

# Press in Print



News and Information from the President's Office assembled by Judy Williams

July 24, 2024

## 150<sup>th</sup> Anniversary . . .

The gospel of God's love continues to be spread in word, because of each of you!

Many guest speakers from different parts of our country will join us in celebrating this achievement on August 17<sup>th</sup>.

Invite your friends and family, as we come together to worship and give thanks to the Lord for His ongoing blessings over the past 150 years. This celebration will be held at the Brandt Center on the NW Nazarene University Campus, 707 Fern Street from 9:30 a.m. to 1 p.m.

## Stay Hydrated . . .

During these hot summer days, it is important to stay hydrated and protect ourselves from heat exhaustion or heat stroke.

**What Water Does:** Regulates body temperature, flushes waste from the body, supports a healthy immune system, lubricates and cushions joints, promotes healthy digestion and improves memory, alertness, mood and sleep quality.

**How Much Water:** According to Mayo Clinic, men should drink about 13 cups and women about 9 cups.

**Factors that increase requirements:** Activity level – if you break a sweat, you need to replace what you lost. Climate – hot, humid, or higher altitudes can cause dehydration (even in airplanes)

**Signs of dehydration:** Thirst, flushed skin, headache, fatigue, increased body temperature, weakness, dizziness, faster breathing and pulse rate, dry mouth, irritability, constipation, nausea, vomiting, dark urine.

**Prevention:** Drink enough water, wear a wide-brimmed hat when in the sun, opt for light-colored clothing, wear loose-fitting lightweight clothing with a breathable fabric, mist yourself with a spray bottle when you feel overheated.

**First Aid:** Drink water, electrolyte-infused water, Pedialyte, Gatorade, Coconut water, or even watermelon – it contains 92% water.

## New Face at the Press . .

### Welcome Daun Redfield

*Assistant Book Editor*

I neglected to put a photo of Daun with her bio in our July 10 Press in Print.

Daun, we are so glad you are here!



### Welcome Back Darren Hooper Engineering Department



Darren is back with us in the Maintenance Department, ready to tackle any task that comes his way. He loves connecting with others in person and his go-to spots for a delicious meal are Casa Mexico in Middleton and Outback Steakhouse.

**Welcome back to the PPPA family Darren! We're so glad you are here!**

## Making a Difference . . .

### The Hummingbird Book

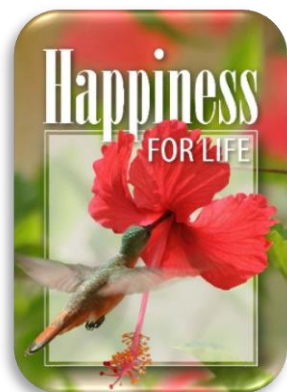
By Inara Miller

As I walked along a row of businesses, my attention was drawn to a car parked in the deserted cinema lot. Although I initially passed it by, an unexpected urge prompted me to turn back. Peering inside, I found a Mexican woman, Jane [pseudonym], gazing out of the window. Despite her broken English, she expressed interest in the Spanish books I presented, eagerly flipping through them as I explained.

However, our conversation took a solemn turn when Jane revealed her unsettling reality—she lived in her car and believed she was under possession. She spoke of how she was being attacked by voices that destroyed her inner peace and her interest in reading inspirational materials. Sensing a spiritual struggle, I joined her in prayer, acknowledging the demons that seemed to hinder her connection with God.

As Jane shared her harrowing experiences of demonic abuse spanning four years, it became evident that she felt abandoned by God in her time of need. She recounted a peculiar encounter with a small book adorned

with a hummingbird—a gift she had received days before our meeting. To my surprise, I retrieved the very book, *Happiness for Life*, from my bag, which she recognized immediately. She recounted how, in frustration, she had cast the book out of her car, only for her



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sister to find it in the exact spot later.

Days later, when her sister took her out for a meal, Jane was amazed to find the same

book in her sister's possession. Convinced of a divine intervention, she interpreted this as a sign of God's care and His desire for a relationship with her. Our encounter, coupled with the inexplicable return of the book, affirmed her belief in God's presence and providence.

Reflecting on Jane's story, I'm reminded of Isaiah 55:11: "So shall my word be that goeth forth out of my mouth: it shall not return unto me void." Jane's journey serves as a testament to the power of God's Word, which goes beyond barriers and reaches those in need, fulfilling its purpose even in the most unexpected ways.

During my nine days of canvassing in Mission, Texas, I distributed 122 books, each carrying the potential to touch lives in ways beyond my comprehension. Jane's story serves as a reminder that our efforts, however small they may seem, are part of a larger divine plan in which God's Word never returns void.

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### How *Guide* Guided Me Back

*By Krishna McKay*

"Do you remember the first time you ever read *Guide* magazine? I figure for many, it is quite a unique and spiritual experience. I was in eighth grade the first time I ever read an issue. This was partially because at that time, I did not attend church that often. But I was blessed enough that my English teacher brought an issue to class, and as soon as I read the stories I was hooked. I could not wait for her to bring more. But the following week she did not do so. I then figured that it was a onetime event, which disappointed me, but I knew that if I started attending church again, I would be able to receive them for myself. So, then I actually considered regularly attending church again. again. Coincidentally I attended the same church as my English teacher and near the beginning of the year, she expressed concern at how I don't really go to church anymore.

A few months passed and we received another issue in class. I was wondering if now we would start receiving them more often. I knew I was definitely glad to read more of their content. But the same issue occurred. I did not receive any more the following week. I found it strange that this was occurring. Truth be told that school year I was thinking that maybe I should try attending church each Sabbath again, for multiple reasons. The Bible classes I had been having in middle school were both enlightening and entertaining. They were inspiring me to study Scripture more, so I was thinking it would be helpful to go to church. In addition, my classmates would have all these fun stories about what took place at church. I felt like I was missing out and wanted to participate so that I could have some adventures of my own.

But one last, and perhaps the most important, reason why is with how I was a teenager now, I felt it was crucial that I maintain a strong connection with Yahweh. At the end of the school year I would be graduating and getting ready to start high school. That is a tough time for many, navigating issues relating to career, dating, social life, substance abuse, and of course, even further matriculation, or whether to do so. For instance, I had one classmate's brother who upon graduating high school was not sure if he should go to college. Instead he went to technical school and has since gone on to be a successful mechanic. But the point is during the teen years you are often faced with times of critical decisions. I wanted Yahweh to help guide me through making those very decisions.

I was also thinking that I would have to get them for myself, that I could not rely on any others. A key reason why was that one classmate brought one of her own issues for a project we were doing. She seemed to not be willing to share it though, presumably because she was worried about it getting damaged in some fashion. There is a good chance she would have done so with me, as she knew how responsible I was. But even if she had lent it to me, as again she needed it for what she was doing in class, it likely would have only been for a brief moment, not enough time to soak in all the stories.

A few more months had passed and we were nearing spring now. My teacher had handed out another issue and I had been wondering why she was dispersing them so infrequently. Something I really enjoyed about them was how they were like modern day Bible stories. Many say they find it hard to trust the credibility of Scripture because of how the events took place millennia ago. Some argue that they are totally irrelevant now. But these amazing anecdotes the magazine had to offer demonstrated how several principles in the "Good Book" still applied to us today. It was so refreshing to have what was in a sense a contemporary Bible. And this was why I found it odd that my teacher was not handing them out more often. I believe she only did so one more time, in the middle of spring. Getting to read another issue, combined with the wonderful spring week of prayer we had, where I was even one of the speakers, I firmly decided that I would start attending church again so that I could receive these each week. Sometime in the next few days I discussed this with my mom and why we were not attending church as much now. She said she would have to move around some shifts at the hospital, as she was a nurse, but she agreed to take me. Fortunately, the process went very smoothly and she began taking me each week and I was finally able to obtain issues of *Guide* for myself. Eventually the rest of my family was able to join me as well, and a key factor was modern word on the written Word. It goes to show how the pen is mightier than the sword."

## On This Day . . .

- [1832](#) – [Benjamin Bonneville](#) leads the first [wagon train](#) across the [Rocky Mountains](#) by using [Wyoming's South Pass](#).
- [1935](#) – The [Dust Bowl](#) heat wave reaches its peak, sending temperatures to 109°F (44°C) in [Chicago](#) and 104°F (40°C) in [Milwaukee, Wisconsin](#). (We can relate to this)
- [1950](#) – A [V-2](#) rocket makes the first launch from [Kennedy Space Center](#)
- [2005](#) – [Lance Armstrong](#) wins his seventh consecutive [Tour de France](#).

## Recipe of the Week . . .

*Shared by Jason Whitson*

Jamie Oliver's minestrone

recipe (<https://www.jamieoliver.com/recipes/soup-recipes/minestrone-soup/> )

Ingredients (Serves 8)

- Plum tomatoes (400g)
- Cannellini or butter beans (800g)
- Dried pasta (100g)
- 2 small onions
- 2 carrots
- 2 celery sticks
- 2 fresh bay leaves
- 2 large handful of seasonal greens (savoy cabbage, kale etc)
- 1 clove of garlic
- 1 vegetable stock cube
- 1 tbsp olive oil
- Extra virgin olive oil
- Parmesan cheese, Grana Padano or vegetarian alternative, to serve
- Crusty bread, to serve
- Salt and pepper to season

Method

- Peel and finely chop the onions and garlic. Then, heat one tablespoon of olive oil on medium-high heat in a large casserole pan. Add the garlic, bay leaves and onions.
- Trim and cut the carrots and celery into 1 cm pieces, adding to the pan as you go. Remove any tough stalks from your greens, finely chop them and add them to the pan.
- Cook for 10-15 minutes, stirring regularly. The veggies should soften and start to caramelize.
- Crumble in the stock cube and pour in the tomatoes, breaking them up with the back of a spoon. Then add one tin's worth of water.
- Pour in the beans and season with a pinch of sea salt and black pepper
- Shred the remaining greens and sprinkle them into the pan. Top the dish up with 600ml of boiling water and then add the pasta. Cover and let the dish simmer for 10-15 minutes or until the pasta is just cooked.
- Season with more salt and pepper if needed and serve with a generous grating of parmesan and a drizzle of extra virgin olive oil - as well as a thick wedge of crusty bread.

Et voila! A nutritious soup that you can whip up in no time. If you've run out of pasta, you can easily swap it for rice or even large hunks of bread.

## Dateline . . .

### July Calendar

- |    |                             |
|----|-----------------------------|
| 24 | PAYDAY                      |
| 29 | Chapel – Pastor Lou Fitting |

### August Calendar

- |    |   |
|----|---|
| 5  | Chapel – Jonathan DeWeber                 |
| 7  | PAYDAY                                    |
| 12 | NO CHAPEL – Board Week                    |
| 15 | Board Chapel – Elder Ken Denslow          |
| 19 | Chapel – Doug Church – Product Dedication |
| 21 | PAYDAY                                    |
| 26 | Safety Chapel – Mike Fifer                |

### August Birthdays

- |    |                 |
|----|-----------------|
| 10 | Ashley Hamilton |
| 14 | Mary Fifer      |
| 14 | Anna Machain    |
| 17 | Brady Lee       |
| 18 | Victor Gouge    |
| 19 | Dennis Legg     |
| 21 | Thomas Walter   |
| 30 | Dave Gatton     |



*Photo shared by Bonnie Herbel of her flower garden*