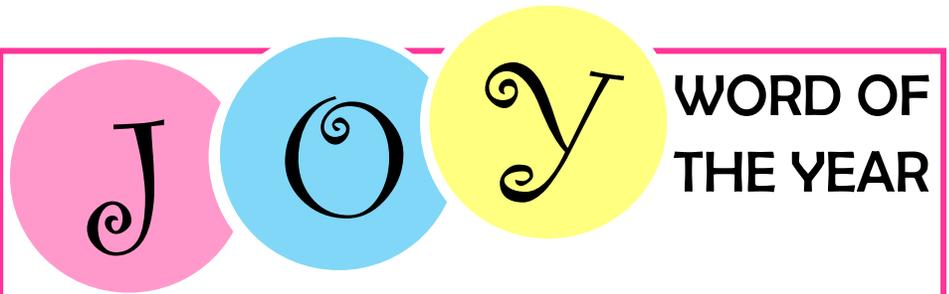


"It says on your résumé that you were created in God's image. Very impressive."

## URGENT PRAYER

- Harvey Rice, health
- Violet Larry, health
- Tracey Price, health
- Elijah Joshua, health



We're going to try something different this year in our "loop," by picking a word of the year and doing an article the first of each month. The word for 2019 is . . . JOY. Jesus said to His disciples, "These things I have spoken to you, that My joy may remain in you, and that your joy may be full." John 15:11.

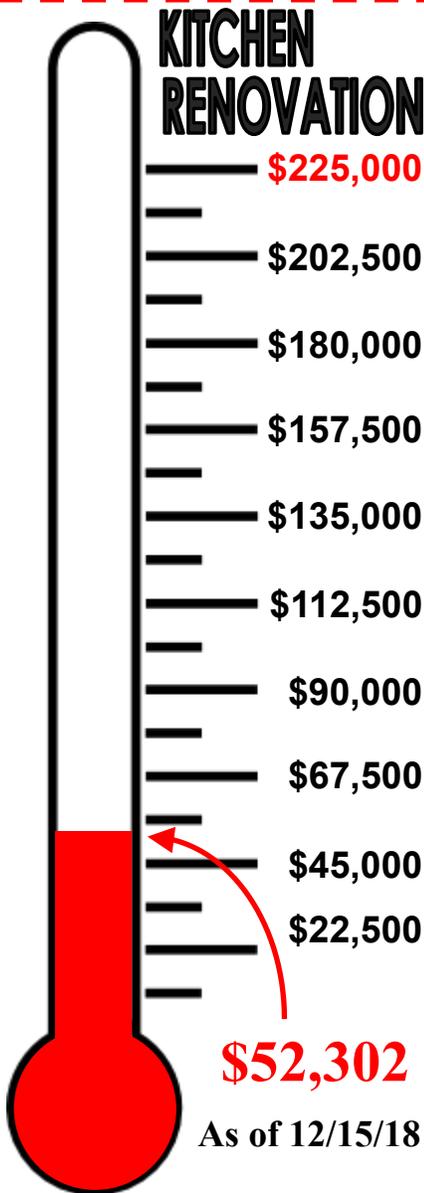
How many of you can say that you've experienced the fullness of real joy? Joy is a noun, but I prefer to think of it as a verb: to experience great pleasure or delight. By choosing a Word of the Year, it sets an intention for how we want our year to flow — a gentle reminder to focus on creating a positive change. What better change, than having more opportunities to experience joy in our lives?

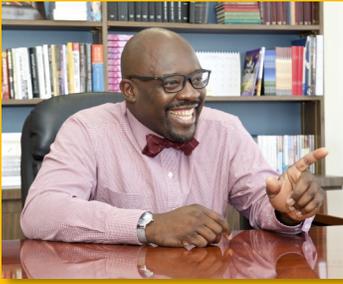
Don't be confused, joy does not equal happiness. It is not a result of happiness. There are many people who are happy, but do not have joy. Even when we are sad or upset or worried, we can still have joy. Not just any joy: joy in the Lord. Joy that He is in control, even when things are not going our way.

One of the tangible ways I like to transition from worry to joy is a trick I learned from Tracy Price. When feeling burdened or overwhelmed with something, I say a quiet prayer to God and give the problem over to him to solve. Then I brush my hand over my shoulder and "push" the cares away until He comes up with a solution. That simple act of following prayer with a "brushing away" of the difficulty, helps me feel secure that I've gotten out from under whatever is weighing me down. I can then experience the joy of knowing a heartfelt contentment and confidence in Jesus.

What other ways can we experience joy? By reading the Bible and knowing just how loving our Father in heaven really is. We can only begin to comprehend the love that He has for us when we study the Bible and learn what He has done and will do for us here on earth. As our faith in Him grows, our hearts become filled with excitement, confidence and trust in the Lord, and are filled with a feeling of happiness and contentment that is called, joy.

To encourage participation in our word of the year, \$1 will be sent to the first individual that replies with the correct number of times the word "joy" is mentioned in each monthly article. You can send your response to: [jann.stowe@gmail.com](mailto:jann.stowe@gmail.com) or via text to 503.866.6316. Be sure to include your full name and mailing address. Also — if you have a personal moment where you've experienced joy and would like to share it in the "loop" please let me know.





## LET'S CHAT!

with Pastor D

SHARON SEVENTH-DAY ADVENTIST CHURCH

January 5, **2019**

I boarded the packed bus and headed to school. Like most riders I squeezed into a little spot to avoid a man who was standing and coughing next to me.

I later got a seat close to the window in the back of the bus and close to the engine. However, I realized that the seat was a little warm. I began to sweat and I felt something was wrong, but I adjusted my body and remained calm. As the trip continued, the seat became unbearably hot. I shot out of my seat in a panic and screamed out. "Driver stop the bus!"

Immediately the driver swerved to the roadside and looked back. My seat was smoking and sparked. All the passengers rushed to the exit. The seat burst into flames and fire started to engulf the bus. The driver tried to use the extinguisher to put out the fire, but to no avail. Flames poured out of the bus window like hot lava from an erupting volcano. We all stood away from the bus to view the aftermath. The bus became a ball of black melted metal and charred debris within minutes.

That experience is a reminder that God cares and protects. Sometimes in situations that could easily be deadly, His hand of protection is there. May we experience Gods love for us anew this year.

*"The righteous person may have many troubles, but the Lord delivers him from them all;" Psalm 34:19.*

## MARK YOUR CALENDAR

### JANUARY

### FEBRUARY

- 7 Bible Study 12pm
- 9 Mid-week Study 7pm
- 12 Sabbath School/Divine Worship 9:45am
- 12 Bible Study 2pm
- 13 Elder's Meeting 10:30am
- 14 Bible Study 12pm
- 16 Mid-week Study 7pm
- 19 Sabbath School 9:45am
- 19 Divine Worship—MLK Sabbath 11am
- 19 Community Service Food Pantry 2pm
- 20 Church Board Meeting 10:30am
- 23 Mid-week Study 7pm
- 26 Sabbath School/Divine Worship 9:45am
- 26 Community Service Food Pantry 2pm
- 26 Bible Study 2pm

- 1 **First Friday—Adventist Med Cntr 7:15pm**
- 1 **WWU Black History Celebration Weekend**
- 2 Sabbath School/Divine Worship 9:45am
- 4 Bible Study 12pm
- 6 Mid-week Study 7pm
- 9 Sabbath School/Divine Worship 9:45am
- 9 Bible Study 2pm
- 10 Elder's Meeting 10:30am
- 11 Bible Study 12pm
- 13 **AHP Mission Integration Meeting 2pm**
- 13 Mid-week Study 7pm
- 16 Sabbath School/Divine Worship 9:45am
- 16 Community Service Food Pantry 2pm
- 17 Church Board Meeting 10:30am
- 20 Mid-week Study 7pm
- 23 Sabbath School/Divine Worship 9:45am

*Items that appear in red are at partner locations, additional information on Sharon church bulletin board.*