



The National Healthy Start Association

INFANT MORTALITY AWARENESS CAMPAIGN

Celebrate Day 366...

every baby deserves a chance

The federally funded Healthy Start programs are community-driven and focused on getting women into prenatal care as early in the pregnancy as possible. Early entrance into prenatal care is the single most critical factor in improving birth outcomes.

Go to www.nationalhealthystart.org for more information.

URGENT PRAYER

- **Cindy Cobbs**, Fort Vancouver Acute Care
- **Elder Loiseau**, Manor Care Salmon Creek rehab
- **Robert Darby**, strength to stay at work
- **Sophia Schafer** (Loiseau/Foxworth 12-yr old friend), Wilms cancer
- **Amy Boyd**, kidney transplant
- **Shirley Cowan & Family**, death of beloved son, Aaron

OC

2018 Women's RETREAT

Eagle Crest Resort
1522 Cline Falls Road
Redmond, OR 97756

OCTOBER 12 . 13 . 14

Adults: \$155 Teens: \$55

Registration:
www.orgwomen.netadvent.org

ERIN LEMAR COWAN

Sept. 17, 1971
to
Sept. 3, 2018

Erin's life will be celebrated on his birthday, Monday, Sept. 17, 2018, at his beloved alma mater, Jefferson High School. Service will begin at 4:30pm in the gym, 5210 N Kerby Ave., Portland OR 97217. A repast will follow immediately after at Self Enhancement, Inc., 3920 N Kerby Ave., Portland, OR 97227.

Please sign the online guest book at www.oregonlive.com/obits

IGNITE

Youth Sabbath School Leadership Training
for Adults and Youth who lead (or are soon to lead) Youth Sabbath School

October 12 - 13, 2018
Friday 7pm & Sabbath 9:30am

Columbia Adventist Academy
11100 NE 189th St., Battle Ground, WA 98604

<https://ignitesstraining2018.eventbrite.com>
NAD & NPUC Youth Departments

LET'S CHAT!

with Pastor D



This week we continue on the topic of suicide. This has risen to the forefront, as a notable pastor from a popular church took his life last week. His wife was aware of the stress he endured, but was clueless to the impact on his mental health.

This seemingly taboo topic within the church is increasingly problematic, as more members and leaders admit to having suicidal ideations. What signs should we look for to possibly save the life of a loved one?

Firstly - if you recognize excessive sadness or moodiness and unexpected rage, these can possibly be early signs that must be checked.

Secondly - some individuals may share that they feel a deep sense of hopelessness or fatigue, and have little belief that the circumstances can improve. This may seem general and subtle, but it is sometimes the key factor in determining life or death.

Thirdly - if you recognize irregular sleep patterns or problems along with stress, it can be an early warning sign. The individual may sleep too little or too much. Sleep helps the mind to rejuvenate, and when it is continually disturbed other issues occur.

However, the key is to contact individuals and take time to listen and show care. Share a positive message and a gentle reminder about the importance of their life. This may be the best remedy to combat this silent killer.

in the loop

SHARON SEVENTH-DAY ADVENTIST CHURCH

September 15, 2018

MARK YOUR CALENDAR

SEPTEMBER

OCTOBER

- 16 Church Board Meeting 10:30am
- 17 Bible Study 12pm
- 17 **Erin Cowan Service, Jefferson High School 4:30pm**
- 19 Mid-week Study 7pm
- 21 **PAA No School**
- 22 Sabbath School/Divine Worship 9:45am
- 22 Community Svc Food Pantry 2pm
- 24 Bible Study 12pm
- 26 Mid-week Study 7pm
- 29 Sabbath School/Divine Worship 9:45am
- 29 Community Svc Food Pantry 2pm
- 1 Bible Study 12pm
- 3 Mid-week Study 7pm
- 5 **Adv Medical First Friday 7pm**
- 6 Sabbath School/Divine Worship 9:45am
- 8 Bible Study 12pm
- 8 **COLUMBUS DAY HOLIDAY**
- 10 Mid-week Study 7pm
- 12 **OC Women's Retreat—Eagle Crest Resort**
- 13 **OC Women's Retreat—Eagle Crest Resort**
- 13 Sabbath School/Divine Worship 9:45am
- 14 **OC Women's Retreat—Eagle Crest Resort**
- 14 Elders Meeting 10:30am
- 15 Bible Study 12pm
- 17 Mid-week Study 7pm
- 20 Sabbath School/Divine Worship 9:45am
- 20 Community Svc Food Pantry 2pm

* These are holiday or partner activities held at other locations, see Sharon bulletin board for details.