

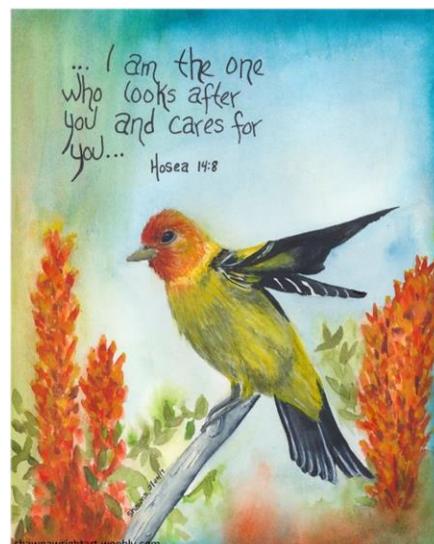


UMAPINE BULLETIN

March & April 2019

Praising With Art

Many community members have received the beautiful note cards created by Shawna Wright when the carolers visited their homes before Christmas. Shawna discovered her gift for artistry only recently and has been using it to bless folks in many ways. Shown here are three of her creations.



If you would like to see these in color and share some of them with your family and friends, go to: www.shawnawrightart.weebly.com. While there, read her inspiring story of discovery and development.

Motivate Yourself for Health

by Pam Baumgartner

All of us have things we could do to improve our health. Most of us do little to make the changes though. What can we do about this? We feel frustrated over changes that never quite happen towards the better health we want.

Today I looked over a number of web pages discussing how to motivate oneself. I found a wild variety of “expert” opinions; some were based on studies, others just on “good ideas.” What struck me, was how many of them included three specific steps for good and long-lasting change. These three steps have apparently been significant in motivating many people. They are flexible enough to apply to any situation and to any kind of life change you wish. A June 30, 2014 article by Eric Barker in “Time” stated them succinctly.

While our thoughts help us understand what change is needed, our emotions control whether or not we act on that understanding. To act, we need a good emotional climate to base our actions on. The three steps I found repeatedly help change our emotions.

1. Be positive. Change takes energy and stamina, so feels hard. Not a happy feeling. If we somehow see change as an unhappy thing, we cannot create motivation. So choosing positivism about what we know to be good really helps. Imagine feeling the benefits of your change.

2. Reward yourself. Rewards can feel childish, but they work. Just be sure your reward is equivalent to the thing you’re changing - worth the change but without guilt at receiving it. If your reward is too big or too small it can defeat your motivation.

3. Get peer pressure. This can involve joining a group or asking a friend to be your accountability partner. One author suggested giving a friend control of your reward. Tell him/her that if you don’t accomplish your change, or a specific part of it, within a certain time-limit, your friend can keep your reward. When you report your accomplishment, your friend gives you the reward.

There you have them, three simple steps to create the change your health needs this Spring.

Community Breakfast

The Men’s Group of the Umapine Adventist Church is cooking breakfast at the Friendship Center (four-way corner) from 8:15 to 10:15 AM March 30 and on the last Saturday of each month for the Umapine community. No charge, just bring a smile to share with others.

Gardening Time

by Pastor Johnson

(Ed. Note: This was written for the January/February issue that was never published.)

My existing garden area clearly is not ready to be planted with precious seed. Before next spring, the soil needs to be prepared. In the same way, God knew that the people needed John the Baptist to prepare the soil culture for the arrival of Jesus, the anointed One. The Baptist’s message included this agricultural illustration:

“Every tree that does not produce good fruit will be cut down and thrown in the fire.” Obviously, God wants us to bear good fruit, but how? John the Baptist says that there is a power called the Holy Spirit who is coming and is present now; a power like fire that is able to make a new creation out of people like us.

After John the Baptist baptized Jesus, the Holy Spirit came down in the form of a dove, and God the Father declared Jesus to be “My beloved son in whom I am well pleased.”

This new year, I encourage you to take these words of the Father, and through prayer apply them to yourself. When temptation comes this New Year, and it will, use your God given faith to hear the words, “This is My beloved child, in whom I am well pleased.” Relish your new identity. If you have never considered yourself a child of God, John 1:12 declares, “As many as receive Jesus, He gives the right to become children of God, even to those who believe in His name.” As part of His family, the Holy Spirit in cooperation with your choice will clean up your spiritual garden. Each morning ask the Holy Spirit to bear good fruit in your life.

COMMUNITY BREAKFAST FOR ALL



*Join Us For
Croissants
Yogurt
Fruit*

Saturday March 30 8:15 AM – 10:15 AM



Umapine SDA Church Sponsored
For more information:
509-529-8251 | drdavis@pocketinet.com
<http://www.umapineadventist.org>



**Umapine Friendship Center
(4-Way Stop, Center of Town)**

**The Umapine SDA Church
Men's Group Invites Your Family
To Breakfast**

