

## Offerings for January

<b>Budget</b>	<b>6377.00</b>
Received	2388.30
Rental	1600.00
<b>To Go:</b>	<b>2388.70</b>

### Next Week's Offering: Volunteer Park Church Budget

(Please prayerfully consider giving to our Local Church Budget. We have repeatedly had a shortage for our monthly budget. The church's ministry depends on each member faithfully giving!)

To designate your offering for **Tithe or Church Budget, or any other specific need at any time**, please use a Tithe envelope located on the hymnal rack on the pew. All loose offering goes to the offering of the day.

If you would prefer, you may place your offering in the box at each rear door of the Sanctuary at any time

### PRAYER REQUESTS

**Cancer:** Patrick Dwyer (Young-Hee's husband), Stephen Bushley; Mickey Reddy (Pastor's brother-in-law); Francisca Conde; Kania Russell and Samantha Steenberg (Jeanette's nieces); Wilbur Howell

**Health Issues:** Bobara Tally; Eileen Neligan's sister Joyce; David Karpilow; Cindy; Rochelle Ybarra; Thelma McAdoo; Bob Milne Jones; Annie Hurd; Sara (Cindy's cousin)

**Healing:** Cindy; Becky & Stephanie; Sam Chetty; Isaac Ybarra

**Work:** Roger Ybarra; Cindy; Linda Renfroe

**Grief:** Wilbur Howell's brother passed away early this month.

**Prayer Requests – notify Sara Howell at 425-488-2467**

**Offering:** Beginning February 6, the offering will not be collected during the Worship Service. Please put your offering and tithe in an envelope marked accordingly, and place it in one of the offering boxes at each exit door to the Sanctuary. Stewardship is a heart matter. Please prayerfully consider your donations in support of the Lord's mission.

### EIGHT WEEKS TO WELLNESS

What better time to take care of excess in your diet than when you're also taking care of the excess debt in your life! Just think how much money you can save by not spending it on "junk" food!

Learn how to fill your meal planning with delicious healthy food and as a bonus, feel great and lose weight! Classes begin February 1 at 1:30 pm and continue every Sabbath afternoon for 8 weeks. Call Molly to register. 425-697-5616 or 206-383-1711

## Book Club

The Book Club meets on the 1st and 3rd Thursdays of the month at 8 pm at Victrola Coffee and Art at 411, 15<sup>th</sup> Ave. E. across from QFC.

Check out the new books we will be reading:

February 2009 Book  
*The Plague of Doves*  
by Louise Erdrich

*The Girl with the Dragon Tattoo* by Steig Larsson  
March 2009 Book

For next week's meetings, read chapters 1-5. This should provide enough content for some discussion. As always, reading ahead is fine—just no spoilers! :)

Happy reading!

## Volunteer Park Community Focus

Weekly Newsletter of Volunteer Park Seventh-day Adventist Church  
Vol I

Issue v

January 31, 2009

Jeanette Mills, Editor

### Don't Give Up!

Comments on Hebrews 12:1-2  
Excerpt from Anticipation  
by Hvveth Williams – final

If we must compete, it should be only against ourselves as we strive, by God's grace, to reach His highest level of performance, knowing that all races have rules and regulations. For instance, just as the runners in athletic sports cannot run or wander anywhere they please during a competition, but must follow a course mapped out for them until they reach the finish line, so also must Christians observe the path assigned by God. We must run according to the path mapped out for us in the Word of God and proven by the great cloud of witnesses who followed in the footsteps of our Lord and Savior, Jesus Christ, the Author and Perfector of our faith (Hebrews 12:2) In that way, the world will know not only who we are, but also whose we are.

A race is also characterized by intense preparation before, not on the day that it is run. No marathon is planned the day before it begins. Runners train for months and years to gain speed and endurance. Those who do not put in the long hours of preparation needed to endure the rigors of the race not only hurt themselves physically, but also emotionally, when they have to drop out or, even if they finish, fail to win a prize.

The divine, spiritual life can only be maintained by constant, diligent, strenuous effort. It is sometimes perfected through conflict with the world, unexpected adversities, and persecution for an unswerving commitment to God and His Word. There is no room for laziness or indifference in a marathon, neither is there time for those in this tremendous race in which believers are booked by their profession of faith in Jesus Christ.

Thank God, all races come to an end. In athletic races, the first prize goes not to those who enter, but only to the one who endures to the end to cross the finish line before the others. Praise God that all of this is true of the spiritual race, *except* that all who endure to the end, not losing heart in spite of the diabolical attempts to cause us to fail or quit, will receive the golden crown of victory. In addition to that, we will also have the privilege of living with God forevermore!

## January Birthdays

01 Marina Corpus  
08 Linda Renfroe  
08 Daniel Conde  
13 Paul Wright  
18 Sara Howell  
19 Jefry Hetharia  
23 John Bassham  
27 Dionicia Cabrales  
27 Will Brown  
28 Celia Menes  
30 Roberta Cope

## February Birthdays

05 Loretta Wassé  
06 Alicia Alcantara  
06 Norman Hedner  
15 Nesty Napalinga  
16 Erin Ybarra  
17 Bonnie Trichia  
21 Marshall McLaughlin  
23 Wilbur Howell  
23 Young-Hee Dwyer  
23 Tonda Black  
25 Marilou Felton

If your important date is missing or if you do not want your date published, please let Jeanette Mills know by e-mailing her at

# Happy First-Birthday Celia!



Celia & Pastor Sam

Tonda Black and Robert Butler new phone number:  
206.906.9540

Roxanne & Paul Wright no longer use their land line.  
Their cell numbers are  
Paul: 425.501.1554; Roxanne: 425.418.6852

Donna Bellchambers' new email:  
donnabell6@verizon.net

## FINANCIAL PEACE UNIVERSITY

16 people attended the first "official" class session last Wednesday evening. The response was good and friendships are already being forged! It's not too late to join the group... See Richard Mills if you're interested!

During this life-changing class you will learn how to: Get control of your money; Stop struggling to make ends meet; Change your family's future. You'll meet with your class for 13 weeks to watch DVD lessons and participate in small group discussions that will change your whole attitude about money!

The classes are Wednesday evenings at 7:00 pm in the Chapel.

Some partial scholarships are available so if you need assistance, please consult with Richard Mills. Anyone who would like to donate to FPU Scholarship, contact Richard at 425-483-2555 or rimills3@comcast.net

## JANUARY 2009 Calendar of Events

1/30 --- Vespers at 7pm in room 102  
1/31 --- **Prayer Group 9:00 am**  
**Bible Study Groups 10:00 am**  
**Worship Service 11:30 am**  
Fellowship Lunch provided by the Ethiopian Group

## FEBRUARY 2009

2/1 Worship Coordinator's Meeting 7pm  
2/3 Bible Study Group 8pm - room 102  
2/4 Financial Peace Univ. 7pm - Chapel  
2/5 Book Club at Victrola's 8pm  
2/6 Vespers 7pm in room 102  
2/7 **Prayer Group 9:00 am**  
**Bible Study Groups 10:00 am**  
**Worship Service 11:30 am**  
8-Weeks to Wellness 1:30 in Chapel  
Church Board Meeting 6:30 in room 110  
2/10 Bible Study Group 8pm - room 102  
2/11 Financial Peace Univ 7pm - Chapel  
2/12 Purls knitting/crochet group 7pm in rm 102  
2/13 Vespers 7pm in room 102  
2/14 **Prayer Group 9:00 am**  
**Bible Study Groups 10:00 am**  
**Worship Service 11:30 am**  
8-Weeks to Wellness 1:30 in Chapel  
2/17 Bible Study 8pm in room 102  
2/18 Financial Peace Univ. 7pm in Chapel  
2/19 Book Club at Victorla's 8pm  
2/20 Vespers 7pm in room 102  
2/21 **Prayer Group 9:00 am**  
**Bible Study Groups 10:00 am**  
**Worship Service 11:30 am**  
8-Weeks to Wellness 1:30 in Chapel  
2/24 Bible Study 8pm in room 102  
2/25 Financial Peace Univ. - 7pm in Chapel  
2/26 Purls knitting & crochet group 7pm rm 102  
2/27 Vespers 7pm in room 102  
2/28 **Prayer Group 9:00 am**  
**Bible Study Groups 10:00 am**  
**Worship Service 11:30 am**  
Potluck Lunch 1:00pm room 115-116  
8-Weeks to Wellness 3:00 in Chapel

A GREAT RECIPE... from Molly Chetty (Part 2)

16. Frame every so-called disaster with these words: 'In five years, will this matter?'

17. Forgive everyone for everything.

18. What other people think of you is none of your business.

19. GOD heals everything - but you have to ask Him.

20. However good or bad a situation is, it will change.

21. Your job won't take care of you when you are sick. Your friends will. Stay in touch!!!

22. Envy is a waste of time. You already have all you need.

23. Each night before you go to bed complete the following statements: I am thankful for \_\_\_\_\_ . Today I accomplished \_\_\_\_\_ .

24. Remember that you are too blessed to be stressed.

25. When you are feeling down, start listing your many blessings. You'll be smiling before you know it.

Letter: Dear Friends,

I want to thank you for making our concert a real success. Thank you Richard for helping Charles remove the risers from the truck and set up, you were "right there" for anything that needed to be done. The concert was so beautiful and so well received. The potluck was wonderful as well. My thanks to all those great cooks and the flowers on each table. All was so well displayed and everyone was so nice.

Our offering was \$116.00 and a few cents. Thank you as well. For the number of people there that was a great donation. My thanks to everyone, you made us feel so welcome. On behalf of Impact I want to thank all of you,  
Juliette Church Manager of "Impact"