

Offerings for March

Budget	6377.00
Received	1199.74
Rental	4200.00
To Go	977.26

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.

Please place your offering in the box at each rear door of the Sanctuary.

PRAYER REQUESTS

Cancer: Patrick Dwyer (Young-Hee's husband), Stephen Bushley; Mickey Reddy (Pastor's brother-in-law); Francisca Conde; Samantha Steenberg (Jeanette's niece); Wilbur Howell
Health Issues: Bobara Tally; Eileen Neligan's sister Joyce; David Karpilow; Cindy; Rochelle Ybarra; Thelma McAdoo; Bob MilneJones; Annie Hurd; Sara (Cindy's cousin)
Healing: Cindy; Becky & Stephanie; Sam Chetty; Isaac Ybarra
Work: Roger Ybarra; Cindy; Linda Renfroe; Richard Mills;

ARK continued:

It just so happened that this group of single women was a mix of social workers and experts on early childhood development. They latched on to the mission with gusto. The women developed friendships with the young mother, and she was thrilled to receive some new friends. Before too long they began visiting her and the children frequently. In fact, the women invited a small group of single men to join in their services as well. Albert was an extremely hard worker with two jobs, so it was difficult to keep up on all the household chores. The two small groups coordinated a "spring cleanup day" and in a few hours worked wonders and had a lot of fun! A couple of the guys really bonded with the oldest son and would return with the women to play soccer or video games with him. Those groups became part of the family – invited to birthdays and holiday celebrations. When the fifth baby joined the family, the chaos was abated by the regular presence of these caring young women.

The opportunity to serve this family wasn't an obligation; it was an opportunity. As they focused on Lana and her children, they demonstrated Christ's love for people in need. They adopted the family and in return they were adopted into that family.

WOMEN'S HEALTH: Auburn City Church will present "Stages of a Woman's Health" as a women's ministries event on March 29 at 1pm. Questions? Contact Debbie Gamble at Debbie.gamble@gsa.gov

Volunteer Park Community Focus

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

Issue iv March 28, 2009 Jeanette Mills, Editor

Acts of Regular Kindness
From Simple Small Groups
By Bill Search

I have to admit, I'm not a huge fan of the term "Random Act of Kindness". While it's nice to show random acts of kindness – like returning a shopping cart for a young mom who is wrestling her kids into the minivan – it also seems to give us permission that we are off the hook from regularly helping. Let's face it: random is easier than regular. By helping out at the occasional service project, we placate our conscience enough that we become convinced we've done enough. Rather than pursue a lifestyle of kindness and helping, random acts of kindness become more like a holiday that comes once every blue moon. Instead, I encourage groups to pursue Acts of Regular Kindness (ARK). The distinction is that ARK is frequent and purposeful. In this kind of ARK we plan how we can serve others. We see where there is need and we commit to helping.

Several years ago my wife and I became good friends with our neighbors Albert and Lana. I think we may have been the only people in America who actually took a fence down between properties so that we could better connect with our neighbors. The four of us had a few things in common. We were young, starting our families, and early in our careers. But Lana and Albert had us beat in the kid department. We had two and they had four – and she was pregnant! Did I mention all of her kids were under the age of 5 at the time?

What complicated matters for them was that their family was thousands of miles away, in the Middle East. There was no doubt they needed good friends as they waited for the baby to come, and we were looking forward to being extra hands. Our plans to help them were severely altered one January afternoon when my wife, Karyn, was nearly crippled in a car accident. Over the following months of her physical recovery we could barely take care of our own children and ourselves, much less help anyone else. That's when my brilliant wife approached a small group of women to adopt Lana. It wasn't a hard sell

(ARK continued on last page)

March Birthdays

02 David Karpilow
15 Ivy Ybarra
27 Judie Tyrrell
28 Jeanette Mills

March Anniversaries

12 Young-Hee & Patrick Dwyer
18 Robert & Linda Renfroe
25 Sara & Wilbur Howell (70th)

April Birthdays

03 Judi Newton
04 Christine Gilbrough
06 Sandra Boothe
10 Ed Holmes
12 Mindy Jones
14 Thelma McAdoo
15 Anastacia Saldivar
18 Sharon Menes
26 Florene Gibson
27 Keith Menes

April Anniversaries

01 Mar & Connie Timple

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 millje@vparksda.com

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, 15th Ave. E. across from QFC.

The Girl with the Dragon Tattoo
by Steig Larsson

Malawi Project

The Student National Pharmacy Association at Loma Linda University Malawi Mission Project is coming up soon! (Stacy is in Brazil this week for a clinical mission trip) help raise funds by buying your very own beautiful t-shirts with the African continent on it. The cost of the t-shirts is \$15. If you do not wish to purchase a t-shirt but would still like to contribute, a donation would also be appreciated. There is also the option of donating online at www.justafricancrafts.com under the link *mission projects*. See Anasatcia Chetty for more details and to donate!

FOOD BANK REQUEST:

We have occasional requests for toothbrushes and Toothpaste from the homeless. Perhaps some of our members can request some from their dentist during their appointment.
Many Thanks, Loretta

IMPROV DRAMA: Catch the latest performance of Clean Slate Improv at Green Lake Adventist Church every other Saturday night from 8-10pm. Shows are free (donations accepted) and appropriate for all ages. The theme for March 28 is 'Magic' and the theme for April 11 is 'Out of Time'. Find out more – become a Clean Slate fan on Facebook or email cleanslateimprov@yahoo.com

MARCH 2009

3/28 **Bible Study Groups 10:00 am**
Worship Service 11:30 am
8-Weeks to Wellness 1:30 in the Chapel
6pm – Potluck Celebration of Sara & Wilbur Howell's 70th anniversary (Rm 115)
3/31 Bible Study – 8pm at the church
3/31 Cypress School Constituency Meeting 7pm

APRIL 2009

4/1 Financial Peace University 7pm in the Chapel
4/2 Book Club at Victrola Coffee & Art 8pm
4/3 Vespers – 7pm in room 102
4/4 **Bible Study Groups 10:00 am**
Worship Service 11:30 am
8 Weeks to Wellness 1:30 pm in the Chapel
4/7 Bible Study Group 8pm
4/8 Financial Peace University 7pm in the Chapel
4/9 "Purls" Knitting and Crochet 7pm in room 102
4/10 Vespers – 7pm in room 102
4/11 **Bible Study Groups 10:00 am**
Worship Service 11:30 am
8 Weeks to Wellness 1:30 pm in the Chapel
4/13 Church Board Meeting 6:30 in room 110
4/14 Bible Study Group 8pm
4/15 Financial Peace University 7pm in the Chapel
4/16 Book Club 8pm at Victrola Coffee and Art
4/17 Vespers – 7pm in room 102
4/18 **Bible Study Groups 10:00 am**
Worship Service 11:30 am
8 Weeks to Wellness 1:30 pm in the Chapel
4/19 Easter Sunday
4/21 Bible Study Group 8pm
4/22 Financial Peace University 7pm in the Chapel
4/23 "Purls" Knitting & Crochet 7pm in room 102
4/24 Vespers – 7pm in room 102
4/25 **Bible Study Groups 10:00 am**
Worship Service 11:30 am
POTLUCK Fellowship Meal following Worship
4/28 Bible Study Group 8pm
4/29 Financial Peace University 7pm in the Chapel
5/1 Vespers – 7pm in room 102

Howell's 70th Anniversary Celebration

Volunteer Park Church Fellowship Hall
TONIGHT - March 28, 6:00 pm
Everyone Welcome!
Requested no gifts but cards are welcome!

This is the **March Potluck meal** so come, celebrate, and bring food!

GET RE:FRAMED:
VOLUNTEER Park Church invites you to reframe your perspective of the world and how to approach the post-modern mindset. Register at www.seattlereframe.com for the May 22-24 training event at the Museum of History and Industry (MOHI) in Seattle. Questions? See Paul and Roxanne Wright or email info@seattlereframe.com

Cypress School Constituency Meeting
Tuesday, March 31, at 7:00 pm
21500 Cypress Way, Lynnwood
Get Invested in our school.
Agenda: Quorum count
Minutes - 2008 Constituency Meeting
Principal's Report
Budget 2009-2010

WOMEN'S SPRING DAY: Author Kay D. Rizzo will speak at this year's Women's Ministries Spring Day on April 18 at Grace Community Church in Auburn. Discounts available through April 1. Find registration forms in the foyer or online www.washingtonconference.org/women,