

# NEW LIFE

FOR A  
**DEAD**  
**CHURCH**

## EDITOR'S PERSPECTIVE

BY ANTHONY LESTER

When I walked into an Amazing Facts prophecy seminar more than a decade ago, I wasn't feeling at all sociable.

I didn't speak to anyone. I walked quickly down the aisle and took a seat near an exit. I didn't look at anyone in the eye.

I was there only as a favor to my "strange" Christian brother, who had invited me to come. I was just being nice.

Then something *really* bad happened—someone started singing "Turn Your Eyes Upon Jesus." Good grief! I remember rolling my eyes. The sound of the hymn struck me as old fashioned, overwrought, and boring, especially as I was just listening to the latest top-40 hits on the car radio. I wondered how I would possibly survive the next hour.

Then the music stopped. I heard the truth about God, and my life changed. The music, it seemed, hadn't mattered at all. It still doesn't, actually.

Since I was in my twenties at the time, I think I can say that the idea that our church is failing our youth because we aren't hip enough just isn't true. My point is not to promote a particular worship style but to end the argument that young people will leave a church simply because it doesn't play

to their particular cultural tastes. It's actually quite demeaning. Are they really so shallow?


We might as well say that if Jesus had only been accompanied by a slick beat, the rich young ruler would have had a totally different reaction to Him.

We all know that's not true.

The bottom line is that all young people have the same choice we have to make. They can follow the message of Christ—or they can reject it. Jesus told the young ruler to be different, and the young ruler went away sorrowful. That reaction didn't change how Jesus delivered His message. Jesus isn't the one who failed.

Get used to it.

Sometimes no matter how we present the message, it will be rejected because Satan has convinced others that the cost is too high.

I'm all for winsome witnessing, but I'm also proof that hiding the hard sale of Christianity behind a veneer of slick music isn't going to help anything. What will convince young people (and old people) to follow Christ is our agape love, the Bible truth, and the absence of hypocrisy in our lives. If we want them to survive this sin-sick world, they need to see us live the message, not mask it. 





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## Amazing Facts

# MAILBAG



November 16, 2013

Ringgold GA, 30726

Dear Pastor Doug,

I really liked your last newsletter.  
Enclosed in this envelope is \$2.00 from  
me and my younger brother Daniel. We  
hope this will help Amazing Facts.

Sincerely,  
Samuel and  
Daniel

P.S.

Daniel is my 5 year-old brother. He loves  
watching the introductions to many of your  
programs, especially Amazing Facts Presents.

The *Inside Report* welcomes all correspondence regarding Amazing Facts. Letters and other materials might be used—in whole or in part and edited for content and clarity—in future ministry publications. If Amazing Facts has helped change your life for Christ, please write us at [testimonies@amazingfacts.org](mailto:testimonies@amazingfacts.org)!

## Bible Universe

"The Bible Universe devotional is the first thing I read upon returning home from work. It gives me pause to reflect on the day, good and bad. It has become a daily renewal of my faith and a somber reminder of the gravity of even the smallest transgression of God's law. Praise God! Come soon, Lord Jesus." *web comment*



## I Support Amazing Facts Because ...

"You have actually helped change my life completely, and I am thankful of that. Also because with my help, people may be saved." *John*

"I believe that Amazing Facts, through its various media programs, has been winning souls to Christ with their Bible truth. If I can be a part of this group and pool my resources with those of others, I can help in this important soul-winning experience!" *Sharon*

"I believe Amazing Facts is doing a great job of helping finish God's work. I can't do mission work myself, but I can support, in my limited way, those who can." *Sonja*

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# NEW LIFE FOR A DEAD CHURCH

BY PASTOR DOUG BATCHELOR

## AN AMAZING FACT:

*Legend has it that in 1775, the English trading ship Octavius was discovered drifting among the icebergs in a remote area of the Arctic. The captain was found at his desk, apparently frozen as he made one last entry in his logbook. The crew was likewise found, some in their hammocks and some in the cabin, all frozen to death.*



*The last date in the logbook showed that for 13 years, the Octavius had been moving among the ice pack, “a drifting sepulcher, manned by a frozen crew.” This is not very different from many churches out there—where members are stuck in position on cold pews going nowhere!*

**H**ave you ever visited a church that seemed a little cold, mechanical, and lifeless? Or have you wondered why we have many small churches that don't seem to be growing— or why many big churches seem to be shedding members? As I travel for speaking appointments, it's always refreshing to encounter a vibrant, growing congregation because, unfortunately, it seems to be the exception. Well, why are so many churches stagnating? Could it simply be that because iniquity abounds, the love of many has grown cold? (Matthew 24:12).

Perhaps you are part of one of these churches. You'll generally know a dead church when you see one—the only outreach



program is the sign on the building, and the youngest member is on Social Security.

The Scriptures tell us that the apostolic church was energized by the Holy Spirit and driven to spread the good news at any cost. This is why in one generation the gospel had penetrated into every corner of the Roman Empire (Colossians 1:23).

## The Deadliest Infection

One of the best ways for you to experience a revival in a cold, sleepy, or dead church is to share Jesus with others. In fact, that's the primary function of the church. So many small growth-less churches are so busy looking inward, after their own needs, that they only pay lip service to the great commission. The problem is that when our focus is inward and our needs are met, what happens? We stagnate, get bored, and don't see church for what God meant it to be.

You know this is happening in a church member's life when you hear, "I don't get anything out of church." Many Americans are spectator oriented; we are used to being entertained. Yet TV watching is a passive activity. You just sit there and soak it up. We often come to church with the same mindset, but in reality, church should predominately be where we go to give. We give our praise, our songs, our offerings, our service, and our attention to God.

If we would just escape this rut of thinking a church service is supposed to be

a satisfying performance, we wouldn't come away saying we didn't get anything out of it. We would come away thanking the Lord we were able to come and give our praise and worship to Him. One evangelist who was asked to give his response to a rather dull church service simply responded, "The speaker wasn't very interesting, but God sure was."

The core reason people are bored with their churches is they have hearts void of the Holy Spirit and, therefore, seldom have an appetite for spiritual food. But if we were hungering after righteousness, we would be less concerned with

perceived faults. "To a hungry soul every bitter thing is sweet" (Proverbs 27:7).

Ellen White put it this way: "While the people are so destitute of God's Holy Spirit, they cannot appreciate the preaching of the Word; but when the Spirit's power touches their hearts, then the discourses given will not be without effect."

Unfortunately, some pastors think the only solution for building church attendance is to break out the band and bring on dancing deacons. If your pastor seems to be floundering for solutions for church growth, perhaps he needs your help. Let him know you're on his side and that you want the church to be alive and growing.

## Advanced CPR for the Dying Church

The best way to energize a dead or cold church is to invite a non-member to attend with you or to win a new convert who will have that "first love" coursing through their veins.



You might say, “But I’m embarrassed to invite anyone to our church! It’s so cold and lifeless that a blast of Arctic air enshrouds you as soon as you enter the door!”

I believe that new converts or sincere people who visit your church hungering and thirsting after God will not so quickly notice the imperfections that seem obvious to you. Rather, they’ll help you get a fresh perspective.

One of the features of the body of Christ is that it constantly needs fresh transfusions of new converts to be healthy. The church must always be involved in evangelism to remain warm and vibrant. We are often caught in that vicious cycle of thinking our church is not ready for evangelism or new people when, in reality, evangelism and new people are the cure.

Working to keep others warm and alive in their Christian experience will help keep you from freezing!

And before you excuse yourself from reaching out to wake up the saints by saying you don’t have enough experience, remember that you have exactly the same qualifications the 12 disciples had when they started out. Jesus sent them out preaching even though they were not completely converted or perfectly trained. Sharing their faith was part of their conversion process.

If you think you are in a dying church, get involved. You can even gather warmth from the coldness of others. An igloo might be made of ice, but it keeps the inhabitants warm! Need some ideas? Here are four keys to get you going ...

### **1 Start a home Bible study group.**

Some people who don’t go to church will often feel comfortable in a home Bible study. If you come to church each week glowing from a home study during the week, you will have some warmth and light to share.

### **2 Drown yourself in good Christian media and materials.**

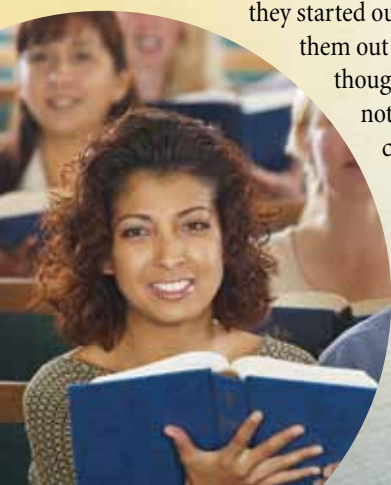
Listen to elevating Christian CDs and DVDs and pass them around. This will help generate spiritual conversations and is like giving a bowl of hot spiritual soup to someone shivering and hungry.

### **3 Energize your Sabbath School.**

Make an uninteresting Sabbath class come alive by asking thought-provoking questions that stimulate biblical discussion. For example, “How can I know if I’m really converted?” Just remember to generate more light than heat with your questions and turn to God’s Word for the answers.

### **4 Pray for revival.**

Go home and get a piece of chalk. Draw a circle three feet in diameter on the floor. Kneel in the middle of the circle. And then pray that God will start a revival in that circle. When God starts a revival in that circle, a revival will have begun in your church.







When revival happens, you might face new problems. Instead of trying to survive in a cold, dead church, your church might grow so rapidly you'll be wondering how you will now survive in a big church!

## Survival Tips for a Small Church

One of the big problems that small churches face is the over-involvement in one another's personal lives. Sometimes there is too much meddling in private business. There also seems to be a hesitancy to let newcomers integrate into church leadership, even if the "newcomer" has been a member there for 10 years.

Here are some ways to help your small church not only survive, but thrive ...

**1 Respect the privacy of other members** and guard the privacy of your own home. While there might be nothing to hide, every family needs privacy. Ellen White wrote, "How many lives are made bitter by the breaking down of the walls which enclose the privacies of every family, and which are calculated to preserve its purity and sanctity!" Remember to give people their space and gracefully let them know when you need yours.

**2 Refuse to be a link in the gossip chain.** When someone comes to you with a "juicy" story about another member, you don't have to listen. Try turning it back by responding, "Let's pray for them and leave this in God's hands."

**3 Don't play favorites.** While it might be a temptation to join the "in crowd," remember Jesus was the friend of outcasts. He treated both John and Judas with equal love and respect.

**4 Avoid power struggles for church leadership.** Positions in small churches are generally held by a small group. People who cling to power often do so from a point of insecurity rather than strength. A person with leadership gifts who is strong in the Lord will not feel threatened by others and will give them an opportunity to exercise their talents. On the other hand, a person who is truly gifted doesn't necessarily need the leadership title in order to exercise their gifts; they don't mind if someone else gets the credit.

**5 Search for hidden gifts.** In a small church, it's often the same few people who do most everything. This is sometimes due to somebody wanting to maintain control, but more often it is because the same people are always asked. These willing

*(Continued on page 34.)*

# A Longtime Dream

by Curtis Rittenour

After 44 members completed the Amazing Facts Bible School program, they were no longer timid about sharing their faith!

Mary Narcisse, the education director for the Bethel French Church in Trenton, New Jersey, had a dream. She wanted the members in her church to have a deeper walk with Christ and to be more familiar with the teachings of the Bible. When she was asked to be the education director for her church, she prayed to the Holy Spirit for guidance on what to do.

When Mary felt impressed to lead her members through a Bible study, her husband, Joubert, who receives the *Inside Report*, suggested, “Why don’t you use the Amazing Facts Bible Study Guides?” He had gone through the lessons himself and enjoyed them so much. “They are excellent,” he enthusiastically explained. He also had heard Pastor Doug Batchelor preach on one of their local television stations.



## Church-wide Adventure

Beginning in February 2013, Mary invited members, each Sabbath after the church fellowship dinner, to gather in the sanctuary for the study. She even called Amazing Facts for some guidance. After enrolling the class members, the ministry mailed all the

materials to her address so she could pass them out each week. Following a time of singing and prayer, Mary or Joubert would introduce the topic. Then the members, from ages 13 and up, would break up into small groups and go through a lesson.

Sometimes members had questions or would miss a study. They would call Mary, who would guide them through the lesson so they could stay on track with the rest of the group. About 25 percent of the members participated in the program. Five months later, 44 members had completed all




the lessons and received their completion certificates. The graduation service was a high moment and even included a guest speaker.

At the end of the graduation service, Rooldy Alexandre, pastor of the Bethel French Church, challenged all the Bible study students to go out into the streets and preach the gospel. He urged them to share their faith with others. Many of the members expressed how hesitant they felt about witnessing before going through the lessons. But after thoroughly studying the Amazing Facts Bible Study Guides, they felt more competent and bold to do evangelistic work in their neighborhoods.

## The Fruit Blossoms

Using the Amazing Facts Bible Study Guides, in conjunction with a revival service in August, the church welcomed 24 new members into the church. They

were baptized on September 27, 2013. Mary shares, "Once our members went through the lessons and gained more knowledge about these truths, they were no longer timid about sharing. They felt ready to introduce others to the lessons."

Since this time, members continue receiving materials from Amazing Facts, visiting the website, ordering more resources, and sharing their faith with others. Some are going door to door; others are witnessing at local malls or with friends in the workplace. Mary is very enthusiastic about the "dynamic support and encouragement" she received from Amazing Facts while carrying out the Bible study program. "Amazing Facts is doing a wonderful ministry. Thank you so much. Your work is making a difference. God bless all of you!" 

**Would you like to run a similar program in your church?**  
**Call 916-434-3880 for more info!**





# THE AFCOE EFFECT

BY GABE ARRUDA

*"The work of God in this earth can never be finished until the men and women comprising our church membership rally to the work, and unite their efforts with those of ministers and church officers." —E.G. White*

## One of the best decisions

my wife and I ever made was to attend the Amazing Facts Center of Evangelism (AFCOE) outreach training program.

Ever since we completed our training, it has been our top priority in life for God to use us to bring other people to heaven. And we have been so blessed by His leading.

Yet while doing Bible work in the years following, it was troubling for us to see guests from the community come to an evangelistic meeting and then just as quickly disappear when the meetings were over or, perhaps, after the Bible worker left. We observed that many more people would come and *stay* in church when most of the *church members* were also actively involved in the evangelism cycle.

In fact, there seemed to be a definite ratio: The more church members were involved, the more guests God would bring—because the church was ready for new souls. We saw that the involvement of

church members was the real key to success. It was the church members who had the connections in the community, whether they were neighbors, co-workers, or people they saw every week at the grocery store or post



office. And it was the members who would still be there in the community, long after we left, that would support the new souls brought into the church.

That's why it quickly became a real passion of mine to make church training a vital part of my evangelism focus. So



beginning just a few years ago, I set out to simultaneously train two churches, fitting in as much of the AFCOE training as I could into nine classes taught over the course of several weeks. The training included learning how to give a Bible study and lead someone to Christ, going door-to-door, doing bridge events, transforming the church culture into an atmosphere of continuous evangelism, preaching soul-winning sermons, retaining new people, and how to turn around and teach the same Bible worker training class. In very little time, there were 32 Bible studies being conducted by church members alone, and within a few months there were several baptisms!

## Preparing for a Harvest

Recently, I finished preaching an evangelistic series in Brownsville, California. In the months preceding, I taught my AFCOE-infused evangelism training course to prepare the church to receive new seekers into the church. Even though there had been previous attempts

at outreach without any apparent success, the church members put their hands to the plow with renewed courage, determined not to give up on the process of outreach. We had several seasons of fasting and praying; the church members went door to door and held a big community health expo, which attracted more than 100 guests.

Although this was a small, rural community (population 1,500), the outcome was incredible. Because the church members



and the guests themselves were inviting their neighbors and friends, there were new people showing up all the way through until the last night. We had a consistent attendance of about 35 guests and, by the end, there were six decisions for baptism and four others considering church membership. Fifteen of the seminar guests now regularly attend church and are continuing Bible studies!

We have seen this concept of “multiplication” take off in other ways as well. In one of the first training classes I did,

there was a young man named Alex from the islands of Vanuatu. At the end of the classes, Alex came to me and said, “Brother Gabe, if you came here for no other reason, it was for me.” Alex returned to Vanuatu a few months later and began conducting evangelism training classes right away. He’s trained two groups of lay church members and recently held a series of meetings in which 18 people committed their lives to Christ. Praise God!

## A Very Real Impact

When Stormy was a young girl, a friend invited her to church. It was the first time she had ever opened a Bible. She enjoyed going to that church and continued attending for a year until her family moved away. From that time on, she felt like she was wandering aimlessly. She would try




church after church, searching for a good fellowship, but nothing seemed right.

In the last several years, Stormy’s prayers became urgent for spiritual renewal. She felt that if God didn’t bring someone into



her life that could teach her the Bible, Satan would gain a strong hold upon her. One day, she went to the local community service center where she met a wonderful Bible worker couple, Val and Cheryl. Val shared a short Bible study, and she was deeply impressed that she was hearing truth. They started Bible studies and, just a few weeks later, she was invited to my “Revelation Revealed” Bible prophecy seminar.

She eagerly accepted the offer even though she was afraid of the book Revelation. She decided she would go, and if it started getting scary she would just step outside. She never walked out once. Stormy started understanding the Bible like never before. “I was so hungry,” she says, “it felt like I had been starving my whole life. I couldn’t wait to go again. Every night I would count down the hours until it began.” On November 16, Stormy was baptized. “I thank God every day that He answered my prayers and brought this truth and these people into my life.” 

*Want to be a successful soul-winner like Gabe? Come to AFCOE! Visit [afcoe.org](http://afcoe.org) to learn more.*





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\*Visit [afcoe.org](http://afcoe.org) for additional dates.

# BIBLE ANSWERS WITH DOUG BATCHELOR




**Q. Can a person find favor with God by living biblically but not going to church?**

**A.** First, it's important to note that there will be many people in heaven who were not affiliated with a church, either because they did not have that opportunity or another reason that prevents them from that privilege. But one of the most important principles of Christianity is that we are saved into the body of Christ, which is another name for the church. When you are baptized, you become part of Christ's body and enter into the church.

So I would ask in return: Why would a person say they love God and His truth, but not wish to fellowship in love with His people? That's one reason God wants us in church—because it has people with similar faith and likeminded beliefs. It actually helps to bolster our faith and makes us accountable.

It is also an excellent environment to increase our capacity to love one another. People learn their most important lessons of love in the context of their biological families. Church families follow the same dynamic, especially with new believers. If a person says, "I believe in God and the Bible and want to be saved and baptized, but I don't want to go to church," it sounds to me like a man saying to his bride, "I love you, I want to marry you, but I don't want to live with you." It's saying you want the benefits of marriage, but not the relationship that goes with it. Part of the Christian experience is having a relationship with the church, the fellowship of believers.

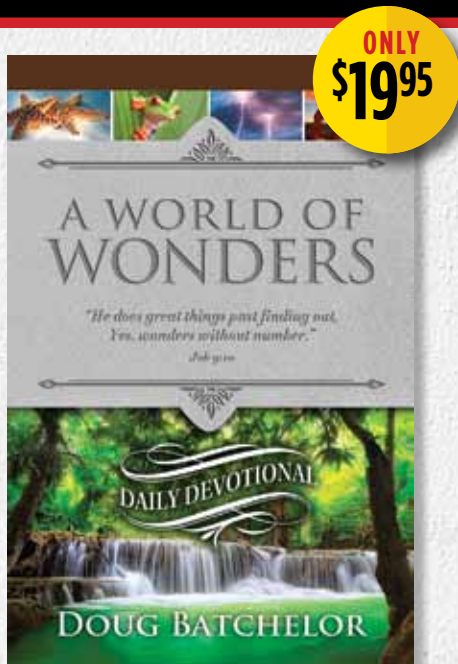
I lived as a hermit once—up in a cave and away from society. In that kind of solitude, you have a tendency to become eccentric. Isolating oneself from society and lacking social contact begin to affect your mind; your brain sort of atrophies. You become socially inept. In the same way, it's important for Christians to be social with fellow believers in corporate worship and gatherings to avoid becoming spiritually eccentric and inept.

It's part of God's gift, so I encourage each Christian to find a biblical church in which they can grow into mature members of God's family. "And the Lord added to the church daily those who were being saved" (Acts 2:47). 

**For Further Study:**

Ephesians 2:20-22; Acts 20:28;  
Hebrews 3:6

Tune in to ***Bible Answers Live***, Amazing Facts' live, nationwide call-in radio program, and listen to Pastor Doug give biblical, straightforward answers to difficult Bible questions. To get times and stations in your area, or to listen to answers online, visit [www.amazingfacts.org](http://www.amazingfacts.org). You can also request a free program guide by phone or mail.



## A World of Wonders Daily Devotional

Pastor Doug Batchelor shares 365 of his favorite stories and illustrations from around the world to illuminate truths from the Bible. Every month presents a new topic from nature, science, biology, and history to help you draw closer to Jesus. Even your youngest will be amazed and delighted! Updated for 2014 and featuring a beautiful new hardback cover!

AF-WGDD ... \$19.95

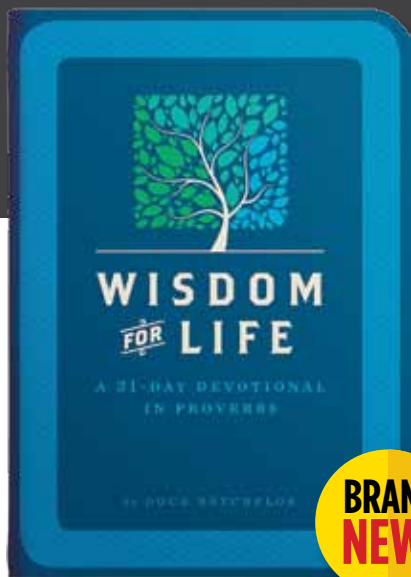
▶ See page 21 to order today!



# Pastor Doug's Latest Book

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NEW!**

"The fear of the LORD is the beginning of wisdom; a good understanding have all those who do His commandments" (Psalm 111:10). Begin and end each day searching the wisdom of King Solomon in the Proverbs. Living successfully requires wisdom, and the good news is that you can drink from the same fountain of wisdom as Solomon. Two entries each day for morning and evening!

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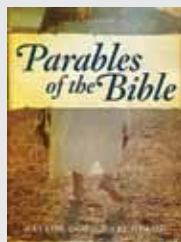
## Little Visits at Bedtime: 105 Devotions and Prayers



*Mary Simon.* Help your child make a smooth transition from a busy day to bedtime with quality family time in Jesus. Each Scripture, prayer, and devotional thought will help you and your child focus your thoughts and

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BK-LVB ... \$12.98



## Parables of the Bible DVD

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DV-POB ... \$15.95

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AF-REV ... \$14.95 / Bulk pricing available!

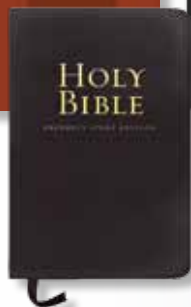


### Daniel and Revelation: Secrets of Prophecy

This chapter-by-chapter, easy-to-follow, 84-page, full-color guide through the Bible books of Daniel and Revelation features stunning contemporary artwork and historical images and facts that reveal the true mysteries of prophecy in staggering detail and clarity. Designed especially for sharing with the audiences of today—a brand-new evangelism tool for churches, schools, friends, and neighbors!

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(Also in Spanish) BK-DRMS ... \$3.95



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Highly recommended by many Bible students, this study Bible by Amazing Facts is filled with powerful tools to deepen your exploration of God's Word. Includes the 27 Amazing Facts Study Guides, explanations of Bible numbers and symbols, and much more!

(Genuine Leather) BK-PSBPL ... \$98.95

(Giant Print Leather) BK-PSBGL ... \$109.95

(Brown Leathersoft) BK-PSBSD ... \$76.95

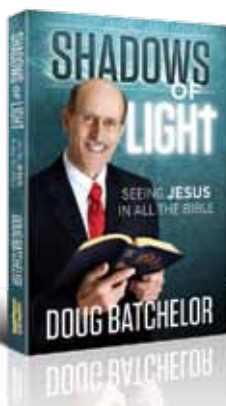
(Black Leathersoft) BK-PSBDB ... \$76.95

(Hardcover) BK-PSBHR ... \$29.95

# Illustrated Bible Journey Set

**BRAND NEW!**

A stunning, beautifully hard-bound set of 12 full-color volumes designed to give today's young readers an exciting, immersive experience in God's Word! Featuring bold, contemporary artwork and easy-to-read Bible stories that will help grow their faith in Christ!  
BK-BJS ... \$149.95



## Shadows of Light

*Doug Batchelor.* In this fresh, exhilarating exploration of the Book of books, you'll see shadows of Christ in Bible characters of old—from Adam, Abel, Enoch, Noah, Abraham, and Isaac to Joseph, Moses, Joshua, Ruth, King David, Job, Elijah, Esther, and more. Your faith in the Word of God will grow as you see Jesus in all the Bible!

AF-SOL ... \$18.95



## Pseudology: The Art of Lying DVD

How much of an effect does media have on you? Probably much more than you think! See the scientific evidence in Little Light Studios' latest documentary that takes

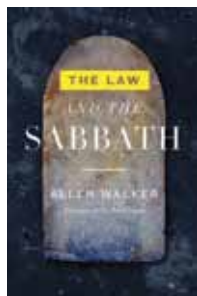
an in-depth look into the "pseudology" of the entertainment industry and reveals how movies are reshaping your views of God.  
DV-PTAL ... \$14.95

## The Law and the Sabbath

*Allen Walker.* If Christians are under grace and not the law, is the Sabbath still relevant today? Is it legalism to esteem one day above any other? Do

the Ten Commandments really have a place in the new covenant experience? Get solid, scriptural answers about this sacred truth.

AF-LAS ... \$13.95



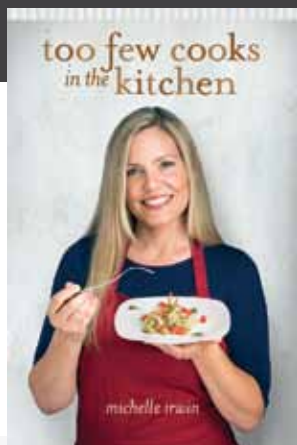


# Cookbooks Delicious & Healthy Recipes

## Too Few Cooks in the Kitchen

*Michelle Irwin.* At last! A cookbook that combines the best of raw and cooked plant-based dishes. Chef Michelle takes you on a mouth-watering journey to the heart of the home, the kitchen, to explore her favorite dishes—while sharing the secrets to making heart-healthy food taste great! More than 70 recipes for breakfast, lunch, dessert, and more!

AF-TFCK ... \$19.95

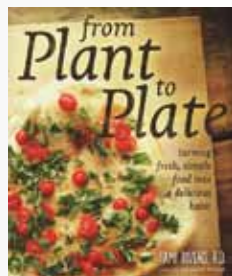


**NEW!**

## Kidlicious: Fun & Healthy Recipes That Kids Love

Covering breakfast through dessert, these fun and healthy recipes will get the whole family cooking together! With beautiful, full-color pictures of every recipe; easy-to-follow, step-by-step instructions; and engaging lessons, your kids will learn that making healthy choices can be fun, exciting, and tasty!

BK-KID ... \$24.95



## Sugar-Free Raw Desserts

You can really have your cheesecake and eat it too—without guilt! Michelle Irwin, raw food chef, provides delicious desserts that are raw, vegan, sugar-free, dairy-free, gluten-free, soy-free, and diabetic friendly. Raw food is naturally good ... and good for you!

BK-SFRD ... \$19.95



## From Plant to Plate

*Tami Bivens.* This fun cookbook will make your transition to a plant-based diet easy, including QR codes to how-to cooking videos! Over 125 delicious vegan recipes including: French toast, Asian tofu fajitas, vegetable pot pie, Thai curry soup, German-chocolate cheesecake, spiced pumpkin pie, and more! It's the next big thing!

BK-FPTP ... \$19.95

# AFBOOKSTORE.COM

Your one-stop shop for Christian resources

**AMAZING FACTS**



**Shipping Information:** Please add **15%** of sales value or **\$5.50** (whichever is higher) for shipping & handling.

California residents please add 8.25% sales tax. For orders shipped outside the U.S. and Canada, add 25% or \$10 (whichever is higher) for foreign postage. Some items may require additional shipping costs and delivery time due to weight.

# YOU'RE INVITED TO JESUS' HOUSE!



**D**id you know that Jesus was the first person in the Bible to mention the word “church”? He was talking to His disciples and told them He was going to build *His* church (Matthew 16:18). No, He wasn’t speaking about a building made of wood or stone, but about all the people who believe in Him. God’s people are the church!

Going to church gives us a great chance to learn more about God, the ways He wants us to help and love others, and the happy future He has planned for us. When we gather together to worship, God is with us in a very special way, shining His love into our hearts and minds. He reminds us what is right, helps us learn to trust Him, and makes us strong to resist temptation. When we are hurt or disappointed, He comforts us.

Did you know that every good thing we have comes from God? That’s right!

Our home, clothes,

food, health, family, and so much more are gifts from Him! The best gift of all is Jesus. Together, we should thank Him for all of these things. Meeting with other believers and singing, praying, giving offerings, and studying together is one way that we worship God and honor Him as our Creator and Rescuer.

But is it *really* that important to go to church? Can’t we just read our Bibles, sing, and pray to God at home? The Bible says it *is* important for us to meet together. It was Jesus’ custom to go to church. (Read Luke 4:16.) That means He went to church regularly. As His followers, we should do the same thing!

God’s Word also says we shouldn’t give up meeting with other believers, but we should get together and encourage each other, especially since Jesus will be coming back for us soon! (See Hebrews 10:25.)

**A**s part of God’s church, our job is to help other people meet Jesus so they can be saved. Church can be an exciting way to share Jesus with your friends. Do you have any friends who don’t go to church? Maybe they have never been to church, or maybe their family has stopped attending. Why not invite them to go to Sabbath School with you?



***HERE ARE SOME THINGS YOU  
CAN DO TO GET MORE OUT OF  
YOUR TIME AT CHURCH:***



- Help your family get there on time.
- Join in Sabbath School activities.
- During the sermon, listen carefully. Take notes, write out the Bible verses, or write down things that you don't totally understand and ask your parents to explain them to you later.
- Smile at the people around you. They're part of God's family too!
- Watch for visitors and try to make them feel welcome.
- Thank your pastor.

***TIME FOR CHURCH!***

It's almost time for church to start! Can you help Zoe find her way to church?





# NEWS to NOTE

## The Next Big Step for Amazing Facts

In January 2014, Pastor Doug Batchelor stepped down as senior pastor of Sacramento Central Church. We want to



assure our faithful readers and supporters that he will continue his leadership and speaking role at Amazing Facts!

After more than 20 years of service

at Sacramento Central, Pastor Doug believes the Lord has been leading him to turn his attention more fully to a major new expansion for Amazing Facts. He says, “Sometimes to reach great goals, you must take a bold step of faith. After much prayer, I believe God has been leading me and this ministry along this road for some time, and I’m excited because this new path doesn’t mean less ministry, but even more evangelism!”

While continuing his role as president at Amazing Facts, Pastor Doug will now serve as senior pastor for Granite Bay, a church planted six years ago by Central with the aim of creating a new center for media evangelism. He explains, “We envision a modern facility where the three angels’ messages can be broadcast around the world with every conceivable media and publishing

technology; it will also be a place where young men and women can be equipped for evangelism and global mission work.”

Until a new infrastructure for media broadcasts is created, Amazing Facts will continue to record its popular Sabbath School program in Central’s sanctuary.

Pastor Doug says he looks forward to a strong partnership with ministry friends like you! “Even while this is an enormous task, I believe God often works His best miracles when we just step into the water. The Lord has great things in store for Amazing Facts and you in the days ahead.”

## The Storacles in Japanese

We want to extend our special thanks to Hiroko Komaki for translating the Amazing Facts Storacles of Prophecy Bible study lessons into Japanese. These lessons are now available on our website and are already being used in Japan to share the Bible truth and the love of Jesus! Do you want to translate Amazing Facts resources into new languages so the everlasting gospel can go to every corner of the globe? Please contact us at 916-434-3880!





# Resting in His *Peace*

## Meet Sara.

She once laid down on railroad tracks hoping to end her young life full of tragic abuse. Who could blame her? For years she was drowning, all alone, in a cold sea of darkness, wondering where she could find hope and meaning.

But one day, a friend gave Sara\* a book with [www.amazingfacts.org](http://www.amazingfacts.org) written on the back inside cover. She soon visited our website and began watching Amazing Facts programs and receiving our free resources offers.

"It was so easy to understand. Pastor Doug took the mystery out of so many topics. As I listened, I knew without a doubt that I was hearing truth from God's Word."

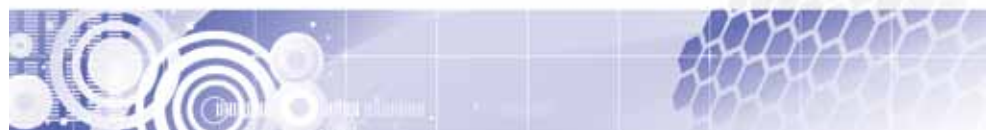
Because of your love, the Holy Spirit used Amazing Facts to reach Sara with truth, changing her life for all eternity. So many more souls need this same opportunity!

When you support Amazing Facts, you make it possible to reach them through publishing, TV and radio, the Internet, and more—letting them know that, like Sara, they aren't alone and God's family is waiting for them!

Please give today.  
**[give.amazingfacts.org](http://give.amazingfacts.org)**  
**877-506-1751**

See more incredible  
stories of changed lives at  
[amazingfacts.org](http://amazingfacts.org)!

\*Not her real name.



Amazing Facts

# Prophecy Seminars



Doug  
Batchelor



Darrin  
Bartell



Ryan  
Day



Lowell  
Hargreaves



Tim  
Jones



Carlos  
Muñoz



Dennis  
Priebe



Dave  
Steward

► Our Bible prophecy seminars now feature can't-beat price breaks and a marketing team that will help you advertise your event. This is a great time to book an Amazing Facts seminar and grow your church! Call today to get more details.

## Doug Batchelor

**March 25–27**

AFCOE to Go at ASi

**March 28, 29**

Mid-America ASi  
Kansas City, Missouri

**April 18, 19**

Youth in Mission  
Mannheim, Germany

**June 6, 7**

Texico Camp Meeting  
Albuquerque, New Mexico

**June 13, 14**

Arizona Camp Meeting  
Prescott, Arizona

**July 28 – August 1**

Korean Camp Meeting  
Angwin, California  
AFCOE to Go

## Darrin Bartell

**April 4 – May 11**

Church Auditorium  
2625 Casper Mountain Road  
Casper, Wyoming  
Call 307-237-7373 for details.

**May 13 – July 23**

Owasso, Oklahoma  
Call 916-209-7286 for details.

## Ryan Day

**March 7 – April 5**

Hilton Garden Inn  
119 West Congress Street  
Lafayette, Louisiana  
Call 870-761-3892 for details.

**April 11 – May 10**

Church Auditorium  
4877 Highway 392 W  
Harrison, Arkansas  
Call 870-741-6799 for details.

**June 6 – July 5**

Clarksville, Arkansas  
Call 916-209-7286 for details.



For more information or to schedule a seminar, visit our website at [prophecyseminars.com](http://prophecyseminars.com), call **916-209-7286**, or email [cathyq@amazingfacts.org](mailto:cathyq@amazingfacts.org).

**Lowell Hargreaves**

**February 12 – March 15**

Quezon Memorial Circle  
(Fountain Area)  
Quezon City, Philippines

**April 4 – May 3**

Pasay, Metro Manila

**Tim Jones**

**February 21 – March 29**

Point Plaza Suites  
950 J Clyde Morris Blvd.  
Newport News, Virginia  
Call 757-556-2521 for details.

**April 3 – April 25**

Garland Faith Community Church  
1702 East Centerville Road  
Garland, Texas  
Call 972-271-3403 for details.

**May 23 – June 28**

Grande Prairie Church  
711039 Range Road 55 (84th St)  
Grande Prairie, Alberta, Canada  
Call 780-532-3808 for details.

**July 11 – August 9**

Dickinson Church  
22 8th Street, E  
Dickinson, North Dakota  
Call 701-483-2050 for details.

**Carlos Muñoz**

**February 21 – March 30**

Guatemala City, Guatemala

**April 11 – May 16**

Georgetown Hall  
4981 Longview Lane  
Georgetown, California  
Call 530-333-4181 for details.

**May 16 – May 24**

Norwalk, California  
Call 916-209-7286 for details

**June 6 – July 5**

Booneville, Arkansas  
Call 916-209-7286 for details

**October 24 – November 22**

New York, New York  
*Spanish-language Series!*  
Call 916-209-7286 for details.

**Dave Steward**

**February 28 – April 5**

Church Auditorium  
2600 Kenwood Road  
Bakersfield, California  
Call 209-484-7119 for details.

**April 11 – May 10**

New Orleans First Church  
4201 Esplanade Avenue  
Metairie, Louisiana  
Call 504-885-7000 for details.

**July 25 – August 30**

Church Auditorium  
164 Church Street  
Loganville, Georgia  
Call 770-687-1494 for details.

**September 5 – October 11**

Greeley, Colorado  
Call 303-817-6302 for details.



Times and locations are subject to change. Please confirm at [prophecyseminars.com](http://prophecyseminars.com) prior to attending.

# Billboard of Truth



## Young Adults Inspire Highway Outreach

**R**enee Donohue and her husband Mike attend a small country church north of I-40 between Nashville and Knoxville in Tennessee. Her congregation shares a pastor with another small church, and between them are only a few young adults who attend regularly.

But when it comes to Jesus, it's not the numbers that count ... *it's the passion!*

One of these young people—who asked to remain anonymous so God gets all the glory—recounted to Renee that while he was praying, the idea to have a billboard suddenly came to him. He felt the Lord gave him this idea, and it pressed on his heart. He discussed with another young man ways to reach the people in their area with Bible truth, and both have been blessed over the years by Amazing Facts through our DVDs and Internet programming.

They discussed how a billboard could advertise Amazing Facts' truth-filled websites and lead locals to truth.

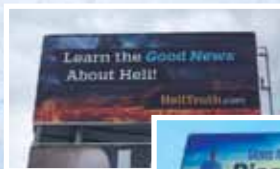
Renee thought it was a great idea, but she knew nothing about billboards and “didn’t even know where to start.” But one day, she drove down the highway and wrote down three numbers posted on blank billboards along the way; she then prayed for courage, wisdom, and God’s leading.

She says, “I called each billboard company in turn. One never returned my call, and another wasn’t very helpful. But the third company was wonderful and even offered the option of having a billboard that could be changed every quarter.”

Better yet, the fees were very reasonable—about \$240 a month. The church board approved the project and made a way for members to donate to the project. Next, Renee got in touch with Amazing Facts, who helped design the billboard for free and worked directly with the billboard company to set up the graphics.

“After several weeks,” Renee shares, “the billboard was up and proclaiming the ‘Good News About Hell’ and directing people to helltruth.com!” Praise God for this wonderful church family boldly proclaiming the gospel! Explains Renee, “If our little rural church can do this, anyone can! I pray this project will be replicated across the country, reaching many souls for the kingdom!”

***Interested in using a billboard to advertise an Amazing Facts website, program, or product in your area? Give us a call at 916-434-3880!***



# God Has a Plan

*Mark was practicing law and doing well financially but knew something was missing in his life. That's when the Lord led him back to the church and into full-time service with Amazing Facts!*

**“I** was born and raised in the faith,” shares Mark Teh, the planned giving director for Amazing Facts. “However, after graduating from college, I essentially stopped going to church.”

Mark eventually went on to law school and joined a legal firm in Sacramento after graduation. “I quickly experienced the reality of long hours in practicing law,” he explains. “During this time, I realized something was missing in my life.” Mark began searching the Scriptures for truth. He also started watching Pastor Doug on television. Not long after, a friend invited him back to church and Mark began attending regularly.

One day, he listened to Pastor Doug teach on the importance of focusing our minds on eternal realities instead of the temporal. He experienced the power of the Holy Spirit and surrendered his life to God. After completing the Storacles of Prophecy Bible studies, Mark was baptized!

## *Building a New Legacy*

Afterward, Mark felt the call to leave his litigation career and help others better plan their estates through consultation

work. His passion for soul-winning, hard work, and dedication led to a call by

Amazing Facts and, in 2013, he became the director of planned giving.

Mark explains, “I believe in the ministry of Amazing Facts. God is using this ministry to do a mighty work through television, radio, Internet, public evangelism, evangelism training, and publishing. I want to give back to the ministry that God used to bring me back to Him.”

And today, Mark practices what he preaches. “I have remembered Amazing Facts as a beneficiary of my trust and my retirement account. Naming the ministry as a beneficiary has the added bonus of being a great tax-saving way to support the Lord’s work.”

## *Join in the Call!*

If you’d like to learn more about the exciting ways you can help make an eternal impact in the lives of countless souls through your estate plan, please contact **Mark Teh** or his assistant **Colleen Townsley** at **800-436-2695**. Just like He has for Mark, God also has a plan for your life to be of soul-winning service to Him!







# A Reason to Change

## My name is John.\*

I am 16 years old. Though I was taught about my faith at a young age, I never actually studied the Bible. Yet I was pretty convinced about my beliefs and once said, “I will never change my religion!”

Last December, I met a guy named Jose. He’s also 16 years old and a Sabbathkeeper. When we first met, we talked about our religious beliefs. I was initially very hardheaded and refused to listen to the Bible facts he attempted to share with me.

Then one day he introduced me to an Amazing Facts DVD called *The Final Events of Bible Prophecy*. As I watched it, I realized that my beliefs about the Bible were broken. I had been taught that when people died, they went straight to heaven. I was also brought up to believe in a place called purgatory and that we should pray

to saints. My understanding of communion, Sunday worship, and more were all based on traditions, but not on the Bible.

## A Patient Lord Waits

Even though I began to conclude that my beliefs were based on errors and not on the truth, I wasn’t ready to walk away from the faith of my childhood. I started watching Pastor Doug Batchelor’s sermons online. Jose continued to share his beliefs with me, and I began to earnestly study my Bible. He showed me Scripture texts that explained how Saturday is the Sabbath, and not Sunday.

For a while I tried to retain my old beliefs while trying to hold onto my new beliefs, but it just wasn’t working. I started worshiping the Lord on Saturday by myself but still hadn’t completely let go of my former views. I thought to myself, “I don’t really need to attend church. I can just learn about God on



my own.” After a couple of weeks, I realized that was wrong. I finally made the decision to turn away completely from my former beliefs and decided I would become a Sabbathkeeping Christian.

My parents were not very happy about my choice. I tried to share from the Bible about my beliefs, but they refused to listen. My dad said I was not properly interpreting the Bible. My mother said that her church was correct and is the church God created. But in my heart, I knew this was all wrong because I had studied the Bible for myself and knew what it said.



## Letting God Work


My life has changed so much since choosing to move toward becoming a biblical Christian. I no longer eat unclean meats. My

choice of activities on Sabbath is different. I don't listen to the same type of music. The Word of God now guides my decisions.

Please pray for me as I continue to seek to honor my parents and follow God. We have had many difficult discussions. They are not very happy about my spiritual journey and want me to change. My dad was pressuring me to help renovate our home on Saturdays, and my mom says we don't have the luxury of taking a day off to sit around.

Yet I keep praying for my parents, that they will someday come to see the truth in the Word of God. I feel sad that so many people are confused by the traditions of men instead of knowing for themselves what the Bible actually teaches. I also pray for my sisters. I hope they will one day ask me about my newfound faith and come to understand the truths I have found in God's Word.

I thank God every day for my best friend Jose, who taught me to study God's Word and led me to Amazing Facts. Most Sabbaths I watch Amazing Facts TV and listen to Pastor Doug. I also really enjoy listening to *Bible Answers*

*Live*. Your ministry has helped me to truly consider the *facts* from the Bible. Thank you so much, and God bless you! 

\*John is not his real name; we have changed it here to protect his identity. We are thrilled to report that John has since been baptized and continues to seek your prayers for his family.

# Amazing Facts

## Now on Lifetime Network!



**Lifetime**

Did you know that every single day, an average of 500 people contact Amazing Facts after having watched one of our television programs, heard a radio broadcast, or saw us on the Internet?

In fact, we've seen incredible growth in the responses to our media programming in 2013, up an astounding 55 percent from the year before! That means many more people are answering God's call on their hearts and are seeking more information on the unique, life-changing Bible truths you help us air on more than 225 stations!

In fact, Nielsen Network has reported that, on average, two million people are watching and hearing the Bible truth through our broadcasts each month, and that's just in the United States!

This is quite unprecedented for a ministry of our small staff size, yet that's exactly what's happening because you are standing with us through your faithful support. But more than numbers, we're touching individual souls hungering for more than what this world offers!

### Once-in-a-“LIFETIME”

And now, the Lord has opened another door for us to start broadcasting on a major national cable network—an opportunity that dramatically increases the number of people reached for Christ by an additional million viewers every month.

Amazing Facts is now broadcasting on the Lifetime cable channel, airing the full and everlasting gospel to nearly 100 million households. Each Sunday at 8:00 AM, our presentations are well positioned to penetrate the fog of deception for people who are tuning in and looking for spiritual knowledge on their televisions.

We've never had a prime broadcast opportunity quite like this; it's an incredible time slot that seeking hearts with real spiritual questions turn to every Sunday morning. Because of a small open window, we've stepped out in faith and committed to the first six months of broadcasts.

But to make this happen will require a major financial commitment from Amazing Facts—a minimum of \$889,200. Will you please join us with a special gift this month to help keep us on Lifetime, reaching more than a million more viewers!



**To partner with us today, visit [give.amazingfacts.org](http://give.amazingfacts.org) or call 877-506-1751!**



# Free Podcasts!



Watch & listen to Pastor Doug anytime on your computer or MP3 player! Find out more online.

Be sure to visit our website for more audio Bible lessons!



You can enjoy Amazing Facts radio and TV broadcasts at **www.amazingfacts.org** anytime, day or night!

## Watch Amazing Facts Presents on one of our family of networks!

### NATIONAL

3ABN	Wednesday, 5:00 AM & 4:00 PM CT
ABC Family	Wednesday, 6:30 AM (All Time Zones)
BET	Wednesday, 7:00 AM (All Time Zones)
Hope Channel	Sunday, 7:00 PM & Friday, 12:30 PM PT
Lifetime Network	Sunday, 8:00 AM (All Time Zones)
NRB	Sunday, 12:00 PM CT
The Church Channel	Mon., 7:00 PM; Thu., 8:30 AM & Sat. 5:30 PM ET
Total Living Network	Wednesday, 7:00 PM CT
WGN	Sunday, 6:30 AM ET
Word Network	Sunday, 1:00 PM ET

*For Dish Network viewers only, all listed times are Eastern.*

### LOCAL (All Times Local)

KAZQ Albuquerque	Friday, 8:00 PM
KTLX Fox 40 Sacramento	Sunday, 7:30 AM
WJYS Tinley Park	Monday thru Friday, 7:30 AM

### CENTRAL STUDY HOUR

3ABN	Thursday, 5:00 PM; Friday, 5:00 AM; Saturday, 7:00 AM
Hope Channel	Saturday, 9:00 PM

### EVERLASTING GOSPEL

Hope Channel	Sunday, 2:00 AM & 10:00 AM; Saturday 2:00 AM
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## RADIO



### BIBLE ANSWERS LIVE

Airs weekly on Sunday at 7:00 P.M. Pacific. A live call-in radio program where you can ask Pastor Doug any Bible question and get a biblical answer in return. Call 1-800-GOD-SAYS during program hours to participate.

## WEB

Watch Bible programming you can trust at [www.amazingfacts.tv](http://www.amazingfacts.tv). Streaming online 24 hours a day, 7 days a week on your computer, iPhone, iPad, and more! You can even watch on ROKU!

(Continued from page 9.)

workers are being worn out. Naturally, in a small church, there is a smaller pool of talent to pick from, but if the leaders are willing to take a risk from time to time, they might discover undeveloped gifts and hidden talents in their midst that just need an opportunity to be cultivated.

6

### Add some new enthusiasm.

Sometimes a church is small because its witnessing program is stunted and needs a transfusion of new members. As I mentioned, the church must always be involved in evangelism to remain warm and vibrant. If it seems to you that church members are more interested in maintaining the status quo than praying for revival, you can step out and have a one-person evangelistic series by witnessing for Christ. Give Bible studies, hand out witnessing materials, or invite a physician to conduct a community health seminar on diabetes, hypertension, smoking recovery, or weight control. The opportunities are endless.

## Survival Tips for a Big Church

The challenges and social dynamics in large churches are naturally different from small churches. While it's easy for members in a small church to recognize a guest in their midst, it's equally easy for a new visitor to get lost in the crowd at a big church.

Overall, the key to surviving in a big church is to have several small "churches" within the large congregation, while keeping your eyes open for those drifting at the edges. Anything you can do to make your worship experience seem more like a family



gathering—a testimony time, for instance—helps people to connect with one another.

1

### Take the initiative by reaching out to other people in the church.

Some people complain they have no friends, but the problem is they're not being friendly. "A man who has friends must himself be friendly" (Proverbs 18:24). Try greeting newcomers or sit by someone who seems to be alone in the crowd. It's amazing how often people in a large church sit in the same place every week and never meet the folks sitting in other sections. Be friendly and try sitting in a different place each week!

2

### If you have needs—such as for counseling, Bible study, or even practical necessities—make them known.

Most large churches have pastoral staff or lay-leaders who can help with counseling needs or have contacts who can. Many are just waiting to be able to do their job of ministering! The pastor is often the last person to know when someone is sick, has experienced a tragedy, or is discouraged, because other members never tell him. If you don't know how to locate someone to help you, a good way to start is by getting a copy of the church directory or the list of officers from the bulletin.

### 3 Don't let the size of the church overwhelm you.

You might not be able to know each member of the church individually, but perhaps you can start with your Sabbath School class. Try inviting a few class members to your home for lunch or sundown worship on a Sabbath evening.

### 4 Sit up in the front. If you feel like a lone minnow in a school of sardines, just swim up the aisle a little closer to shore

where you are less likely to drown in a sea of distractions. I've noticed at my evangelistic meetings that the ones who sit up front are generally the ones who get baptized.

### 5 Participate whenever there is an opportunity. Try going to the midweek prayer meeting.

The size of the crowd is usually not so overwhelming, and the atmosphere is much more like being part of a family. If the church is conducting an evangelistic series, ask how you can help. Nothing will revive your faith faster than watching and helping new people come to Jesus!

### 6 Break the habit of just being a pew warmer by getting involved. Find out who is

in charge of the program you have an interest in and let them know you want to be involved. They would be overwhelmed with joy if you volunteered your services! If you don't find the program that interests you, start it.

### 7 Start a church within a church. Find other members who share your desire for revival and burden for soul winning. Then meet together for singing, prayer, Bible study, and witnessing programs.


## Church Is a Great Place to Be!

Church membership is not an elevator to heaven; yes, we sadly know that many names on the church rolls today might not be citizens of heaven. At the same time, Satan knows that "united we stand, divided we fall," so he is working hard to divide God's people so that our power evaporates.

Focusing solely on the challenges that threaten our churches can leave a person with the impression that being in God's house is a negative experience. But in reality, God designed His church to be a very



positive and loving environment. Yet even if we're in a church that doesn't meet this description, we must remain committed to God's movement and treat His church with respect. "Enfeebled and defective as it may appear, the church is the one object upon which God bestows in a special sense His supreme regard" (*Acts of the Apostles*, p. 12).

This is why it is so important that we glue our hands to the plow, squeeze until our knuckles are white, and never look back or let go! (Luke 9:62). 



# Special Recognition

## In Loving Memory

**Douglas Ackermann** from June Ackermann, his wife; from Shirley Beers, his daughter

**Ralph and Jean Aliff** from Barbara Ellis

**David Andrews Jr.** from David and Janice Andrews

**Leonard Ayers** from Duane Corwin

**William Bell** from Jeanette Bell, his wife

**Pastor Ron Bottsford** from Jim and Judy Culpepper

**Pastor John Boyd** from Jim and Judy Culpepper

**Pastor Jeff Brown** from Jim and Judy Culpepper

**Cora Calvitti** from Olga Haines, her sister

**Neil and Tina Carruthers** from Earle and Susan Andrews; from Victor and Marlene Davis; from Thomas and Mary Forese; from Tony Tauro

**Melanie Chrestionson** from Don and DeVerne Schlegel, her uncle and aunt

**Leon Cornforth** from Don and Jeanne Oltman

**Terri Cossin** from Hazel Freeman, her mother

**Enda Craik** from Dr. and Mrs. Stratton

**Joe Crews** from Lu Ann Crews, his wife

**Ronnie Crews** from Lu Ann Crews, his mother

**Margaret Devoir** from Dr. and Mrs. Stratton

**Everett Dickerson** from Yvonne Dickerson, his wife

**Doris "Dee" May Dickinson** from Kent Dickinson, her husband; from Jeanette Berlin, her sister-in-law; from Virginia Berlin; from Jerry Baugher; from Richard and Lynn Ross; from Loma Linda University

**Marlin Dunker** from Susan Dunker, his wife

**Edith Durham** from Anita Lowe, her daughter

**Myron Durham** from Anita Lowe

**Warren Durham** from Anita Lowe, his daughter

**Deward Edgmon** from Jeanne Edgmon, his wife

**Ardis Enright** from Steve and Mary Lou Pride

**Kevin Erickson** from James and Barbara Erickson, his parents

**Glen Farnsworth** from Blanche Farnsworth, his wife

**Del Farr** from Ruth Farr, his wife

**B.D. and Myrtle Ellen Fortner** from Dale and Bernita Tunnell

**Jewel and Ruth Foutch** from Ann Foutch Simpkins

**Jerry Freeman** from Hazel Freeman, his wife

**Elberta Giebell** from Kerri Boone; from Mary Curtis

**Ona Lee Glidden** from Connie Ross, her mother

**Allen Godee** from Janette Bigsby, his sister

**Donald Gruesbeck** from Valerie de Fluter, his daughter

**Barton Hardin** from Dessa Hardin, his wife

**Patricia Harris** from Jim and Judy Culpepper

**Dr. Roy Hartbaer** from Dr. and Mrs. Stratton

**Marguerite Hartman** from the Gilliland family

**Albert Hickman** from Dr. and Mrs. Stratton

**Robert Hoffer** from Jane Hoffer, his wife

**Patty Hoffman** from Ilda Mae Hoffman

**Irma Hyde** from Gordon, Bradley, Sylvia, and Rodney Hyde

**Michael Ikeda** from Jutta Ikeda-Mackay, his mother

**John Ralph Kent III** from Ralph and Pearl Kent, his parents

**John Kingham** from Anna Kingham, his wife

**Robbie Kirby** from Marty and Debbie Varsubsky

**Donald Kirkwood** from Dorothy Kirkwood, his wife

**Phillip Kissinger** from Tamara Petrovich

**Bill Kitterman** from Al Wiggins

**Emlee Lester** from Anthony Lester

**Paul Lester** from Anthony Lester

**Howard Lyman** from Olive White

**Homer Lynd** from Teresa Lynd

**Frank Martinell** from Al Wiggins

**Myleen McCulloch** from James McCulloch, her husband

**Bill McKee** from Wanda McKee

**Nancy Miguel** from Kim Miller, her grandmother

**Bill Morrison** from Eleanor Morrison, his wife

**Nancy Neuharth** from Ruben Neuharth, her husband

*Amazing Facts recognizes contributions made as a tribute to the deceased or as an honorarium celebrating significant milestones in the lives of loved ones. Please type or print legibly to ensure correct spelling; we are unable to verify confusing spellings due to volume.*

**Elsie Peters** from Reba Smith  
**Beatrice Porter** from James and  
Judy Culpepper  
**B. Lynn Price** from Beverly Price, his wife

**Linda Paulsen Ramos** from Donald and  
DeVerne Schlegel, her uncle and aunt  
**Gwendolyn Rees** from Don and Cindy Rees  
**Leon Reuhland** from Nancy Frye,  
his daughter

**Leon Rich** from Vivienne Rich, his wife  
**Ron and Sue Richard** from Rob Richard,  
their son

**Paul Riley** from Pastor Luke and  
Gerri Fessenden

**Max and Kay Ritchie** from Lu Ann Crews  
**Joe Rivera** from Marty and Debbie  
Varbusky

**Lorenzo Ruiz** from Esther Ruiz, his wife;  
from Myrtha Urrutia

**Harry and Irma Rushold** from Marlin and  
Udene Allen

**Clarice Salsa** from Ralph Roberts  
**Launa Salsgiver** from Jim and  
Judy Culpepper

**Barbara Schick** from Ken and Ann Burke  
**Robert Schlegel** from Donald and  
DeVerne Schlegel

**Arlene Schultz** from Therissa Young,  
her niece

**Floyd Scott** from Vonsella Scott, his wife  
**Gerald Silvestri** from John and Anita  
Silvestri, his parents

**Clyde Smith** from Dr. and Mrs. Stratton  
**Aino Sotala** from Karen Sotala

**Dr. Robert Stahlnecker** from Dr. and  
Mrs. Stratton

**James Stephan** from James Stephan II,  
his son

**Mark Swett** from Kim Swett, his wife  
**Bill Sykes** from Trudi Sykes, his wife

**Fred and Eva Themmer** from Olga,  
their daughter  
**Dorothy Thomas** from C. Mercer Straw  
**George Tilley** from Susan Ah-Mau,  
his daughter

**Max Torkelson Sr.** from Vivienne Rich  
**Edgar and Essie Tunison** from Lu Ann  
Crews, their daughter

**Michael Dele Tuttle** from James and  
Sharolet Anderson

**James Tyroff Jr.** from Gayle Tyroff, his sister

**John Van Goosen** from Mary Van Goosen,  
his wife

**John Vanderwijck** from James and  
Ingrid Albright

**Eric Vanterpool Jr.** from Honoria  
Vanterpool

**Barbara Warner** from Bill Warner,  
her husband

**Pastor Kevin Wells** from Robert Weber  
**Malcolm White** from Olive White,  
his wife

**Bruce Wickwire** from Adele Wickwire,  
his wife

**Arlene Wiggins** from Al Wiggins,  
her husband

**John Young** from Therissa Young,  
his wife

**T.D. Yu** from Michael Yu, his son

**N. Dale Zumwalt** from Barbara  
Zumwalt, his wife

## **In Honor of**

**Bonnie Booker** from Dr. and  
Mrs. Lewis Sommerville

**Vicky Chebeleu** from Patricia Bohling

**Knod Hansen** from Dr. and Mrs. Lewis Sommerville

## **Happy Anniversary**

**Leonard and Donna Argotti** (60th)

**George and Tena Baehm** (50th)

**Albert and Margaret Marion**

**Bob and Irvadawn Parry** (60th)

## **Happy Birthday**

**George Baehm** (81st)

**Tena Baehm** (78th)

**Beth Holmes** from Charlotte Holmes, her daughter

**Bill Neves** from Regina Rose and family

**Michael Kaiden Yu** from Michael Yu, his son

# Breathing for Better Health

**Did you know** that *how you breathe* can profoundly affect your energy level, your thinking, your general health, and even your relationships with others? Too many of us are shallow breathers, sitting slumped at our desks or crunched into our sofas or easy chairs ... all while our bodies and brains are starving for increased oxygen!

Consider some of the benefits of better breathing:

- The heart receives more oxygen and works with greater efficiency, improving circulation throughout the body.
- Muscular tension is reduced.
- The digestive and immune systems are enhanced.
- Better circulation to the brain results in clearer thinking, improved concentration, and greater creativity.
- Powerful neurochemicals, such as endorphins, are released in the brain, leading to an improved mood (here's where relationships benefit).
- Stress and anxiety are lessened.
- The body's energy level and endurance is increased.

Sounds great, doesn't it? Research has shown that proper breathing can even have a positive impact—to some degree—on such conditions as asthma, COPD, and congestive heart failure. That's



*"The LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being" (Genesis 2:7 NKJV).*

pretty amazing and shows how powerful and healing correct breathing can be.

Here are some ways you can start breathing right today and reap the exhilarating benefits of improved respiration:

- 1 Improve your posture. Especially when you're sitting, give your ribcage room to expand.
- 2 Learn to "belly breathe." (You might need to lie on your back at first to get the hang of it.) Do some controlled breathing exercises. For example, inhale deeply for four seconds, then exhale slowly for four seconds; practice for a few minutes at a time.
- 3 Spend more time outside. Unless you live in a polluted city or near a busy highway, the air outside is generally much cleaner than indoor air.
- 4 When you can't go out, ventilate your home. Open the windows when the weather is nice, but even when it isn't so nice, cracking a window will give you fresher, healthier air to breathe.
- 5 Keep some live plants in your home. Plants are great air purifiers.



- 6 Minimize pollutants, indoors and out. Don't allow people to smoke in your home. Change to non-toxic cleaning and personal care products. If you need to use a product that calls for ventilation, do it outside whenever possible. Consider using a HEPA air cleaner in your home. Replace filters often in your central air/heating unit. If possible, buy HEPA bags for your vacuum cleaner. Test your house for radon. If you use gas heat, install a carbon monoxide alarm.

But one of the best ways to increase your oxygen intake is through aerobic exercise. Be sure to exercise away from traffic and preferably with trees nearby (trees are great oxygen factories).

There are so many exercise choices too: swimming, rock climbing, tennis, skating, running, cycling, gardening—the list is endless. Walking,



the most popular aerobic exercise, is one of the best and is an excellent choice for most people.

Remember, it can take time to conquer old habits and form new ones, so don't get discouraged. Just keep working to bump up your oxygen intake and you can breathe easier, knowing you're doing something great for your body temple! 📖



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