

Welcome to Eastgate SDA Church!

A message from Pastor Eric Saylor

As Seventh-day Adventists, healthy lifestyle habits (good nutrition, exercise, drinking plenty of water, going out in the fresh air and sunshine, avoiding noxious substances, adequate rest and trusting God) have been part of our identity since the 1860s. During these 150 years, a lot has changed in the world: the industrial revolution has dramatically altered the way we live, travel and relax; medicine and science in general have experienced a progress orders of magnitude larger than what had been achieved during the whole previous history of mankind; and we had at least two worldwide pandemics - the Spanish flu, and the COVID-19 pandemic. It is only fair to ask: is the lifestyle our pioneers handed over to us still relevant in the 21st century?

We will try to find the answer to this question by first examining the top ten causes of death in the US during 2019-2020, and reviewing the preventive potential for each of these conditions, as well as comparing the current preventive guidelines with the healthy lifestyle package Adventists have practiced for 1 & 1/2 centuries. I think you will be surprised by what we'll find. Harry Arriola will also give his personal testimony about attending the NEWSTART Lifestyle Program at Weimar. So make sure to attend, and bring a friend with you!

Gily

~ Dr. Gily Ionescu

This Weekend: October 22, 2022: Dr. Gily Ionescu; Wellness

Next Weekend: October 29, 2022: Carol Hargreaves; World Missions

Week At A Glance

Sabbath, October 22	9:00 – 10:05am	Early Service ~ Dr. Gily Ionescu
	10:15 – 11:15am	Sabbath School Study
		Baptism Second Service! – Pastor Jaci Solis ~ Larissa Wimer
	11:30 – 12:50pm	Second Service ~ Dr. Gily Ionescu
	5:30pm	Youth Harvest Party
Sunday, October 23	8:00am	Men's Ministries Breakfast
Tuesday, October 25	5:30pm	Weight Loss Sauce Grow Group
Wednesday, October 26	6:30pm	Pathfinder Club Meeting – Fellowship Room
	6:30pm	Prayer Meeting in Pastor's Office
Thursday, October 27	7:00pm	Youth Fellowship Meeting
Friday, October 28	7:00pm	Prayeradigm – Carol Hargreaves Residence
Sabbath, October 29	9:00am/11:30am	Church Services ~ Carol Hargreaves, World Missions
	10:15am	Sabbath School Study
	6:00pm	Children's Ministry Bonfire Vespers at Jen Davy's House

Eastgate SDA Church Service this Week

Worship Service 11:15am 10-22-2022 [Link to: ~ Eastgate Church: YouTube](#)

Gathering Song	Praise Team
Community Life	Lenard Wittlake
Kids Korner	
Children's Song	Praise Team
Children's Story	Matt Davy
Baptism Pastor Jaci Solic presiding	Baptism of Larissa Wimer (Second Service)
Songs of Praise & Worship	Praise Team
Prayer	Lenard Wittlake
God's Word	<i>Dr. Gily Ionescu: Wellness Workshop;</i>
Sermon Title:	<i>A Lifestyle For the 21st Century</i>
Scripture:	<i>3 John 1:2 ISV</i>
Song of Response	Praise Team
Benediction	Lenard Wittlake

Worship Team today – First Service

Lead Elder: Lenard Wittlake
 Praise Team Leader: Rob Becker & Friends
 Pianist: Kevin Waite
 Greeter: Erik Johnson
 Lead Deacon: David Meyer
 Lead Deaconess: Christine Wittlake
 AV Team: Bob Daniel
 Live Streaming: No live-stream early service

Worship Team today – Second Service

Lead Elder: Lenard Wittlake
 Praise Team Leader: Rob Becker & Friends
 Pianist: Kevin Waite
 Greeter: Whitney & Jeanette Johnson
 Lead Deacon: Seth Alford
 Lead Deaconess: Nellie Alford
 AV Team: Gary & Ryan Wimer
 Live Streaming: David Meyer

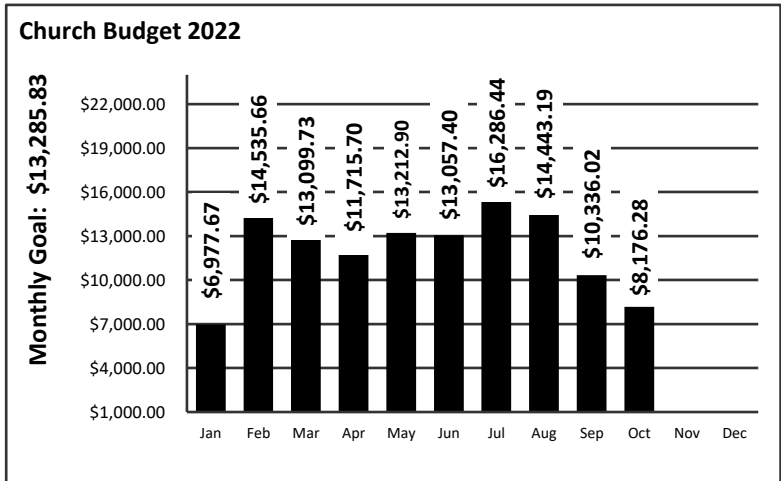
<u>Financial Report</u>	<u>RECEIVED</u>	<u>GOAL</u>	<u>NEED</u>
Student Aid goal for 2022-23	\$ 10,864.67	\$23,500.00	\$12,635.33
HVAC Up-grades	\$ 37,985.59	\$55,000.00	<i>Phase 1, 2 &3</i>

October 22, 2022

Upper Columbia Conference Advance

Appeal: Matthew 6:20-21 “But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”

The Most Secure Placement. We worship God using our resources because it is the most secure placement. The Bible reveals that in the end, “the elements will be destroyed by fire, and the earth and everything done in it will be laid bare” (2 Pet. 3:10). Possession will be of no value. These events will represent the most severe Recession-Hyperinflation-Depression ever experienced by humanity. Peter invites his readers not to take these things lightly but to undergo some fundamental changes: “What kind of people ought you to be? You ought to live holy and godly lives.” (2 Pet. 3:11). We can learn



something from those who had to cope with hyperinflation. In the time of inflation, prices could double in less than 24 hours. In some places, individuals would go to the grocery store carrying cash in a basket over their heads. Worried and angry people would line up for hours in front of banks to withdraw their savings only to hear “request denied.” As a result, the population and investors would lose faith in the local currency. Many would try to exchange their money into stronger currencies as a survival strategy. Some countries would exchange their devalued currency for new currency or start using foreign currencies locally. Exchange is the key strategy. This corresponds with the admonition of Jesus: “store up for yourselves treasures in heaven” (Matt. 6:21). How can one do this exchange effectively? No need to go through the black market: “To do good, to be rich in good deeds, and to be generous and willing to share,” this is the path revealed by the Apostle Paul (1 Tim. 6:18). This week, as we worship with our tithe and regular offerings we have another opportunity to exchange our perishable resources by being a blessing to others.

Prayer: Lord, You are so thoughtful that You care for both our present and future life. We thank You for Your advice. Please help us to be doers of your instructions.

Eastgate Church News & Events

Health Extravaganza Weekend – Coming October 22



Wellness Workshop here at the Eastgate SDA Church. We are inviting the public to hear information about healthy living, lifestyle, sleep, exercise and diet. There will be a Plant Power Plate Potluck following second service about 1:00pm. Please see the invitation card at the left with things suggested to bring for the meal.

Invite your friends, co-workers, neighbors etc.

9:00am & 11:30am; Dr. Gily Ionescu MD, Wellness Workshop/Sermon Title: A Lifestyle For the 21st Century.
 2:00pm; Dr. Winston Craig, PhD – Science of a Healthy Diet.
 2:30pm; Dr. Steven Chung MD – Optimizing Health Through Sleep

There will also be the following information booths in the

church foyer:

Healthy Cooking for the Holidays, Melissa Roberts {October 30, 4:30pm}

Personal Fitness Assessments & Information (Rachelle Hartman PT)

Weight Management – A Weight Loss class starting Tuesday, October 25

Body Composition – YMCA providing body composition testing and YMCA Information.

Green Smoothies and the Green Smoothie Challenge along with Plant Power Diet Information

Spiritual Health

SonBridge

Blue Zones

All this information organized and brought to you by our Eastgate SDA Health Ministry Team!

Expansion of Support Teams for Audio/Video and Live-Streaming ~ Help Needed!

We are trying to gear up for two services starting August 6. This is one area of ministry where more experienced operators would help to lighten the load.

Brian Hartman who leads the Live-Streaming Team is looking for one or two more individuals who would be willing to learn and assist in the ministry of our On-line Worship Service. There are those who use our YouTube as an option for viewing for a variety of reasons. We need to expand the team

and he would be happy to speak to anyone who might be interested. Contact Brian at hartmaninbox@gmail.com or 509-240-6607 text or voice call.



Grow Group ~ Weight Loss Sauce Returns October 25 for four Tuesday evening meetings.

See details in poster at left.

EASTGATE SDA WEBSITE! – <https://www.eastgatesda.org>

~ Sermon Archives ~ Bulletin Library ~ our weekly e-NewsLetter
~ Events Calendar ~ Offerings

EASTGATE SDA ON FACEBOOK Like and follow our page on Face Book!

<https://www.facebook.com/Eastgate-SDA-Church-206126468203> **Eastgate SDA Church**

EASTGATE SDA CHURCH ON YOUTUBE

YouTube: Eastgate Church ~ Our Church Service is now being broadcast on YouTube at the following Link: [Eastgate Church](https://www.youtube.com/c/EastgateAdventistChurch/) or type out the address shown below. Thank you for subscribing!
[YouTube.com/c/EastgateAdventistChurch/](https://www.youtube.com/c/EastgateAdventistChurch/)

Refurbishing Projects here at Eastgate

Have you noticed the fresh coat of paint in the sanctuary? A subtle difference. We appreciate your patience as we work on additional projects including painting, wall construction, etc. We are trying to reconnect with the glass companies for fresh information and move forward after the personnel changes at company #1 and company #2's bid almost 3x the amount of company #1.

We would appreciate your help in taking care of our church facilities. If you participate in an event where food or drink are part of the process or inside<>outside traffic is involved; will you help by making sure that spills are cleaned up immediately? That children are monitored so as to reduce excess yard debris being tracked indoors? When spills, mud, dirt, etc. are left for someone else to clean long term damage often occurs. Thank you for your conscientious acts of service.

School News & Children's Ministry Items

Milton-Stateline Adventist School is looking for a certified, part-time teacher for grades five and six science and social studies. If you are interested in this position, please contact Jeanne Goodhew at (541) 938-7131.

Rogers Adventist School is looking for part-time employee(s) for the following:

After School Care Supervisors

We are looking for someone who can do three shifts per week: Tuesday & Thursday, 3-5:30pm and Fridays from 12-3:30pm. We would give consideration to hiring a mature and responsible high school or college student, age 17+. Please contact Holley Bryant (holley.bryant@rogersschool.org or (509)529-1850) for more details

Eastgate SDA All Church Work Bee

Super Duper Thank You!!!

Thank you to a crew that helped plant new Arborvitae in our front yard East boundary! Many hands made the work a little more enduring!

Also a Very Big SHOUT OUT to Larry Henderson who brought a big piece of equipment and spent about six or eight hours out back leveling ground, removing brush and standing dead trees and

removing from the brush a large quantity of steel! We are now ready to burn another massive pile of brush and wood ~ just waiting for a good rain which looks like maybe this weekend!
We still have a goal of removing the scrub trees along the Western fence line. Chain saws and safety equipment will be needed for removing trees and shrubs. We will be looking to schedule another work day in the next few weeks! More information on this from Carol Hargreaves.

Youth Thursday Evenings have Resumed!

We have resumed our Thursday night youth group. Meetings are on Thursdays, from 7-8:15pm.

Collegiate & Young Adults

Sabbath Morning Bible Study

Collegians and young adults (or young at heart) are invited to come for breakfast at 9:30am every Sabbath morning and stay for an engaging Bible study. We read a chapter of the Bible together and then dig deep to discuss the hard questions and figure out life applications. Come visit us at Classroom 115 and bring a friend! We are currently studying II Kings. For more information text Josh Boram (541) 870-4661 or Mary Castrejon at (360) 349-7126.

Men's Ministry

Thursday Night Men's Group ~ 7:30pm Leader: Rob Becker, ~ Pastor's Office

This is a bible study group for men, lead by men, praying for men studying together. If this interests you please contact the group leader Rob Becker or our Pastor Eric Saylor.

Men's Ministry Monthly Breakfast and Worship Time Returns: Next UP - Oct. 23 at 8:00am???

After a bit of a summer break the monthly gathering of men for breakfast and worship will resume on the 4th Sunday of each month. Join the men at 8:00am for physical and spiritual food to share!

Women's Grow Group

Rhoda Ehrman invites you to join a group of women studying together. They will be starting a new book, "*Your Best Life in Jesus' Easy Yoke*" on September 12. Contact her at 509-200-2826.

Women's Ministry ~ A Taste of Autumn

An evening exclusively for the female gender. A time to visit and enjoy some Autumn Soups with Corn Breads, Salads and a dessert of Spiced Orange Coffee cake with a side of Vanilla Ice-cream, topping it off with a fun movie. 5:30pm, Saturday, November 5 in the Eastgate SDA Church Fellowship Room!

Eastgate Membership Transfers – Second Reading

Members Arriving: Cory and Stephanie Maas from Pasco Riverside SDA

Member Leaving: Rick, Rachel, Lucas and Abrianna Drake (& younger children) to Kennewick, WA

Walla Walla Valley Academy

Walla Walla Valley Academy Fall Festival ~ Sunday, October 30; 4:00 – 7:00pm

Current booths are: Come Enjoy and evening of entertainment.

- Freshmen: Face paint and Asian Food
- Sophomore: Popcorn, cotton candy, fishing game
- Juniors: Quesadilla and Video games, Italian sodas
- Seniors: Corn Dogs, and pool noodle fight on balance beam
- Band: Krispy Kreme doughnuts

- Homesteading: Petting Zoo
- ASB: Jail
- Mission Trip: Drinks

the Walla Walla Valley Academy orchestra is selling Pies for Thanksgiving & Christmas!

Ten-Inch Deep Apple Pies Only \$18 each Great to freeze – stock up for Thanksgiving & Christmas! Pick up on Sunday, November 6, 11:00am to 3:00pm in the WWVA Dining Hall
 *Enter through auditorium doors 300 SW Academy Way, College Place
 Questions? artandrondaking@gmail.com or call 509-730-5891

Walla Walla University

Walla Walla University Music Department invites you to the following events:

Evensong: Saturday, 22 October 2022, 5:30 p.m., Walla Walla University Church
 To view the livestream visit our webpage: [WWU Music Department Concerts](#)

Symphony Orchestra Concert: Saturday, 29 October 2022, 5:30 p.m., Walla Walla University Church

Music at 7: Student Recital; Tuesday, 8 November 2022, 7:00 p.m.
 Melvin K. West Fine Arts Center Auditorium

Evensong: Saturday, 3 December 2022, 4:00 p.m., Walla Walla University Church

WWU Christmas Concert: Friday, 9 December 2022, 6:00 and 8:00 p.m., Walla Walla University Church
 We hope you can join us!

New Garden Added to WWU Campus

Troy Fitzgerald, pastor for outreach and discipleship at Walla Walla University Church, launched the addition of a new garden on the Walla Walla University campus. He was inspired by Leviticus to create a garden for the community to share. To read the full story, go to news.uccsda.org/garden1022.

Walla Walla Valley News

Walla Walla General Hospital Reunion Potluck

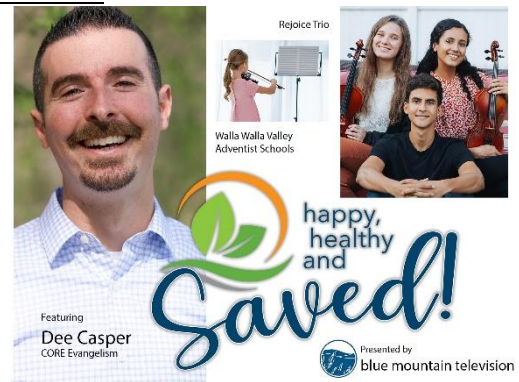
Saturday, October 29, 2022 at 1:00 p.m.
 Lions Club Building at Lions Park, College Place, WA
 For Information contact Miki 509-520-8140

ARW: All Walla Walla Valley Adventist Retired denominational Workers and/or spouses are cordially invited to attend a **potluck buffet Sunday, November 6, 1:50 - 4:00p** at **SonBridge** Educational Center. Lynelle Ellis and Lowell Mann of **Blue Mountain Broadcasting Association** will share the mission, their hopes, and the tasks associated in broadcasting BMTV here in the Valley and beyond. **Rejoice Trio** will also be featured. Come and catch the inspiration of proclaiming Christ through this challenging medium. *(Call Barbara Bohlman (509) 540-4771 for membership details.)*

Christian Aid Center News for Job and Volunteers

JOB Opening: We have a job opening for a *Programs Director* in our department of *Men Services*. This staff member oversees the delivery of our various recovery programs. The job is full-time with benefits. For a complete job description, please visit our website at christianaidcenter.org. If you or someone you know is interested in this job, please send a cover letter/email and resume to iradzikowski@christianaidcenter.org.

Blue Mountain TV is proud to present: *Happy, Healthy and Saved.* Be blessed as we focus on Jesus and His promises, underscored with uplifting and soul-soothing music. This special fall celebration features speaker Dee Casper of CORE Evangelism, *Rejoice Trio* and music from the valley's Adventist School students. This three part series begins Friday night, November 4, at 6:00 pm and continues Sabbath at 9:30 am and 3:00 pm in the WWVA Auditorium. Children's Sabbath School is provided and a spaghetti dinner potluck Sabbath at our Wallula Facility at 1 pm offers fellowship as well. Please bring a salad, bread or dessert.



VOLUNTEER Opportunities At the Christian Aid Center:

- Breakfast Cooks in our community kitchen (Monday, Tuesday, Wednesday & Saturday shifts available)
- Van Driver to pick-up donated food on Saturday mornings
- Kitchen Helpers in our community kitchen (various shifts available)
- Registered Nurses to help in our Health & Wellness Center
- Prayer Warriors to pray on behalf of our guests. This is a women's prayer group that meets on Thursdays from 10:00 to 11:00 am.

For more information, please contact Jeannette Regalado, Community Engagement Director at (509) 525-7153 ext. 114. You can also fill out a volunteer application on our website at christianaidcenter.org.

Upper Columbia Conference of SDA News



UCC Welcomes First Female Lead Pastor ~ Shintell Izquierdo

Shintell Izquierdo joined Upper Columbia Conference in September as the first female lead pastor in conference history, leading the Wapato Spanish, Granger Spanish, and Central Valley Spanish church district. Izquierdo was born into an Adventist home and is the daughter of immigrant parents. “My father is from Mexico and my mother is Tejana,” she shares. “I pride myself in being a Chicana. My parents worked hard growing up and as a result, I saw their Christ-like example, and the Holy Spirit’s care through them. I fell in love with Jesus at a young age. At the age of 12 I knew I wanted to be a pastor and work with Hispanic churches. My parents and brother have always been

supportive and have encouraged me along the way.” Read the rest of Shintell's story at news.uccsda.org/shintell1022

President's Report and Executive Committee Actions for October 2022

David Jamieson, president of Upper Columbia Conference completed his most recent President's Report this week. This report includes actions from the September 22 Executive Committee and his article, "Continuing the Prayer Journey." To read the report, go to news.uccsda.org/devotional1022.

New Editor-Elect of Adventist Review Ministries

Justin Kim voted as Editor-Elect of Adventist Review Ministries, is expected to start January 1, 2023, when current executive editor Bill Knott leaves the position after 16 years. GC-EXCOM members also voted Knott as the new associate director of the GC Public Affairs and Religious Liberty Department, replacing Jennifer Woods. Story continued at news.uccsda.org/AdventistReview1022.

UCC Women's & Young's Women's Retreat — October 21 & 22

Cindy Mercer was giving up, but God was only getting started! In her gripping and transparent story, you will join Cindy's journey of hope, failure, growth, and healing amid seemingly insurmountable odds. There is power in prayer and God's Word! Plan to join us for Upper Columbia Conference Fall Women's & Young's Women's Retreat, "Pray Big," on October 21 and 22 in-person at Upper Columbia Conference and online. Registration is set to open September 6 at uccsda.org/womensretreat. Other special features will include guest artist, Vania Kasper; Cindy Williams, with a health inspiration; and Sheryl Janke, sharing kindness with a craft project.

Men's Summit Retreat — October 28-30

After two years, the UCC Men's Summit is back. Join the Upper Columbia Conference Men's Summit at Camp MiVoden; a weekend of spiritual renewal, fun, and fellowship on October 28-30, 2022. Greg Phillips will be the keynote speaker. Sign up this week to join us on an Adventure with the Spirit at www.uccsda.org/mensretreat.

Club Ministries Leadership Retreat — November 4-6

NPUC Pathfinder Camporee was a mountain top experience for our Pathfinder AND Adventurer team. Let's keep the momentum growing as we gather to learn how to serve young people and families more effectively. For more information visit news.uccsda.org/Leadership1022.

EndItNow Hosts Free Summit — November 13

Abuse affects children, women, and men within the church and community. This free virtual summit on November 13 provides viewers with practical information and tools on all forms of abuse to help create safe churches and communities. Don't miss this opportunity to make a difference! This event will be live-streamed www.facebook.com/enditnowNAD on Facebook. To learn more visit www.enditnownorthamerica.org.

Registration Opens for Camp MiVoden for 2023

Registration is open for summer 2023 at www.mivoden.com. The non-refundable deposit for Family 1, 2 and Medical/Dental is \$300. Family 3 non-refundable deposit is \$200. Youth camps non-refundable deposit is \$75. If you have any questions please email denisek@uccsda.org or call (509) 242-0506.

READ THE LATEST NORTHWEST ADVENTIST NEWS at www.gleanernow.com Subscribe to *GLEANERWEEKLY*, the Northwest's weekly eNewsletter, at <http://www.gleanerweekly.com>

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[North American Division NewsPoints](#)

[North Pacific Union GleanerNow](#)
[Adventist News Network News](#)

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North American Division

Hurricane Ian – What Can You Do?

Hurricane Ian has devastated Florida. To date more than 100 people have died and search and rescue activities continue in many areas. Adventist Community Services Disaster Response (ACS-DR) leaders from the affected conferences, union and North American Division are meeting daily to assess and respond to the changing situation and adjust priorities. It is expected that a Multi-service Warehouse, managed by ACS-DR in conjunction with the State of Florida and FEMA will open when operations progress to the response phase. A wide variety of immediate relief and clean-up activities are currently going on.

How you can help:

- Pray for safety and wisdom for the rescue workers as they traverse a dangerous and toxic environment.
- Make a monetary donation to the immediate and long-term recovery efforts through your local church by marking the tithe envelope: “NPUC ACS Disaster Response” Code:65606.
- You can also mail a check or money order to Adventist Community Services Disaster Response North Pacific Union of Seventh-day Adventists, 5709 North 20th St., Ridgefield, WA 98642

Young Patient Celebrates New Organ Amid Transplant Milestones

Loma Linda University Health transplant team recently broke its own record with a marathon of eight transplants completed in 72 hours. The marathon, coincidentally, also marked two significant milestones for the team: 1,000 living donor transplants and 4,000 total transplants for the health care facility. To read more about these milestone stories visit news.uccsda.org/milestone1022

Prayer Time ~ Cherishing People ~ “Pray for one another.”

We are inviting you to pray for members and friends of our church family each day. Please keep this in a place that will make it easy for you to remember to pray for one another.

“... we do not make requests of *You* because we are righteous, but because of *Your* great mercy. *O Lord listen! O Lord forgive! O Lord hear and act!*”
(Daniel 9:18 & 19. NIV)

Anonymous:

Do you have an anonymous prayer request? Please state it via email to the church office, or on a communication card dropped in the offering box.

We will share it here anonymously for the body to provide prayer support!

Prayers for a family working through difficult circumstances.

Praises and Prayers of thanksgiving for members of this church who care for each other, for their children, their grandchildren and their church.

Prayers for older members who are struggling to maintain their independence and dealing with realizing their increasing need to rely on others.

Requests: - What are your prayer requests?

Please remember Connie and Randy Roger’s as they journey through treatment and travel to and from the treatment center.

Prayers for the children of Hollie Johnson who lost her battle with cancer.

Please **do not** forget these children.

Prayers for Carol R. as she recovers from and adjusts to the loss of one of her eyes.

Prayers for a young man who is living in the homeless camp hoping to secure housing soon. - Shaun

Praises:

What do you have on your heart that you would like to share as Praise to the Lord!?!?



Youth Harvest Party

Cider Making | Line Dancing | Pumpkin Carving
Costume Contest | Good Food

Saturday, October 22, 2022
5:30 -10:30 pm

Alford Family Farm
82038 S. Fork Walla Walla Rvr Rd
Milton Freewater, OR

*Please bring warm clothes and get ready for some fun!



Holiday Cooking Class

What am I going to fix for dinner?

Don't let eating restrictions ruin your family feast!



Remember Auntie, I'm lactose intolerant and Mom is celiac.

Mom, I'm vegan!

Register Now FREE




Tips, recipes, samples: Sunday, October 30, 2022 ~ 4:30 PM
Eastgate Adventist Church ~ 380 Tausick Way, Walla Walla

OUTDOOR VESPERS & POTLUCK

BRING FOOD TO SHARE, CHAIRS, BLANKETS/COATS, & AN INSTRUMENT IF YOU LIKE!

October 29, 6 PM
77 Sierra Lane, Touchet WA 99360

Eastgate Children's Ministries



Plant Power!



Do you need more Energy?

Want to start eating healthier?

Join a 6 week support group for a Green Smoothie Challenge!

Jan. 4th – Feb. 12th, 2023

Offering Something for Everyone!
Three options tailored to those wanting to add more plant based foods into their diet. Support group is FREE but space is limited! Sign up early at the *Plant Power* booth in the Church Lobby.

Questions? Contact Stephanie Renshaw or Stacie Saylor

