



PARKWOOD ECHOES

5K WALK/RUN

by Lorna Peterson

Thanks to all of those who participated in the 5K Run/Walk on Sunday, October 18th.

David Aguillon was able to report 50 1/2 K's for a cancer project named (Run for the Whitehouse Childhood Cancer awareness.) Thanks David for donating your miles to raise awareness for this worthy research.

HEALTH PRESENTATION

by Lorna Peterson

The health presentation on Nov. 15th is a must-see for anyone interested in the powerful relationship between food and health!



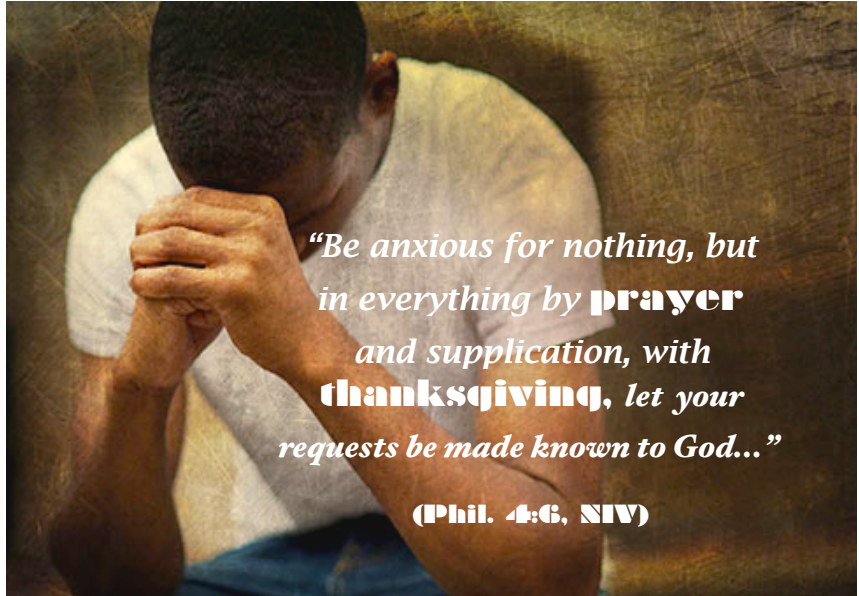
It covers several themes in greater depth and addressing important issues not covered before.

Example:

- How much protein is needed?
- Animal vs. plant nutrients in cancer promotion.
- Is a healthy vegan diet easy to follow?
- Portion control doesn't work.
- Supplements, are they really needed?

There will be food served after the presentation and more!

Plan to attend, **Sunday, Nov 15th at 3:00pm in the Youth Chapel.**



*“Be anxious for nothing, but in everything by **prayer** and supplication, with **thanksgiving**, let your requests be made known to God...”*

(Phil. 4:6, NIV)

by Pastor Miranda

Without question, Jesus prioritizes prayer in the lives of His people. In His life on earth, He modeled reliance upon God in prayer. When He cleared the temple precincts, Jesus left no doubt that God's house ought primarily to be a house of prayer. If God dwells wherever there is earnest prayer, what would keep us from becoming a house of prayer? Our Savior is inviting us to a life of prayer — not just to pray for a fleeting season, but to pray with unceasing persistence.

I think if we're honest, we would all admit that even though we know this life of prayer to be God's desire for us, more often than not we experience a prayer life that is more spasmodic than sustained.

Of course, our list of reasons (or excuses) for this shortcoming could be lengthy and varied, but in the space offered here let me suggest two habits that I've personally found helpful in persisting in prayer.

Habit 1: Pray for a spirit of supplication. I know that one major source of prayer sabotage is that many times I just don't *feel* like praying. Anyone else resonate? When we don't *feel* like praying, our prayer times end up either little, languid, or lost altogether.

This is exactly what the enemy aims for. Satan knows that “the Christian whose heart is thus stayed upon God [in constant prayer] **cannot overcome**” (*Gospel Workers*, 254).

COMMUNITY SERVICE



We're still accepting food for our Thanksgiving baskets.

If anyone knows of someone that needs a basket or if you need a basket, please contact us letting us know so we can have one ready for you or someone else.

Thank you for all of your support!

ARTICLES

by Lorraine Sandoval

Church Family

Reminder that all are welcome to submit articles, photos, etc for publication in the Echoes. Please feel free to share by email at: myparkwoodchurch@gmail.com or drop your articles off at the Church Office's mailbox.

DEADLINE is the 21st of every month. Submissions recieved after the 21st will be printed for the following month.

May our Lord continue to bless our Parkwood Church

CHURCH FAMILY WORSHIP

REMINDER "church family" worship in the main sanctuary 9:15 am. Choruses and prayer time for ALL divisions.

At 9:30am we will separate to our individual classes.



cont' from pg 1

When Satan causes us to feel like losing heart or saps us from feeling a genuine burden for our petitions, it's in those moments that we ought to pray even more and ask that God fill us with the spirit of supplication (Zech. 12:10).

“We must have the spirit of supplication to God. The enemy holds many of you from prayer, by telling you that you do not feel your prayers, and that you would better wait until you realize more of the spirit of intercession, lest your prayers should be a mockery. But you must say to Satan, ‘It is written’ that ‘men ought always to pray, and not to faint.’ We should pray until we do have the burden of our wants upon our souls; and if we persevere, we shall have it. The Lord will imbue us with his Holy Spirit. The Lord knows, and the Devil knows that we cannot resist the temptations of Satan without power from on high. For this reason the evil one seeks to hinder us from laying hold upon Him who is mighty to save.” (Review and Herald, October 30, 1888, par. 15)

Habit 2: Pray with thanksgiving. In 1 Thessalonians 5:16-18, Paul strings together some punchy exhortations: “Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.” Though they may seem unrelated, I believe Paul understood that perpetual joy comes from unceasing prayer, and unceasing prayer is driven by relentless thankfulness.

We all know that our fervency in prayer increases when our confidence in God is sky high. On the flip side, there are times when we grow weary of prayer because the results appear little or insignificant. When doubt seeps in, we must educate ourselves to give thanks and thus cultivate greater faith in God and His constant activity in our lives.

“We do not pray any too much, but we are too sparing of giving thanks. If the loving-kindness of God called forth more thanksgiving and praise, we would have far more power prayer.” (Prayer 87)

When we keep fresh in our minds who God is and what He has done, then our petitions are sure to be full of faith and confidence in who God is, what He has done, and what He will do. We can thank the Lord for His faithfulness — past, present, and future.

PARKWOOD LIBRARY

by Gwen Barnett

Library hours are between Sabbath School and 15-20 minutes after Church Service is dismissed.

*Library is looking for someone that can share their spare time by volunteering in helping to arrange shelves by their corresponding colors.

If you would like to help out in volunteering for our Churches Library, please contact our Librarian Gwen Barnett at (209) 576-0217



BOOK SAMPLES

- SET THE TRUMPET TO THEIR MOUTH
- GRIEF RECOVERY
- THINK BIG by Ben Carson
- THE RISE AND FALL OF ANTICHRIST
- ALL EYES ON ISRAEL
- LOONY COON
- SAM CAMPBELL BOOK COLLECTION
- NOW IS THE TIME
- OUR FRIEND OF GALILEE
- TWICE PARDONED
- THE GREATEST OF THE PROPHETS
- 21,000 MILES OF ADVENTURE
- MYTHS IN ADVENTISM

Area-Wide Evangelism

by Pastor Miranda

From October 2-24, Parkwood partnered with five other Seventh-day Adventist churches (Turlock, Ceres, Modesto Central, Modesto Spanish, and Modesto Westside) in hosting a prophecy seminar for the greater Modesto community. What a blessing to focus on the mission of God's kingdom and co-labor with a spirit of cooperation rather than competition. Volunteers from the different churches shared responsibilities of the program itself as well as the privilege of following up the decisions people have made in their spiritual journeys.



Though attendance varied throughout the seminar, nearly 115-250 precious souls were able to hear the everlasting gospel preached from night to night. We hope to be able to share personal testimonies and individual stories in the near future. For now, we celebrate with our sister churches and with the many who have made eternal decisions! Please join us in praying for and embracing Bea Harp (Edna Watkins' sister) who has made a decision for baptism, and the eight others who are open to continuing Bible studies.

Ladies Prayer Group

by Jean Hill

The ladies prayer groups are in full session. We have been reading many books of the bible and learning more and more about God's promises. Each book of the bible has taught us to have more faith and trust in His promises. We have added new ladies who are a true inspiration. We continue to pray together and discuss ways to improve our character to be like Christ.

1 Thessalonians 5: 28 says, "Brethren pray for us." And, Matthew 18: 20 says, "For where two or three are gathered **together in My name**, I am there in the midst of them.

A praying church is a united church!

Let's continue to pray together.





NOVEMBER - HAPPY BIRTHDAY'S

1st	Elizabeth Serrano-Rangel
4th	Debra Cole
6th	Robert Nelson
7th	Daniell Ruiz
12th	Sandy Baumbach
12th	Mary Goings
13th	Joann Marie
13th	Gary Rheinor
14th	Jadon Miranda
16th	Rochelle Rheinor
17th	Lorraine Sandoval
24th	Richard Anaya

THANKSGIVING DINNER

All are invited to our Annual Thanksgiving Church Family Dinner.

We have a sign-up sheet in our lobby. Don't miss our delicious dinner this year. Sign up and bring your family and friends to share and give thanks for all that our Lord has given to us.

Psalm 107:1

Oh give thanks to the Lord, for he is good, for his steadfast love endures forever!



Thanksgiving - Recipe

Tofu Turkey I

Ingredients:

5 (16 ounce) packages extra firm tofu
 2 tablespoons sesame oil
 1 red onion, finely diced
 1 1/3 cups diced celery
 1 cup chopped mushrooms
 2 cloves garlic, minced
 1/8 cup dried sage
 2 teaspoons dried thyme salt and pepper to taste
 1 1/2 teaspoons dried rosemary
 1/4 cup tamari 3 cups prepared herb stuffing
 1/2 cup sesame oil 1/4 cup tamari
 2 tablespoons miso paste
 5 tablespoons orange juice
 1 teaspoon honey mustard (optional if you do not use this)
 1/2 teaspoon orange zest 3 sprigs fresh rosemary - (Add all ingredients in the list above together)

DIRECTIONS

Line a medium sized, round colander with a cheese cloth or a clean dish towel. Place the crumbled tofu in the colander. Place another cheese cloth over the top of the tofu. Place the colander over the top of a bowl to catch the liquid. Place a heavy weight on top of tofu. Refrigerate the colander, tofu and weight for 2 to 3 hours.

Make the stuffing: In a large frying pan saute onion, celery and mushrooms in 2 tablespoons of the sesame oil until tender. Add the garlic, sage, thyme, salt and pepper, rosemary and 1/4 cup of the tamari. Stir well; cook for 5 minutes. Add prepared herb stuffing and mix well. Remove from heat. Preheat the oven to 400 degrees F (200 degrees C). Grease a cookie sheet. Combine 1/2 cup sesame oil, 1/4 cup tamari, miso, orange juice, mustard and orange zest in a small bowl; mix well.

Remove the weight from the tofu. Hollow out the tofu so that there is one inch of tofu still lining the colander. Place the scooped out tofu in a separate bowl. Brush the tofu lining with a small amount of the miso seasoning. Scoop the stuffing into the center of the tofu shell. Place the leftover tofu on top of the stuffing and press down firmly. Turn the stuffed tofu onto the prepared cookie sheet. Putting the leftover tofu side of the "turkey" (the flat side) down. Gently press on the sides of the "turkey" to form a more oval shape. Brush the tofu turkey with 1/2 of the oil-tamari mixture. Place the sprigs of rosemary on top of the tofu. Cover the "turkey" with foil.

Bake for one hour. After one hour, remove "turkey" from the oven and remove the foil. Baste the "turkey" with the remaining tamari-oil sauce (reserving 4 tablespoons of sauce). Return "turkey" to oven and bake another hour or until the tofu turkey is golden brown. Place the tofu turkey on a serving platter, brush with the remaining tamari-oil mixture and serve hot.

November 2015

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SABBATH
1 10am All Church Business Meeting	2 6pm Quilting Class Bible Study @ Barker's on Monday	3 6pm Pathfinder	4 9am –noon Community Service 7pm "House of Prayer"	5 10am Ladies Bible & Prayer group-Virginia's Home 7pm Ladies Bible Prayer group-Barnett's Home	6 SUNSET: 5:02	7 Speaker: Pathfinders SS. Nina Herman Offering-Church Budget Fellowship Luncheon Grp#1 Watson & Verde (Bday's & Anniversaries) SUNSET: 5:01
8 10am CCC Constituency meeting @ Monterey Bay Academy	9 6pm Quilting Class 6pm Preschool Board Mtg. 7pm Church Board Mtg. Bible Study @ Barker's on Monday	10 6pm Pathfinder	11 9am –noon Community Service 7pm "House of Prayer"	12 10am Ladies Bible & Prayer group-Virginia's Home 7pm Ladies Bible Prayer group-Barnett's Home	13 SUNSET: 4:55	14 Speaker: Pastor Miranda SS. El Lavea Offering-Voice of Prophecy Fellowship Luncheon Grp#2 Lavea & Todd SUNSET: 4:54
15 3:00pm Health Lecture in Youth Chapel	16 6pm Quilting Class Bible Study @ Barker's on Monday	17 6pm Pathfinder	18 9am –noon Community Service 7pm "House of Prayer"	19 10am Ladies Bible & Prayer group-Virginia's Home 7pm Ladies Bible Prayer group-Barnett's Home	20 SUNSET: 4:50	21 Speaker: Pastor Miranda SS. Elma (Toadie) Barker Offering-Church Budget Fellowship Luncheon Grp#3 Hill & Barnett SUNSET: 4:50
22	23 6pm Quilting Class Bible Study @ Barker's on Monday	24 6pm Pathfinders	25 9am –noon Community Service 7pm "House of Prayer"	26 12:00pm Parkwood Church Family THANKSGIVING DINNER In Bellaman Hall	27 SUNSET: 4:47	28 Speaker: Pastor Miranda SS. Youth Ministry Offering-Conference Faith Adv. Fellowship Luncheon Grp#4 Reeve & Gomez SUNSET: 4:47
29	30 6pm Quilting Class Bible Study @ Barker's on Monday					

DEACONESSES-NOVEMBER – JEAN HILL, PEGGY HERMAN, EVA DOTSON
 HEAD DEACON - CHUCK FLORES (NOV-7TH, 21ST) MEYNARD, THEARTIS, ANDREW, KEN & JOSUE
 HEAD DEACON – DOUG TODD (NOV-14TH, NOV 28TH) RICHARD, FRANK, DON, SARGE & LARRY