

# good Tidings

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## We Honor our 2014 Graduates

### College Graduates:

*Laurie Miser*, Folsom Lake College

*Paxton Fitzpatrick*, Folsom Lake College

*Timothy Bluhm*, Centralia Community College

*Cody Schilling*, C.S.U. Sacramento (construction mgmt.)

*Sam Panasiuk*, son of Steve & Dina Panasiuk,

San Francisco State University (business/marketing)

*Sarah Wickman*, daughter of David & Albina Wickman,

Humboldt State University (marine biology)

*Cody LaRont*, grandson of Gary & Janet Silva,

University of Oregon (digital arts)

*Victoria Stolinski*, daughter of Jack & Jane Fraim,

C.S.U. Sacramento (education)

*Rachelle Belisle*, daughter of Larry & Ray Belisle,

San Diego State University (special education)

### High School Graduates:

*Rachelle Hanson*, Charter University Prep High School

*Brianna Snyder*, Ponderosa High School

*Teressa Eberhart*, Union Mine High School

*Josh Wheatley*, home-school

*Sasha Foley*, granddaughter of Jack & Jane Fraim,

St. Francis High School

*Kyli Fantoni*, granddaughter of John & Nancy Fantoni,

Ponderosa High School

*Nicole Eberhart*, granddaughter of Al & Carol Eberhart,

Connections Academy

### Other Academic Honors:

*Fred Marsh*, Biola (apologetics certificate)

# GRADUATION

# A Message from Pastor Jim

My thought is, anything we can do to strengthen our marriage relationships is worth reading and putting into practice. I commend couples all the time who choose to go to counseling, because none of us have it all together when it comes to our marriages. I remember when WilleJune and I were in seminary, we were offered marriage counseling almost free! Back then I thought, "We don't need counseling!" Well, in our last year at Talbot Seminary we needed a little counsel so we began counseling. It was excellent. Ever since then, I have regretted that we did not take advantage of the four years of counseling that we could have had to strengthen our marriage even more. Today, if someone offers a marriage counseling tip, I listen! On that note, I encourage you to read the following article. The excellent marriage ministry called *Prepare and Enrich* has given us permission to reprint it here. Please read it together, then talk about how you can integrate these principles into your relationship with your incredible spouse! You will be blessed and enriched to invest in your marriage. Love, Jim

## Mark Your Calendar: Don't Miss These Exciting Upcoming Events!

- June 1- Newcomer's Luncheon at 1:00 pm (by invitation only)
- June 1- Youth Group, 6:00 pm
- June 6 & 7- Beth Moore's *Living Proof* event in Stockton
- June 8- High School Graduation Dinner (by invitation only)
- June 14- PBC Quilters meet at 9:00 am
- June 15- Youth Group, 6:00 pm
- June 21- Men's Ministry Event *EXTRA-GUNZA* (more information to follow!)
- June 20-26- Navajo Nation Missions Experience
- June 23- Women's Book Club, 6:30 pm in the library



*This month's book club selection is **The Marriage Wish** by Dee Henderson.*

## 8 Things Healthy Couples Don't Do

### 1. Post Negatively About Each Other on Social Media

12-year-olds post negatively about their boyfriends or girlfriends on social media. It's a catty way to get attention and vent, when the emotionally healthy response is to talk your grievances over with your spouse when the time is right. Don't fall into the trap of getting others on your side, on social media or otherwise, because healthy marriages only have one side.

### 2. Make Their Career a Priority Rather Than Their Relationship

Yes, career is important. But as you are being pulled in every direction imaginable, something will get less attention, less time. Something in your life will have to be sacrificed. Your goal is to make sure that "something" isn't your relationship. You can always find another job, but you only have one chance to make it work with the love of your life.

### 3. Have All Their 'Together-Time' With Technology

Of course there will be plenty of times that you're together and using technology, but healthy couples know

*Don't fall into the trap of getting others on your side, because healthy marriages only have one side.*

how to put down their phones and computers and turn off the TV to spend quality time together. Healthy couples don't check Twitter on dinner dates. My husband and I have a rule that we put our phones upstairs each night after work so our dinner or together-time is not interrupted.

### 4. Avoid Hard Subjects

Relationships are about intimacy. If you can't talk about the hard subjects, then your intimacy factor is off. There are seasons of marriage that are easy, and other seasons where you must make difficult decisions together. Nothing should be off-limits between the two of you, and conversations should always be approached with an abundance of grace and kindness.

### 5. Punish One Another

Punishing one another often comes out in the silent treatment or withholding sex or affection.

...continued on page 5



# Church is the Place...



*Where God meets with His family.*

Matthew 18:30

*Where we find comfort and strength.*

Philippians 4:19

*Where we learn how to live.*

Psalms 119:104

*Where we meet those who care about us.*

1 Corinthians 12:26

*Where we get help guiding our children.*

Proverbs 22:6

*Where we can give for the support of God's work throughout the world.*


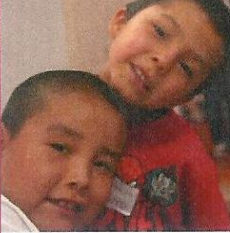


Proverbs 3:9

*Where there is time for meditation & prayer.*

Psalms 19:14

*Where God gives his blessing.*

Psalms 84:4

<p>CONSTRUCTION TEAM June 20-26, 2014</p>		<p>GET Involved</p>
	<p>PRAYER TEAM May-July 2014</p>	
<p>VACATION BIBLE SCHOOL July 19-25, 2014</p>		<p>Navajo Diné</p>

## STATESIDE SHORT TERM MISSION OPPORTUNITIES SUMMER 2014

### Navajo Nation, Northern Arizona, USA

Spend a week deep in the Navajo Reservation. Encourage and be encouraged. Offer yourself to a wonderful group of Navajo friends, those professing Christian faith and those seeking spiritual truths. Visit, share, encourage and listen.

A week of new experiences and rural adventure.

**June 20-26, 2014:** Attend Navajo church service. Help with building projects, visit with neighbors, explore local sights and learn Navajo culture and language.

**July 19-25:** Vacation Bible School for local children. Help with daytime ministry by sharing Bible stories, making crafts, playing and loving. Explore local sights and immerse in modern Navajo culture.

Minister to the existing Christian Community and local residents connecting with youth and adults.

Overnight accommodation options: camping onsite at rural church or in Navajo hotels less than one hour away.

Please contact Ken or Cindy Dean. Volunteers are responsible for travel, lodging and meal expenses.

And **WHATEVER YOU DO**, whether in word or deed, do it all in the name of the Lord Jesus, **GIVING THANKS** to God the Father through Him.





## A Little Bit of Whimsy

The congregation of PBC is a talented bunch, as evidenced by this little house hand made from cottonwood bark by John Wooldridge! Both John and his wife Peggy make these small creations, which range in size from about 5-18 inches. They have been making them for about 3 years. They learned from an artisan on a trip to the Quartzite desert in Arizona. The houses are carved with chisels, and take 25-30 hours each to make. They have made about a dozen. According to John, Peggy has the superior talent!

## Sponsorship Matters

The Democratic Republic of Congo (often simply called “The DRC”) is rich in natural resources, which has led to many violent struggles over land. More than 700,000 Congolese have been affected by constant conflict in the country. People in many areas have experienced unspeakable hardships and violence.



Map of the DRC



Children at the Kipushi Project  
Receive School Supplies

When World Vision asked children in the DRC how they are affected by the turmoil around them, they found that more than 1/3 said they are afraid all the time or every day. More than half are orphaned or separated from their parents, and a quarter live without any adult support. More than a third describe witnessing or experiencing episodes of violence, at times extreme and graphic, in their lifetime.

One family at PBC is helping World Vision help children in the DRC by sponsoring a child. Lukalanga Ifota is our sponsored child of the month. Lukalanga is a 5<sup>th</sup> grader who is participating in the Kipushi Area Development Program. “The program made progress and contributed to the... well-being of children... girls and boys who are... educated for life, in good health, love God and their neighbors and themselves, and (who) are taken into care, protection and participation.”

Learn more about Lukalanga & his community through pictures and letters on the bulletin board board in the hall across from the library.

## From the Archives

On Thursday, April 7, 1995, our seniors celebrated a “Nostalgia Day.” An interesting record of the event reads:

*Florence Steel, a long time resident told about the Three Forks Grange. She brought the original deed to the ¼ acre where the Grange now stands. She showed a large picture of the first Grange. It was a round structure built in 1930. It burned in 1942. The Klare family used one of their outbuildings for the meetings ‘til the present structure was finished. It took friends & neighbors nearly 2 years of weekends to complete it.*

*Joyce Smith told of opening the first grocery store in 1948 at Fairplay. The electricity came from a generator. She gave credit to everyone. Most men worked in the mill & paid their tab every two weeks. She never locked a door. Nothing was ever stolen. It was common to come in & find a note saying, “I got 5 gals of gas” & a signature. The mail was a canvas sack hung on a pole. It was picked up three times a week. Many times cash came to pay on a tab of a customer who had moved away. Joyce related at one time there were 10,000 people living in Fairplay. Most were miners & mill workers.*

*This Whoopie Pie recipe is a favorite of Florence Droque, Rosemary Bluhm's mom. "Growing up with 6 kids in the house, if you were not home when they were made you missed out... but you always knew it because the house smelled so good when you came home!" says Rosemary.*

Ingredients:

*1/2 c shortening  
1 c sugar  
1 egg  
1 c milk  
1 t vanilla  
2 c flour  
1/2 t baking soda  
1/3 c cocoa powder*

Filling:

*1/2 c milk  
2 t flour  
1/2 c shortening  
1/2 c sugar  
1 t vanilla*

*Cream together.  
Drop on cookie  
sheet, bake 10 min  
at 400.*



*Cook milk & flour  
in saucepan until  
thick. Add addl.  
ingredients, fill  
cookies!*

*...continued from page 2*

Healthy couples know when it's good to take a break from a disagreement, but also know how to come back together and find a resolution.

## 6. Withhold Forgiveness

Relationships run on forgiveness. You can't have a healthy relationship without abundant forgiveness. The best relationships forgive quickly and frequently. Living with another person will always bring conflict and hurt feelings; the trick is knowing how to handle it. Forgive, and ask for forgiveness.

## 7. Say 'Yes' to Everything

Healthy couples have good boundaries—with family, with friends and with each other. If I've had a long week at work and my husband asks me to rally and go out with friends on Friday, whose fault is it if I get mad at him on the way home because I didn't want to go in the first place? Mine. Healthy couples know their limits, know how to ask for help, and understand that "no" is a complete sentence.

## 8. Throw In the Towel

Healthy couples don't give up when things are hard, even when things are really hard. If your spouse is important to you, you can get through this. Quitting is never an option for healthy couples.



By Ruthie Dean, director of Communications at Bernard Health. She's the coauthor of *Real Men Don't Text*.

# GRADUATION



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