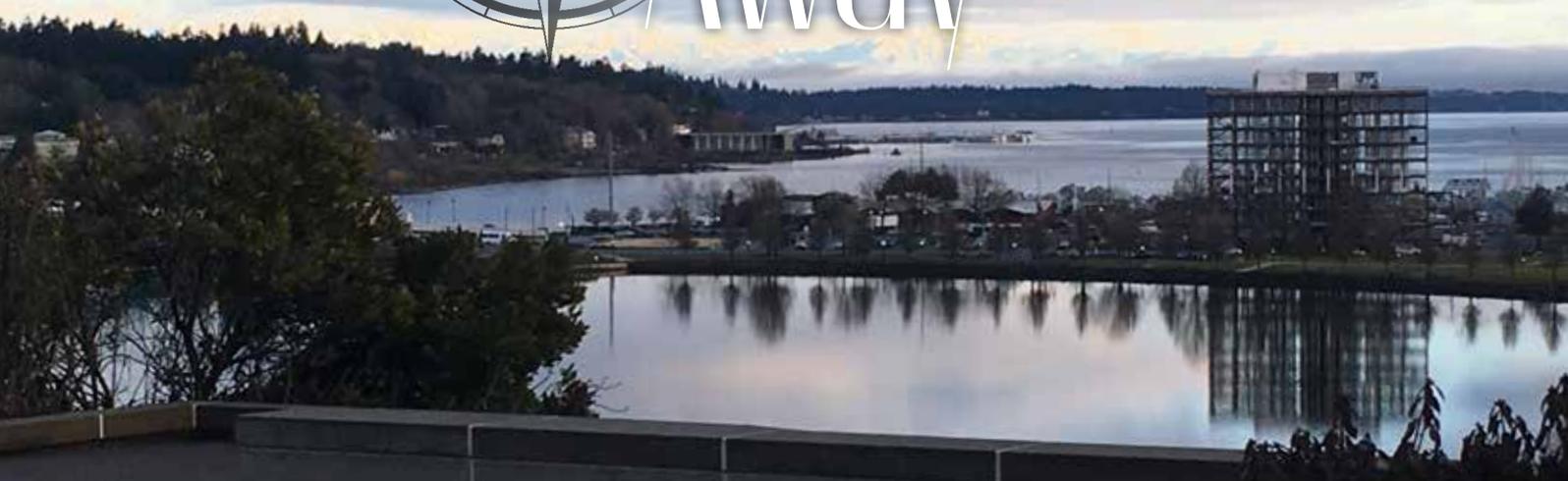
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Hop, Skip Away



If you've never been, May is a great month to go

By M. David

Today I had the opportunity to fall in love again with Olympia, Washington. I can still recall memories of visiting this wonderful little town when I

was young and I find that I still love to pass a day visiting Olympia and strolling the streets. As you come flying off I-5 South you are at the front doors of the Capitol in

what seems is just seconds. The capitol Rotunda seems to just fill all of your view and yes even my patriotism seemed to rise as I drove onto the grounds.

Almost immediately I had to pull over and walk out to the wonderful Tivoli fountain. I thought about how many people have stood where I am now. How many lives have been changed by bargains and ideas that first came to light as people stood by this fountain. As I walked along I was drawn to the buildings and their names. I fell in love with the "Temple of Justice" what a great name for a building. To know that the Washington Supreme Court is there and the state law library. Can you even

imagine walking into a building with the words carved into the face "Temple of Justice."

Everywhere you go there is history that seems to not only fill the air but it also seems to touch the soul. As I stood and looked at the Winged Victory monument. What a tribute to those soldiers from World War I. I found myself trying to imagine the life of these heroes from 100 years ago and how much of a debt we owe not only them but to all who serve in the Armed Forces.

On one side of the capitol grounds is a wonderful overlook in which Capitol Lake and the Olympic Mountains seem to shine in all their splendor. The clouds drifted by and I added another place

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to my Hop Skip and Away list knowing that after Olympia I needed to plan for a few days in those beautiful Olympic Mountains. But first, I knew the lake was calling me and I had to go. A few short minutes in the car and now I was skipping stones and watching birds fly and touch-down gracefully on the calm water. I suggest you bring a coffee or and some time to enjoy this spot. With an easy to walk path and plenty of park benches that beckon you to sit and share the view. As I sat there daydreaming I kept thinking about writing a story or a poem inspired by this place and the title would have to be “Third Bench From The Left.” So be prepared to spend a little time and allow yourself to be inspired.

Olympia’s downtown is such a joy and a throw back to a simpler time. The buildings seem to delight in the fact that you see such a variety of styles and such diverse archi-

ture. It is a great place for a camera buff that loves old buildings and beautiful style. I found myself smiling as I tried to identify in what year this building was built. One of the best parts about the downtown is that not only is it not cookie cutter chain stores, it is filled with wonderful independent stores. I imagine you can find anything in downtown Olympia and find yourself wanting to visit every store just to see

what they have and what you find yourself not able to leave behind. There a several coffee shops to rest and share a cup with friends. I found that I did add another coffee blend to my favorites collection when I went to Batdorf & Bronson and tried their Dancing Goats blend. Definitely worth a savor.

As the time seemed to fly by with sights for the eyes, treasures found in boutiques

downtown, great cups of coffee, sharing food with friends I knew I still had to make it to the bay. Watching boats I found was a great way to finish my time here. As some sailed away I smiled and once again fell in love with this little jewel. I knew I would have to visit Olympia more often. The capitol of our state is really worth the visit.

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WHEATON, IL/USA - SEPTEMBER 10, 2017: An Anglican priest leads a group of soldiers in morning prayer before a tactical demonstration at a reenactment of the American Revolutionary War (1775-1783).

Clergy on the Battlefield, this might surprise you

By D. Jameson

In our sense of time, in a culture of instant communication, and instant shopping; the magnitude of

two and a half centuries ago is almost incomprehensible. Yet decisions and choices made near two hundred and

fifty years ago are still governing the direction of our lives. The events of the American Revolution against Britain

are studied largely from the military and political perspective. However, there was then another very significant force behind the mobilization of Colonists and shaping a worldview that definitely flowed into the Declaration of Independence and the post war writing of the U.S. Constitution. In fact, the USA now - functions as the longest or oldest running Constitutional Republic in the world. This is sometimes understood to be called American Exceptionalism. What was this force?

This power was the influence upon Colonists and the military from the clergy preaching on the issues of the day from

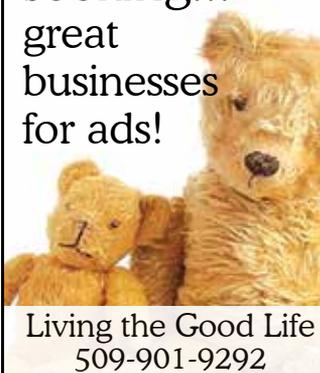


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the Holy Scriptures. Because of their profound influence on the people of the colonies and the military they were dubbed by the British as the Black Robed Regiment. In some military campaigns, such a civic power is referred to as the "Fifth Column". In Washington State vernacular, we might better comprehend this as Seahawk's twelfth man!

These Clergy in the 1770's preached when near half of the colonialist yet considered themselves Loyalists, yet subject to the King of England. So, their preaching to promote the Patriot cause and an independence from Britain existed in a culture of varying viewpoints. Hence, as we say today, public opinion toward a majority position was still in the making. Thus, clergy of this view were instrumental in dissuading loyalist sentiments. From the pulpits, these Christian clergymen provided sanction for the cause of independence and support for the military effort. Consequently, the audience in the church was reassured the Revolution was justified in the eyes of God. And support from the general population was critical as the military relied on volunteers

and the general population for funding support.

While there was not an official Continental Army Black Robed Regiment per se; there are some interesting stories of very direct involvement by the clergy. Well known is the strong position commitment demonstrated by the Reverend John Peter Muhlenburg, who as the legion account goes, stripped off his clergy robe at the end of a sermon to expose his uniform of a Militia Colonel. He proceeded to challenge the men of his congregation to follow, as over 300 did, thus forming the 8th Virginia Regiment. This iconic story is memorialized by a statue of him holding his robe in the Capitol Statuary Hall. He and his regiment notably served in several battles including at Yorktown.

Another clergyman, Reverend Jonas Clark, mustered



A vintage carte de visite photo of a man dressed in style of the clergy. Photo from the Civil War Victorian era. CIRCA 1863

men to a battle depicted in a painting called, The Battle of Lexington. Clark's congregational men were willing to fight, for he had in preaching, laid a solid foundation concerning the duty of self defense of inalienable rights for years in his sermons. He had trained

them well on the issues of the day, and providentially the first shots of the entire war (initiated by the British) were fired on his church lawn.

As a matter of fact; colonial clergy frequently preached on current issues such as taxation, freedom, liberty and representation using the guidance of the Bible. Hence, research has shown each topic of the Bill of Rights had somewhere been addressed in sermon topics prior to the Constitutional Convention. Truly, numerous US Constitution concepts of government and three branches of power and republic representation do

come from the Bible.

As Charles Galloway once wrote, "The first movement toward democracy in America was inaugurated in the house of God and with the blessing of the ministers of God."

Amen to that!

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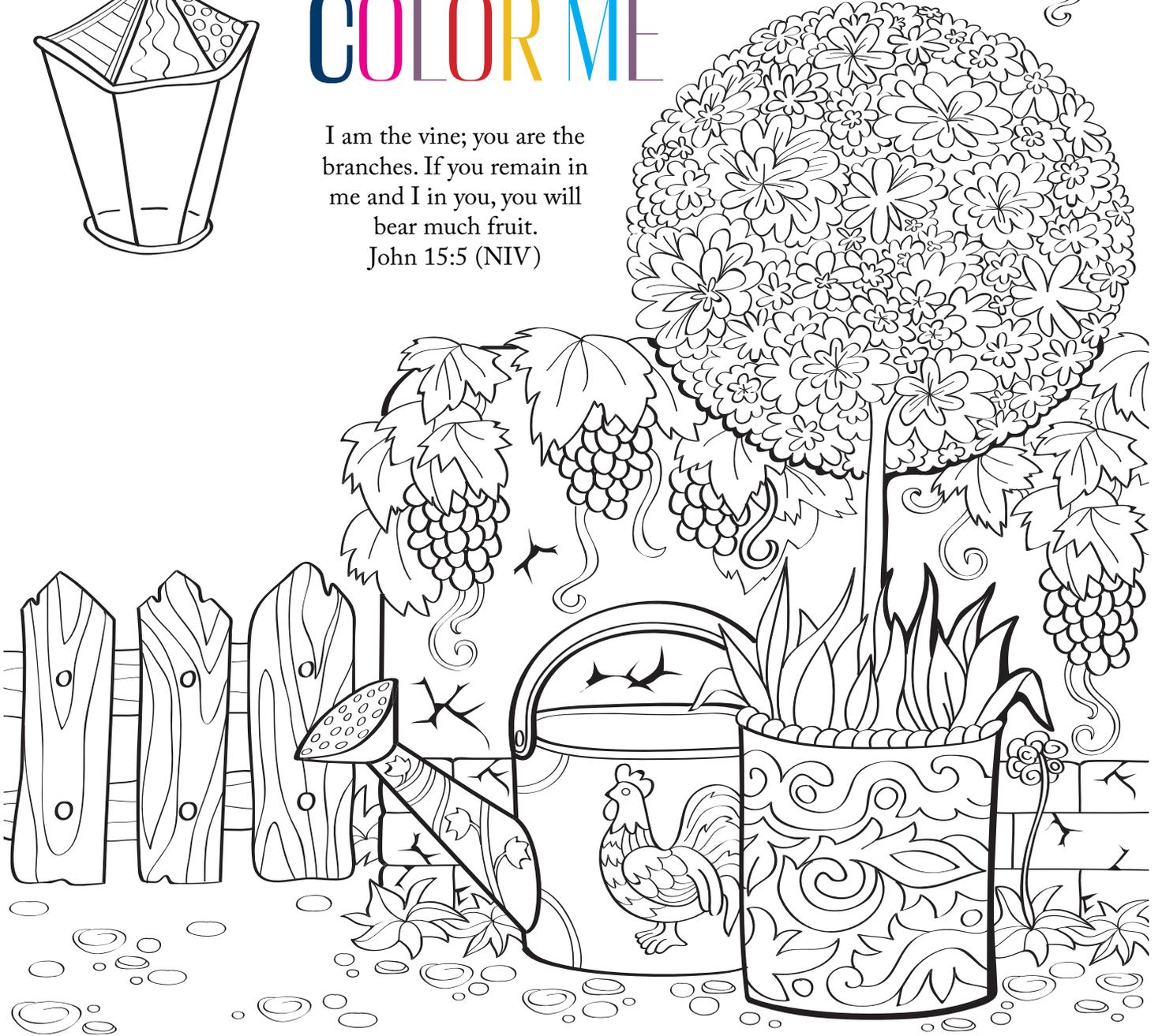
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I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit.
John 15:5 (NIV)



Why do you see more ants in the summer?

Because they hibernate in the winter and are busy working hard in the summer to prepare.

Go to the ant, you sluggard; consider its ways and be wise!

It has no commander, no overseer or ruler, yet it stores its provisions in summer and gathers its food at harvest.

How long will you lie there, you sluggard? When will you get up from your sleep?

A little sleep, a little slumber, a little folding of the hands to rest— and poverty will come on you like a thief and scarcity like an armed man. Proverbs 6:6-11 (NIV)



Will it be the bees, fleas, locusts, ants and flies?

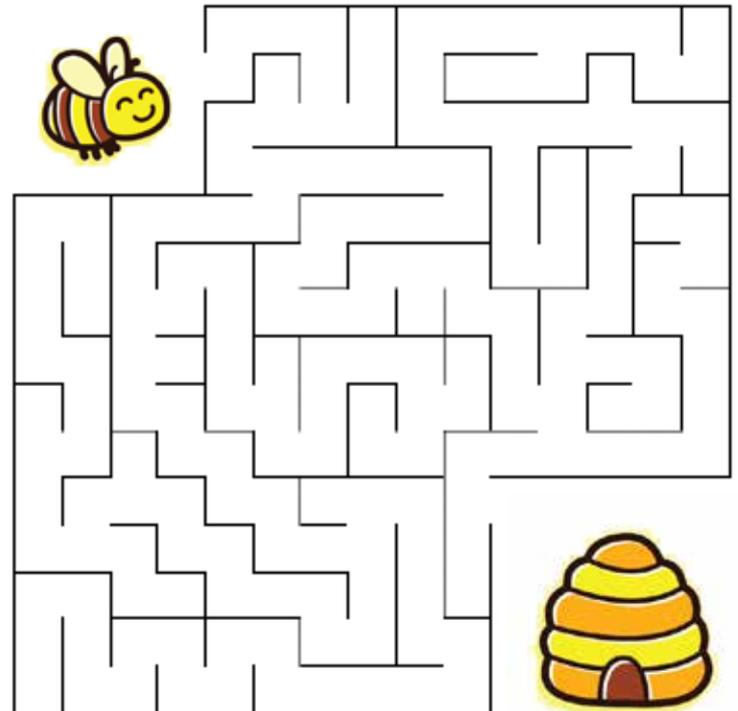
Fill in the blanks and see...

1. Against whom has the king of Israel come out? Who are you pursuing? A dead dog? A _____?
2. But on that day I will deal differently with the land of Goshen, where my people live; no swarms of _____ will be there, so that you will know that I, the Lord, am in this land.
3. They came up with their livestock and their tents like swarms of _____. It was impossible to count them or their camels; they invaded the land to ravage it.
4. They swarmed around me like _____, but they were consumed as quickly as burning thorns; in the name of burning thorns; in the name of the Lord I cut them down.
5. _____ are creatures of little strength, yet they store up their food in the summer...



Scripture references:
1 Samuel, 24:14, Exodus
8:22, Judges 6:5,
Psalm 118:12,
Proverbs 30:25

Help the bee get to its hive



A legacy of care.



Pictured here with Jim Repsher and Ada Cheung, Gary Bos will officially retire on October 31, 2019.

Previously an orthopedic surgeon at Yakima Memorial, Dr. Gary Bos joined KVH Orthopedics in 2012, where he has been instrumental in shaping our current team of providers, including Reese Hosey, Dena Mahre, and Jim Repsher - all PA-Cs who worked alongside Bos during his time in Yakima.

Dr. Bos also has connections with fellow surgeons Dr. Tom Mirich and Dr. Ada Cheung: Mirich and Bos were residents at Mayo Clinic in Rochester, while Cheung's own residency at the University of North Carolina in Chapel Hill coincided with Bos' time teaching there.

These past seven years, we have been honored to witness the power of a surgeon's skill matched with a caregiver's heart.

We are truly grateful to Dr. Bos for all he has done, and for preparing our clinic to carry on his legacy of skilled and compassionate patient care.

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