

Our Prayer Garden

Erred Lienhard & family
Recently injured in a fall.
100 State Rte 9
Sedro-Woolley, WA 98284

William Pickler
Friend of the Thrift Shop with Terminal Cancer

Richard Gailey
problems

Tricia Low
daughter—many health issues

Marlene Smoots
Burger's step-mom - battling leukemia

Prayer Ministry NEEDS YOU!
you wish to support members of your church family through prayer, please sign up today in the foyer. Those who sign up will be organized into a prayer chain. Once you have signed up, you will be a vital link to receive and forward urgent prayer requests by phone and/or email, according to your preference.

Ern Curtis
Health issues
P.O. Box 1431
Mount Vernon, WA 98273

Marlene Rhine
Still dealing with ups and downs in her health.
107 C 29th St
Nacortes, WA 98221
660-202-7998
email: DJMCKR@aol.com

Valli Pauly
Is some now, but still recovering
700 Mohawk Ct
Mount Vernon, WA 98273

Doug Hilde
On going health issues. He is at the Life Care Center in Sedro-Woolley

Richard Gailey
Loss of Dick's mother
2219 S 18th St,
Mt Vernon, WA 98274

North Cascade Seventh-day Adventist
Volume 9 Issue 10 Editor: Sherry Price March 1, 2009

The Trumpeter

ICE SKATING
Tonight, March 7, we have scheduled an Ice Skating Social at the Ellingham Sportsplex from 7:45—8:45 p.m. Cost (includes skate rental) is \$3/person or \$10/family of 4 or more.

JOAN HILDE' S Bible Study Group will not be meeting on March 11 and 18th. The class will resume on March 25th.

HOUSE FIRE
On Brink, Phillip and Rachel Brink's Dad, lost everything in a fire in Clear Lake Sat. His Mother lived with him, she also lost everything. Phillip Rachel mostly lost clothes and personal items. Jon has burns on hands and face, but there were no other injuries. Any help would be appreciated. Contact Sheryl Adrick or Connie Carman.

HOUSE FIRE
On Brink, Phillip and Rachel Brink's Dad, lost everything in a fire in Clear Lake Sat. His Mother lived with him, she also lost everything. Phillip Rachel mostly lost clothes and personal items. Jon has burns on hands and face, but there were no other injuries. Any help would be appreciated. Contact Sheryl Adrick or Connie Carman.

HOUSE FIRE
On Brink, Phillip and Rachel Brink's Dad, lost everything in a fire in Clear Lake Sat. His Mother lived with him, she also lost everything. Phillip Rachel mostly lost clothes and personal items. Jon has burns on hands and face, but there were no other injuries. Any help would be appreciated. Contact Sheryl Adrick or Connie Carman.

HOUSE FIRE
On Brink, Phillip and Rachel Brink's Dad, lost everything in a fire in Clear Lake Sat. His Mother lived with him, she also lost everything. Phillip Rachel mostly lost clothes and personal items. Jon has burns on hands and face, but there were no other injuries. Any help would be appreciated. Contact Sheryl Adrick or Connie Carman.

WU BRASS QUINLET
--Sabbath, March 14
The Brass Quintet from Walla Walla University, under the leadership of Brandon Beck, will be sharing their music with us during church on Sabbath, March 14. Mark your calendars now, you won't want to miss.

WU BRASS QUINLET
--Sabbath, March 14
The Brass Quintet from Walla Walla University, under the leadership of Brandon Beck, will be sharing their music with us during church on Sabbath, March 14. Mark your calendars now, you won't want to miss.

WU BRASS QUINLET
--Sabbath, March 14
The Brass Quintet from Walla Walla University, under the leadership of Brandon Beck, will be sharing their music with us during church on Sabbath, March 14. Mark your calendars now, you won't want to miss.

WU BRASS QUINLET
--Sabbath, March 14
The Brass Quintet from Walla Walla University, under the leadership of Brandon Beck, will be sharing their music with us during church on Sabbath, March 14. Mark your calendars now, you won't want to miss.

WU BRASS QUINLET
--Sabbath, March 14
The Brass Quintet from Walla Walla University, under the leadership of Brandon Beck, will be sharing their music with us during church on Sabbath, March 14. Mark your calendars now, you won't want to miss.

INTERNATIONAL SABBATH DAY
On May 2nd we will be hosting our 4th annual INTERNATIONAL SABBATH DAY. The deadline to register to carry your country's flag is Sabbath April 25th. We had 36 countries represented at the NCSDA Church last year. There will be potluck after Second Service—we will be looking forward to tasting your best authentic foods.

INTERNATIONAL SABBATH DAY
On May 2nd we will be hosting our 4th annual INTERNATIONAL SABBATH DAY. The deadline to register to carry your country's flag is Sabbath April 25th. We had 36 countries represented at the NCSDA Church last year. There will be potluck after Second Service—we will be looking forward to tasting your best authentic foods.

INTERNATIONAL SABBATH DAY
On May 2nd we will be hosting our 4th annual INTERNATIONAL SABBATH DAY. The deadline to register to carry your country's flag is Sabbath April 25th. We had 36 countries represented at the NCSDA Church last year. There will be potluck after Second Service—we will be looking forward to tasting your best authentic foods.

INTERNATIONAL SABBATH DAY
On May 2nd we will be hosting our 4th annual INTERNATIONAL SABBATH DAY. The deadline to register to carry your country's flag is Sabbath April 25th. We had 36 countries represented at the NCSDA Church last year. There will be potluck after Second Service—we will be looking forward to tasting your best authentic foods.

INTERNATIONAL SABBATH DAY
On May 2nd we will be hosting our 4th annual INTERNATIONAL SABBATH DAY. The deadline to register to carry your country's flag is Sabbath April 25th. We had 36 countries represented at the NCSDA Church last year. There will be potluck after Second Service—we will be looking forward to tasting your best authentic foods.

AMAZING ADVENTURES

If you didn't have the opportunity to view the Amazing Adventure Bible Study series for Kids presented last September by Amazing Acts, you can borrow our copy of the 10-part DVD series. Recommended for ages 8-12. Please contact Sharon or Timo Wilson at 757-



before sunset, and we would like to invite you to be a part of this event.

Remember to wear your country's traditional color/clothing. Contact Terrence or Rebaca Prince—60.671.2311 (office) or 60.756.9955 (Home) to register or for more information.

VEGETARIAN FOODS

Vegetarian foods will still be available at the former ABC store. The Spruced Up Thrift Shop has expanded into the space formerly occupied by the ABC and will be stocking frozen and canned vegetarian products. They will be available singularly and by the case. Store hours are Monday through Thursday 10:00 a.m. to 4:00 p.m. and Friday from 11:00 a.m. to 3:00 p.m. Thank you for your support and patronage.

EAGLE CHOW" COOKBOOKS

We are still selling our cookbooks and have about 200 left to sell. The Eagle Chow cookbook is now available at the Spruced up Thrift Shop for your convenience. Don't forget these make great presents! They are \$15.00 for 1 or \$12.00 each if you purchase 2 or more. Please contact Kristi Schmidt christicounselor@hotmail.com) or Toni Carambot to purchase a cookbook.

Thank you for supporting your Cascade Eagles as we raise money to attend the Worldwide Camporee in Oshkosh, WI this August.



FAMILY SHELTER NEEDS
Hand held can openers--this is the #1 requested item for displaced families; Cookie sheets; 9X13 glass baking dishes; Cleaning supplies: mops/brooms/spray cleaners/windex etc; Diapers--all sizes; Family fun coupons: movie passes, bowling tickets, skating coupons.

Thank you for your continued support for the families in our community. Your contributions are GREATLY appreciated. For more info call Cindy at 360-303-8536 Items can be brought to the church and I'll pick them up

WISH LIST

Marianne van Rooyen has a wish list of items needed by some of her clients; Baby equipment/furniture such as bassinets, cribs, cots, changing table, stroller; Furniture such as dining room chairs and living room furniture. Contact Marianne if you can help with any of these items.

FLOOR HOCKEY

Come get some exercise and enjoy time with friends while playing floor hockey this Sunday evening at 7:00pm at the SAS gym. Bring a hockey stick if you have one, or we'll provide one for you. Hope to see you there.

THRIFT SHOP VOLUNTEERS

The Thrift Shop is expanding to the old ABC site and desires more volunteers who are service-oriented, love people, and are willing to put in some time each month. Call Pat Bartelme at the Thrift Shop 755-1141 or her home 757-4331. Or better yet, come and visit the shop and be inspired by the hardworking personnel.

TACOMA REUNION

Tacoma South Side Church is hosting an alumni reunion for students, staff, and friends of Tacoma Adventist Christian School on March 7 at 10:45 am. Registration begins at 9 am. >Questions? Email Principal **Karen Schwartz** at hrswmn@hotmail.com.

DOG SITTER NEEDED

Dog sitter needed for 12 year old golden retriever with some special needs. March 24-April 2. If you can help please call Gina Kuest at 820-1179.

SAGE

May 8-10—SAGE SENIORS RE-TREAT in the Victorian seaport of Port Townsend featuring Karl Haffner and Carl Wilkins. Lodging at Haborside Inn with a view of the harbor from every room. Meetings and meals (including a Mother's Day Brunch) at nearby historic military Fort Worden. An optional boat cruise to Protection Island with plenty of bird watching—limited to 70 passengers.

Call 253-681-6018 or email joan.libby@wc.npuc.org or visit the SAGE Senior Ministries website at

www.washingtonconference.org.

CAREGIVER NEEDED

A caregiver is needed for Lynn Meyers. Call 360-424-5286.

BASKETBALL

Come and join the FUN. Wednesday nights, beginning March 4, at the school gym there will be a basketball game for those who would like to come and play. Play time will run from 7:00 - 8:30 PM.

RV SPACE

Denice White, a member of the Bellingham SDA Church, is a single person looking to rent a place to park the RV she lives in. Denice can be contacted at 360-610-3296.

VEGFEST

NEW food, **MORE** variety, **ONLY \$7.** **Vegfest 2009** is a health vegetarian food festival being held at the Seattle Center Exhibition Hall, 10am-6pm, March 21 & 22.

Taste free food samples—over 50 different kinds to try.

See cooking demonstrations by chefs from around the country

Hear the latest information on nutrition from our doctors.

Choose from a huge selection of books.

Admission—Adults \$7, Kids 1 and under—Free.

For more information.....

www.vegfest2009.org.

Presented by..... *Vegetarians*