After graduating from PAA in 1997, Grant wasn’t quite sure what he wanted to do with life. Unlike many of his classmates, he didn’t want to attend college right away. Instead he worked, detailing cars to make some money. He went to church. He even participated in worship. But beneath the surface of this worship-leading, church-attending young Adventist was a cauldron of anger, frustration, and uncertainty.

Even the high points on the roller coaster of life were nausea-inducing. At 19, he had his first drink. At 20, he found out he would become a father. Life was full of conflict, full of pain, and in time, full of alcohol.

Before long, most of his income was funding his excessive partying and drinking. “I was not a nice guy,” he recalls. “I was not happy with who I was. My temper was out of control.” Yet through it all, his girlfriend continued to believe in him.

In the midst of everything, he continued to go to church. Friday night was for partying. Saturday morning was for church with his son and his girlfriend, putting on a happy face and doing the “right thing,” even though he really didn’t care about church or God. It was at a church event when Grant was playfully nicknamed, “The Chef.” The moniker would prove to be prophetic.

When Grant lost his job in 2007, someone suggested that he go back to school. He quickly enrolled in culinary school and began classes. A passion for food was ignited and Grant had found his calling. But God was about to get his attention in a big way.


A few days before Grant was released from the hospital, Friday night was for partying. Saturday morning was for church with his son and his girlfriend, putting on a happy face and doing the “right thing,” even though he really didn’t care about church or God. It was at a church event when Grant was playfully nicknamed, “The Chef.” The moniker would prove to be prophetic.
hospital, Pastor Dave Allen stopped by. “Pastor Dave saved my life,” Grant says. “It’s because of him that I’m going to church. It was that day that my real Christian journey began.”

In scripture, it took three days of marinating inside a fish for Jonah’s heart to turn toward God. For Grant, it took 10 days in a hospital bed. But God had finally caught up with his heart.

Grant left the hospital with a new lease on life and a new commitment to follow God’s lead. “I made a decision right there…, I’ve been through hell and back and it’s time to do something and do it right.”

God continued to bless, as Grant quickly got more involved in church. He completed culinary training and became a bona fide chef. He married his long-time girlfriend, the girl of his dreams and mother of his children. He began studying to be baptized.

In October, 2010, the church celebrated as Grant and his son, Matthew, were baptized together. The lost had come home. “The Chef,” took his place in the family of God.

But Grant isn’t one to do things halfway. He recognized his own need to plug in to the activities of the church. But how is a chef to use his gifts in church life?

Grant muses, ‘The Bible says, ‘Where two or three are gathered, there I am in their midst.’ I ask, ‘Where do you think they’ve gathered?’ Around food, of course.” So he has gone to work using his unique gifts, serving his church, providing beautiful food for church banquets and vespers programs, and teaching cooking classes for Pathfinders.

When the ReConnect Young Adult Vespers re-organized in late 2011, Grant jumped on board with the leadership team, taking responsibility for refreshments and fellowship.

It’s been a long journey from directionless teen to rebellious young man, to chef with a heart for God. Yet at every turn, God was pursuing His son, calling back the prodigal chef.

By the way, if you ever get a chance to check out Grant’s cooking or ask him about his story, you won’t be disappointed.
HOW TO STAY HEALTHY DURING FLU SEASON

Eat Well
Fight back with food - eat healthfully! Try to get at least two servings of fresh fruit and vegetables each day. Go for whole grains, instead of refined or processed foods. Limit your dairy and sugar intake. Also, try to increase your water consumption. Aim for at least 8-10 glasses a day.

Avoid those Germs
Keep in mind that germs can stay on surfaces for up to three days. Wash your hands with hot, soapy water every time you use the bathroom and before each meal. Keep a small bottle of alcohol-based hand sanitizer in your bag or pocket. That way if you are in a place that doesn’t give you the opportunity to wash your hands, you can still kill those germs.

"Lullaby…"
Sleep is your body’s chance to repair so try to get at least seven hours of sleep per night. Try going to bed at the same time each night so that your body learns to anticipate sleep.

Sleep and Exercise
Exercise helps boost immunity too. Get a move on it. Moderate exercise for about 30 minutes a day will help increase blood flow, decrease stress, and strengthen your overall body.

Recipe Exchange
This month, we have a recipe from Carol, a Sandy church member, who sent this recipe to share. She included the following explanation for its development.

“During the holidays, I tried to find a ‘healthier’ version of the typical 3-bean salad, which is usually high in sodium, oil and sugar. Since I couldn’t find any such recipes, I combined ideas from several recipes and came up with this one. I served the Oil-Free 5-Bean Salad to our family gathering and it was very well received.”

Let us know what you think. You can also send your favorite recipe to share here at the recipe exchange. All recipes must be vegetarian or vegan and must come complete with directions for preparation.

Send your recipes by email or even snail mail! Email them to krissy.barber@oc.npuc.org. Snail mail your recipes to: Oregon Conference Communication Department, 19800 Oatfield Road, Gladstone, OR 97027.

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- 1 (15 oz) can garbanzo beans
- 1 (15 oz) can wax beans
- 1 (15 oz) can green beans
- 1 (15 oz) can cannellini beans
- 1 (15 oz) can kidney beans
- 1/2 tsp salt
- 1/2 tsp celery salt
- 1/3 cup agave or honey
- 1/2 cup Braag's apple cider vinegar
- 1/8 tsp garlic powder
- 1 tsp Bill's Best Chik'nish
- 1/4 cup lemon juice

**Directions**
Drain each can of beans and combine all ingredients into large container. Mix well and store in refrigerator. Best if made a day or two ahead. Stir, now and then, to redistribute juice over beans. Serves 10-15 people.

The Recipe Exchange

**2012 EVANGELISM OFFERING**

It has been exciting to travel around our Conference these past two weeks and meet with members from a variety of churches. One of the impressions that has been evident is that our churches are active and focused on mission. Currently, we have more requests for evangelism money than we can fund. Praise the Lord for so many requests!

To meet these requests we have budgeted $100,000 for our Camp Meeting Evangelism Offering. Besides your tithe and non-tithe local, Conference and world support, we are going to raise an additional $100,000 to be used exclusively for evangelism in the Oregon Conference.

There are other funds that have been built into the budget for this year that cover the bulk of the evangelism requests, but we are finding that more of our churches are becoming involved in the true mission of the church to “go and make disciples.” Our discussions at the town hall meetings reinforced the idea that the extra funds were both necessary and achievable. In fact, when we asked if this could be raised, over a third of our members indicated that we were setting too low of a goal for the Camp Meeting offering!

Just from the town hall meetings we have already received pledges and cash totaling over $12,500, which means we are well on our way to reaching our goal. Your support between now and the end of Camp Meeting is needed to make this effort a success.

You can give by pledging a one-time gift due at Camp Meeting, or a monthly gift given between now and the end of July. This can be done by using your tithe envelope and writing “Camp Meeting 2012 Evangelism” under the Local Conference Fund section or giving through Adventist Giving online and marking it in the same way.

We can’t wait to share with you the results that will come from the use of these funds in sharing God’s saving grace throughout our Conference.

Thank you, in advance, for your faithfulness to God and His work!

– David Freedman, Oregon Conference Treasurer

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**NOTE WORTHY...**

**Veteran Principal to Retire From WWVA**
John Deming, longtime Northwest Adventist educator, announced his intention to retire at the end of the current school year as principal of Walla Walla Valley Academy (WWVA) in College Place, Wash. Deming and his wife intend to stay in the Walla Walla Valley where he has served as WWVA principal since 1992.

“We have been wonderfully blessed by our years of association with the students, parents, faculty, trustees and church members,” says Deming. Larry Marsh, Upper Columbia Conference Vice President for Education, will be working with the academy board to select a replacement.

**Winter Storms Challenge Northwest Broadcasters**
Adventist radio station, KACS, broadcasting at 90.5FM from Chehalis, Wash., was temporarily knocked off the air during January’s storm due to the snow and ice that blanketed much of the area. One listener was so concerned, he and his wife went to the studio to pray with station personnel. KACS is looking for donors to help fund a backup generator so the station transmitter can stay on the air during future storm emergencies. Another Adventist station, KSOH in Port Townsend, Wash., was temporarily off the air when its ice-covered antenna shifted in heavy wind. Station personnel braved ice and snow-covered roads to reach the transmitter to make repairs.

**New Church Fundraising Book Available**
Adventist churches have a new resource available as they consider building, purchasing, or enlarging a facility of worship or church school. Successful Fundraising: A Guide for Local Churches has just been published by Philanthropic Services for Institutions (PSI), a department of the North American Division. Pastors and leaders involved in such projects will also benefit from consulting the book’s advice with consulting a PSI professional. Email lorena.hernandez@nad.adventist.org for more information. The book may be purchased through AdventSource by visiting www.adventsource.org, or by calling 800-328-0525.

**Adventist Family Survives Sinking Italian Cruise Ship**
Three Seventh-day Adventists from Peru survived the sinking Italian cruise ship, the Costa Concordia. Milton and Edelmira Paredes and their daughter Diana Miled were in their second floor room, welcoming the Sabbath when the cruise ship ran aground off the western Italian coast on Friday, January 13. Milton and Diana were interviewed on Peruvian television when they were introduced by the reporter as Seventh-day Adventists. Milton and Diana got to share how their Seventh-day Adventist faith put things in proper perspective even in a frantic life-or-death situation.

**Hope Channel on Cable and Satellite in Canada**
After working towards this goal for almost five years, the Hope Channel is now on the eligible play list for every cable and satellite company in Canada. “If you understand the CRTC (Canadian Radio-television and Telecommunications Commission), you will understand that all it took was a miracle!” said Stan Jensen, British Columbia Conference communication director. “We jumped through all the hoops and dodged all the balls. The other 12 languages used on Hope TV should be easy now,” he said. “Can you imagine having the Chinese and Indian Channel in Vancouver and Toronto?” Read more at the Canadian Radio-television and Telecommunications Commission website at http://bit.ly/AambCW.

**US Supreme Court Rules on Ministerial Exception**
The U.S. Supreme Court applied “ministerial exception” in its recent landmark decision regarding the right of a Lutheran church to refuse reinstatement of a Lutheran school teacher who had taken a leave of absence for health reasons. While the decision is heralded as a clear victory for separation of church and state advocates, it also provides a new loophole for religious organizations that disregard secular legal principles of fairness to employees in their hiring and firing practices.

**UCA Selects New Principal for 2012-2013 School Year**
Jay Wintzermeyer, Upper Columbia Conference spokesperson, reports that the Upper Columbia Academy board has invited John Winslow to assume the role of principal for the coming school year. Winslow, who previously worked at UCA as vice-principal, currently serves as the principal for Campion Adventist Academy in Loveland, Colo. He will take up his new duties this summer for the 2012–2013 school year, replacing Troy Patzer who plans to begin work as an UCC trust officer. UCA, in Spokane, Wash., is the largest Adventist boarding academy in North America.

**Pacific Press Dedicates Special Printing**
The Pacific Press held a special dedication service recently for one million copies of The Great Hope, just off the press. The Great Hope is an 11-chapter adaptation of The Great Controversy. The one million copy print run underscores the commitment of Pacific Press to The Great Controversy Project, initiated by Ted Wilson, General Conference president. Wilson has encouraged the Church to undertake a worldwide distribution of The Great Controversy. “Ellen White said she wanted to see The Great Controversy distributed more extensively than any of her other books,” says Dale Galusha, Pacific Press president. Millions of the books will be printed by other publishing houses and distributed throughout the world field.

**Walla Walla University President Announces Resignation**
After six years at the helm of Walla Walla University, President John McVay announced his plan to resign effective July 1, 2012, so that he can return to the classroom. McVay and his family will continue to reside in College Place, where he will serve as professor of theology at WWU, specializing in New Testament studies. McVay became the University’s 23rd president in 2006, when his first task was supervising the institution’s name change from Walla Walla College to Walla Walla University. Max Torkelson, II, chairman of the WWU Board of Trustees and president of the North Pacific Union Conference of Seventh-day Adventists says a presidential search committee will be formed shortly to begin the process of selecting a new president.

**GYC Makes Plans for Seattle**
Generation of Youth for Christ (GYC) recently met in Houston, Texas, where young adults shared how God is at work in their lives and participated in an outreach activity where 2,750 people knocked on 23,636 doors and accepted 2,225 Bible study requests! GYC is now making plans for coming to the Washington State Convention Center in Seattle from December 28, 2012 to January 1, 2013. Keep a lookout for additional news visit www.OregonConference.org/news_entries

**Northwest ASI Convention Planned for April**
Adventist business owners and ministry leaders will converge on Boise, Idaho, this spring for the 2012 Adventist-Laymen’s Services and Industries-Northwest Chapter Convention, April 26–29, at the Boise-Riverside Hotel. Jim Gilley, Three Angels Broadcasting president, and Kevin Wilfley, Upper Columbia Conference pastor, will be the featured speakers. For more information, contact Marella Rudebaugh at the North Pacific Union Conference at 360-857-7037. The national ASI Convention is planned for Aug. 8–11, 2012 in Cincinnati, Ohio. More information is available at http://www.asi-ministries.org/
LOVE AND RESPECT SECOND DVD SERIES
When: February 11 - March 17, 4:00 - 5:30 pm
Location: Riverside Adventist Church
The Love and Respect’s second DVD series entitled “Building Blocks” will be shown at the Riverside Adventist Church, 463 N Shepherd Rd, Washougal, Wash., on Sabbath afternoons 4:00 - 5:30 pm, February 11, 18, 25 & March 3, 10, 17. Come watch Emerson and Sarah Eggerichs present humorous and great presentations to help us understand the concept of love and respect. This seminar is excellent for teens, young adults, married or singles. You can learn more at the website http://loveandrespect.com. After watching the video, discussions will be led by Marvin and Janis Boyd. Light refreshments will be served and childcare will be provided for those who have registered for it. To register please call the Riverside church at 360-835-3114.

SUNNYSIDE SYMPHONY CONCERT
When: February 26, 4:00 pm
Location: Sunnyside Adventist Church
Visit Sunnyside Adventist Church for a free concert by the Sunnyside Symphony Orchestra with Travis Hatton, Music Director and Conductor on Sunday, February 26 at 4:00 pm. The Sunnyside Adventist Church is located at 10501 SE Market St. Portland, Ore.

PLEASANT VALLEY CHURCH MISSION TRIP
When: June 11 - June 27, 2012
Location: Amazon region of Brazil
Experience 16 adventure-filled days in mission service on the Rio Negro in the Amazon region of Brazil! Plan to join us June 11 – 27! Project Amazon 2012 is the acceptance of a challenge to build a home for missionaries in a small town on the Rio Negro. Some participants will be assigned to work with the medical team to assist professionals in the treatment of medical and dental infirmities. Others will be assigned to teach the children of Novo Aíraro during the week-long VBS. Project coordinators Hans & Kim Hess can be contacted by email at missiontrip@projectamazon.info or 503-631-3609. For more info on the trip, cost, and transportation, go to www.projectamazon.info.

LENTS CENTENNIAL CELEBRATION
When: February 11, 9:45 am
Location: Lents Adventist Church
Join Lents Adventist Church as they celebrate the Love Lents Centennial Celebration on February 11, beginning at 9:45 a.m! (We have church service first.) A Homecoming dinner will be served at noon. All past members and friends, please join us! Bring or send any written memories and/or copies of pictures you have to share to I LOVE LENTS, 8835 SE Woodstock Blvd., Portland OR 97266. Email digital materials to lentslachurch@juno.com. Call 503-774-7290 with questions. The Lents Adventist Church is located at 8835 SE Woodstock Blvd, Portland, Ore.

MEMORIAL SERVICE FOR VICKIE ALTMAN
When: February 4, 3:00 pm
Location: Gladstone Park Adventist Church
Vickie Altman, former Oregon Conference teacher and principal was killed January 8, in a tragic motorcycle accident. A local memorial service will be held for her on February 4, 3:00 pm at the Gladstone Park Adventist Church. All who knew Vickie or her family are invited to attend. Altman most currently taught kindergarten and junior high at Orangevale Adventist School in California. Gladstone Park Adventist Church is located at 8378 Cason Road, Gladstone, Ore.

WALLA WALLA TO PERFORM CONCERT
When: February 4, 3:00 pm
Location: Sunnyside Adventist Church
The Walla Walla University Symphonic Orchestra will be presenting a concert at Sunnyside Adventist Church on Sabbath, February 4 at 3:00 pm. The Symphonic Orchestra is under the direction of Brandon Beck, Associate Professor of Music at WWU. The orchestra will be presenting a concert of symphonic works, many of which have sacred themes or connections. Some planned pieces are the final movement to Mendelssohn’s Symphony No. 5 Op. 107 (Reformation), Sibelius’ Finlandia, and Gordon Jacob’s Fantasia on the Alleluia Hymn. The concert will also feature the WWU String Quartet, led by director Dr. Lyn Ritz. Sunnyside Adventist Church is located at 10501 SE Market Street, Portland, Ore.

DR. DIANE BURNETT TO HOLD SEMINARS
When: February 5-11, 2012
Location: Molalla Adventist Church
The Molalla Adventist Church is pleased to present Dr. Diane Burnett, founder of Living Well Spring, February 5–9 and February 11. Sessions will include practical demonstrations of lifestyle practices leading to better health and timely information on optimizing one’s physical, mental, spiritual and social life. The sessions will be held at Molalla Adventist Church. Sunday - Thursday meetings will begin at 7:00 pm, Saturday’s meeting will begin at 11:00 am. For more information call 503-518-3150. The Molalla Adventist Church is located at 835 N. Molalla Avenue, Molalla, Ore.

ADVENTIST HEALTH EMPLOYMENT
When: Available Now
Location: Various locations
Job hunting? Adventist Health has several positions open right now. You can search the available positions at the Adventist Health website by location, job type and schedule. You can also learn about benefits. Just visit www.adventisthealthnw.com/find-a-career.
LIVE LIKE IT (HEAVEN) MATTERS
When: March 25, 8:30 am - 4:00 pm
Location: Springhill Country Club, Albany, Ore.

OREGON CONFERENCE PRAYER RETREAT
When: March 30 - April 1, 2012
Location: Grove Christian Camp, Dorena, Ore.

COLLEGIATE CHURCH AT SUNNYSIDE
When: March 10, May 12, 2012
Location: Sunnyside Adventist Church
Plan now to attend these special services which begin at 11:20 am. March 10 will feature Ken Rogers, WWU VP for Student Life and Missions. May 12 will feature Alex Bryan, Senior Pastor of the WWU Church. The Sunnyside Adventist Church is located at 10501 SE Market St, Portland. For more information on these events call 503-252-8080 or contact Katie Harris at 406-750-1370.

All links are clickable here and elsewhere in the eCommuniqué.
Transitions

Christian Martin (Heidi) will be joining the Oregon Conference from Michigan. He will take the position of associate pastor for the Grants Pass church at the beginning of February.

Charles Stout (Beverley) retired from the Astoria/Long Beach district at the end of January.

Gayle Schoepflin (Judy) retired from the Corvallis/Junction City district at the end of January.

Steve Wall (Janice) will be joining the Oregon Conference to fill the position of interim pastor for the Seaside/Astoria district.

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THE RED-BREASTED SAPSUCKER

By Lynn McLain

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SUNSET CALENDAR

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A publication of the Oregon Conference Communication Department • Gary McLain, director • Krissy Barber, administrative assistant

To submit stories, announcements, or to get in touch with us please email us at krissy.barber@oc.npuc.org or call 503.850.3500

To subscribe to the eCommuniqué visit www.OregonConference.org. Click on the green "Subscribe to the eCommuniqué" button.