

at the Haitian Adventist University, located on the outskirts of Port-au-Prince, where up to 30,000 survivors have set up temporary shelter.

- ADRA is providing medical assistance and supplies, conducting water purification and distributing emergency non food items.

- ADRA has distributed 13,000 emergency food rations, and will continue to provide ongoing food supplies for survivors.

- ADRA has already installed three new water points in the affected region, and plans to add 20 more.

- ADRA is building latrines to provide sanitation for up to 30,000 survivors.

- Currently, ADRA's primary concerns are providing clean drinking water, sanitation, and medical assistance for displaced survivors.

To learn more about ADRA's ongoing response to the earthquake in Haiti, visit us at

www.adra.org/haiti. ADRA can be reached online at www.adra.org. ADRA International—12501 Old Columbia Pike, Silver Spring, MD 20904. www.adra.org

TO DONATE FOR HAITI RELIEF

The North Cascade Seventh-day Adventist Church continues to collect special ADRA relief offerings. These offerings go to ADRA to help with relief efforts in Haiti. Those wishing to donate through the church should designate this on

tithe envelopes as "ADRA – Haiti."

However, AN IMPORTANT CLARIFICATION: since no ADRA funds can be used to specifically target the special needs of Adventist churches, schools and members, NAD and NPUC churches will be mobilizing additional offerings in the coming weeks which will directly help the church rebuild its mission and the lives of its members. These offerings should be designated on tithe envelopes as "Haiti Disaster Relief."

PRAYER GARDEN

Remember in Prayer

Kaarsten Lang

Surgery and recovery for Lung Cancer

Jim Perry

*Recovery from surgery
Jim needs volunteers that would be willing to stop in and check on him from time to time, if you can help with this contact the church office.*

Ruth Lochbrunner

Recovery from surgery for broken pelvis and problems with right knee

Darlene Rhine

For continued recovery

Those in the Military

Our Youth

North Cascade Seventh-day Adventist

Volume 10 Issue 5

Editor: Sherry Price

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The Trumpeter



2009 CHARITABLE CONTRIBUTIONS RECEIPTS

Available in the lobby today. Pick yours up and save us the postage. Thank you

WOMEN'S MINISTRIES EVENTS

Pajama Party! Saturday evening, February 20, 2010 at the Youth Center from 6pm to 10 pm. There will be a light dinner, games, munchies, and a movie. There will be a drawing for free admission for one lucky lady to attend the NCSDA Women's Spring Retreat! See Flyer for more details.

WANTED

Participants for upcoming Talent Show. **Date—March 6.** Skits, silly songs, jokes and just ideas would be great.

Contact Loni Carambot
(360) 757-7190 or lonicarambot@msn.com Deadline Feb. 19.

Financial Peace University Class With Dave Ramsey

During this life-changing course, you will learn:

To put together a monthly spending plan that really works.

The step-by-step process for getting out of debt for good.
How to set financial goals and communicate about money.
How to have more money to give to God's work.
And Much More!

Feel free to invite your friends and neighbors to come too!

Class Starts: Tuesday, Feb. 23, 6:30-8:30 p.m. (free childcare) At the North Cascade Seventh-day Adventist Church

Preview & Registration:
Tuesday, Feb. 9 – 6:30 p.m. or
Tuesday, Feb. 16 – 6:30 p.m.
Questions call: Carrie & Neil Myers 421-1622

RIDE NEEDED

Transportation to church from Mount Vernon for a single female is needed. If you can help contact Pastor Ira.

FABULOUS VEGETARIAN COOKING—2010 Edition

Mary Margaret Eighme, R.D., Nannette Crowell, M.D., Joy Thorne and Sally Turner, R.N. are back with a sprightly selection of all new recipes, handouts galore and the freshest nutritional information.

The format is based on informal and entertaining lectures, generous samples, and fast paced cooking demonstrations. We've listened to your requests, and this year look for more fast and easy recipes your family will be sure to enjoy, and new this year, ideas for your Easter brunch or dinner.

All classes begin with a buffet dinner, serving at 5:45 P.M. This is a full dinner so don't eat before you come! The lecture and cooking demonstrations are from 6:30 to 8:30 P.M. Classes meet in the Fellowship Hall. Dates for the classes are March 8, April 12, and May 10.

Class size is limited and always fills quickly, so preregistration is essential and will be filled in the order received. Register by sending check for \$30.00, which covers the tuition, food, and handouts for all three classes as a series to: Nannette Crowell, 1625 E. Fairhaven Ave, Burlington, WA 98233.

These classes are based on a lacto-ovo diet designed to be an introduction to vegetarianism and a discussion of current nutritional research—we do not want to make too big a jump for the novice. If you are already vegan, be aware we will be using eggs and low-fat dairy products in many of our recipes.

NEW SS CLASS

Pastor Mark and Pastor Ira are beginning a new Sabbath School group for anyone interested in deepening their knowledge of and study of Scripture. They have dubbed it "The Young and the Rest

of Us" but don't have any age restrictions to the group. It will meet in the apartment each Sabbath from 10:10 to 11:00.

SOCIAL COMMITTEE

The Social Committee is looking for more members. The committee's job is to come up with and coordinate events that will bring church members together outside of Sabbath. If you have some ideas and want to be a part of this fun and exciting group, contact Marie Burger.

ANNUAL SWIM-IZZA PARTY

TONIGHT!! Don't miss out on the fun. Wash away the winter blues by a good dunk or swim at Fidalgo Pool in Anacortes from 6-7p.m. After you've worked up an appetite, join the group for pizza and trimmings at Village Pizza, also in Anacortes. Contact Jane Fish at 848-7711 if you have any questions.

SNOWSHOEING (Update)

The North Cascades Men's Ministry is coordinating a family play day in the snow!

Have you ever wanted to try snowshoeing, or have them and need an excuse to get out? Well here it is!

Join us on Sunday Feb 7 for a day of snow fun. Put it on your Calendar now! Join us at 8:30 AM in the fellowship hall for a Pancake Breakfast and worship - come even if you don't plan to come to the snow! But please let us know (RSVP) so we can plan appropriately. We'll leave the Church at

9:45 AM - and easily back by 3 PM See you there!

We'll be going to Mt. Baker and rentals are available.

Questions? Call Andrew Rice - 360-708-3286

STROKE PREVENTION

- 80% of stroke victims had no apparent warning signs.
- Ultrasound screenings can help you avoid a stroke.
- Stroke is a leading cause of death and permanent disability.
- Screenings are fast, painless, affordable and convenient.

A stroke screening is coming to your neighborhood:

Life Line Screening will be at the Mt Vernon SDA Church on Tuesday, Feb 2. Pre-registration is required. Call 1-800-690-6313.

See the 2 page flyer on the church bulletin board for more details including cost of screenings.

SAA MISSION TRIP

Some of you have probably received letters from students at SAA requesting financial support to go on a mission trip to Nicaragua over Spring Break in March. They will be working at an International Children's Care orphanage - pouring cement for a foundation of a warehouse and sidewalk. Each person going is required to contribute \$1300. If you would like

to support your SAA students, staff, and family members who are planning to go, please send your donation to SAA before February 25. The following people are raising funds to go on this trip:

Jimmy Jordan, Mollie Goodman, Sarah Milchenko, JoyAndra Dunlap, David Claridge (Arlington SDA member), Connor and Don Brassington, Nathan and Dave Habenicht, Kimberly and Dr. Dan Bynum (undecided), Nikki, Daniel, and Pastor Jesse Sacdalan (Ferndale SDA members), Karyelle Nielsen, Laura Paise, Pastor Tim Williams, Doug and Sandy White

UPDATES ON ADRA's Response to Deadly Earthquake in Haiti

On January 12, a 7.0 magnitude earthquake struck Haiti, killing an estimated 200,000 people, and affecting approximately 3 million people. ADRA responded immediately to the disaster, committing \$1 million in aid to support the immediate needs of survivors. Since then, ADRA has expanded its response, to provide emergency aid for even more of those affected by this devastating disaster. Our updates are listed below.

As of January 22, 2010:

- Starting this Sabbath, go online to www.adra.org/haiti, and listen to a message on ADRA's ongoing response in Haiti given by ADRA president Charles Sandefur, who is on the ground in Port-au-Prince to support the relief efforts there.
- ADRA is staging relief operations