

Pulse of the Congregation



June, 2014

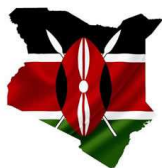
Newsletter of the Restored Church of Christ, Salem Branch



Announcement:

Everyone is invited to attend a summer preaching series to be held July 4-6. It is a rare privilege and great blessing to welcome Brother Eric Odida from Kenya. Brother Eric serves as the presiding elder in Kenya and has been blessed with many testimonies, a zealous spirit, and a missionary's heart. Those familiar with our brother will recall the powerful ministry the Lord brings at his hands. The blessings of this weekend will not soon be forgotten. Don't be sorry for missing it...be there!!! A dessert potluck follows the service on July 4th, with a campfire and fireworks. A Picnic at Silver Creak Falls follows the services on July 6th. All are invited to share in fellowship.

Friday 6:45 pm Vancouver
Saturday 6:45 Vancouver
Sunday 9:45 am Salem



2014 Graduates

by Sister Lisa Dukes

Our Church has been blessed with the youth. The youth have the energy, the will, and the drive to keep moving forward and upward all the while building something greater than themselves. This is why our older youth have been so accurately named "Builders and Climbers," because they are not only willing to climb any mountain to get to the kingdom, they are striving towards building it.

Three of our older youth have now come to the point in their lives where they are passing from the last breaths of their childhood into adulthood. These three youths have completed one of life's land marks: they have graduated from high school.

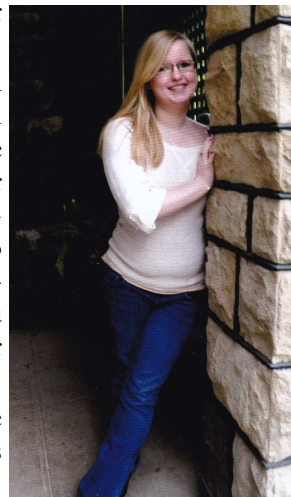
Robert Ellison graduated on June 4th from Cascade High School. He is going on to study bio-medical engineering at Oregon State University down in Corvallis. Robert's words of wisdom to younger students are simple: "Don't slack off."



Mary Hopkins graduated from North Salem High School on June 6th. Mary plans on heading off to Western Oregon University in September to study early childhood development. Mary wants to tell the younger students to "keep trying."

Victoria Emery graduated on June 6th as well from South Salem High School. She will be enjoying the summer by working, and in September she will be attending Phangans Cosmetology School here in Salem for Nails and Aesthetics. She might also study Web Design at Chemeketa Community College as that is something she also enjoys. Her advice to younger students is "do what you feel is right and what makes you happy inside. There is always time for change, just focus on the present."

I am so very proud of all of these youths, and I see that they are already growing into fine young adults. I pray that God blesses them as they continue to grow, study, and learn.



Upcoming Events:

- ♦ June 29: Baptism at Lewis River Campgrounds for Emily, Jeanna and Alyssa Hill at 10:00 am (all are invited)
- ♦ June 28-July 3: Regional Youth Camp
- ♦ July 4-6: Summer Preaching Series
- ♦ July 4: Potluck dessert following service
- ♦ July 4: Campfire and fireworks
- ♦ July 6: Picnic at Silver Falls after services
- ♦ July 11-13: Congregational camping/rafting
- ♦ July 25-26: Church Garage Sale (see Sister Traci)
- ♦ July 28-29: Regional youth camping retreat
- ♦ August 11-17: Reunion
- ♦ August 23: 8th Annual Church Picnic

Words to 2014 Graduates

By Brother John Henderson



Who am I to tell the 2014 graduates how to enter their future? I have occupied this life for ninety years and have had many occupations and experiences; therefore I have been deemed wise enough to write a statement of direction to you graduates.

In the world I came from, an often repeated medical need was repairing arms broken by the crank while cranking the car engine to start it; also, people

ran outside to search the skies if they heard the sound of an "aero plane." When a car's side-curtains were replaced by roll-up glass windows people proclaimed, "They've gone about as far as they can go." It seems like just yesterday when I had to drop a nickel into a pay phone to call home, but most homes did not have a phone to answer my call. A call to Kansas City from Oregon cost about \$4.00. Also, I've lived through peaceful and war times.

All of this change has been like living in five different worlds. The rapid change in worlds is accelerating, until life in tomorrow's world exceeds my experiences. How can I rationally propose how today's graduates should live in a world I never knew? I will suggest some principles you may live by in any world. These principles have proven successful in all world situations.

Now that you are free of supervision from the schools, don't become a wandering generality. This will happen unless you choose some career objective to seek. Choose a goal you feel is worth working towards. You may later find you want to change to a different goal, but this is better than having no objective to work towards. You will have gained experience in working towards an objective rather than being pushed into whatever position others would impose upon you; and you will have more experience in working in the world. Many will say, "that diploma is just a piece of paper that has little meaning," nevertheless, it is an important key to open doors of opportunity for you.

Every trade or business has its own language. If you do not know the vocabulary, you cannot read well enough to study the directions and speak with those who you are doing business with. Immediately learn the language of your business. For instance, the medical field speaks a language others do not know, as does the legal, the insurance, the investment, and engineering. They each have their own language. Learn this first.

The individuals with the least education pay the most for education because they spend more time in the unemployment lines, they receive the lowest pay when employed, and they are the first to be discharged when business is bad. Your present diploma does not mean your education ends.

1. Decide which is most important to you: fame & riches in mortal life or pursuing eternal life in God's kingdom. You can live a kingdom life while continuing life in the world, but it must be by a definite choice.
2. Take responsibility for your own acts.
3. *The fear (respect) of the Lord is the beginning of knowledge.* Proverbs 1:7
4. *In all thy ways acknowledge him and he shall direct thy paths.* Proverbs 3:6---This has proven very true in my experiences.
5. *Wisdom is the principal thing; therefore get wisdom; yea, and with all thy getting get understanding.* Proverbs 4:7 Think things through seriously and go the wise way; don't waste time and effort just following the crowd and doing something only because "everyone is doing it."
6. Make a serious, lifetime commitment to the Lord and He will direct your life. However, think it through very seriously because you may later want to forget your commitment. God does not forget. In fulfilling such a commitment throughout your life you will be presented with many decisions. One decision may offer riches, fortune, and pleasure; the other leads to fulfilling your commitment, perhaps at considerable sacrifice. Choose the one that is right for moving you toward the goal or commitment you determined.
7. Look at God's commandments not as orders you must follow, but as instructions on how to get to God's wonderful kingdom. Follow each one as a step upward.
8. All scripture offers directions to live by and to prosper, especially the book of Proverbs. Learn and apply these.
9. Remember that whenever a people followed God's word, the nation became wealthy and were protected. It is that powerful.
10. Do these things and you will look back in time and clearly see that the Lord has directed your life.

...Seek ye first to build up the kingdom of God, and to establish his righteousness, and all these things shall be added unto you. Matthew 6:38

Women's Fellowship Weekend

By Sister Cessaries Galusha

Every year the Ladies Relief Society takes a special weekend to just be sisters and enjoy the bonds that we have with each other. This year, the women spent April 25-27 in Sisters, Oregon, as was fitting for the occasion. Several arrived early in the day to enjoy the town, and found that there was some heavy construction that blocked off the main road. In order to get to the shops and restaurants pedestrians had to walk on tar paper where the sidewalks would have been, and in and around the construction.

Each lady that came participated in cooking a meal and helping clean up for the weekend. We served one another in purity, no one needing to be asked, and there were always volunteers ready to serve. Melissa Herren blessed us tremendously in her organization of the worship services, and more and more we find these weekends being focused on the Lord and His goodness to us. Friday evening we had a song service followed by prayers for the weekend and for each other. Almost every one of us prayed that evening, giving glory to God above! Saturday evening Melissa led us in discussions for how to make our homes more welcoming to the Holy Spirit. Several offered concerns about the spiritual quality of their homes, and we discussed ways to make our homes more pleasing to the Lord. Sunday morning several shared thoughts and scriptures they had prepared about the function of the Holy Spirit and each of its fruits listed in the scriptures. It was a great blessing to find the women studying their scriptures throughout the weekend in preparation, and because of this, conversations sparked dealing with the various studies some are involved in.

Along with the spiritual growth of the weekend, our fellowship grew as well. Walking around town, visiting the shops, enjoying frozen yogurt, taking walks and monitoring our steps for the day, as well as visiting a geo cash or two all enhanced and strengthened our bonds. Sharing in these ways blesses us in unity, as we continue to strive to be one in the Kingdom of our Father. May His name be ever praised!

With all lowliness and meekness, with long-suffering, forbearing one another in love; endeavoring to keep the unity of the Spirit in the bond of peace, in one body, and one Spirit, even as ye are called in one hope of your calling; one Lord, one faith, one baptism, one God and Father of all who is above all, and through all, and in you all.

Ephesians 4:2-6

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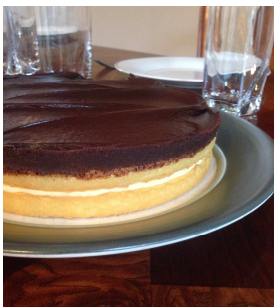
Mother's Appreciation Dinner

By Sister Carla Livingston

On May 9th I had the privilege of attending a Mothers' Appreciation Dinner. There were six other mothers that were in attendance. We were all blessed to have Brother Brian as our host.

Brother Brian prepared an awesome tasting Pasta Primavera, paired with garlic bread and a garden salad. We were offered several different sparkling fruit drinks that went well with our dinner. After dinner we had a scrumptious Boston Cream Cake.

Also in attendance were Sharon, Melissa, Sue, Dianna, Traci, and Trina. We all were blessed with good conversation and had a wonderful time in fellowship with one another. We all felt appreciated by our wonderful host, Brother Brian.



Pulse Changes

By Brother Brian Herren

Notice: Dear Saints, I have asked Sister Cessaries Galusha to assume the majority of the efforts and responsibilities necessary in publishing the local newsletter, The Pulse. The demands of other ministry, locally, regionally, and beyond, make this act of delegation one of wisdom. Please support Sister Cessaries as you have supported me in the preparation, distribution, readership, and contributions to the Pulse for so many years. I will continue to serve as the principal editor of the regional newsletter, Brother's Keeper, and oversee the local newsletter as needed. Praise God for the abundance of blessings, meaningful works, and ongoing growth of the branch and region that make such changes a sign of our increase in Christ. Your brother and servant in Christ, Brian

Spring has Sprung

By Brother Ron Trammell

Spring has sprung and so has the congregational garden. Corn is up, beans are up and after a small infestation everything is looking great. For now all it needs is sun, water and weeding. For the sun, God has provided it and it is taken care of. For watering, I have been watering on Monday and Thursday nights, but as it gets warmer more might be needed. Which leaves us with weeding, and we are starting to get a fine crop of weeds growing, so if anyone has time and can stop by and help that would be great. Rows are marked with what is planted so it should make it easier. I would avoid Monday and Thursday nights (watering).



For as the earth bringeth forth her bud, and as the garden causeth the things that are sown in it to spring forth; so the Lord God will cause righteousness and praise to spring forth before all the nations.

Isaiah 61: 11

Realization of a Blessing

By Brother Jim Clark

A plot of land lay in wait of opportunities to come, to be summoned unto a work worthy of the abilities our Heavenly Father had placed within it. Now was the time to realize its potential as a garden for the Saints. The ground was worked and enriched that it might be fertile, of good soil. Melded and molded by the sweat of the brow, it was prepared for seed and planting. Laborers carefully sowed the seed, and watered; knowing their efforts, combined with God's promise of creation, would foster and tender new life.

Seeds and plants of all shape and size were planted, each to bring forth individual fruit of all kinds, and bursting forth from darkness and confinement they sprout unto fresh air, life, and much light. Not unto paradise, for still there awaits peril in the heat of the day, disease, and life sapping invaders. All with the capability of destroying the tender life that it bring not forth good fruit. Yet with vigilant care, and relentless desire to produce, the promise of bringing forth much fruit can be realized rising above the obstacles placed before every living thing.

This bounty is to be a blessing not only to the nourishment of the laborers, and their unity, but also unto many who are in need of being fed. Even as God has provided in all a wonderful potential, as He has allowed for the planting of seeds of all kinds, preparing a space in which they might take root and sprout. Seeing that they are cared for and nourished unto much growth, the fruit thereof will be brought forth in abundance, being found to be good fruit. So too, our Heavenly Father has graciously shown forth the developing of a beautiful garden, it being a shadow of our own lives.

We, too, are tender young souls, sprouting for eternal life. Leaving darkness behind, seeking for light and truth, being nourished through the Holy Spirit, and provided for by our Heavenly Father. Putting down roots and tapping into a sure and firm foundation that we might be prepared to endure trials and afflictions. As we grow, we become stronger and are changed, developed with the capability of bringing forth fruit. If we have grown and developed unto righteousness, we shall bring forth good fruit.

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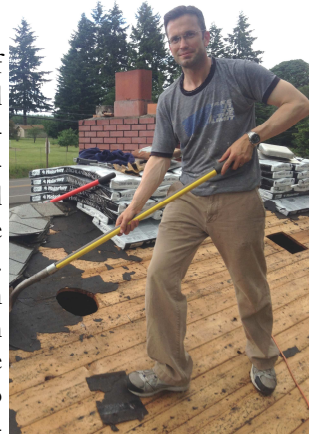
Roofing

By Brother Brian Herren



Between May 22 and May 27, several of the men of the congregation were blessed to assemble in fellowship and labor together as they replaced the roof of Michelle Coburn's home. The aging roof had started to fail, leaking water into the garage and showing signs of considerable distress.

Brothers Ron Trammell and Brian Herren



measured the roof lines and contours last Fall and began planning for its replacement. Brother Jim Clark took the rough sketches to Dalwig Brothers in Brooks, Oregon, where they calculated the necessary materials and developed an itemized list of goods. Michelle visited Dalwig Brothers to select her preferred color of roofing and arrange for payment of the previously itemized list of supplies. The management at Dalwig is to be commended, and hereby honored, for the discount they offered on the materials once they discovered the nature of our labors and how the Church body was coming together to help in the community. Their kindness and support should be remembered. On Thursday, May 22, the Saints worked at tearing off the old roof to expose the wood that needed to be evaluated for integrity. Replacement of the underlying faulty wood was overseen with wisdom by Brother Willis Johnson, who directed Brothers Brian Herren, Jim Clark, and Gary Livingston with the saw. Brothers Travis Clark, Robert Ellison and Michael Livingston stripped away the decaying shingles and brittle tar paper before removing or pounding down nails. Their efforts cleared the way before us. After thorough repair of the underlying wood, new fifteen pound tar paper was laid on Friday, after Brothers Ron Trammell, Charles Murnicks and Kevin Herren joined the aforementioned. On Saturday, the men spent nearly 15 hours working on the project, but no work was performed on Sunday in order to observe the Lord's day. After two more days of partial work, Monday and Tuesday, the repairs were complete and a beautiful new roof was in place with a thirty year guarantee. Sisters Michelle Coburn and Donna Johnson took excellent care of their brothers, providing cold drinks and well appointed meals. The Ladies Relief Society of the Salem Restoration Branch also contributed thoughtfully. Brother Ron Trammell served as the foreman of the project, overseeing each aspect, and his hard work was impressive throughout. Brother Willis' knowledge and experience was also a lift to the work and honorable. The rest of us gave what we had, if not skilled experience, the very energy of our souls, strength of our backs, and thrust of our arms. We began our labors with prayers for safety, thanksgiving for the favorable weather, and appreciation for the fellowship. As we worked, we discussed scripture, remembered old testimonies, and considered the future. Our Sister Michelle now has a new roof, but such labors always build much more than can be discerned with observation. May God be glorified in our efforts and the building up of His kingdom.



Lambs of Zion Retreat

By Brother Kevin Herren

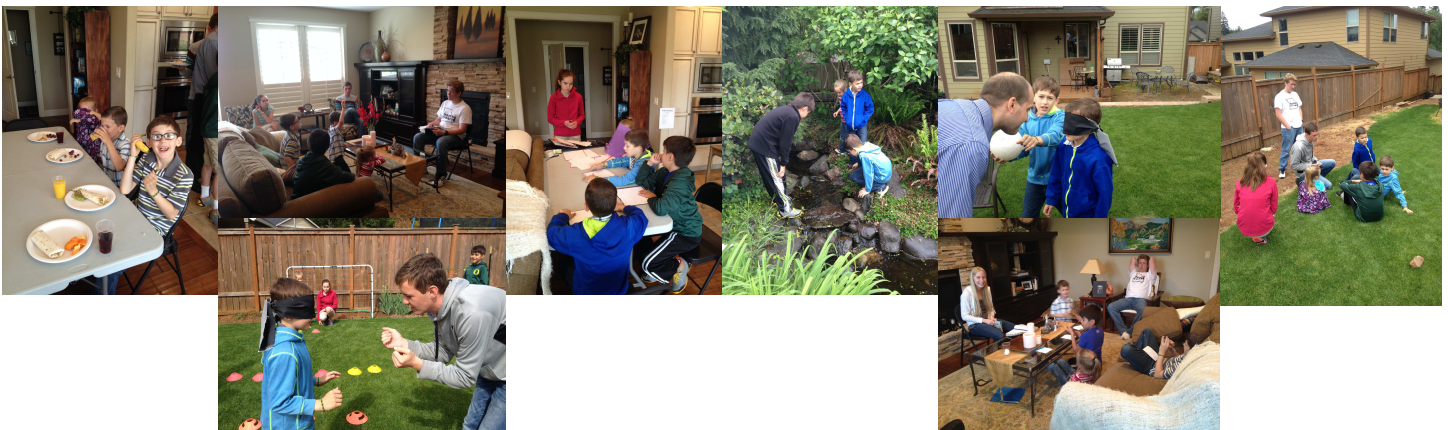
This year the Lambs of Zion youth group was introduced to the Salem branch. The Lambs of Zion consist of children from kindergarten to 5th grade. Since the inception of the group it has been the intent of the youth commission to build the bonds of Christ even in their tender years, and also to help create a deep, rooted love for each other, as well as draw nearer to God.

In efforts to accomplish this, the first ever Lambs of Zion retreat was held on May 3rd, 2014 at the home of Charles and Deanne Murnieks. In an effort to assist the older youth stretch their abilities and enhance their leadership skills, the Builders and Climbers were asked to facilitate the entire retreat. The Builders and Climbers (6th grade through 12th grade) worked together to come up with the schedule for the day, which ran from breakfast at 9 am all the way to morning worship preparation at 7:30 pm.

Great consideration was taken for the needs of the younger ones, and they even included a story/nap time, which Robert took full advantage of. The Builders gathered together to plan activities that would not be frivolous, but would help instill in them the lessons we find in the precious scriptures. They learned the invaluable lesson of working hard to tune into, and listen specifically for the one voice who would guide them in the right direction. We must learn to tune out those who would lead us astray, and trustingly follow the One we *can* trust, who will never lead us astray. The Lambs were blind-folded and led through an obstacle course, guided by one of the Builders and Climbers who would only give them the right directions. The youth commission and the other Builders and Lambs had fun distracting them, and tried to confuse them by making lots of noise, giving the wrong directions, and offering candy if they would stop altogether.

The theme of the retreat was taken from 1 John 4:16 “...God is love; and he that dwelleth in love dwelleth in God, and God in him.” Each of the Builders worked diligently, putting together and teaching their own classes on various aspects of God’s love. I found the classes to be exceedingly rich both in thought and preparation. Michael Livingston started the classes by teaching “God’s love as a father,” in which he related the love of our earthly fathers, the strength and protection they offer, and sacrifice of love, to the vast and immeasurable love of our Father in Heaven. Melissa Clark taught on “loving in deed,” and demonstrated how we can show our love day by day to those we come in contact with. Robert Ellison taught his class on ways that we can and should “love in word.” He shared ways that we can use our words to build up our brothers and sisters rather than tease and tear them down. Ginger Murnieks led an excellent class on “the fundamentals of love.” She shared with us that we must have prayer, faith, church family and charity in order to love to our full potential.

The Lambs of Zion had a wonderful time, learned a great deal, and were nourished with the bread of life, the living word. Melissa Herren said, “*Thank you, thank you to the youth commission and the Builders and Climbers. This was a very meaningful day for the boys and to this mom! What a great idea, and it was excellently executed.*” As a father of a Lamb, I am grateful for the careful consideration taken by the Builders to tend to every need of my daughter both temporally and spiritually. As a member of the youth commission and priesthood, my heart soars to see the Builders excel in their leadership. Our hope should shine brightly for the future of the church. I have seen the next generation leading and teaching, and it is good.



Realization of a Blessing

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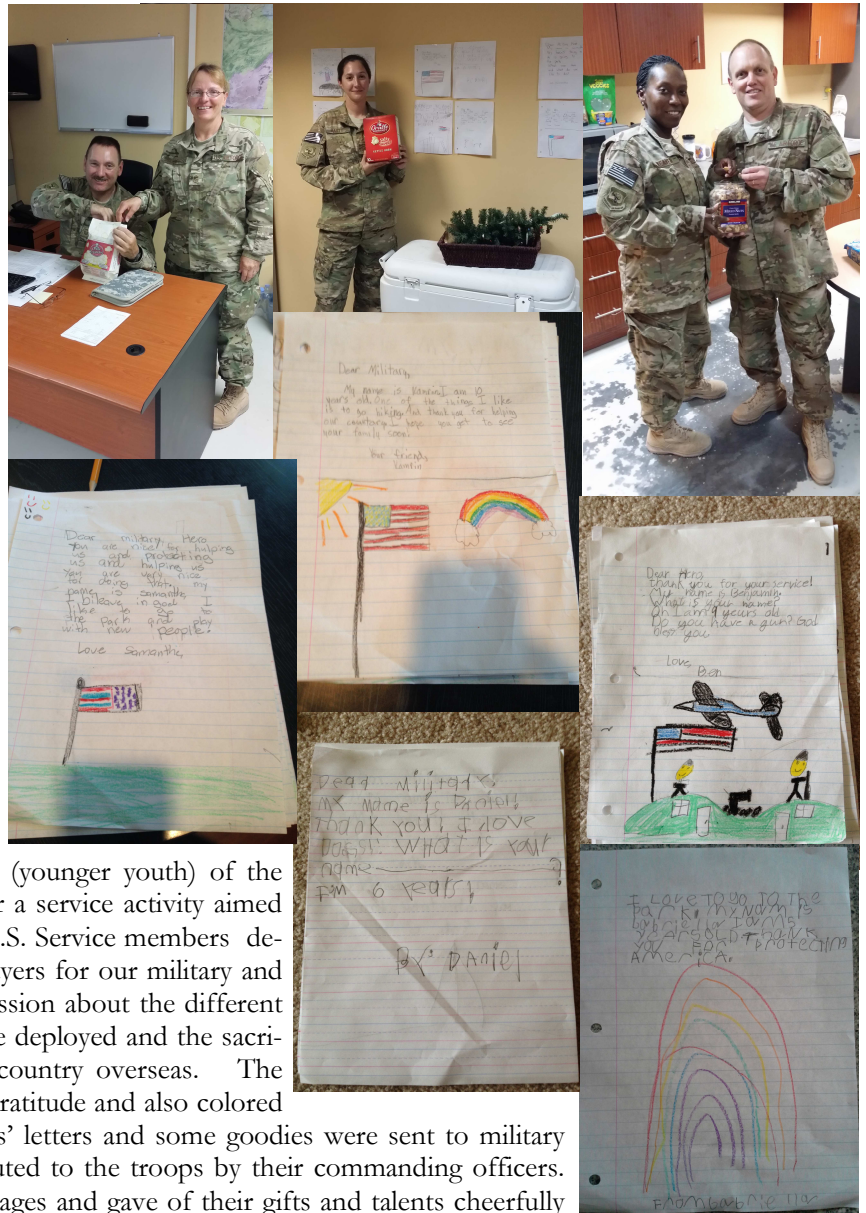
While at times the world threatens like weeds trying to choke us, and evil like pests to devour us, we continue in our way through our faith. Even as we suffer separation of the Spirit like drought, or temptations come upon us like floods, yet we become stronger, increasingly able to overcome through our adversity; always relying upon and leaning towards our Heavenly Father.

May we labor with our Creator to prove ourselves, and provide unto others of that which He has created for those who will labor in earnest. Even more importantly, let us sprout forth spiritually, with much faith, and develop to bring forth good fruit. Thus our Brothers and Sisters in Christ and indeed the whole earth might be fed and share of His promise and goodness eternally.

Lambs of Zion Write Letters to Military

By Sister Deanne Murnieks

Several weeks ago, The Lambs of Zion (younger youth) of the Salem Restoration Branch assembled together for a service activity aimed to express their heartfelt appreciation towards U.S. Service members deployed overseas. Many of the Lambs offered prayers for our military and for our time together. We also had a great discussion about the different kinds of jobs people in the military perform while deployed and the sacrifices that are made while they are serving our country overseas. The Lambs each wrote numerous touching letters of gratitude and also colored pictures to be sent in care packages. The Lambs' letters and some goodies were sent to military squadrons in Afghanistan and Qatar, and distributed to the troops by their commanding officers. The Lambs did a wonderful job on the care packages and gave of their gifts and talents cheerfully



“But I have commanded you to bring up your children in light and truth,” D&C 90:6d

