

Pulse of the Congregation



Newsletter of the Restored Church of Christ, Salem Branch



October, 2014

Upcoming Events:

- Oct. 19: Weekly Class on Parables taught by Brother Brian Herren
- Oct. 25: Builders and Climbers Activity
- Oct. 26: Potluck at Murnieks'
- Oct. 31: Harvest Party
- Nov. 7: Youth Commission Dinner
- Nov. 14-16: Youth Retreat
- Nov. 25: Lambs Class
- Nov. 20, 21, 22, 28, 29, Dec. 1, 2: Wreath making 4:30-9 PM
- Dec. 6: African Youth Retreat
- Dec. 6: LRS deliver Christmas trees
- Dec. 12: Caroling
- Dec. 16: Christmas Party



Born of God

by Sister Cessaries Galusha



With great excitement, the Saints held services at Larwood Park on September 14th instead of at the church building in order to enjoy the beautiful river scene for a special baptismal service. Two loving and dedicated young souls, whom the branch has come to hold dear and love as their own, made a covenant with their Savior, Jesus Christ, to give their lives to Him and follow Him to the end of their days. Sister Maddy Brost-Turner and Brother Vitaliy Surov came to a knowledge of the Restored Gospel through the witnessing and love of the Clark family, and they have been nourished by the Saints and Priesthood from that time forth. They have

taken baptismal classes with the pastor, and their hearts have become firm in the understanding of the sacrifice and atonement of the Son of God for their souls, and the pure tenants of His doctrine.

The Lord blessed us in many ways for this very special occasion. The weather and peace at the baptism site was rich in beauty. The sun shown warmly through the trees that cool morning and ministry of music was brought through Gary and Michael Livingston, with peace pervading all. High Priest Bill Curtis expounded on the scriptures telling of the need for every soul to be baptized by water and the Spirit in order to enter the Kingdom of God. Priest Jim Clark took Sister Maddy into the water and baptized her in the name of Jesus Christ, the only begotten of the Father. Elder Brian Herren then brought Brother Vitaliy into the water and did the same. Later that evening the Saints gathered at the church building for the service of bestowing the gift of the Holy Spirit upon these newly born souls. Sister Maddy and Brother Vitaliy were confirmed by Elders Gary Livingston and Brian Herren. We welcome our new brother and sister into the fold of God, and we rejoice with the angels in heaven for the souls that have been redeemed this day!



An Extra Effort in Thanksgiving

by Brother Brian Herren

Dear Saints, as we consider our blessings in thanksgiving this time of year, it often brings about a desire to give an extra portion of our surplus to those who may be struggling with less. Brother Ron Trammell will again lead us in organizing an extra effort, above and beyond that customary within our monthly oblations. Those who would like to participate may make an extra effort by helping a family struggling to pay their utility bills in November and December. Monies will be collected by Brother Ron Trammell on or before November 16th. He will see to it that the utility bills are satisfied on behalf of a family needful of such efforts before the weather turns for winter. For Christmas, those who would like to participate may help purchase and wrap toys for two families in need. Brother Ron will be preparing a list and making it available in the foyer. If you would like to help, please purchase or donate a toy and bring it to church, wrapped, on or before December 14th. Brother Ron will then organize the delivery in concert with the Ladies Relief Society.



Gifts delivered last year

Garage Sale 2014

by Sister Traci Scuito



It all started Thursday at 1pm when Gary, Carla, Steve and myself collected all the items from the storage shed at Aaron and Lisa's for our garage sale. Carla and I labeled and organized while Steve and Gary brought the items over. It was a long process, but we got it done. We were open Friday and Saturday from 9-4. On Friday we started our set up at 8 am, but those looking for a good deal showed up at 8:30. The Lord blessed us with beautiful weather and two successful days. Our total sale for the weekend was \$1004, which will be put towards our Mesoamerica trip in 2015.



I praise The Lord for such a tremendous success. I would like to thank Steve, Gary, Carla, Ron, Dorothy, Trina and Sue for all their help and the donations that were given. All your hard work helped make this garage sale a success, but most of all we want to thank our Lord.

Congregational Movie Night

by Brother Ron Herren



Brother Ron Herren

On Friday, September 26th, the Saints gathered for a night of entertainment and fellowship at the Keizer Heritage Center. The gathering was joined by LDS High Priest Ken Pierson and his wife Carolyn. They have been to Russia as missionaries and were able to add to our knowledge and entertainment by sharing slides of their missionary efforts, including pictures of intricate architectural designs of the country and how the Book of Mormon was received by Russian citizens. We watched a movie based on a true story call The Saratov Approach. This was an exciting and inspirational film about two young LDS missionaries who were abducted and held for ransom. The movie depicted the incredible courage and undeniable faith in the Lord that these two missionaries exhibited, even in their darkest hours. Pizza and popcorn were provided and shared by all. It was truly a night of wholesome entertainment, but more importantly, it was a time of wonderful fellowship among the Saints illustrating how blessed we are, the love we share for each other, and the love that God has for us all.

Fellowship

Congregational Picnic

by Brother Charles Murnieks



Brother Charles

On Saturday, August 23rd, 34 Saints gathered together for the eighth annual branch picnic at Bush Park. The Lord truly blessed this event by providing plenty of bright sunshine and blue skies. The Saints enjoyed an afternoon filled with a variety of activities including soccer, frisbee, football and exploring the beautiful wooded hillside that borders the park. Brother Brian worked his magic at the BBQ grill yet again, and everyone partook of a wonderful feast including hamburgers, hot dogs, delicious side dishes, and too many tasty desserts! With their chairs formed in a large circle in the center of the picnic area, the Saints spent much time breaking bread together and sharing in fellowship.

Brother Brian had one more surprise for the group though. He brought a 10-foot tall portable basketball hoop to the picnic which served as the center of a series of spirited basketball 'knockout' contests involving the entire crowd. Ironically, each one of these seemed to end with Ginger Murnieks or a man resembling Andy Trammell as the lone warrior standing (no one could confirm this was Andy since this interloper had absolutely no facial hair). All in all, this was truly a blessed afternoon of fellowship and brotherhood spent reveling in the goodness that comes from our Heavenly Father.

Local Business Meeting

Please support the following officers which were elected or appointed September 28th at the local business meeting:

Pastor:	Elder Brian Herren
Counselors to Pastor:	High Priest Bill Curtis Elder Gary Livingston
Local Treasurer:	Priest Jim Clark
Local Secretary:	Sister Dianna Clark
Local Recorder:	Sister Melissa Herren
Youth Commission:	Teacher Kevin Herren Sister Trina Herren Sister Deanne Murnieks Sister Cessaries Galusha

Regional Business Meeting

Please support the following officers which were elected or appointed October 3rd at the regional business meeting:

Regional Coordinator:	Elder Brian Herren
Counselors:	Elder Mike Terry Elder Gary Jones
Regional Youth Director:	Teacher Kevin Herren
Regional Women's Director:	Sister Sue Herren
Regional Treasurer:	Priest Jim Clark
Regional Secretary:	Sister Melissa Herren
Regional Activities Director:	Deacon Dustin Mason
Regional Music Director:	Sister Cessaries Galusha
Church School Director:	Sister Pricilla Mason

"SERVE THE LORD WITH GLADNESS; COME BEFORE HIS PRESENCE WITH SINGING. KNOW YE THAT THE LORD HE IS GOD; IT IS HE THAT HATH MADE US, AND NOT WE OURSELVES; WE ARE HIS PEOPLE, AND THE SHEEP OF HIS PASTURE." PSALM 100:2-3



Camp Liahona

by Brother Donovan Murnieks

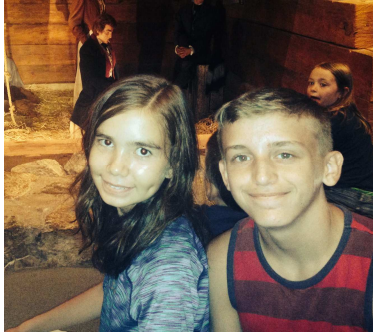
This past July, I was blessed to attend Camp Liahona in Odessa hills, Missouri. The theme was "One in Body and Spirit". We had an army theme as well, to symbolize us working together as "one". Our theme scripture was taken from Mosiah 9:53-55, "Yea, even he commanded them that they should preach nothing save it were repentance and faith on The Lord, who had redeemed his people. And he commanded them that there should be no contention one with another, but that they should look forward with one eye, having one faith and one baptism; having their hearts knit together in unity and in love, one towards another. And thus he commanded them to preach. And thus they became the children of God."

As part of learning to be one, we had some activities that needed everyone's help to complete. This included a Boot Camp day in which we had to memorize three chapters from Psalms. This would have been impossible to do alone, so we each memorized a verse which made it very simple. We also had some individual challenges in Boot Camp, like push-ups, sit-ups, and running. These things make us stronger individually, which is also important to the body because the stronger each one of us is, the stronger the body can be. There is a saying in the military that the unit is only as strong as its weakest member.

Some of the most fun activities included archery, fishing, and BB guns. In archery we were told to keep our eye on the target, which related to keeping our eye on the glory of God. Fishing related to being fishers of men. And BB gun practice was just a fun activity! We read a book called "The Boy Who Changed the World" at the Pastor's Class. This book was about George Washington Carver and how, when he relied on God and set his mind to do something, he was able to accomplish it. The pastor told us that we can do anything we set our minds to if we follow God and rely on Him. I greatly enjoyed camp, and loved the time spent in fellowship, worship and praising God.

Camp Bountiful

by Sister Ginger Murnieks



Branden Hopkins and I were privileged to be able to attend Camp Bountiful in Missouri this past year. I really enjoyed the experience and the opportunity to learn more about God. The theme for the camp was "ONE" and our theme scripture was Ephesians 4:3-6 which states, "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."

On Monday we talked about being "One Body". We talked about how we are many members but we all have our own unique job. We discussed how we need to work together to build the Kingdom. We were challenged to come up with one thing we could do to better our lives, because if we each do one thing that means that the body as a whole is doing a lot.

On Tuesday the theme was "One Spirit". We discussed the fruits of the Spirit and how, as one, we need to apply them to our lives. We examined a candle and how it is made of wax and string; those are all the parts needed to make a good candle, but it still needs to be lit before it can do any good. We can be good people but, like the candle, until we have His Spirit (fire) inside of us, we are not able to provide light to the world.

On Wednesday, we pondered what it means to have "One Hope". We learned that when we put our desires in God's hands and hope in Him, there is no end to the number of ways He can use us. As we, as a body, place our hope in God we will automatically be drawn closer to each other, making us more unified.

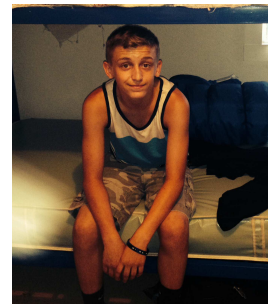
On Thursday we spoke of having "One Faith". We established that Christ must be the center of our faith. We discovered that having one Lord not only means that as a body we worship the same God, but that we don't have any worldly possessions that we worship in idolatry. This is something I emphatically want to apply in my life.



Camp Bountiful

by Brother Branden Hopkins

My first thought in going on the Missouri trip was that I wanted the experience to change my whole spiritual attitude and my soul. So before I went to the camp I prayed, not just once, but several times. When we got there, the lovely Ruoffs let us stay with them, and I just want to clarify that I am very blessed to have been with them. They are just so wonderful. Anyway, my stay with the Ruoffs was so awesome; they were very nice, and I tried to help out as much as I could, which gained their respect. So, it was a very good experience. Once the camp started, I packed up my stuff and found out where my cabin was and everything else that I needed to know, and I went to my cabin and met all of my cabin mates. The counselors were very nice and I liked everyone else a lot too. The camp was a lot of fun. I liked it a lot, and it helped by giving me more of a look of the Church and our religion. I am very grateful I was able to go on that trip with the Murnieks, and I hope I can go again.



Lambs of Zion Study Classes

by Sister Lisa Dukes

The Lambs of Zion all met together at the Murnieks' household to attend a few classes. The first, taught by our Sister Cessaries Galusha, recapped the themes of our regional reunion. The Lambs were all involved in discussing the themes and the scriptures that Cessaries presented to them so that they could gain greater understanding of what was being discussed at reunion.

Afterward, we went in and watched one of the animated *Book of Mormon* movies that illustrated Lehi's vision. I then taught a class on the same subject. The Lord works in wonderful ways, which I saw as I realized that Cessaries' class and my class both reinforced the messages of reunion. We discussed the movie, talked about the interpretation of Lehi's vision, as well as how Lehi's vision fit in with the topics that we had just talked about in Cessaries' class. The Lambs were engaged all this time.

After the classes, we enjoyed some delicious treats. Brother Chuck had made some wonderful cookie bowls that we then filled with ice cream and different toppings, and we proceeded to eat with much enthusiasm.



Helping a Brother

by Brother Kevin Herren

By now many of the saints know who Nishan is. He is a young boy in Nepal that Brian and Travis came in contact with in their missionary efforts. His life is one of extreme poverty, void of things material such as a food and clean water, but rich in faith and love. Nishan captured the hearts of our brothers and his story was shared with compassion and hope despite obvious need and depravation. Nishan lives in an area of the nation where the streets are littered with piles of garbage and scavenging animals seeking some nutrition. Nishan's current circumstances are not ideal, and by our standards, might seem somewhat desperate.

The Lambs of Zion have been collecting spare change and saving it in an effort to help Nishan in his station in life. Each Lamb has a special container with his picture on it, specifically for this cause. Recently their efforts have had help by other saints in the region and beyond. The popular "ice bucket challenge", which raised millions of dollars for ALS, was used to help raise both awareness and funds for our faithful young brother on the other side of the world. So far the total raised is nearly \$350 from the ice bucket challenge alone! What a wonderful blessing. Thank you to all who opened their hearts and accepted the challenge, braving the frigid water for a great cause. The goal in mind is to raise enough to pay for one year of Nishan's tuition in a boarding school. If he is able to pay for the boarding school, it will ensure that he receives an education, and provide the only means possible of overcoming his current circumstances. Another benefit of Nishan going to boarding school is that it would enable Nishan to move into the dormitories on the grounds of the school and out of the poor conditions he currently lives in. The tuition for one year of boarding school is \$1800 US dollars, which is far beyond the realm of reality for his family.

Thank you again to all who have helped thus far. If you feel that you would like to help Nishan, it is by no means too late. There are many opportunities on the horizon and new challenges in the works. If you feel in your heart to help, please see any Lamb of Zion and give them spare change or whatever amount you would like to donate. An envelope with Nishan's name can be given to me and will also ensure that the monies received will be set aside for his tuition.

"And the king shall answer and say unto them, Verily I say unto you, inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."

-Matthew 25:41

Christmas Tree Delivery

By Brother Brian Herren



Sisters Carla and Sue prepare a tree being delivered

On December 6, 2014, the Ladies Relief Society will again be delivering Christmas trees to those who might not otherwise receive them. The trees are all donated, and the LRS wishes to thank Mr. Mike Patrick for his generosity in the matter. All women are invited to help in the delivery. The trees are transported, trimmed, and placed in



A Christmas tree delivered by the LRS

stands for each family. If you know of someone who would like a tree delivered, or if you would like to help with the delivery, please contact Sister Melissa Herren at (503) 949-2346 or melissaherren@gmail.com.

Caroling and a Good Cause

by Sister Cessaries Galusha

One of the most loved traditions of the Christmas season is when people of all backgrounds sing carols together of the Savior's birth. Even those who do not celebrate Christianity regularly in their lives will often find joy in the music of Christmas and from singing carols. There is peace and harmony and love in the sweet, joyful, and sometimes haunting strains of melodies and faithful lyrics handed down through the generations.

The Salem Saints are invited to join in fellowship and praise again this year for Christmas caroling on December 12th. We will also be collecting non-perishable foods for the needy, and toting them around in wagons and wheelbarrows! People from the neighborhood have given hundreds of pounds of food in this worthy cause, and somewhere around 130 lbs of food is collected yearly.

Let us stand and seek for the welfare of others. Let us sing in remembrance of the tidings of great joy brought by the angels of heaven. Come and worship, come and carol with us!

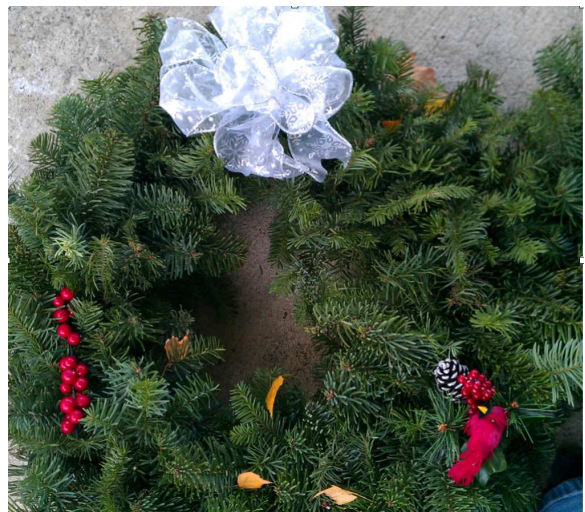
Wreaths for Youth Camp Fundraiser

by Sister Cessaries Galusha

The largest branch fundraiser for our youth is the Thanksgiving holiday wreath making sales. The Builders work very hard each year, devoting night after night to assemble and decorate the wreaths, which are made completely from cut trees, wire rims, and assorted decorations. With all honor unto our Father in Heaven, the wreath sales have grown year by year, so that the Builders and Saints can hardly fulfill the demands. It is labor, but a labor of love, and our efforts have been greatly rewarded. So many Saints volunteer their time and resources, working as hard as any Builder who earns the profits.

Because of the blessings poured out upon us, the Builders raised \$2224.62 last year from selling wreaths, and from these earnings and others, six Builders were able to attend two camps in Missouri this year as well as the regional youth camp, with all expenses paid, and no burden on the Branch funds. Robert, Melissa, Michael and Sydni all went to the CMRB Odessa Hills Senior High Camp and stayed with Stu and Milee Gage, who treated them like their own children. Ginger and Branden traveled with Deanne and Donovan Murnieks to attend the CMRB junior high camp, Camp Bountiful, and stayed with Steve and Dee Ruoff.

The blessings continue to be poured upon us as our youth grow in the gospel, and wreath-making season has come again. The Builders will be selling wreaths for \$15 dollars again this year, and they hope to labor again for the opportunities the Lord has for them in the future, and would appreciate your support!



Ladies Relief Society Progressive Dinner

by Sister Sue Herren

On October 18th, the Ladies Relief Society (LRS) enjoyed a Progressive Dinner. The women met and traveled together in one big van, enjoying wonderful fellowship along the way. We laughed, and visited, and even sang as we went from house to house enjoying the six course meal! It was a special treat to have Sister Deanne's mother with us also, Sister Leslie. Eleven women participated, and the men cooked up a storm. Every course was made from scratch, and to the best of my knowledge, not one wife lifted a hand in preparation. The presentation was beautiful, the food nicely plated, and it was all delicious! Thank you so much Brian, Ron Trammell, Gary, Jim, Ron Herren, and Charles. And a special thank you to the maître d' Donovan. Thanks guys...not only well done, but impressive!



Care Packages for our Collegiate Saints

by Sister Melissa Herren



In an effort to provide for future needs and show our love and care, the Ladies Relief Society joined together to provide care packages for our college bound saints. Some of the items provided in the care packages were: cough and cold remedies, snacks for on the go, canned and dry food items, homemade pillows, and kitchen and laundry items. The packages were put together after the September LRS meeting and handed out throughout the following week to Sisters Maddy Brost-Turner and Mary Hopkins and Brothers Travis Clark and Robert Ellison.

Congratulations to a Much Loved Brother and Sister, Travis & Maddy

by Brother Brian Herren

Brother Travis Clark proposed to Sister Maddy Brost-Turner on Friday, October 31, after courting her for 2.5 years. Sister Maddy gladly accepted the marriage proposal and two of our most beloved have become engaged. May God continue to bless them as they faithfully place Him first in their lives together.



Ladies Relief Society Yoga Night

by Sister Melissa Herren

On Monday, October 27, 2014 the LRS came together at Sister Deanne Murnieks' home to enjoy an evening of stretching, balancing, holding, breathing and laughing. Sister Deanne graciously taught us a number of beginner yoga poses and flows while gentle instrumental music and hymns played in the background. It was fun to push our bodies to move in ways they hadn't previously, or hadn't in many years, to sweat and to laugh together. Whether we were posing as trees or warriors, stretching like a cat or a pigeon, or rocking like a happy baby, every moment was enjoyed and I am looking forward to practicing these techniques at home. Thank you Deanne for the time and effort you took to prepare the evening for us and for being a wonderful teacher!



Youth Group Harvest Party

by Sister Cessaries Galusha

The 2014 Harvest Party was a bit different this year, and aimed to be a community outreach and witness opportunity. The Builders carved pumpkins with Christian symbols, led the Lambs and visitors in games, and shared the gospel with them through parable. Sev-stopped by to and the fellow-light of Christ hearts, even holiday that celebrates

