

# THE CONNECTION

THE PALO CEDRO SEVENTH-DAY ADVENTIST NEWSLETTER  
FOR FAMILY AND FRIENDS

## BRAD COULTER ACES TEST FOR BREAD OF LIFE

It is early Wednesday morning. Brad Coulter takes a phone call from Shasta Senior Nutrition. “We have food for you today, Brad” says Shirley. Brad jumps in his truck and heads over to the center to get food for Bread of Life. Healthy food. Lots of fruit and veggies and prepared foods donated by local grocery stores. Brad picked up the first load of food almost seven years ago. He has been doing it ever since. “They love me there,” says Brad. “They always take good care of me.”

Recently Bread of Life learned that it needed to update its Food Handler Certificate in order to continue receiving food from Shasta Senior Nutrition. Who was willing to take the necessary test to get the certificate? What? No one? “Ok,” says Brad. “I’ll do it.” It was a long test. Three hours.



**Brad Coulter with  
New Food Handling Certificate**

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The on-line test began with a 30-minute walk-about in a restaurant covering the “front side” where customers enter and the “back side” where the food is prepared. “They tell you all about different kinds of germs and bacteria, how they grow and at what temperatures, hand transference from, say, touching a door knob and then meat, how to sanitize your hands and the counters, and so on,” says Brad. “Then you take the first test. If you pass that, you move on to the second test, then the third and the fourth. The last test is a composite of all four tests.

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Half way through the test, I asked myself, ‘What have I done?’ “But it was the only way to make it happen.”

Brad scored a 73 out of 75! Bread of Life was still on the food distribution list!

Sometimes there is more food than Bread of Life can pass out, so Brad will take it to the Martin Luther King, Jr. Center. “I’ll bring them produce and juices,” he says. “So if the Center runs out of funds -- which can happen -- the kids will be sure to have food after school or during the day in the summer.”

Brad is familiar with the MLK Jr. Center from his counseling work. He is a certified counselor in several areas. He teaches life skills to kids at the MLK Jr. Center and to homeschooled kids through the Shasta County Department of Education. He also works in a program called “Nurturing Fathers” which helps teenage dads and fathers of teenagers. “It’s a program that teaches them how to do the things they never learned growing up,” says Brad.

At another level Brad works with boys at the Juvenile Rehabilitation Facility which is a lock-down unit. “It’s a tough crowd in there,” he says. They’re wearing orange and flip flops and not allowed to carry pencils. You have to stand your ground. ‘No cussing, no exceptions.’” Brad tells them, “I’m the nicest guy you’ll ever meet until you cross me. Then you don’t want to know me.”

“I teach them how to think before they act,” says Brad. “I show them how to *not* react to everything so they have time to consider consequences.” For example, he teaches them the combat breathing technique where you breath in for 4 seconds, hold your breath for four, and breath out for four -- before acting. “I encourage them to do this two or three times before making a move.” He uses another technique called **PROPS** which teaches them to *P*ause, then *R*eflect, consider the *O*ptions, *P*ick one with the least liability for them, and then realize they made a good *S*election.

I try to get them to use their heads,” says Brad. “Things come at kids fast today.”

Brad looks like the kind of guy who could command the attention of troubled kids. “I might tell them, for example, ‘Next time you say, ‘hey lets grab a couple of six packs, get drunk, and go jump off Whiskeytown Bridge!’ remember that you know how to think.’”

Brad enjoys his work with kids. “I really feel like I make a difference,” he says.

*Bread of Life receives deliveries from Shasta Senior Nutrition once or twice a month. The staples that Bread of Life gives out every week -- milk, eggs, cereal, canned goods -- are provided by donations from Palo Cedro church members. “This ministry thrives because of the generosity of these individuals and the volunteers who help distribute the food,” says Bread of Life Head Volunteer Gloria Frost. “We serve anywhere from 50 to 100 people a week.”*

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# VALIAN ANGHELUTA PLIES HIS SKILLS IN THE AV BOOTH

The AV booth at Palo Cedro runs like a well-oiled machine. Part of the reason is Valian Angheluta,.

Valian is the the 14-year-old son of Daniel and Christine Angheluta who operate the sound board and computer in the AV booth. Valian stepped up last summer to fill Ken Denny's shoes in recording and editing. He records the 10:00 Sabbath School lesson with Jerry Williams and the Family Service message for posting on Palo Cedro's web page. Eventually the weekly message will be posted to Youtube.

"I actually record the entire family service and then cut out the message. It has to be done very precisely," says Valian. He claims the job is "pretty simple." A natural techie like his dad, Valian says, "I know a lot about computers."

Valian makes minor adjustments to the videos and works to make the quality of the final product as good as it can be. For example, he added color to the title pages so they are more easily readable. He does what he can to improve the image, if the lighting is poor. "Pastor Kevin and my dad are working on the overhead stage lighting stage so that it doesn't shine directly on faces which makes them appear too white in the videos," he says.

When he is not homeschooling with his dad, Valian enjoys video gaming. His favorite game is Minecraft which offers access to virtual worlds with opportunities to interact with inhabitants and gather resources for different projects. "You can talk to villagers, trade with them, and build things," says Valian. He explains that most of the worlds in the game are infinite and keep going. "I did find the end once," he says, "but it would have taken me an entire month just to walk through it" -- *a concept this writer does not understand.*

Valian also makes his own videos for Youtube where he demonstrates how to play a game like Minecraft. He puts his gaming screen directly on Youtube and explains what he is doing as he plays the game. "It's fun because I get to show people how to play the game and actually play it at the same time."

Next on the list is a project Valian is planning to do with one of his friends. "We want to create a video game together on line. I know some coding, and he would do the animation," he says.

In the future Valian would like to be able to make money off his Youtube videos and the game he and his friend plan to develop. Meanwhile, he is learning more and more about coding. He already knows how to break up code, an important skill for a video game developer.

Valian is no stranger to the Bible and is accustomed to Bible study at home. His favorite book in the Bible is Revelation. Why? "Once the end times are over, everything will be good and peaceful," he says.



**Valian Angheluta**



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## CELEBRATE RECOVERY MODELS MY IDEAL CHURCH

### Pastor's Corner

I did a quick look back at previous January Pastor's corners that I have written since coming to Palo Cedro SDA church. This will be my fifth January with you. In the past I have looked at where we have been and where I hoped we would go. I must tell you that either I'm the proverbial pessimist (glass  $\frac{1}{4}$  full kinda person) or things haven't been moving forward as I had hoped and dreamed.

I could focus on the things that haven't gone well this past year such as a drop in average attendance and local giving (interesting that tithe giving hasn't fared as poorly as local giving). These are things that keep a pastor awake at night. I could focus on issues that have directly and negatively impacted my family that we have had to endure this past year. Or, I could look at the dismal condition of our church (I'll let you define whether church here means local, conference, NAD or Worldwide). But I think I will try to get out of character and look in another direction.

I want to focus on something I'm really excited about that doesn't get enough public acknowledgment. Some of you may be aware, but I think most are not, that 2018 has been a turnaround year for our Celebrate Recovery program that is held almost every Wednesday of the week to help those who have hurts, hang-ups, and addictions. I can't say enough positive about this program and the people who are leading it and participating in it. So if you will indulge me for a short period I will try to do just that.

The primary people responsible for pulling this together each week are Deany Giacomelli, Jo and Marty Grove, Russ Dederer, and Jodi Frenna. I can't thank them enough for the work and sacrifice they put in week after week to make this program a huge success. They prepare the lessons, they provide a meal each week, and they mentor those in the program on the side to help them work the steps. They truly love and care for their little flock that has grown from less than a handful to almost 25 people weekly.

The level of care they give is what I have envisioned for the whole church. What is taking place at Celebrate Recovery should be the attitude and experience of the whole church, and I still dream that we can make this happen more and more. Not only are they caring for and mentoring their little flock to emotional and relational health, they are now involved in bringing seven or more to church on a regular basis. Five of those seven are now going through Bible studies and are expecting to be baptized!

God is blessing and the leaders of Celebrate Recovery are being faithful. The relationships and the atmosphere of Celebrate Recovery is authentic and raw. Honesty is a primary goal for all who attend. One of the first steps of Celebrate Recovery is to get out of denial and face your issues instead of hiding them, pretending they don't exist, or playing the fool.

This coming year of 2019 it is my hope and prayer that church for all of us would become more like Celebrate Recovery, and . . . maybe for that to happen more people need to attend and work the steps authentically! Maybe that person will be you this year. And yes, I attend every week and work the steps because I am a recovering sinner in need of a Savior!

May you come out of denial this year and meet Jesus in a raw and real way!

Pastor Kevin

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## *Rainbows and Sunshine*

*Rainbows and sunshine are the keys to this day.*

*Loving and helping others  
that's what we'll pray.*

*As we walk along or drive our car,  
the smiles on our faces  
tell who we are.*

*The angels of heaven flying to and fro  
will help us tell others all about Jesus  
so they'll know.*

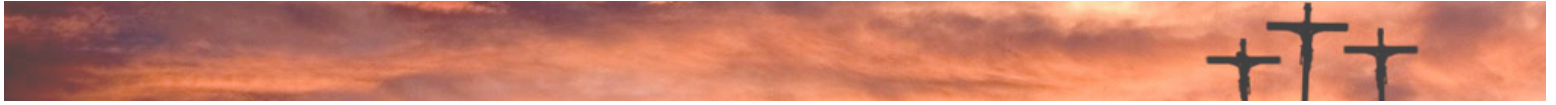
*His heart was torn and broken on the cross  
so that we may live and not be lost.*

*Thank you Jesus for the many things you do  
for all your blessings and our prayers  
that do come true.*

*Thank you for our Sabbath day  
that we may rest and refresh,  
And as we start the next week of life  
that we have your protection to do our very best.*

*- Brenda Hostettler, long-time Palo Cedro member*

JANUARY 2019



## CHRISTMAS AT PALO CEDRO



*Adalee, Karina, and Logan Gheen*



*A Beautiful Service for a Full House*



*A Blend of Two Worship Teams*



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## HAPPY FEBRUARY BIRTHDAYS!

01 Christine Sieber	08 Zachery Coulter	20 Aubrey Joline Taylor
02 Jonah Jewkes	08 Tammy Musselman	20 Chris Woodring
02 Ron Penington	09 Riley Keeney	21 Sam Meek
03 Tauni Pigott	09 Jackie Quirk	22 Eshon DeRose Hill
03 Michael Quirk	10 Carel Mountain	23 Lauren Bauer
03 Denise Young	11 Christian Rice	23 Shelli Blakely
04 Elisha Barrow	13 Valerie Riddle	23 Curtis Cascagnette
04 Rebekah Brehms	14 Gina Douglas	23 Charles Finch
04 Rebecca Brock	14 Debbie Gungl	23 Frances Johnson
04 Graham Chilton	15 Mishelle Hermann	23 Salem Keeney
04 Leilani Garcia	15 Angelina Moon Faxon	23 Jean Wright
05 Cheryl Gregory	16 Jan Amundson	24 Kensley Swartz
05 Shelly Penington	16 Carole Grandmain	24 Phyllis Yergensen
06 Jaylin Dederer	16 Debbie Milne	25 Sara Koenig
06 Les Fowler	17 Jena Nunn	26 Rachel Douglas
06 Sherilyn Greenlaw	17 Joni Turks	26 Donna Wyatt
07 Miguel Garcia	18 Jonathan Morris	27 Joshua Nunn
07 Sascha Norman	18 Stacey Schalo	27 Paula Straub
07 Justin Vance	20 Caleb Bonneville	28 Jennifer Chambers
08 Jared Coulter	20 Jillian Jones	28 Peter Gadreault

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Our Vision: Wholly Human for the Common Good  
(The Way of Jesus)

The Palo Cedro Seventh-day Adventist Church

(530) 547-4777 [www.pcadventist.org](http://www.pcadventist.org)

Pastor: Kevin Kuehmichel

Head Elder: Roy Stephens    Church Secretary: Elizabeth Pruitt

Sabbath School 10:00

Family Service 11:05

NEWSLETTER STAFF

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**Videos of all Pastor Kevin's  
sermons are now posted**

**on the church website**

**[www.pcadventist.org](http://www.pcadventist.org)**

**Click on "Online Sermons" at the top**