



### Prayer Corner:

- Cindy Cancer and on hospice, friend of Jennifer Henderson, Gail's daughter
- Linda Flowers Pray for God's intervention and Peace
- Manuel Inzunsa Friend of Cindy Silva, Cancer, needs prayer and visits. He is at Port. Convalescent, RM. 513
- Alison Vargas Please continue to pray for Allison Vargas as she goes through chemo treatments.
- Carol Harris Health and healing
- Tina Nichols Health and healing
- Star and Starfire Hoffman Star and her daughter need our prayers
- Heather Brown Unspoken
- Paypa Family Unspoken

If you have Prayer Requests for the Bulletin call the church office, 784-6031, leave a message, or see Gail Henderson, church secretary.

If you would like to have your prayer added to the Prayer Chain contact Velma Motsenbocker, 361-1745.

All Bulletin "Prayer Corner" Requests will be dropped after one month unless requested. Thank You

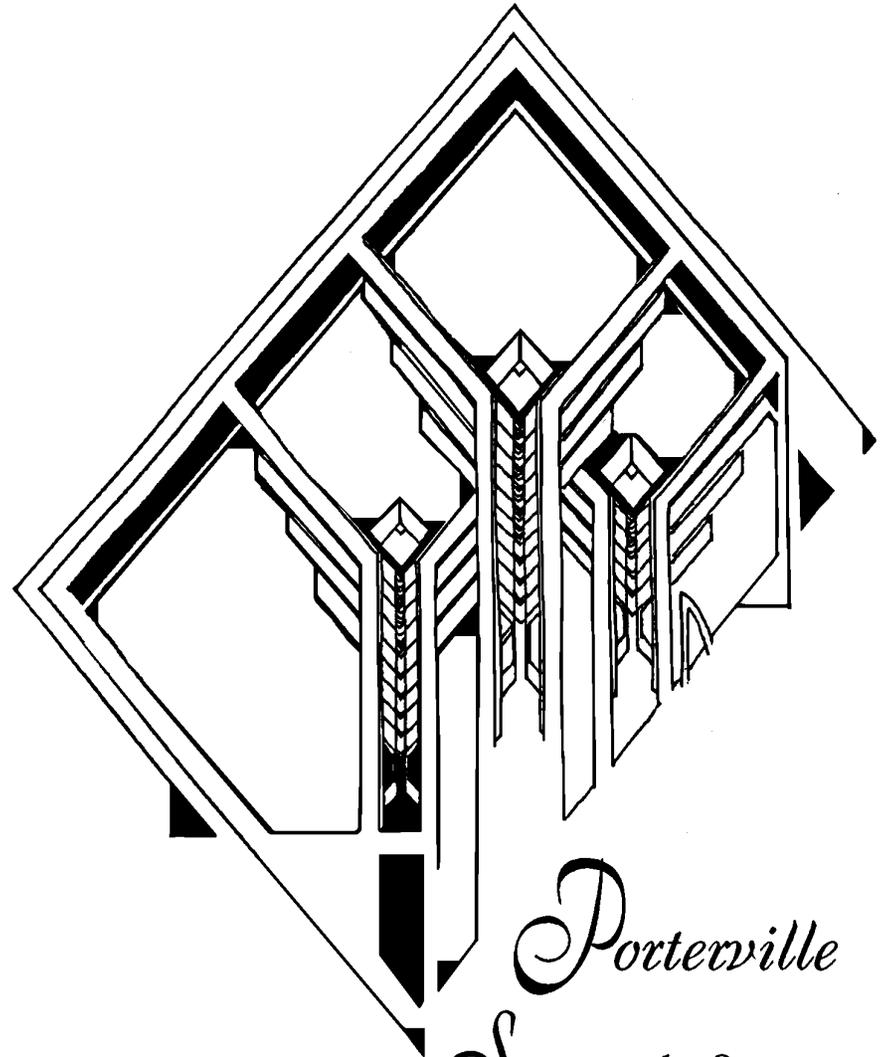
Sanctuary Flowers are provided by Clyde and Judy Brenner

- |   |   |
|---|---|
| Hosts today:                            | Jesse Salgado, Tanya Salgado, Bob Read, Tami McIntosh |
| Elder in Charge for November            | Judy Brenner  |
| Deacons in Charge for November          | Jose Serrano and Steve Lewis                          |
| Special Music Coordinators for November | Todd and Karen Yost                                   |
| PA/AV System:                           | Raul and Junior Buenrostro                            |
| Bulletin Board:                         | Andrea Culver, DeLauna Lockwood                       |
| Sabbath Ends Today at: 5:57             | Next Week Sabbath Begins at 4:52                      |

### Porterville Seventh-day Adventist Church

1088 Linda Vista (at Highway 65), Porterville, CA 93258

Office Hours	Wednesday-Thursday, 9:00 a.m.-12:00 p.m.
Mail	P. O. Box 551, Porterville, CA 93258
Phone	559-784-6031
FAX	559-784-6052
Email Address	Office@PortervilleAdventist.org
Web Page	<a href="http://www.PortervilleAdventist.org">www.PortervilleAdventist.org</a>
Head Elder	Jonathan Kurts
Head Deacons	Raul Buenrostro & Jose Serrano
Head Deaconess	Lori Serrano
Prayer Chain Coordinator	Velma Motsenbocker



Porterville  
Seventh-day  
Adventist Church

Highway 65 and Linda Vista

Porterville, California

# We Gather to Worship

November 3, 2018

10:45 a.m.

## Prelude

Worshiping God in Song

Welcome: Judy Brenner

Inviting God's Presence:

*"Glorify Thy Name"*

Invocation: Mario Bravo

Hymn of Praise: #590

*"Trust and Obey"*

Sharing Our Blessings: Judy Brenner

Local Church Budget

Children's Story and Offering:

Sandra Hutchins

Talking With God in Prayer:

Dean Delker

Music for Worship: Todd and Karen Yost

Reading God's Word: Micah Bravo

Romans 1:17

Sharing God's Message:

Mario Bravo

*"Are You Near or Far Sighted"*

Closing Hymn: #518

*"Standing on the Promises"*

Benediction:

Mario Bravo

Postlude

*Musicians:* Honey Stewart and Steve Rose

*Choristers:* Todd and Karen Yost

# Welcome to the Seventh-day Adventist Church in Porterville

## Calendar This Week:

<b>Today</b>	8:00 a.m.	Women's Bible Study, Vera's Room
	9:30 a.m.	Bible Study Class, "The Experience of Unity in the Early Church"
	10:45 a.m.	Speaker: Mario Bravo
<b>Sunday</b>	9:00 a.m.	Ladies Quilting
<b>Monday</b>	6:30 p.m.	American Sign Language class
<b>Wednesday</b>	6:30 p.m.	Pathfinders and Adventurers
	6:30 p.m.	Prayer Meeting
	7:00 p.m.	Bible Study
<b>Next Sabbath</b>	8:00 a.m.	Women's Bible Study, Vera's Room
	9:30 a.m.	Adult Sabbath School, "Images of Unity"
	10:45 a.m.	Speaker: Jaime Jorge, violin virtuoso
	2:00 p.m.	Sunshine Band sings for Sun Villa Residents
<b>Next Sunday</b>	1:00 p.m.	Women's Ministry Thanksgiving Feast

## Sabbath Morning Bible Study

9:30 - 10:30 a.m.

**Adults:** ..... Classes in the Sanctuary, Pathfinder Room, Library.

Spanish Classes in the Mothers Room

**Youth & Jr. High:** ..... Class in the Youth Chapel

**Children's Ministries:** ..... Classes around the courtyard

Cradle Roll (ages 0-3)

Primary (grades 1-3)

Kindergarten (ages 3-6)

Juniors (grades 4-6)

Please ask for locations if you are visiting.

## Prayer Meetings/Bible Study Groups during the week

<b>Tuesday</b>	6:00 p.m.	NO Springville Bible Study ( <i>taking a break until further notice</i> )
<b>Wednesday</b>	1:00 p.m.	Ladies Upper Room Bible Study, Shakespeare's home
	6:30 p.m.	Prayer Meeting, Vera's Room
	7:00 p.m.	Bible Study
<b>Friday</b>	6:30 p.m.	Rose's Bible Study, 788-8092
<b>Flexible</b>		<u>Bible Study</u> , call Jerry Miller 539-3588 to set time and day

# So You'll Know

Porterville Seventh-day Adventist Church News

NOVEMBER 3, 2018

**THE SCRIPTURE SAYS,** "He cares for you." God is aware and concerned about all that bothers us. May we learn to trust Him more. Welcome to this worship hour. We are glad you have come to be with us.

**TODAY'S OFFERING** features our **Local Church Budget**. Being a church member has its responsibilities. Today, we have the privilege of supporting the needs of this, our church. Since all loose offerings go to the Budget, please indicate on your offering envelope how you want any other gifts designated.

**UPCOMING SERMON SCHEDULE:** Nov. 10 – Jaime Jorge (violin); Nov. 17 – Stephanie Walters; Nov. 24 – Steve Rose; Dec. 1 – Ken Lockwood.

**ATTENTION: ALL WHO ARE IN THE CHURCH MEMBERSHIP:** Please fill out the Family card found behind the Tithes Envelopes if there are any changes in your address, phone numbers or other family changes and put it in the Offering Plate. Thank you.

**POSITION OPEN:** The Porterville Seventh-day Adventist Church has an opening for a part-time assistant treasurer position. If you are interested, please pick up an application at the church office or at the media desk. Deadline to turn in an application is December 31.

**DAYLIGHT SAVINGS TIME ENDS TONIGHT.** Remember to turn your clocks BACK 1 hour.

.....  
: TELL YOUR FRIENDS, FAMILY AND NEIGHBORS:  
: **Violin Virtuoso Jaime Jorge** will share his talent for our  
: **Next Sabbath, Nov. 10** worship service.  
: See the flyer in today's bulletin and pick up some extras to share.  
: They are on the media desk  
: .....

**LADIES: PLAN TO ATTEND THE CCC WOMEN'S RETREAT.** January 25-27, 2019 at Tenaya Lodge. Speakers and scholarship information is coming. See the poster on the bulletin board and pick up a brochure at the media desk.

**THERE WILL BE NO POTLUCK LUNCHEONS IN NOVEMBER.** The next Potluck Luncheon is December 1 and that will be the only one for December.

**WEDNESDAY IS FAMILY NIGHT**  
Pathfinders and Adventurers  
Prayer Meeting – Wednesday 6:30 ---- Bible Study Wednesday 7:00  
**Come and be blessed.**

**It's BACKGROUND CHECK TIME IN OUR CONFERENCE FOR ALL VOLUNTEERS.**  
Central California Conference Child Protection Plan defines a volunteer as **any person elected or appointed to any permanent or semi-permanent official Church position and any person who supervises or works with minors in connection with any Church Ministry.**  
**If you volunteer in ANY Department of church service, you will need to complete the Background Check.**  
**The DEADLINE to be compliant is DECEMBER 31, 2018.**  
The ONLINE Course takes approx. 1 hr. to complete. Go to:  
**[www.ncrisk.org/adventist](http://www.ncrisk.org/adventist)**  
*If any of our church Volunteers need help completing their Background Check, or do not have access to a computer for Training, please contact the church office, 784-6031 with your questions or to set up an appointment to use the office computer. You may also call Gail Henderson, 920-3477.*

**IMPORTANT NOTICE:** To anyone coming into the Sanctuary or Church Office, please **SET THE ALARM** when leaving. They have been left unarmed lately.

**NOVEMBER 11 WOMEN'S MINISTRIES** meeting is the Annual Thanksgiving Dinner at 1:00. Everyone is asked to bring their favorite traditional Entré, Salad or Dessert.

**START TRAINING NOW** to join in the Porterville Veteran's Day Run on Monday, November 12, 7:30 am. Sign up with the City on their web page or call the City Recreation line.

**OUR LENDING LIBRARY NOW HAS HEALTH DVDS TO BORROW:** Reversing Diabetes Naturally; Longevity Plus, Changing Bad Habits for Good; Listening to the Buffalo; Reversing Hypertension Naturally; The Brain Health Revolution.

**ADVENTIST BOOK CENTER AND PACIFIC PRESS – *Book of the Month for NOVEMBER: A Nation In God's Hand, by author Jud Lake.*** The Adventist church was established in the middle of the bloodiest war fought on American soil. What was the relevance of the four visions she had concerning the civil war? Why didn't she say more? Check our A nation In God's Hands by Jud Lake. Details at the sign-up sheet, media counter.

**NOVEMBER IS POCKET SIGNS MONTH!** "Carry with you, wherever you go, a package of select tracts, which you can hand out as you have opportunity." *R&H, 6-10-188* Order by calling **1-800-765-6955** or go online at: **[www.AdventistBookCenter.com/tracts](http://www.AdventistBookCenter.com/tracts)**

<b>FINANCIAL REPORT:</b>	<b>Monthly Budget</b>	<b>Received</b>	<b>Year-to-date</b>
October Church Budget	\$13,425	\$7,822.81	\$4,906.24

**Bulletin and Weekly News announcements DEADLINE: Wed. by 10 am**  
Office hours are: Wed. and Thurs. 9:00 - 12:00  
Phone: 784-6031; Email: [office@PortervilleAdventist.org](mailto:office@PortervilleAdventist.org); FAX: 784-6052  
Sabbath Ends Today at: 5:57 Next Week Sabbath Begins at: 4:52



I N C O N C E R T

VIOLIN VIRTUOSO

*Jaime Forge*

AN UNFORGETTABLE  
LIFE CHANGING CONCERT

THIRTY-ONE YEARS OF INCREDIBLE MUSIC

**Porterville SDA Church**  
**1088 Linda Vista Ave., Porterville, CA**  
**Saturday, November 10, 2018**  
**Worship Hour**

**“Folks are usually about as happy as they make their minds up to be.”**

**ABRAHAM LINCOLN**

### Generosity

One way that money **can** bring happiness is to spend it on causes and activities that are meaningful to you. According to Michael Norton, professor of business administration at Harvard Business School, if you spend money on others, you'll be happier, and “the closer you are to the recipient, the happier you'll be.”<sup>11</sup> Think about ways you can use your money to improve the lives of people in your church and community.

Of course, generosity doesn't only come in the form of money. How are you spending your time and your talents? Volunteering can boost both your happiness and health levels, according to research. Johnny Barnes knew this. Before he passed away, he had the opportunity to be featured in an award-winning short documentary film about himself. “We human beings gotta learn how to love one another,” he said in the movie. “One of the greatest joys that can come to an individual is when you're doing something and helping others.”<sup>12</sup>

### Relationship with Jesus

The song lyric “happiness is to know the Savior” sums up the Christian life! Those who have a relationship with Jesus know that, whatever happens in their lives, they can count on our Lord to be with them through the good and bad days. They can rest in the verse that says, “Come to Me, all you who labor and are heavy laden, and I will give you rest” (Matt. 11:23, *NKJV*). The daily peace and contentment from this promise can bring joy to our souls.

The Prophet Jeremiah reminds the believer that the Lord wants us to have joy and happiness. “For I know the plans I

have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future,” (Jer. 29:11, *NIV*). Today, this week, this Thanksgiving, add a little more happiness to your life and to the lives of those around you.



Halpant/Stock/Thinkstock

#### Resources

<sup>1</sup>Stackelroth, Jarrod. “Mr. Happy Man.” *Pacific Record*, July 21, 2016, <https://record.adventistchurch.com/2016/07/21/mr-happy-man>.

<sup>2</sup>“The Science of Happiness.” *Berkeley Wellness Letter*, special issue, spring 2016, pp. 1-2.

<sup>3</sup>Bahler, Kristen. “The Insane Amount Millionaires Say They Need to Be Happy.” *Money*, Dec. 20, 2017, <https://time.com/money/5071182/money-happiness-million>.

<sup>4</sup>“The Science of Happiness.” *The Week*, Jan. 12, 2018.

<sup>5</sup>*The Week*.

<sup>6</sup>*The Week*.

<sup>7</sup>*Berkeley Wellness Letter*.

<sup>8</sup>Hanson, Rick. “The Single Most Important Secret to Happiness.” *Bottomline*, Aug. 1, 2017, <https://bottomlineinc.com/life/self-improvement/most-important-secret-happiness>.

<sup>9</sup>Greger, Michael. “The Health Benefits of Laughter, Tears and Kisses.” Feb. 13, 2018, <https://nutritionfacts.org/2018/02/13/the-health-benefits-of-laughter-tears-and-kisses>.

<sup>10</sup>*The Week*.

<sup>11</sup>*The Week*.

<sup>12</sup>Stackelroth.

**Distributed by:**  
Central California Conference  
Stewardship Ministries  
**Director:** Norma Maynez

**Produced by:**  
Pacific Union Conference  
Stewardship Ministries  
Gordon Botting, **Director**

# The STEWPOT

A POTPOURRI OF PRACTICAL IDEAS to help you become a better steward

NOVEMBER 2018 • VOLUME 23, ISSUE 11

## HOW TO BE HAPPIER

BY GORDON BOTTING DRPH, CHES, CFC

Johnny Barnes, a Seventh-day Adventist on the island of Bermuda, was known as Mr. Happy Man. For three decades he was famous for his joyful personality and



North American Division/Adventist Review

**Johnny Barnes greets people from a roundabout in the middle of Bermuda in 2015.**

the way he brightened the lives of residents and tourists. Monday through Friday, beginning very early in the morning, Johnny would stand at a city roundabout and wave at people, wishing them a good morning and telling them he loved

them. He was so popular that when he didn't appear, people would call the radio station to find out if he was all right. Before his death in 2016 at the age of 93, a statue was erected in his honor!<sup>1</sup>

### IS MONEY THE KEY TO HAPPINESS?

Everyone wants to be as happy as Johnny! However, not everyone is sure the best way to go about it. Many people think that money is the answer. To some extent this theory is supported by data. During the

STEWARDSHIP is a total lifestyle. It involves our **health**, time, talents, environment, relationships, spirituality, and finances.

1920s through the 1950s, people reported that they were happier as their household income increased. Yet, more recent studies indicate that money aids happiness only up to a certain amount—and that point seems to be about \$75,000 per year for a person or family, according to studies by Nobel laureate psychologist and economist Daniel Kahneman.<sup>2</sup>

A Harvard Business School study illustrates that more money doesn't equal more happiness. More than 4,000 millionaires took a survey, which included a question about how much money they would need to achieve a 10 on the scale of happiness. The results were surprising: 25 percent said they would need a 500 percent increase in wealth in order to be perfectly happy, and 27 percent said they needed a 1,000 percent increase! Only 13 percent said they could be perfectly happy with the money they already had.<sup>3</sup>

Are you surprised that millionaires aren't wildly happy? "Once you get basic human needs met, a lot more money doesn't make a lot more happiness," said Daniel Gilbert, Harvard University psychology professor.<sup>4</sup>

### IF NOT MONEY ... WHAT?

Of course, happiness is dependent on many circumstances, and none of us will be perfectly happy this side of heaven. Also, not all of us will make \$75,000 per year! So what are some steps we can take to make ourselves happier, no matter what else is going on in our lives?

#### Relationships

Being part of a loving family or social network helps boost self-esteem and reduce stress, which will make you happier. Behavioral scientists believe that good quality relationships lead to happiness. A famous study from Harvard—which lasted for 80 years—showed that close relationship with family and friends helped people to be happy throughout their lives.<sup>5</sup>

Surveys of people in nearly 70 countries indicate that happiness decreases as individuals reach middle age, but then it steadily increases as they move through their 50s, 60s, and 70s. Why? Part of it is because

**"They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for!"**

**TOM BODETT**



people redefine happiness as they age, and they focus more on significant relationships and meaningful activities.<sup>6</sup>

Scientists have shown over and over again that social relationships not only make you happier, they also make you healthier and help you live longer. *The University of California, Berkeley Wellness Letter* reported on a 2010 analysis of nearly 150 studies which "found that social relationships have as great an impact on mortality as smoking or alcohol consumption and a greater impact than obesity or physical inactivity."<sup>7</sup>

#### Attitude

Psychologist Rick Hanson describes a practical method for increasing happiness: "notice something positive when you're feeling negative." And when you notice it, focus on it! When you take off your shoes at the end of the day, notice how good your feet feel. When you talk to your child on the phone, notice the sense you have of feeling loved. Thinking positive thoughts and feeling happy emotions will trigger the neurotransmitters dopamine and norepinephrine in the brain. The good news is that these neurotransmitters store these positive experiences in your long-term memory, which will make you feel better about your life.<sup>8</sup>

#### Laughter

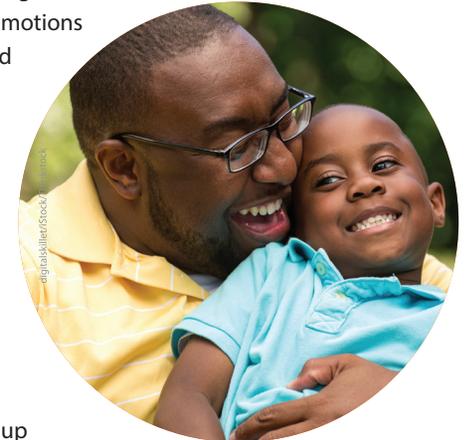
Find ways to make yourself laugh more often. Here's a surprising story: researchers studied the benefits of laughing on a group of people with dust mite allergies. Half the group watched an old Charlie Chaplain comedy video, and the other half watched the Weather Channel. Then they were all exposed to dust mite allergens. The people that watched the funny movie had less of an allergic reaction, but it wasn't the video that helped them—it was the laughter. Laughter increases our immune function. The more you laugh, the more your natural killer cell activity increases and the more your body pumps out antibodies.<sup>9</sup> Being healthier makes you happier, so laugh! It's more fun than taking vitamins.

#### Goals

Those who set specific goals and achieve them go a long way toward making themselves happier. Every time you tick off a task, your brain releases dopamine. Don't set a huge goal like "save the environment." Instead, set a small and doable goal like "increase recycling." Making and meeting goals like this is the key to a happier life, according to research.<sup>10</sup>

**"For every minute you are angry you lose sixty seconds of happiness."**

**RALPH WALDO EMERSON**



**... "notice something positive when you're feeling negative."**