

## Dates to Remember

### July

#### **Intercessory Prayer Time**

Sanctuary  
Sabbaths, after church

#### **Vegetarian Potluck Fellowship Dinner**

Fellowship Hall  
Sabbaths, after church

#### **Pickleball**

Steen Sports Park  
Sundays, 8:00 a.m.

#### **Monday Meal & Community Service**

**Distribution**  
Fellowship Hall  
Mondays, 5:30 p.m.

#### **Wednesday Evening Worship**

Fellowship Hall  
Wednesdays, 6:30 p.m.

#### **Ladies Bible Study**

No July meetings, will resume in Aug.

#### **Vespers**

On line via Zoom  
Fridays, 7:00 p.m.

#### **Men's Breakfast**

Upper Deck Restaurant  
Sun, Jul 4, 8:00 a.m.

#### **Women's Potluck Brunch**

Moore Park  
Sun, Jul 11, 10:00 a.m.

#### **School Constituency and Church**

**Business Meeting**  
Mon, Jun 26, 6:30 p.m.



# Klamath Falls SEVENTH-DAY ADVENTIST CHURCH

## Pastor's Corner

July 2021

Hi Folks

I read that if you can catch a small shark and confine it, it will stay the size proportionate to the aquarium. Sharks can be six inches long yet fully matured, but if you free them and turn them loose in the ocean, they will grow to their normal length of eight feet.

Have you ever felt limited, penned in, stifled, even imprisoned by your circumstances?

Circumstances could include your family of origin, your IQ, what you think of as lack of gifts or talents, or possibly your own sinfulness.

Years ago a friend of mine enrolled in college as a theology major against the school's advice. They didn't think he could make it intellectually. They were right. His grades were terrible! He claimed a couple Bible promises. John 19:26, "...With God all things are possible." Philippians 4:13, "I can do all things through Christ who strengthens me." He spent an extra hour each morning in Bible study and prayer. His grades went up dramatically. He worked as a singing evangelist until his tragic death in a plane crash.

What Jesus said in John 8:36, "Therefore if the Son makes you free, you shall be free indeed" was and is certainly true.

A six inch shark can't free itself from a small aquarium but a human can. You can't free yourself from impossible circumstances, but God can. You can not only be free, but grow and thrive.

God Bless,  
Pastor Jim & Melody



## Happenings

We are pleased to be completely open!

Sabbath, July 3, we will be getting together in the Fellowship Hall for a vegetarian potluck fellowship meal! We hope you will plan to attend and celebrate with us.

Bring a dish to share that does not require heating. Salads, fresh fruit, fresh vegetables, etc. are all good choices.

**Scripture study and coloring:** We meet every other Sabbath at 6:00 p.m. on Zoom. Zoom Meeting ID is 536 690 5989, Passcode is 5366905989. Schedule is as follows:

Date	Text	Time / Location
July 7, 2021	Jeremiah 31:3	6:00pm / Zoom
July 24, 2021	Jeremiah 17:7	6:00pm / Zoom

**Vespers** meets on Zoom every Friday at 7:00 p.m. We are reading "Thoughts From the Mount of Blessing" and are currently in chapter 5. We are using the study guide from the EGW web site. Meeting ID is 536 690 5989. Passcode is 5366905989

**Pickleball** at Steen Sports Park Sundays at 8:00 a.m.. *We are not competitive but just play for fun. Dress comfortably and wear shoes with non-marking soles. Beginners are always welcome. Paddles are available for your use. Watch the weekly announcements for updates as to time, place and cancellations.*

**Praying for one another:** Thank you for participating. If you are not able to come to church and would like names to pray for, call or text: 541-591-8616. Remember that you can submit "soul salvation prayer requests" for any relatives or acquaintances that are on your heart. Intercessory prayer quote from Job 42: 10 - "And the Lord restored Job's losses when he prayed for his friends. Indeed the Lord gave Job twice as much as he had before."



## School News

Happy Summer Greetings, Church Family,

The school is quiet right now. God is working behind the scenes, and we'll see what comes forth when school begins August 30.

The teacher's school hours will be irregular through the month of July. If there is anything you need, please call 541-331-3532.

Have a great summer,  
Melody Osborne

## Women's Potluck Brunch

Ladies, you are invited to join us!  
Date & Time: Sunday, July 11, 10:00 a.m.  
Location: Moore Park—keep watch on the weekly bulletin announcements for updates and exact location.  
Theme: Mediterranean / Middle Eastern  
Provided: falafels, naan, hummus, tabbouleh, baba ghanoush, sauces, paper plates, plastic ware, napkins, drink  
Bring: a dish to share along with a serving utensil.  
Bring: a chair

## Church Board Meeting

Items of discussion and action at the June Church Board Meeting included:

- Handling of financial requests
- Leadership scheduling
- Improvements to automatic sprinkler system
- Volunteer Background Checks will now be done on line

This month will be our School Constituency and Church Business meeting on Monday, July 26, at 6:30 p.m. All church members are encouraged to attend.

## Health Nugget

With the unexpected rise in temperature for our area here in Klamath Falls, we thought it best to reiterate a few ways in which to stay cool and healthy.

Here are a few of the more important things to remember.

- Stay hydrated by drinking water before you are thirsty. Drinking plain water is the most essential. That doesn't mean water that is added to another beverage. It is simply the plain water.
- Eat items that are cool and that don't need to heat the stove or oven. Salads and fresh fruits and vegetables are great examples of this.
- If you are doing things outdoors make sure to wear sunscreen, appropriate clothing, a hat, etc. and do work or exercise as much as possible in the early morning hours when it is cooler.
- Stay indoors as much as possible to avoid direct sunlight.
- Also remember that our pets need fresh water more often and that they are susceptible to the heat as well.

Take advantage of the heat wave to stay indoors and get closer acquainted with the Son of Righteousness. Always remember, "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth" 3 John 1:2

## TV Ministry

*Lifestyle Magazine* is a half hour television talk show focused on living a full, healthy and balanced life. We have been on the air for more than 65 years and are the second longest continuously running show on the air after "Meet the Press." The show features panel discussions, interviews and demonstration segments focused on whole life health, including fitness, nutrition, relationships, outlook and more. This multiple award-winning show reaches a wide age demographic and covers a wide variety of topics. It was recently voted a Top 20 brand influencer for health & fitness on Twitter (above *Shape Magazine*, *GQ* and more) by analyst group Onalytica.

We are excited to inform you that we have started our new season with our new host Roy Ice! To find us please check your local listings. However, if you have Dish or Direct TV you can find us on the Folk and Hope Channel. To find our air times you can check out our website at <https://lifestyle.org/>.



**KLAMATH FALLS  
SEVENTH-DAY ADVENTIST CHURCH**

1735 Main Street  
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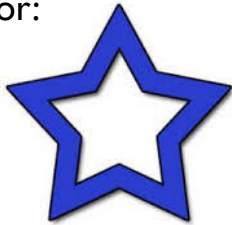
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Lord, we thank you for:



**Kid's Coloring!**



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