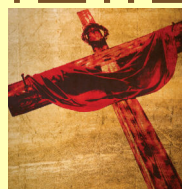


The Proclaimer



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How many of you had a cup of coffee this morning? I'm working on my second cup right now. There are a few keys to a good cup of coffee; the coffee grounds, fresh clean water, and finally the filter. You must have a filter of some kind to keep the grounds out of the finished cup of coffee. It can be very disappointing when you expect to take a nice hot drink of coffee and instead end up with bitter grounds mixed in.

More than coffee needs to be filtered in our lives. We need to continually filter the information and the thoughts that come into our lives. There is only one perfect filter for this. That filter is the truth in the Word of God. Unfortunately, most people never dream of filtering the information they allow to come into their lives. Modern America needs a filter.

Unless we filter the information overload that comes into our lives daily, we end up ingesting thoughts and ideas that poison our hearts and minds. So many lies capture us, torment us, and become our emotional focus. Here are a few lies worth filtering out. (1) Have fun now! Repent later. There's time. (2) Never let your spouse or your parents know this happened. (3) There's just one more, bad scene in this movie. No big deal. (4) It's my business what I choose to see. It won't affect anyone else. (5) God is only out to limit your fun.

Did you know that the average American spends 4 hours watching television each day? That's 28 hours a week. That's two full months a year. In a 65-year life, that's 9 years spent, glued to your television! And it's even higher when you factor in cell phone and tablet use! What are we doing with our lives and with our brains? We need to take control if we want to feed our minds better. Turn off the flow of junk to your brain. You need to be more deliberate about what you feed your mind. Sometimes just watching the news is something you might consider filtering out. Why?

Here are a few thoughts that might encourage you into putting a news filter on your time, or on your eyes. (1) Check it out! The news never stops. You can't get to the end of news. Will watching these stories one after the other increase your productivity today? (2) News is often aggressive, rude, and it begs for your attention on television, smartphones, radios, Twitter, Facebook, and it's in your inbox. (3) Often the story is trivial, but dressed up to make you think it matters. A large percentage of news can be an irrelevant filler. (4) Know your source, because not all news is reliable—some news can be insanely unreliable. (5) Much of the news is downright depressing. News can rain big buckets of sadness on what started out for you as a good day. (6) Much in the news is not actionable, and it can distract you from what really matters for you to do today.

I'm not saying to be uninformed, rather filter the information and limit the amount of information that needs filtering. If I filtered coffee and drank it all day long, I'd drown. We all have filters, or we desperately need some. The most important filter I can recommend to all of you today is to read a few chapters from God's Word. Try starting in the Gospel of John. It will help you more than anything else to know what to allow in and what to filter out in your busy life.

~Pastor Jadon



Ramblings from Minister of Children's Programming

There are so many sources that influence our society and setting the standards of right and wrong. It would be foolish not to think they have an impact on our children and we as parents. I firmly believe that we need to weigh what the norm for moral standards in society is against what Scripture teaches us.

I love the verse found in 2 Timothy 3:16,17, "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work".

Taking time to turn to God's word to teach us what is right, to rebuke that which is wrong, how to correct what we need to correct in our lives so that we can become more like Jesus. This will equip us to do good in an ever-changing world.

The church at the time this was written, was part of a society that had different values than the Christian believers and I am sure it was tempting to go along with the societal norms. But if the church was to have an impact on a world that wasn't obeying God it needed to be equipped with the knowledge of what God's word says.

Christians had an impact then and throughout history. The question I ask myself are we prepared to have a positive impact on today's society because "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work".

Take time to read God's word and apply it to how we respond to the world around us. We can still be an influence on the society around us.

~Dayton

8th - Aurolyn Wolfe
16th - Teren Wood
Judy Bozarth
19th - Milne Macy
25th - Dusty Miller
27th - Walt Wolfe
30th - Dorothy Hinds



10th -
John & Cheryl McCullough
13th - Anand & Brittany Phillips
16th - Walt & Aurolyn Wolfe
19th - Larry & Debbi Brown
20th - David & Tricia Slaght
Chuck & Janice Alexander
22nd - Mike & Deanne Comfort
24th - Richard & Brenda Vigil

Baby Boy Ross is on his way!
We are having a shower for Audrey

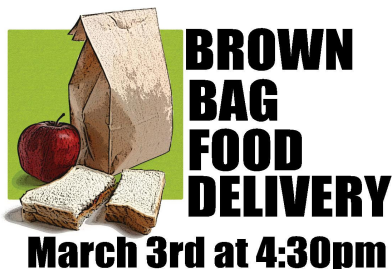
Saturday March 18th, 2-4pm

Metolius Friends Church

575 Hood Ave, Metolius OR 97741

RSVP Nichole 541-325-1650

*If you would like, in place of a card please bring a
children's book signed by you!*



We are starting our Neighbor Impact Brown Bag here at Metolius Friends Church. If you are in need of some supplementary food, you are invited to come and fill a bag.



March 12th
Move your
clocks ahead
one hour

God's Cake, Trials

Sometimes we wonder, "What did I do to deserve this?" or "Why did God have to do this to me?" Here is a wonderful explanation!

A daughter is telling her Mother how everything is going wrong, she's failing algebra, her boyfriend broke up with her and her best friend is moving away. Meanwhile, her Mother is baking a cake and asks her daughter if she would like a snack, and the daughter says, "Absolutely Mom, I love your cake."

"Here, have some cooking oil," her Mother offers.

"Yuck," says her daughter.

"How about a couple raw eggs?"

"Gross, Mom!"

"Would you like some flour then? Or maybe baking soda?"

"Mom, those are all yucky!"

To which the mother replies: "Yes, all those things seem bad all by themselves. But when they are put together in the right way, they make a wonderfully delicious cake!

"God works the same way. Many times we wonder why He would let us go through such bad and difficult times. But God knows that when He puts these things all in His order, they always work for good! We just have to trust Him and, eventually, they will all make something wonderful!"

God loves you so much! He sends you flowers every spring and a sunrise every morning. Whenever you want to talk, He'll listen. He can live anywhere in the universe, and He chose your heart and will live there if you will only ask Jesus into your heart.

I hope your day is a "piece of cake!" Life may not be the party we hoped for, but while we are here we can always choose to dance.



Women's Bible Study has started. There are two options to choose from. The Wednesday morning group is meeting from 10:00-11:30 am, led by Audrey Ross. The study is a DVD curriculum by Lysa Terkeurst called, "Becoming More Than A Good Bible Study Girl". The Wednesday evening group is meeting from 6:30-8:00 pm, led by Augusta Davis. They are studying a DVD curriculum by Joyce Meyer called, "Fruit Of The Spirit".



MEETING FOR BUSINESS

A Called Meeting for Business is scheduled for Sunday, March 19 from 12:15 to 1:15 to present information regarding the NWYM decision to restructure. Packets will be made available that Sunday. Bring your own lunch if you would like. Drinks and utensils will be provided.

A follow up listening meeting will be held on Wednesday evening, March 22 at 6:00.

March 2017



Jesus said we'll be happy (or "blessed") when we're meek, merciful, pure and so on (see Matthew 5:3-12). In other words, happiness results from putting others' needs above our own.

Research confirms that helping others boosts people's self-esteem, forges strong friendships, offers a sense of purpose, decreases stress, increases gratitude and sparks others to "pay it forward." In fact, researchers have found that the "activism cure" is a great way to overcome bouts of sadness. So get helping — and get happy!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 am Women's Bible Study 6:30 pm Women's Bible Study	2 9:00 am Coffee Fellowship @ the Church 6:00 pm Community Kitchen	3 4:30 pm Food Delivery 5:00 pm AA Meeting @ the Church	4
5 9:45 am Sunday School 10:45 am Worship 5:00 pm Youth Group @ Terry Macys	6 8:00 am Breakfast Fellowship @ Beetle Bailey	7 9:00 am Mom's Group @ the Church 6:30 pm bible Study @ Drahns	8 10:00 am Women's Bible Study 5:45 pm Elder Ministry Team Meeting 6:30 pm Women's Bible Study	9 9:00 am Coffee Fellowship @ the Church 6:00 pm Community Kitchen	10 5:00 pm AA Meeting @ the Church	11
12  9:45 am Sunday School 10:45 am Worship 12:15 pm YG Hike the 'M' Hill and Bowling Ross Family At the Beach	13 8:00 am Breakfast Fellowship @ Beetle Bailey	14 9:00 am Mom's Group @ the Church 6:30 pm bible Study @ Drahns	15 10:00 am Women's Bible Study 6:30 pm Women's Bible Study 7:00 pm Steward Ministry Team Meeting	16 9:00 am Coffee Fellowship @ the Church 6:00 pm Community Kitchen 7:00 pm Christian Ed Ministry Meeting	17 5:00 pm AA Meeting @ the Church	18 2:00 pm Baby Shower For Audrey Ross  It's A Boy!
19 9:45 am Sunday School 10:45 am Worship 12:15 pm Called Meeting For Business 5:30 pm Youth Group	20 8:00 am Breakfast Fellowship @ Beetle Bailey	21 9:00 am Mom's Group @ the Church 6:30 pm bible Study @ Drahns	22 10:00 am Women's Bible Study 6:00 pm Listening Meeting 6:30 pm Women's Bible Study	23 9:00 am Coffee Fellowship @ the Church 6:00 pm Community Kitchen	24 5:00 pm AA Meeting @ the Church	25
26 9:45 am Sunday School 10:45 am Worship 5:30 pm Youth Group	27 8:00 am Breakfast Fellowship @ Beetle Bailey	28 9:00 am Mom's Group @ the Church 6:30 pm bible Study @ Drahns	29 10:00 am Women's Bible Study 6:30 pm Women's Bible Study	30 9:00 am Coffee Fellowship @ the Church 6:00 pm Community Kitchen	31 5:00 pm AA Meeting @ the Church	