

# Eastgate Daybreak

Eastgate  
Seventh-Day  
Adventist  
Church

## Breaking it Down

Several months ago a group of us were to meet at Mt. Ranier and ride our bicycles. My friend Randy and I had not been training very consistently for a ride like that so we were on the "we better get in shape fast" program. So, two weeks before the ride at Ranier we drove down to ride the hill up to Anthony Lakes Ski Area.

The ride at Anthony Lakes was only about 50 miles but the grade was very steep. There are three sections that are 10% grade or greater. For mere mortals such as me that is steep. On the last really steep sec-

tion I had to pick short goals to make it to. I would pick a tree 20 feet up the road and make it to there, then I would pick a rock 20 feet up the road and make it to there. By setting small goals I was eventually able to make it to the top.

To reach our community and our world for Christ is a huge goal. So, earlier this year I called together a "Leadership Team" to work with me on breaking down this goal into a size that we could handle. The team came up with three key words:

- Connect (with

Christ)

- Grow (in the body of Christ)
- Serve (our community)

In the area of Connecting we believe the best place this happens is in our worship services and our children's Sabbath School. So, we will be focusing on ways in which these programs can better help people connect with Christ.

In the area of Growing we believe this happens best in small groups or what we hope to call Growth Groups.

*Breaking it Down by  
P. Cary Continued p. 2*

## Men's Backpacking Trip

This year on the men's backpacking trip we hiked up to Minam Lake in the Whitman-Wallowa National Forest. Starting from Two-Pan trailhead it was a good six mile journey up to the lake.

Sabbath morning, we gathered for worship and focused our discussion on Hebrews 13:6. We each spent the Sabbath in various ways, hiking to check out the view from the top of a ridge, hiking along the lake, or staying closer to camp. Some of the younger men in the group found it enjoyable to play in a nearby stream. That evening, we had a short vespers,

and following that, some of the guys played games, while others visited as they sat around the fire.



Sunday morning, at first light, I started packing up our things. The camp was totally quiet, so I was trying to make as little noise as possible. As soon as I tried to

wake up Isaac, his objection to that seemed to get several of the others out of their tents. Juan, Isaac and I were the first to set out. I think we were eventually passed by everyone else. However, in spite of that, we still made much better time on the way down than we did going up.

Although some of us felt a bit beat-up by the time we arrived home, I think overall, the experience on the men's backpacking trip was well worth the aches and pains we may have had. I know at least one 4-year-old that can't wait until next year's trip.  
-Dennis Anderson

September 2008

## September Birthdays

09.01 Anna Withers  
09.02 Darlene Nelson  
09.02 Brian Williams  
09.02 Brian Wittlake  
09.03 Josh Leamer  
09.04 Leikin Louderback  
09.05 Benjamin Busby  
09.08 John Duede  
09.09 Seth Ehrman  
09.11 Cathy Joslin  
09.11 Lonnie Chapman  
09.12 Sue Adams  
09.13 Dana Jensen  
09.14 Kim Anderson  
09.15 Nate Palmer  
09.18 Laura Boyd  
09.18 Griffin Wells  
09.19 Robert Nelson  
09.21 James Mason  
09.21 Nathan Treadway  
09.22 Kristian Busby  
09.22 Sandy Avila  
09.23 Brandon Warshauer  
09.26 Steve Dickerson  
09.27 Tiffany Michaels  
09.27 BJ Colvin  
09.29 Valia Sheidler  
09.30 Michelle Gwinn

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## Breaking it Down, *Continued from p. 1*

Whether it happens on Sabbath morning, during the week or in a home, our desire is that each Growth Group that meets will intentionally grow the people who are a part of it.

Serving our community has three ministries: 1) "Simple Cooking for Moms" is a place for young moms to come and learn how to

cook healthy meals for their families. 2) Simple Solution is a seminar targeted to our community to share with them information for healthier living. 3) Share Him is a Bible study intensive that we will invite people to for a focused, intensive study of Scripture.

Most of us are more than busy enough. So our goal is not to do

more, our goal is to be effective at reaching our goals. These programs, are a way to break down the big goal, and help us know what to do to get to the top of the mountain. I pray you will join me as God empowers us to move forward with these plans.

With Confidence in Christ,  
Pastor Cary

## Church Library Opens

After several months of gathering books, organizing, and planning, the new church library will open on Sabbath, September 13. The library will be open each Sabbath between Sabbath School and Church 10:30-10:45 AM and after Church from about noon-12:15 PM.

We have over 400 new books, movies, and audio books. There are many wonderful titles, and there is something for everyone.

We ended up with some duplicates of some great books that we will be drawing names for. Each person who checks out a book from the library during the month of September will have their name put in a drawing. We will draw names at the end

of the month. So come see our new library, check out books, and maybe win some to keep!

We will continue to accept more donations for the library. Check out our Amazon wish list using [library@eastgatesdachurch.org](mailto:library@eastgatesdachurch.org). We will also have wish cards available for people wanting to donate items.

We are still needing one or two more volunteer to help people check out books. We need one volunteer to help from one Sabbath per month from 10:30-10:45 AM and another to help from 12:00-12:15.

Thank you to everyone who has helped with our new library!  
-Tiffany Michaels

## BABY DEDICATIONS:



Dea Perrin (above)  
Cameron Scruggs (below)



## Military Care Packages Ministry Expands

Our Fourth of July care packages went to Dillon Louderback in Iraq, Richard DeBolt in Afghanistan, Craig Strickland in Virginia, and Travis Gotch in Virginia. Linda DeBolt reported that Richard was surprised to receive his package which arrived before the Fourth of July and appreciated its contents. Kate Gotch reported that Travis takes his care package to "work" and shares it with his friends who have inquired if it was from his girlfriend. When he says, "My church sent it".

They are disappointed their own church doesn't send them care packages.

We will be sending out six care packages this next year. We will continue sending to the four men mentioned above and will add Donna Street who just deployed to Afghanistan and Michael Montross who just left as a student missionary. Those of you that have been away from family will know how nice it is to be remembered.

You may contribute items or cash for

the upcoming care packages. Make checks payable to Eastgate Church - Troop Support. Thank you for the postage donations since flat rates has increased to \$10.00 per package. The deadline for including items in the next package is September 27, 2008. We may not be able to stop the war but we can tangibly demonstrate our love to our own church members who are trying.

-Stephanie Renshaw

# September 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 6:30 PM Prayer & Praise	4	5	6
7 6:00 PM Elder's Meeting	8	9	10 6:30 PM Prayer & Praise	11 7 PM Church Board Meeting (Library)	12	13 8:15am Spkr: Pastor Cary Church Library Opens 10:30- 10:45 AM & 12:00-
14	15	16	17 6:30 PM Prayer & Praise	18	19	20 8:15am Spkr: Pastor Cary 11:15 am Chil- dren's Church
21	22	23 7 PM Simple Solutions	24 6:30 PM Prayer & Praise	25	26	27 8:15am Spkr: Pastor Cary 12pm Fellowship Dinner
28	29	30 7 PM Simple Solutions				

## EASTGATE SDA CHURCH

380 Tausick Way  
Walla Walla, WA 99324  
509-529-9933

Website: [www.eastgatesdachurch.org](http://www.eastgatesdachurch.org)

Email Addresses:

Office: [office@eastgatesdachurch.org](mailto:office@eastgatesdachurch.org)

Pastor: [cary@eastgatesdachurch.org](mailto:cary@eastgatesdachurch.org)

A/V: [audio@eastgatesdachurch.org](mailto:audio@eastgatesdachurch.org)

Newsletter, Website & Online Gallery:  
[tiffany@viviotech.net](mailto:tiffany@viviotech.net)

*We are people of the word  
We are conduits of God's grace to the lost  
We are a community centered on grace  
filled accountability  
We are obedient by faith to the law of God  
We are saved eternally by faith in  
Christ alone*

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## Biscuits & Breakfast Link Gravy

Ingredients:

- Your favorite biscuits
- 2 c. milk
- 4 Tbsp. Wondra Flour\*
- 1 Tbsp. margarine or butter
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 Tbsp. McKay's Chicken Style Seasoning
- 3 Worthington Prosage Links (sliced)

\*This flour comes in a blue can in the baking aisle and is nice to use for gravy since it doesn't lump as much as regular flour (regular flour will work also, though).

Preparation:

Heat all ingredients to a boil over medium heat, stirring constantly. Boil and stir one minute. Remove from heat (gravy will thicken upon standing).

Serve over biscuits.

Yields: 2 cups of sauce that pours over about 4 biscuits. (Double recipe for 8 biscuits)

