

## **Additional Bulletin Announcements**




### **Canyonville Adventist Elementary School News**

**February Ski Lessons at Mt Ashland**- Again this year CAES' older students (12 of them) will have the opportunity to have 4 Ski Lessons at Mt. Ashland at greatly reduced rates but it still is expensive (\$128 per student)! Like last year we are trying to raise enough money so each student can participate in this great opportunity. If you would like to help, please contact Laura 1-541-415-1326 or mark your tithe envelope with CAES Ski Lessons. Thank you for your support!

**Capital Improvements** - CAES is needing to raise funds to do some major capital improvements on the school including stuccoing the school, installing new gutters, purchasing new playground equipment. Quotes we've received, put the figure at about \$50,000. Every little bit helps! If you would like to donate, you can give a direct donation to the school or you can donate in your tithe envelope, marking "School Improvement Project" on the envelope. Thank you for your dedication to Adventist Education.

**CAES Board Meeting** - The School Board Meeting will be Wednesday, January 17 at 6:00 pm. All Board members are encouraged to attend.

#### **Fundraising for CAES Budget**

- ♦ **Krispy Kreme Fundraiser** - Our next Krispy Kreme Fundraiser will be Friday, February 2 from 8:00 am until sold out. We will be at Oregon Sunshine & Tractor Supply. 
- ♦ **Recycling** - We'd love everyone's help in making this a big year. Our goal is to raise \$4500 in cash redemptive recyclables this year! You can find the blue collection bags in the Lobby and then bring the full bags to the school or you can take them to Bottle Drop in Roseburg. We appreciate all who have contributed. 
- ♦ **Our Veggie Food Store** - **Our shelves are stocked with the new shipment!** Our Veggie Food Store will be open on Wednesdays from 4:00 – 4:30 pm. Please contact Kim –1-541-261-5847 or it is really helpful if you email your order, then Kim can have it ready for you when you arrive— caesveggiefood@gmail.com. 

### **Liam & Michelle Invite You to Their Wedding!**

You are cordially invited to join Liam & Michelle as they celebrate the uniting of their lives together this Tuesday, January 9 at 6:00 pm in the Church Sanctuary. There will be a reception to follow in the Fellowship Hall. Liam and Michelle are requesting no gifts as their living space is small, but there will be a basket for cards and a money tree.

**Directory Update** - We will be updating the Church Directory this month. If you have had changes to your information in the last year, please notify Cindy so the Directory can be correctly updated. **Over→**

### **Things to Look Forward to in 2024**

**January 10 - Prayer Meeting** - Join us every Wednesday at 7:00 pm as we will be reading and discussing the Book of Luke. Please join us!

**January 10-20 - 10 Days of Prayer** - Plan now to spend time during the 10 Days of Prayer, January 10-20 focusing on Priorities of Faith. Pick up your packet on the table in the Foyer.

**January 16 - Cooking Club** - Our next cooking club will be Tuesday, January 16 at 5:30 pm. Our theme for this meeting is: Alternatives for Cold Care and other Winter Bugs. Plus there will always be yummy samples and recipes to try!

**January 25 - Church Board Meeting** - The next Church Board Meeting will be Thursday, January 25 at 6:30 pm. All Board Members are encouraged to attend.

**January 28 - Glendale Health Outreach** - Our next outreach to our neighbors in Glendale is Sunday, January 28 at 3:00 pm. Our main topics are ultra processed vs real food and gardening. We will also be having food samples and recipes to try.

**February 2-3 - Elder's TEAM Training in Winston** - District wide Elder's Training Meeting will be held in Winston.

### **Canyonville Member-care Ministry (CMM)**

Canyonville Church is attempting to follow Paul's counsel by "bearing one another's burdens" and "encouraging one another" (Gal 6:12, 1 Thes 5:11). One way to do this is by taking time to visit one another.

The purpose of this ministry is to provide care for each of our members, attendees and those who are not attending (able or not). If you or someone you know could use a visit from a fellow-believer here at Canyonville, then you can do the following:

Call the Prayer Chain Coordinator & request prayer or a visit (see the number in the bulletin or email Betty at BettySteinbach@hotmail.com). Please let Betty know if you would like a visit. Or you can call the Church Office and request a visit 541-839-6190 or send an email to: canyonville.adventist@gmail.com. Get in touch so we can help care for and encourage one another!

**Church Heating/AC Fundraising** - The Church still has about \$14,000 which we still need to fundraise. **Matching funds** - We are so thankful for the generous offer to match up to \$5,000 that we give for the Heating & A/C project. So every dollar we give, it will be matched making \$2. If we raise \$5,000, the Matching Funds will bring the total to \$10,000. This will greatly reduce the amount needed for the Heating/AC Project. If you have it in your heart to help with the Heating & A/C project, this is definitely the time to consider giving!!! Please contribute by marking your Tithe Envelope "Church Heating Project". Thank you so much for your part in this improvement.

# Colds and Flu Season Tips

Due to the severity of "colds and flu season", please be mindful of the vulnerability of others here at Church. If you have a cough or have had a fever within the past 2 days, then please stay home and recover fully. To better prevent getting sick this winter, here are some simple things you can do that can help your body's natural defenses stay strong:

1. Drink lots of pure **water**
2. Get plenty of **rest**
3. Get regular **exercise**, even in rainy or cold weather
4. Eat lots of **vegetables**; try making this the largest portion of your meal.
5. **Eliminate sugar and processed food** from your diet.
6. **Do not touch your face** unless you've just washed your hands.
7. **Wash hands** properly and frequently, especially before handling food.
8. Take high-quality **whole-foods, vitamins and minerals** daily.
9. Add an additional high-quality **vitamin D-3 or C** supplement to your daily diet (consult medical professionals when dosing children).

## Other Ideas on How to Stay Healthy:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, then use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, then please stay home for at least 24 hours after your fever is gone unless absolutely necessary (your fever should be gone without the use of a fever-reducing medicine).

\*This document is suggestive and does not replace medical advice. Please consult your medical provider if you have questions.

\*\*Our bodies are the temples of the Holy Spirit, let us do our best to not let one temple infect another!

*"Beloved, in regard to all things I pray that you prosper and be in health, even as your soul prospers" (3 John 1:2, MKJV).*