



IOG SCROLL

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NEW CHURCH COURTYARD

IMPROVEMENTS TO THE CHURCH GROUNDS



When the church leadership committee had it's first meeting, they decided to make some changes to the exterior

of the church. The first project that was taken on was the courtyard and walkway that connect the sanctuary to the classrooms.

After looking over several options, they decided to go with adding brick facing to the existing courtyard wall, installing a concrete walkway, and adding grass. The design chosen would be

very durable, fire retardant, and cost effective. The project was completed by R.C. Concrete Inc in about 2 weeks.

The next remodeling project is the children's classrooms. So far, the floors have been changed, base boards have been installed, and the rooms have been repainted. There are also future plans to add a central air conditioning system .



HEALTH MINUTE

THE SWINE FLU: WHAT IS IT?

Swine influenza is flu virus usually found in pigs. The virus occasionally changes (mutates) and becomes infectious in humans. When this happens, the disease becomes a concern to humans, who have little or no immunity against it. This means the virus has the potential to spread quickly around the world. It also may be more difficult to treat than the usual, seasonal human flu viruses. Swine influenza was first identified in 1930. Not usually contracted by humans, it is a highly



contagious respiratory disease of pigs caused by type A influenza virus. Normally, viruses are species-specific, which means that animal species are infected by their own particular type of virus. This particular swine influenza virus has mu-

tated in a way that makes it infectious for humans. This means that humans wouldn't have immunity because they've never encountered this virus before, but it doesn't necessarily mean it would cause severe illness. In fact, to date, most cases in the U.S. have been mild.

How do flu pandemics occur, and how can they be prevented?

Flu pandemics occur when a new influenza (or flu) virus emerges for which people have

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HEALTH MINUTE

THE SWINE FLU: WHAT IS IT?

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no or little immunity and no vaccine exists. The lack of immunity enables the disease to spread quickly from person to person and across an entire country. The flu pandemic of 1918, for example, killed an estimated 50 million people worldwide. A pandemic often manifests in waves that can last for six to eight weeks.

What Can You Do to Protect Yourself?

From a personal standpoint, practicing good hygiene is still our best line of defense. Be sure to:

- Wash your hands frequently

- Avoid sharing utensils and cups
- Cough or sneeze into your elbow, facing the floor
- Stay home as much as possible should an outbreak occur

Treatment

Most people who get H1N1 flu will likely recover without needing medical care. Doctors, however, can prescribe antiviral drugs to treat people who become very sick with the flu or are at high risk for flu complications.

The CDC currently identifies the following people as high risk:

- Children younger than 5 years old, especially those younger than age 2
- Adults 65 years of age and older
- People with:
 - o Chronic lung (including asthma) or heart conditions (except hypertension)
 - o Kidney, liver, neurologic, and neuromuscular conditions
 - o Blood disorders (including sickle cell disease)
 - o Diabetes and other metabolic disorders.

For more information visit: www.Swineflu.com

SABBATH LESSONS FOR JUNE-AUGUST 2009

DATE	TITLE
6-06-09	The Promise and the Time of Its Fulfillment
6-13-09	The King of Israel and His Redeemer
6-20-09	Homosexuality: The Ungodly Lifestyle
6-27-09	The Mother of Harlots
7-04-09	Dry Bones in the Valley
7-11-09	Immortals: Beings of Light
7-18-09	The Delivery or Destruction of Every Person Is In Their Own Hands
7-25-09	The Soul That Sins Shall Die
8-01-09	Born Of the Water
8-08-09	In The Name of Jesus: The Name of Salvation
8-15-09	The Circumcision On The 8th Day
8-22-09	The Teaching of the New Testament and the Church at Jerusalem
8-29-09	The Tree of Life



Tapes - \$7.00
CD's - \$10.00
DVD's - \$12.00

See Duplications for yours today!!



The Church Office is open 1 hour before and 2 hours after every Sabbath Class. Please see our Church Office Manager, for all of your office needs!!

A RIGHTEOUS MARRIAGE

According to the Word of God, marriage is "...*honorable in all and the bed undefiled...*" However, it takes a lot of things to make a marriage truly work in righteousness: Patience, long-suffering, and diligence are just a few characteristics that need to be exhibited daily. However, one skill that is rarely talked about is the art of listening and effective verbal communication. The definition of Listening is "...To make an effort to hear something; to pay attention."



In **Part I** of "A Righteous Marriage" series, we will briefly learn about effective verbal communication. Effective verbal communication requires both good speaking **and** even better listening skills.

The six most important aspects of good verbal communication are:

Listen Carefully.

One of the most important aspects of verbal communication is listening. If we respond to a suggestion or comment before the speaker has had the opportunity to fully express the thought, we are extremely rude, and the Bible says we are, foolish.

A Soft Answer Is An Asset.

In a confrontational situation, a soft answer is the one that will cool the situation down and enable you to have effective communication.

Tell The Truth.

Somehow we think it is more love to hide our true feelings from those we don't want to hurt. However, a relationship built on hidden feelings, hopes or fears is built on shaky ground.

Believe What You Hear.

When your husband or wife tells you something in a discussion, believe what they say. As stated earlier, we should already be telling the whole truth. Nothing is more frustrating, when trying to discuss a subject, than to have the other person hearing what they want to hear or think that they know what you are talking about, rather than what you really said! Many times people who have been married for many years don't really know each other because they won't believe what their partner says. In many of these cases, after a few years, one of the partners just gives up and quits trying to communicate, or worse, seeks separation or divorce.



Stick to the subject.

If you have a tendency to throw in a thought or an unrelated subject while discussing an issue, break that habit! If you and your spouse are disagreeing over why the electric bill is so high and one of you says, "You

don't love me anyway," they are not sticking to the subject. If you need to talk about whether you really love each other, do it at a different time, for now, just stick to one subject.

Believe and understand that

you are on the same side.

It is much easier to resolve differences, make plans, or share disappointments, if you both are committed to the fact that you are on the same side. If you are both true Bible Christians, you are not only on the same side now, you are going to stay there, if your commitment is to obey God's commands for you.

Scriptural References: James 1:19-20, Proverbs 17:28, Proverbs 18:13, Proverbs 15:1, James 1: 19-20, James 5:12, Psalm 51:6, Proverbs 8: 5-8, 1 Peter 3: 1-11, 1 Corinthians 7: 1-5, Genesis 2:23-24, Mark 10: 6-9, Philippians 2:1-4

Be sure to look for **Part II** of this series in our next issue of The Scroll!



Peace in Jesus name,
Bro Deuel, Pastor

The next IOG Scroll is coming out on January 16, 2010. The deadline for submissions is January 2. Be sure to get your articles, editorials, and special announcements in on time!!

UPCOMING EVENTS

September

- **19-The Memorial of the Blowing of Trumpets**

Starts Saturday, Sep. 19 at sundown. Service held Sunday, Sep. 20 at 1:00 pm.

- **28-The Day of Atonement**

Starts Monday, Sep. 28 at sundown. Service held at 8:00 pm.

October

- **3-The Feast of Tabernacles (1st Day)**

Starts Saturday, Oct. 3 at sundown. Service held Sunday, Oct. 4 at 1:00 pm.

- **10-The 8th Day, That Great Day of the Feast**

Starts Saturday, Oct. 10 at sundown. Service held Sunday, Oct. 11 at 1:00 pm.

Please stay tuned to the weekly announcements for any changes.

RECIPE:

Quick Spinach with Walnuts & Pine Nuts

Hands-on time: 10 minutes

Time to table: 10 minutes

Serves 4



- 1 teaspoon olive oil
- 1 tablespoon minced garlic (from a jar ...)
- 1/4 teaspoon salt
- Dash of red pepper flakes
- 1/4 cup cranberries
- 2 tablespoons pine nuts
- 16 ounces fresh spinach
- 1 teaspoon ghee (taste the spinach before adding,

maybe you won't crave it)

-Sprinkle of freshly grated Parmesan

Heat the olive oil over medium high in a large, deep skillet. When it's hot, add the garlic, salt, red pepper, currants and pine nuts and stir continuously until almost soft. Add the spinach, in batches, stirring in each batch until it starts to wilt before adding the next. Cook for 2 - 3 minutes, stirring continuously. Taste and adjust seasoning. If needed, stir in the butter. Transfer to a serving plate, top with Parmesan. Serve and enjoy!

Submitted by: The Health and Wellness Committee

CHURCH MISSION STATEMENTS

- To be on one accord with God and to administer His plan of salvation to all nations.
- To righteously exhibit the wisdom, the knowledge, and the understanding of His Word through the Fruits of the Spirit.
- To encourage and strengthen true Christian fellowship in our homes, our church, and in our communities through the understanding of the Word of God.
- To enable and encourage others to exhibit, on one accord, the Fruits if the Spirit through word and deed.

EVENT RECAPS

HEALTH & WELLNESS FAIR

On June 21, the Health & Wellness Committee put on the Annual Health & Wellness Fair. There were healthy food samples, massage demonstrations, blood pressure testing, and many other informative presentations. There was a great turnout and we hope to have even more next year.



CARIBBEAN FISH FRY

The Caribbean Fish Fry was held on August 30. The music coming from the speakers attracted people from the neighborhood who came up to buy plates. The food was so delicious that they sold out before it was over. Everyone had a great time!



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