

Health Sessions

Every classroom, every church family, every community group, seems to have a unique personality. I suppose it is influenced by some leader type personalities but the uniqueness is palpable. Neva and I have been the hostess and host of 42 of these groups here in Rice (Washington) not to mention how many we have never counted in the past—maybe 50 or more through the years. We look at pictures of the “Six-day Smoking Cessation Live-in Programs” as we used to call them. Some incredible memories to be sure. There are the “cut-ups.” A nationally famous attorney came to the first one we held in Montana—early in the morning as breakfast was being prepared, he came crawling on hands and knees while clutching his throat, crying out in a made-up tortured voice, “Help, Help! I need cantaloupe!” He was mocking, in fun of course, our vegan menu high in fruits and veggies. That was in 1978 when we were sticking our toes in the water with what we now call “residential” programs or “sessions” where guests live on site for the week. Weimar Institute famously held 30 day programs for years, now having settled on 18 days as the sweet spot.

But each group somehow has its own personality and so it was last week at the Roosevelt Ridge Retreat on our property in Rice. To a person, everyone was positive, interested, determined and loved being together in this unique effort. We laughed a lot at ourselves. At times we cried when our thoughtful hearts realized that some friend or family member could have lived much longer and much better had they known how to stay well.

We had the privilege last week (June 9-14) of eleven guests from Louisiana, Michigan, Missouri, Colorado, Southern California and, of course, Washington State including Spokane, Seattle and Coeur d'Alene! A very responsive, delightful, funny and yet serious group who not only desire wellness but also long to help others get there as well.

Then there was Dove. A very very special black lady from Chicago who came to our previous session in April and wanted to come back to be Neva's helper. What's to not love about Dove! Hard, efficient worker—always willing in a moment to help anyone with anything. Neva loved her work in the kitchen—not much talk, but lots of efficient help. Frankly, we'd love to adopt her! We took the class to Lake Roosevelt for a picnic, and the next day for a boat ride. It was the first time in her whole life to be in a boat! She had no swimming suit, but not to worry, whatever she was wearing was her swimming suit! It was worth the whole effort just to see her revel in this first ever experience in such a beautiful place (see her splashing joyously in the water, fully clothed, on Neva's Facebook page).

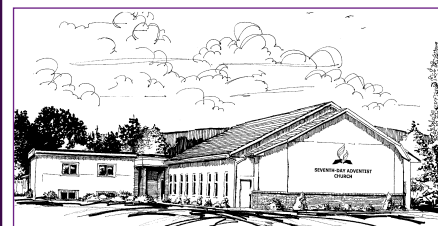
So, from time to time, when you think of it, pray for these dear people who take the time and spend the money to be in our home, wanting, often desperately, to get well.

— Jim Brackett

CVJA Field Trip to Stonerose Fossil Dig

CVJA's last field trip of the year was to go fossil digging. It sounds like an arduous task but what a wonderful experience it was for everyone! Surprisingly a student found a fossil about five minutes into the search. With a hammer and chisel, you pick up a piece of shale rock and try your luck to see what you find when you split it open. It was exciting every time someone found a fossil, such as flowering plants, conifers, ferns, insects, and one father of a student said he found a fish when he went there on a field trip as a student. The odds of finding a fossil were quite excellent and everyone was able to take up to three home. Not only were fossils found but also interesting things like worm tracts and pretty mineral stains which you were also allowed to keep. The Center identifies for you what exactly your findings are including the scientific names, before you take your rocks home. We had a nice picnic lunch at the park and the weather was just perfect on this fun day for everyone, kids, parents, and teachers!

— Christine Wong



KETTLE CURRENTS

Bi-Monthly Newsletter of the Kettle Falls Seventh-day Adventist Church

CVJA Graduation

On Wednesday, June 5, Colville Valley Junior Academy students, families, and friends gathered to celebrate the graduation of the Kindergarten and Eighth Grade classes. At 6:00 p.m., excited students quietly lined up in the foyer ready to march into the sanctuary. After prayer and welcome, Mrs. LeBrun's grades 1-3 class shared a song, “Did You Ever Talk to God?” Next, everyone enjoyed seeing pictures showcasing each of the graduates. Kindergarten teacher, Della Douglas, directed her class graduates as they sang “The Crayon Box Song”. After a short talk by their teacher, the kindergarten class received their certificates from our school principal, Mr. Stanton.

Then came the time for eighth grade graduate, Ryan Dalrymple, to present his class motto and scripture. Students in grades 4-8 joined Ryan in singing the song, “Majesty.” The commencement address was given by Mr. Stanton. School board chairman, John Davidson, presented to Ryan his diploma. After Ryan gave tribute to his parents, grandparents, and cousin, guests enjoyed the reception in the fellowship hall. Next year's graduation is scheduled for June 4. Hope you will be able to come!

Kindergarten Class:
Micah Bakhshnia,
Hazel Gabriel,
Brandon Smith, Elliot
Vizcarra

Kindergarten Aim: To
Live for Jesus

Kindergarten Motto:
Don't be a Christian
who's afraid to tell.

Eighth Grade
Graduate: Ryan
Dalrymple
Motto: You have to
work hard to play
hard.

Scripture: Joshua 1:9.

— Paula LeBrun



CVJA - A Year in Review

This last year, Colville Valley Junior Academy (CVJA) had 27 students. We had thirteen students in grades 1-3, ten students in grades 4-8, and four students in kindergarten. The kids have been learning new things this year. Our upper grade students had never learned the bread making skills that the middle and high school kids did last year. So we decided to do it! The students loved making bread every Friday (some people are probably missing the freshly-baked bread that we had been selling before the summer break). This year has been a lot of fun with all the activities and field trips we went on. Our most recent trip was a fossil dig up in Republic. Many students found some exciting fossils and enjoyed digging and breaking rocks to see what goodies lay within — they also got to keep the fossils they found.

Next year we expect around the same number of students or maybe a few more. There has been interest from families that recently moved here and from home-schooling families that would like to send their children to a Christian school. We are looking at about six students in the kindergarten program next year. We also would like to add a little more flavor to the curriculum. Spanish and sewing skills will be taught along with the continued, successful bread making on Fridays. We also have some ambitious projects we would like to do. The first one is a greenhouse. A greenhouse is a great way to get the children into the garden and teach them the skills needed. The most important thing is pointing out the rich storehouse of wisdom that comes from God as we garden — it's a great way to teach life lessons, successes, and failures —and how to handle them. I am currently looking into grants to help support this project and also see it as a way to bring community to us and the health message as we sell the produce from it. Another project which requires a little more time and planning to do than the greenhouse, is to enclose the gym. This would be a wonderful blessing to the kids at school during the winter months when they go out to the open gym (it gets really cold sometimes). It would also be a blessing to the surrounding church community. The gym being enclosed means that we can have church gym night in our own gym, and also have various programs there such as concerts, graduations, and other gatherings that our constituent church community may plan. In all, we had a great year and pray that next year will also be a productive and happy year for our students, parents, and community. We also look forward to more outreach as we visit our churches more and reach out to the community with various activities. I would like to thank each member of the Kettle Falls Church for their love, prayers, and support. They are much appreciated as we continue to educate our young people in service for the Master.

— Lewis Stanton, CVJA Principal

Shewchuk Mission Trip to Haiti

Today, this morning, I asked Jesus to bring me to the School of Christ. "Teach me, Lord, what I should or shouldn't say. Teach my tongue to be as a pen of a ready writer (Ps 45:1). I want to be ready for Jesus to come—but how do I do it?"

In a few weeks we will be heading off to Haiti. Again? How did that all happen? It's the third visit for Joe. He went with a small group of three individuals from Quiet Hour Mission to start a church—then four years later the church was still unfinished and never had been used.

We were impressed to help finish the roof so they could go to church. While we were there, the director of the Beehive Seventh-Day Adventist Mission asked us if we would be able to come work at the Mission in Bohoc, Haiti.

"Lord, please teach us your will." And then through His word Jesus began to speak to me. As I opened my Bible, He said, "Be still and know that I am God: I will be exalted among the heathen, I will be exalted in the earth. God is our refuge and strength, a very present help in trouble...therefore will not we fear. The Lord of Hosts is with us...So shall the King greatly desire thy beauty: for He is thy Lord; and worship Him."

Again Jesus spoke to my mind. "Do you remember the church that had only half a roof? (Yes, I remember.) Look now here is a school that has no roof. The children need this school where they can learn of My Love, My Character, My Ways. I am sending you to help it be finished that the children can know of Me and that I am coming very soon."

Step by step the Lord has opened the doors for us to return to Haiti. I thank the Lord for the joy and peace this brings to my soul. Please keep us in your prayers that we will be able to finish the roof so the children will learn about God's love and truth and be ready for Jesus to come.

We will be flying out from Spokane on July 16. We thank you for your love and prayers! We will be praying for you all in Kettle Falls Church. What a joy it has been to get to know you and spend time together with the Lord in sweet fellowship.

— Lisa Shewchuk

Daniel 2 Project

When I had just gotten back from Canada, I called my friend, Don Frost, in regard to some video editing I had been doing for him, and I asked how the Daniel 2 carving was going. He told me things weren't going well. Their carver had a family emergency that he needed to attend to, which left the team empty-handed for an undesignated length of time. I told him to pray about it, then half joked that I would step in to help if need be, and he told me that my offer was already an answer to their prayers.

I had previously gone along with them to a chainsaw carving class on the Washington coast a few months before, but I was still a novice carver just enjoying a new medium. I was a little nervous about what the Lord was setting before me. I remember that every morning before grabbing my chainsaw, I prayed that He would give me strength and wisdom because I didn't know what I was doing, or how to do it. I thought of young David looking up at Goliath, wondering why nobody would fight him. I knew that like David, Jesus would be the Rock that helped me do what I couldn't do on my own. I fully believe that, "I can do all things through Christ which strengthens me," (Philippians 4:13). When we come to Him on our knees each day, seeking to do His will and bring Him honor and glory, He is quick to take our hand and help us.

— Jason Shewchuk



Farewell to the Koosers

KF will soon be short two valuable workers when Wayne and Cosette Kooser move to the Sierra Vista area of southeast Arizona. When asked why they are moving to the Grand Canyon State, they both laughed and said the winters and snow are getting to be too much for them. Wayne is a longtime resident in the area, moving here in 1988. Cosette has been here since 1998, though they both left for a few years in the early 2000's so Cosette could work in New York.

The Kooser's have been active members in KF holding various positions. Wayne has been a deacon, elder, personal ministries leader and religious liberty leader and is currently in charge of the local Discover Bible School. Cosette has faithfully done her duties as treasurer for many years and works alongside Wayne with the school. Job titles don't tell the whole story, however, since the Koosers are always finding ways to serve the church and community in whatever capacity

they are needed. They are active participants in the Thursday free meal program: cooking, greeting, and mingling with the guests. Wayne and Cosette both said what they will miss most about this area are their friends and church family. They'll be back for visits, though, since Wayne has children living here. These two will be greatly missed, but we look forward to seeing them again when they come to visit. We wish them well on their new adventure!

— Donna Bragg