

BLOOD DRIVE

Please Note: The deadline for signing up to participate in the Community Blood drive hosted by the NCSDA Church on Sabbath, April 24 is **February 27**. Call Vicki Jacobs to set up a time to give blood on that day. Her number is 421-2433.

THOUGHTS.....

J. Wallace Hamilton tells of the time when his eldest son, then only four years old, went away from their vacation cottage. He didn't wander away. He went away. His mother and his grandmother had gone for a walk in the woods and left him. He felt abused.

So he sulked and he pouted. And then with his chin up, he started out, determined to find them. His father was watching. He could have stopped him. He was stronger than he. He knew he would get lost. By sheer force he could have stood in the path and held him back. Instead, he decided to follow him.

Down the rough road the little fellow tramped, with his father alongside him in the woods, hidden by the trees and the brush. Sometimes the boy stopped and looked back, not quite sure. But then his chin would go up and he would go on. He plodded on for almost a mile, until he became frightened and began to cry. When he turned back, his father stepped out of the woods and said, "Well, John, are we going home now?"

The little fellow was not the least surprised to see his father. He only said, "John's lost."

How like us. God has not made us puppets. He has made us persons, with all the risk of it. He won't impose His will upon us. He won't stand in the roadway and block our steps. But He'll follow along beside us in the shadows. And when we're ready to say, "John's lost," He'll be there waiting.—By George Vandeman, *These Times*, Feb 1974.

PRAYER GARDEN

Remember in Prayer

Fern Pyke's Family

For the loss of their mother and grandmother

Carter Armev

Jessica Armev's 4 year-old son is having respiratory problems

Jan Griffone

Cancer Treatment

Kaarsten Lang

Recovery from Surgery

Jim Perry

Recovery from more surgery.

Darlene Rhine

For continued recovery

Those in the Military

Our Youth

North Cascade Seventh-day Adventist

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The Trumpeter



FERN PYKE

MEMORIAL SERVICE

Fern Pyke, mother of Sally Turner and Nancy Topham, passed away Thursday morning, February 18, 2010. A memorial service will be held for her, Sabbath, February 27, 3:00 p.m. at the North Cascade Seventh-day Adventist Church.

BUTTONS NEEDED

The Adventurer Club 4th grade class is working on a Button Award. If you have any garment buttons to contribute to their collection, please call Dana Schafer (854-7919) or put some in her mailbox.

RIDE NEEDED

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

BABY SHOWER

There will be a double Baby Shower, Sunday, February 21, 11:00 a.m. in the church Fellowship Hall. The shower is for Vonnie-Jo Webb and baby Brody and Leah (Poike) Thomas who is expecting a girl. Call Lois Dietrich or Joan Smith if you wish to participate in group gifts.

A SENIOR MOMENT

For those of us who are 50, give or take a little and above, mark February 21 on your calendar. There will be a supper in the Fellowship Hall beginning at 4:30 p.m., followed by a time for visiting and your input into possible future activities and events.

WOMEN'S MINISTRIES EVENTS

Pajama Party Tonight! This evening, February 20, 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.

HAITI UPDATES

Adventist Development & Relief Agency (ADRA) continues to provide aid in Haiti through delivering tarps, distributing rice, baby food, and other food items, and helping purify water among other tasks. Please pray for the relief workers' safety. >For more reports, visit www.adra.org/haiti, follow ADRA on Facebook, and read the Haiti Story Archive at www.washingtonconference.org/haiti.

SPECIAL CHOIR

The Mount Vernon Presbyterian Church Chancel Choir would like to invite all singers to join them in the performance of Faure's Requiem, under the direction of Denice Grant.

The performance will take place on April 2, at 7:00 pm. Rehearsals are Wednesdays from 7-8 pm. Please contact Denice Grant at 360-7075909 or 206-3591209.

GOLF ANYONE?

SAVE THE DATE! July 11, 2010 for the 1st annual

Dennis Carman

Memorial Golf Tournament for SAS

We need golfers, hole sponsors, and volunteers.

Any questions please call 360-391-3914 or email to

skidrick@comcast.net.

POOL PARTY

The Eager Beavers and Adventurers Clubs invite all children ages 4 through 4th grade to a pool party on Sunday Feb 28 from 11-1.

The party will be at Arne Hanna Aquatic Center in Bellingham at 1114 Potter Street (from I-5 Northbound, exit Lakewood and continue straight ahead).

Parents are requested to stay with their children if possible. Questions, please call Becky Graves 360-733-9048.

FINANCIAL PEACE

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

Questions call: Carrie & Neil Myers 421-1622

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.

SAA MISSION TRIP

Students, staff, and parents are getting more and more excited about the upcoming mission trip in March. Thank you for your generous support in helping us raise the money needed to make this trip a possibility! We have been getting sheets and towels to take with us (thank you for those donations!). Here are some more items that the orphanage in Nicaragua could use:

1. Twin size bed sheet sets
2. White bath towels
3. Material for bedspreads (or bunk bed size bedspreads) Not

heavy ones. They are the ribbed ones that you might find at JC Penney. Really light - no padding.

4. Fabric for girls dresses (3 yards a dress)
5. Under clothes and socks. They would like **cotton briefs** and not bikini ones. For the boys it can be either boxers or briefs
6. School supplies
7. School back packs
8. Shampoo, bars of soap, deodorant
9. Dresses and skirts for girls (ages 4-20)
10. Jeans, tee shirts, dress pants, dress shirts (ages 4-20)
11. Soccer balls, soft ball equipment, wiffle baseball equipment (balls and bats), gloves
12. Easy card games like UNO that the families could play (instructions in Spanish would be nice).

NURTURING COMMITTEE

Reminder!! Nurturing Committee meeting this Monday, February 22, 7:00 p.m. at the NCSDA Church.

OUT TO LUNCH BUNCH

Looking to add some fun and culinary adventure into your life? Why not join the "Out to Lunch Bunch" Tuesday, March 2, 12:00 p.m. at the Empire Ale House, 314 W Gate St., Mt Vernon. Call Dorene Tolf 424-1944.