



# Welcome to Good News Fellowship!!

Sermon by: **pastor Matthew Vixie**  
"Settled In Clarkston"

Offering: **Good News Fellowship budget**

"Now when Jesus heard that John had been put in prison, He departed to Galilee. 13 And leaving Nazareth, He came and dwelt in Capernaum, which is by the sea, in the regions of Zebulun and Naphtali,"

~ Mat 4:12-13

## Sabbath School Classes

**Babies & Children** meet upstairs. (go out the front door & take the stairs on your left.)

**Young Adults** Twice a month they meet just beyond the bathroom (up the ramp) & around the corner.

**Adults** meet in the sanctuary.

## This Week

**last Tu (8/11) Happy Birthday, Michelle Lewis!**

**We (8/19) Happy Birthday, Rene Martinez!**

@ 6:30 PM: Prayer & Study: This evening come to the Stable (here) for an hour of prayer that will be followed by a study.

**Fr (8/21) Happy Birthday, Christian Hein!**

@ 7:00 PM: GNF music practice is tonight.

It's Friday let us  
prepare for the  
Sabbath.



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**Health Tip #11: Benefits of Sunlight:** The best known benefit of sunshine is its ability to boost the body's vitamin D supply. Here in the Pacific Northwest, for nearly half of

the year the sun is not at a good angle to allow our bodies to produce vitamin D. Find out more about how to get enough sunlight and vitamin D. [uccsda.org/benefits-of-sunlight](https://www.uccsda.org/benefits-of-sunlight).

**Staying Healthy During this Crisis:** There are many natural remedies to keeping your immune system healthy during this crisis. Take advantage of all of the health tips that have been posted by our conference health department. Go to: <https://www.uccsda.org/healthministries>.

**UCC Fall Women's Retreat:** 10/24 - Save this date! The keynote speaker for this virtual retreat is Kara Johnsson. Her topic is "The Table," a place of mutuality and respect for our sisters and brothers and the place where we welcome the outsider...and Jesus is at the table! The main special feature spotlights "God's Gift to Optimize Your Immunity" by dietitian Jeanne Ekvall and her daughters. Our guest vocalist is Gretal Cromwell. Plan now to attend (virtually)! Watch for registration to open by mid-August.

## Sundown

Saturday, August 15, 2020..... 7:56 PM

Friday, August 21, 2020..... 7:46 PM

## LEWIS-CLARK VALLEY ADVENTIST MEDIA

### RADIO



### TELEVISION:

Glorystar..... 109  
Local TV..... Ch 36.3



Direct TV..... Ch 368  
Local TV..... Ch 36.2  
Satellite..... Galaxy 19  
also: SatMex 6, Glorystar 104



Cable One..... Ch 49  
DirectTV..... Ch ?-  
Dish..... 9393  
Local TV..... Ch 36.1  
Satellite..... G-19



Direct TV..... Ch 368  
Glorystar..... Ch 105  
Local TV..... Ch 36.4  
Satellite..... Galaxy 19



"Seek the Lord  
while you can  
find Him. Call  
upon Him now  
while He is  
near."

Isaiah 55:6 (TLB)

CONTINUED ON REVERSE