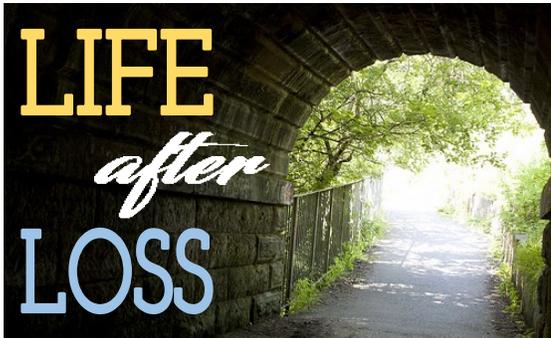


## URGENT PRAYER

- **Ben and Adaire Brown and Family**, daughter passed away
- **Zedekiah Emanuel and Family**, grandmother Dolores Emanuel passed away
- **Dominique Harrison**, father very ill in ICU
- **Yvette Brewer** (daughter-in-law/sister-in-law of Sis Brewer and Dywana), in hospital
- **David Streeter**, Emanuel Hospital
- **Elwood Reid's Parents**, health
- **Cindy Cobbs**, recovery
- **Sister Oris Wesby**, recovery
- **Doris Adams**, recovery
- **Carl Parker and Family**, Brother passed away in California



When our oldest son was born, my dad (who was a retired pastor turned gardner) was late getting to the hospital because he wanted to finish welding a baby seat on his tractor so they could “mow” together. By the time our third child was born, dad was a regular fixture in our home.

Just weeks before he passed away from a stroke, he came flying into our home late at night in his pajama pants and a suit jacket. Nathan and I were playing records in the living room and our 3 year old youngest had woken up and called him, so they could dance together. The memories he made with me and my family are still vivid today, and when we recall stories of activities we did with him; life lessons that he taught us; and biblical messages that he shared with us, it soothes our hearts.

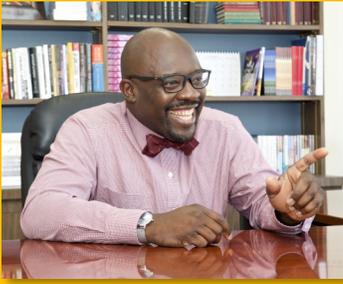
The grief of losing a loved one can be overwhelming and seem too great to bear. In Matthew 11:28, Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.” He has promised that those who come to Him will find rest and those that trust in Him will find comfort, peace and strength.

If you are struggling with a loss, here are some useful strategies that may help you:

- **Talk about the death** of your loved one with family and friends in order to understand what happened and remember them. Denying the death is an easy way to isolate yourself, and will frustrate your support system in the process.
- **Accept your feelings.** People experience all kinds of emotions after the death of someone close. Sadness, anger, frustration and even exhaustion are all normal. There is no “right way” to grieve.
- **Take care of yourself and your family.** Eating well, exercising and getting plenty of rest help you get through each day and move forward.
- **Ask for help.** Don’t be afraid or uncomfortable to reach out and ask for help. Let someone help with daily chores and errands; ask church members or friends to prepare meals for you and your family; or have someone take the kids for a play date. Friends and family want to help and support you.
- **Remember and celebrate the life of your loved one.** What you choose to do is up to you, as long as it allows you to honor that unique relationship in a way that feels right to you.

How can we support a grieving friend? It’s often difficult to know what to do or say, our discomfort is very human. We all feel some need to help but are unsure of the words or actions that will be most helpful. Here are some helpful Do’s and Don’ts:

- **Don’t** say “I know how you feel.” or “I know what you’re going through.” Early on, mourners don’t want to hear about others’ experience with grief — they need to be able to express their own.
- **Do** say “I don’t know what to say, but I’m here.” or “What are some of the things that might bring you comfort?” These statements shows that you are open to talking to them about their grief. Listen — don’t try to fix it. Hold their hand, touch their shoulder or just give them a hug.
- **Do** send appropriate cards, flowers, gifts or donations. Food is another wonderful thing to give. It makes us feel comforted and is especially appreciated by the bereaved family, who doesn’t always have time to plan meals.
- **Do** keep the family in your daily prayers and ask God to come alongside them in their pain, to comfort and strengthen them with His unfailing love and kindness.



## LET'S CHAT!

with Pastor D



SHARON SEVENTH-DAY ADVENTIST CHURCH

March 23, 2019

We continue this week by sharing from the book *The Millionaire Next Door* by Thomas J. Stanley. While reading, I recognized that these concepts are biblical and every believer should know and practice them. While Stanley's points might not fit every millionaire, they are common with many. The first five of seven traits of a millionaire are:

1. **They live well below their means.**
2. **They spend their time, energy, and money in ways leading to wealth.**
3. **They don't worry about social status and prefer financial independence.**
4. **They did not receive a lot of financial help from their parents.** As we travel in Portland, it is overwhelming sometimes to see the large number of people with cardboard signs asking for money. Stanley notes that millionaires don't wait for the handouts of others. They take responsibility and ownership for their future and work toward their goals.
5. **Their own adult children are not financially dependent upon them.** I have listened to many horror stories of adult children that refuse to work and sometimes live with parents. Some abuse their parents trust and end up stealing money and possessions from them. In some severe cases, the situation involved physical and verbal abuse in order to receive money from their parents or family. Sometime parents feel responsible and continue to financially support healthy adult children with hope that they will change. Unfortunately the situation perpetually exacerbates.

To be continued . . .

## MARK YOUR CALENDAR

### MARCH

### APRIL

- 25 PAES Spring Break 3/25—3/29**
- 25** Bible Study 12pm
- 27** Mid-week Study 7pm
- 30** Sabbath School/Divine Worship 9:45am
- 30** Community Svc Food Pantry 2pm
- 1** April Fools Holiday
- 1** Bible Study 12pm
- 2** Pray for Our Children 7pm

- 3** Mid-week Prayer 7pm
- 5 PAES Early Dismissal 12:30pm**
- 5** Adventist Med Cntr First Friday 7:15pm
- 6** Sabbath School/Divine Worship 9:45am
- 6** Hour of Prayer—Sharon TBD
- 8** Bible Study 12pm
- 10** Mid-week Prayer 7pm

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



If you have a child interested in attending Big Lake Youth Camp this summer, you must turn their name in to the church office (503) 287-7649, no later than **Saturday, April 6, 2019**. Contact Sister Violet Larry with questions at (971) 219-2366.