

Inside the church

Nutrition class scheduled

An opportunity is available to learn how to prepare a natural foods diet for the family.

A natural cooking class at the Sandy Adventist Community Center, beginning this Tuesday, Sept. 29, will offer nutrition information and delicious recipes. It will also offer tips on providing healthy meals for less money — a sensible move in

today's world.

The nutrition series, with instructors Linda Chancellor and Bea Henderson, will feature topics in healthful cooking such as meeting protein needs; budget cookery; basic nutrition needs; balanced meals; diet for a healthy heart; nutrition and physical fitness, and meatless cookery.

The series will also include

films, demonstrations, samples and nutrition handouts. Samples and audience participation will also be featured.

The three-week course will run each Tuesday, Sept. 29 through Oct. 13, from 7 to 8:30 p.m. A \$1 fee per session will be charged.

For more information or registration, call 668-6144 or 668-6859.

Kenyan missionaries share experiences

The Ed Weyerick family will be at Sandy Assembly of God this Sunday evening, Sept. 27, at 6 p.m., according to Pastor Dale Edwards.

The Weyericks are missionaries to Kenya, East Africa, where many mysteries and legends still linger in the hearts of the people living at the foot of majestic Mount Kenya. The beautiful 17,058-foot mountain is visible from the backyard of the Weyericks and they understand how the people have made it a place of reverence and awe.

For many years the Kenyans have sacrificed to the "God of the Mountain" and believe that he lives there.



The Weyericks

Bible study for women set by Baptists

"Behold Your God," a Bible study for women with an emphasis on getting to know God, His character, His attributes and how to transfer this knowledge into everyday life, will begin next Thursday, Oct. 1, at Sandy Baptist Church.

In today's world — filled with stress, competition and pressures from every angle — it's important not to lose sight of God and who He is and what His plan and purpose for our living really is. Organizers, therefore, feel this study is appropriate to the needs of today.

The study will include a three-exposure focus on all material studied.

Women will work in their books daily at home, gather in small groups for sharing and discussion of the material already studied, and join for a lecture over the same material.

Study leaders hope this type of study will provide variation to meet the needs of participants and to focus on different problems. The meetings will be each Thursday, from 9:30 to 11:30 a.m.

A nursery will be provided for all pre-schoolers. Anyone interested in more information is asked to call the church, 668-4064, Lorraine Grable, 668-4795, or Nona Marshall, 668-5322.

Sandy Baptist Church is located at 34495 S.E. Jarl Road, two miles west of Sandy off Highway 26.

Positive plan for stress to be offered

A new class, beginning next Thursday evening at Welches School, will offer a positive approach to stress control.

The eight-week class, sponsored by the Sandy Seventh-day Adventist Church, is designed to provide an opportunity to map out a strategy for getting the most out of life, and assembling physical, mental and spiritual resources into a total lifestyle of better health.

The class will be taught by Pastor Bernie Clark of the Sandy church and will meet each Thursday evening, Oct. 1 through Nov. 19, from 7:30 to 9 p.m.

Pre-registration is necessary and may be accomplished by calling either 668-6144 or 668-6859. There is a \$5 registration fee.

Pleasant Home sets prophecy conference

Dr. William Kerr will be the speaker at a prophecy conference beginning this Sunday, Sept. 27, at the Pleasant Home Baptist Church.

He will speak at both the 11 a.m. and 7 p.m. service Sunday. The conference will continue with Monday and Tuesday evening sessions beginning at 7:30 p.m. each night.

Kerr's topics for the weekend conference are: "When Christ Returns," Sunday morning; "The Great Tribulation," Sunday evening; "Signs of the Times," Monday evening, and "The Last Great World War," Tuesday evening.

Pleasant Home Baptist Church is located five miles east of Gresham on Dodge Park Boulevard.

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