



March 28, 2020

A Place to Belong!

A Place to Grow!

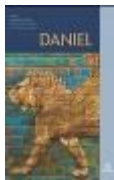


March 28, 2020 Church Life

“The Lord is my light and my salvation— so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble?”

Psalms 27:1

The Church Office is closed until further notice. Our staff are working remotely from their homes, but remain available to serve you through phone, e-mail or text. Please refer to the staff contact information listed on the back of the bulletin.



Adult Sabbath School Quarterlies are available by request. If you would like the quarterly to be mailed to you, please contact the Church Office (530.877.4454) and leave a message. SS Quarterlies are also available online at ssnet.org/study-guides/ or by phone through various SS Quarterly Apps. If you need help accessing the online/phone options, please contact the Church Office (530.877.4454) and leave a message.

We invite you to look at other options for returning your tithes and offerings. Even though our worship services have been cancelled for the next few weeks, the PAC offers a couple of ways to give that can easily fit into your life:

- **Give Online.** Go to our website paradiseadventist.org and look for the Online Giving button in the top menu bar.
- **Give Through the Adventist Giving App.** You can download this app to your phone or device from the Apple or Android App Store and set up your own giving kiosk.
- **Mail Your Check.** You can always mail your check to the church office – Paradise Adventist Church, P.O. Box 1266. Paradise CA 95967-1266.

We invite your input in exploring new church models as we develop a new church model for growth. Even though worship services around the country have been canceled, if you view online worship services and have comments/observation/suggestions regarding specific church models, please share those observations by using the Google Form on: <https://forms.gle/nJJ3zUpeNfH1GcXj8>; the PAC website www.paradiseadventist.org; or the PAC Facebook page <https://www.facebook.com/paradiseadventist/>. Your ideas are appreciated and valued.

You are invited to join a PAC Prayer Chain! Here is an opportunity to pray over prayer requests as they come through from the comforts of your home. For details, text Dottie Chinnock (530.518.1285) or e-mail (dottiechinnock@yahoo.com).

Do you have prayer requests that you would like prayer for? Please share them with Dottie Chinnock (530.518.1285 / dottiechinnock@yahoo.com) and she will pass them on through her “prayer chain”. We need each other’s prayers, no matter how small or big our problems!!

March 28, 2020
Church Life



Prayer Requests...



Your prayers are appreciated and requested for:

- ⇒ Those who are suffering pain after the loss of a loved one.
 - Cheryl Klotz (loss of mother, Shirley Becker)
- ⇒ Those who desire healing and mercy during their health challenges:
 - Anne Morris (serious health challenges)
 - Mark Morris (serious health challenges)
 - Jerry Prout (serious health challenges)
 - Ethel Watts (health challenges)
 - Kris Pryor (health challenges)
 - John McDonald (healing from surgery)
 - Paul Manolescu (hospice service)
- ⇒ Praise for God's mercy and protection!
 - As far as we know, none of our local Adventist Community has gotten COVID-19.
 - John McDonald's surgery site is still healing and infection free!!
- ⇒ For wisdom for PAC Leadership in development of church ministry on the Ridge through church and school.
- ⇒ For the outpouring of the Holy Spirit on PAC.
- ⇒ For wisdom for PAC Pathfinder Leadership as they plan for the future.
- ⇒ Pressing into God's Presence during these uncertain times for our community and nation. Here is an acronym to pray through for our world:
 - Pace
 - Resources
 - Executive Leadership
 - Safety
 - Salvation

Many of our Elders will be contributing to the visitation responsibilities on behalf of our Pastoral Staff. In case of emergency this weekend, please call the Elder-On-Call:

Devon Homing (530.873.9239) *weekend emergencies only*



Church Connect Events...

NCC COVID Prayer Time Initiative: Let's unite in prayer at 7:00 pm each day until this pandemic passes. "Please join us every evening, where you are, to bow before our Creator – our Father – and give it all to Him," says Esmé Ross, NCC Prayer Ministries Coordinator.

Virtual Time with Our Pastors on Facebook (FB) (<https://www.facebook.com/paradiseadventist/>)! This Sabbath, March 28, Pastor Dan will join you for a live "Fireside Chat" at 11 am. Check FB regularly for Pastor Steve's videos which he will post every few days! Don't miss this chance to connect with our pastors!

Local Livestream Church Service: Chico Church is offering a livestream Worship Service (www.chicoadventist.org) each Sabbath morning until their worship services resume. It is such a blessing that they have the equipment and place to provide this time of worship.

Youth, you are invited to two Weekly Youth Online Meetings!:

Chico & Paradise Youth have planned a weekly online Youth Vespers beginning this Friday, March 27 at 7:00 pm. We will be using Zoom.us, so download that app or sign in online. Look for ZOOM log in ID on Instagram@pastorgarrison or call Pastor Garrison (707.694.4521). See you there!

Northern California Conference is planning weekly online youth group meetings! Meetings will be held every Tuesday at 7 pm. The next meeting is March 31! Don't miss the chance to hangout with friends around the conference! Feel free to invite others. Connect with Pastor Garrison on Instagram@pastorgarrison or by phone(707.694.4521) for ZOOM ID.

Children's Ministry

If you are looking for ideas that will keep children happy during their time at home and as an alternative to Sabbath School, please look at the following great resources listed by NAD Children's Ministries:

<https://www.childmin.org/kmimagazine/2020/3/16/online-churches-what-does-that-mean-for-the-children>



This Week: March 28 –April 5



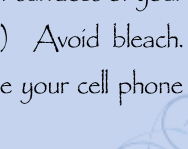
- SabbathSabbath Schools, 10:00 am (CMA) **(Cancelled)**
 Ladies' Bible Study: *Trustworthy!* 10:00 am (CMA Mother's Room) **(Cancelled)**
Worship Service—Dan Marella, 11:15 am (CMA) (Cancelled)
 Sabbath Celebration ends, 7:26 pm
- SundayUnited Prayer, 7:30 am (PAA Student Lounge) **(Cancelled)**
 (GAG-Chapel) **(Chico group will meet virtually using ZOOM)**
- Mon.....School at COAS/PAA is cancelled for *Teacher Team In-Service*
 Church Office Closed (please refer to *Church Life*)
Crisis 101 Women's Bible Study, 6:30 pm
 (Feather River Health Center, 5125 Skyway) **(Cancelled)**
- Tues.....Adventurers/Pathfinder Meeting, 6:30 pm (Cancelled)
- WedCOAS/PAA resumes as Long Distance Learning until April 17
 PAC Staff Meeting, 9 am (via Google Hangouts)
 Nominating Committee Meeting, 7:00 pm (via Google Hangouts)
- Thurs.....Elder's Meeting, 7:00 pm (via Zoom)
- Fri.....**Spring Vespers Series! 7:00 pm (Cancelled)**
 Sabbath Celebration begins, 7:31 pm
- SabbathSabbath Schools, 10:00 am (CMA) **(Cancelled)**
 Ladies' Bible Study: *Trustworthy!* 10:00 am **(Cancelled)**
Worship Service—Steve Hamilton, 11:15 am (CMA) (Cancelled)
 Sabbath Celebration ends, 7:33 pm
- SundayUnited Prayer, 7:30 am (PAA Student Lounge) **(Cancelled)**
 - (GAG-Chapel) **(Chico group will meet virtually using ZOOM)**

Upcoming Events

- Apr 7Finance Committee Meeting, 7:00 pm
- Apr 9PAC Board Meeting, 7:00 pm
- Apr 12Maranatha Shed Build #2 begins (thru May 1) (Postponed)
- Apr 17 - 19PAA High-school *Sound of Music* Performances (Postponed)
- Apr 25PAA Education Sabbath
- May 2Placerville SDA Church/Community Center Site Visit*
- May 3Westbrook Memorial, 2:00 pm (Postponed)
- May 29 - 31 PAA High-school *Sound of Music* Performances, Tentative (PPAC)
 * pending state orders to shelter in place being lifted



Natural Ways to Boost Your Immune System

1. Eat a wide variety of fruits (especially citrus and those with deep color), whole grains, nuts, seeds, vegetables (especially dark greens and deep color) and beans. Limit sugar, coffee, soda and alcohol intake drastically.
 2. Supplement with herbs and vitamins. Consider astragalus, echinacea, elderberry, vitamin C and D (5000 IU daily), zinc lozenges, oregano, olive leaf oil, goldenseal, N-acetyl cysteine – NAC (600 mg twice a day), turmeric, ginger.
 3. Exercise moderately for at least 30 minutes outside every day. Strenuous exercise will diminish your immune system.
 4. Plant a garden.
 5. Drink at least 8-10 glasses of water daily.
 6. Hydrotherapy - hot baths, hot and cold showers (3 minutes hot – 1 minutes cold for 3-5 cycles), cold baths, fomentations (hot packs to chest alternating with cold washcloth rub).
 7. Wash hands with soap and water for at least 20 seconds frequently throughout the day. Alcohol-based hand sanitizer or wipes are second best.
 8. Clean your cell phone. Use a 70 percent isopropyl alcohol wipe or Clorox Disinfecting Wipes. Gently wipe the exterior surfaces of your phone (also computer, mouse, and keyboards etc.) Avoid bleach. Avoid getting moisture in any openings. Don't use your cell phone while you are eating!
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Natural Ways to Boost Your Immune System (cont)...

9. Get out in the sunshine for 20-30 minutes to boost your vitamin D levels and your mood.
10. Practice self-discipline with digital exposure, news overwhelm, eating, drinking, sleeping, etc. Stick to a schedule.
11. Get an abundance of fresh air. Practice deep breathing – inhale to the count of 4, hold for count of 2, exhale for count of 5.
12. Stop smoking.
13. Sleep 7-9 hours nightly.
14. Fill your mind with the beautiful: music, books, nature, good news, etc.
15. Cultivate relationships. Keep in contact. Minister to others.
16. Trust in the God who loves you. Practice gratitude. Pray. Sing. Read your Bible. Ps. 3:3 “For You O Lord are a shield around me.”

If you have any questions, please call or text me (530 559-6948) . I am available to help you.

Glenna Eady, RN



Our Mission

Living In Jesus, Sharing God's Love

Our Vision

Through God's grace,
the Paradise Seventh-day Adventist Church is becoming a loving,
contagious, Spirit-led family that lives in Christ and bears fruit through
passionate worship, biblical truth, and caring service.

Our Core Values

Discipleship, Faith, Family, Grace, Leadership, Member Ministries

Church Staff

After hours call 530.877.4454; dial extension:

Lead Pastor.....	Steve Hamilton.....	206
	<i>(E-mail: steve.hamilton@nccsda.com)</i>	
Associate Pastors	Garrison Chaffee	208
	<i>(E-mail: gchaffee@nccsda.com)</i>	
	Dan Martella	207
	<i>(E-mail: daniel.martella@nccsda.com)</i>	
	Tom Adams	(N/A)
	<i>(contact Church Office)</i>	
Lead Elder Team	Brian Dudar, Randy Waring.....	(N/A)
Church Clerk.....	Milton McHenry	(N/A)
Administrative Assistants.....	Kris Gerrick	202
	<i>(E-mail: kris@paradiseadventist.org)</i>	
	Dawn Horning	204
	<i>(E-mail: dawn@paradiseadventist.org)</i>	
Disaster Recovery & Development Officer		
	Joelle Chinnock.....	(N/A)
	<i>(E-mail: joelle@paradiseadventist.org)</i>	
Campfire Recovery / PAC Intern.....	Brielle Tym	209
	<i>(E-mail: brielle@paradiseadventist.org)</i>	
Humanitarian Aid Worker	Whitney Bosqué	(N/A)
	<i>(E-mail: whitney@paradiseadventist.org)</i>	
Office Manager / Treasurer	Kathy McFarland.....	205
	<i>(E-mail: kathy@paradiseadventist.org)</i>	

Available to Serve You ...

Paradise Seventh-day Adventist Church

Services are temporarily suspended at Paradise Alliance Church (CMA), 6491 Clark Rd., Paradise, CA

Paradise Seventh-day Adventist Church Office

2500 Floral Ave., #30, Chico, CA 95973

Office Hours: Tue—Thur, 9 am to 2 pm; Fri, 9 am to 12 Noon (Closed - refer to Church Life)*

Phone: 530.877.4454 FAX: 530.877.3016

Mail: P.O. Box 1266, Paradise, CA 95967

Web Site: www.paradiseadventist.org