



LET'S CHAT!
with Pastor D



Mental Health part 5

It's Labor Day weekend, a time when we would be at a cookout, or considering what barbecue to visit. This time signals the change of the seasons and the introduction of autumn. However, this year is different, and like myself, you are probably feeling the pressure of being isolated and socially distant. For the past few weeks I have shared elements that help me personally to find balance, and process difficult issues in these stressful moments. The hope is that you may also consider these factors and implement them as we endure this pandemic.

Let's review what we have explored and I will present my final two points on this topic.

What Helps:

1. Accountability & Listening Partner or Group
2. Prayer, Silence, & Meditation
3. Relaxing Scents & Sounds.
4. Laughter
5. Review Of Passions
6. Take a Break
7. Determine To Live In The present.

8. Take a risk and have fun.

Did you ever find yourself saying; "I always wanted to do that."

What's stopping you from planning for it?

As long as it's not immoral or sacrilegious. Set it as a goal for this year. Try it! Test it! You may be shocked that you will achieve it.

9. Exercise and Diet.

We all know how important exercise is, but honestly it is sometimes hard to set aside time. Our choices in healthy foods is equally important to allow for our bodies to function adequately. It's critical to start simple. A short walk is a great place to begin. If you're having trouble, place your running shoes and exercise clothes in an area for you to see them. Choose to do whatever it takes to get moving again, and exercise like you life depends on it. In fact it does!

Pastor Garth Dottin

Sharon

Seventh-day Adventist Church

Portland, Oregon

HAPPY LABOR DAY

My soul finds rest in God alone...
PSALM 62:1



SHARON SEVENTH DAY ADVENTIST CHURCH ONGOING VIRTUAL WEEKLY SERVICES

Monday

- 6:00-6:30 Morning Prayer via our Prayer Line 1-360-602-2931
- Noon Bible Study via our Prayer Line 1-360-602-2931

Tuesday

- 4-5:00pm Ministry of Banner Team meet via our Prayer Line 1-360-602-2931

Wednesday

- 7-8:00pm Prayer Meeting via our Prayer Line 1-360-602-2931

Friday

- 7-7:30pm Devotional Thought via Facebook Live and YouTube

Sabbath

- 9:45am Adult Sabbath School via Zoom
- 10:00am Youth Sabbath School via Zoom
- 11:15am Church Service via Facebook Live and YouTube
- Noon Prayer via our Prayer Line 1-360-602-2931
- 2-4:00pm The last 2 Sabbath's of the month the Food Pantry will be open with restrictions and strict adherence to social distancing.

Online {Donations ~Tithes ~ Offerings} Giving:

We would like to encourage everyone to continue giving financially. There are several ways this can happen, via the Sharon church web page at: sharonsda.net or mailing your contribution to the church (5209 NE 22nd Ave. Pdx97211) Please designate how you would like your funds distributed.

Find the words. Circle. (Across, down, or diagonal)

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r	f	w	x	c	h	o	r	g	n	o	p
a	i	t	a	u	c	o	n	d	u	s	a

Word List

animal	butterfly
kangaroo	chicken
lion	duck
alligator	toucan

