



Jim Tiefenthaler, Sr. Pastor

*Grapevine* "I am the vine, you are the branches..." John 15:5

**Deaths in the US in 2005 (all changes)**

Here are some statistics you may find interesting, especially with all the news of the swine flu recently:

Food Allergies	18
Lightning Strikes	48
Stings (hornets, wasps, or bees)	82
Malnutrition	3,003
Accidental drowning	3,976
Accidental poisoning	23,618
Flu and pneumonia	63,001

Even without the current Swine Flu, in 2005 there were a lot of flu deaths.

Here's another sad statistic: Of those who reject the free gift of salvation through Jesus, 100% will spend an eternity in hell.....100%!!

God wants to use you and me to do something about that...

So what do we do?

Here are a few ideas:

- 1) Pray for your unsaved family and friends
- 2) Talk to them about Christ
- 3) Live in such a way that they ask you about the changes in your life
- 4) Give them some thought-provoking Christian literature
- 5) Invite them to events where Christ is presented (like Graham Jam)

In fact, let me challenge you to invite people to Graham Jam! And let me challenge you to help serve this year at Graham Jam! We need your help to make this event a success.

Graham Jam is on Saturday July 18<sup>th</sup>! You can sign up in the lobby or call Kevin Huff (360) 893-3515.

God Bless, Pastor Jim

**Let's  
Make  
Christ  
Known  
In Our  
Community.**



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**Pastor  
Meredith  
Ayling**

*“When you are going through a difficult season of life read James 1:2-4”*

## *From the desk of Pastor Meredith*

Its graduation time for High School seniors and it is no different in the Ayling household. Aryana will be graduating high school this month along with many classmates. It seems like just yesterday Tina and I were watching her go to her first class in Kindergarten. What an excit-



ing time for all of those who have finally made it! Congratulations to all!

Just as the students have endured and finally made their goal of graduating, we too can endure in our walk with God as we live a life that is pleasing and honoring to Him. And just like the students who thought they would never get through the rules, homework, and tests of High School, we sometimes go through difficulties that we think will never end. When you are going through a difficult season of life read James 1:2-4, as it is a great encouragement when it seems like the end of difficulty will never come. I especially like v 4 that says “And let endurance have its perfect result, so that it may be perfect and

complete, lacking in nothing”. Isaiah 40:31 says “Yet those who wait for the Lord will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary”. No matter what you may be going through it is great to know that our trials and difficulties are not for nothing. Our most gracious God has a perfect plan for us.

In Christ,  
Pastor Meredith



*Wednesday Youth Group*



## **Focus Youth — Eric Daniels**

**Senior at GK**

**Hobbies:** Playing the Computer and playing RPGs.

**How long have you been attending GEBC:** I have been attending since the 1st grade, so this will be my 11th year.

**When did you accept Christ as your personal Savior and what lead you to make that decision?** I accepted Christ as my savior when I was about 6 years old, however, I didn't really understand what that meant until much later. I believe I was in the 4th grade when I realized what accepting Christ as my Savior truly meant and reconfirmed my faith then.

**Your favorite activity at GEBC:** I enjoy going to youth group every Wednesday, especially when I get the opportunity to make Italian sodas for everyone.

**Favorite verse:** James 1:12, Blessed is a man who perseveres under trial; for once he has been approved, he will receive the crown of life, which the Lord has promised to those who love Him.

**What are the challenges you face as a Christian?** I find it difficult to share my faith with others. I try to plant seeds where I can, but I always feel that I should be doing more.

**What are your plans when you finish High School?** I have already enlisted in the Army and plan to do that directly after High School, but I would like to go to college afterwards and become a computer networker or a computer programmer.

**As a church body what can we be praying for you about?** I hope to make it thru basic training in one piece, and I severely doubt I can do that without God's help



# Yoga ??

**"Namaste" pronounced "Naw-maw-stay."**

Hinduism and other New Age beliefs are spreading like wildfire across the world.

Hatha yoga, the most popular and widely recognized form of exercise has become the evangelistic arm of Hinduism, making inroads into American culture at an alarming rate.

The lack of discernment on the part of many is resulting in believers incorporating pagan practices into their Christian world view. Even devout followers of Hinduism seem to understand the implication of trying to mix the two world views:

*"Christianity cannot be integrated with yoga and remain Christian. To think otherwise imperils the Christian truth and faith. As the managing editor of 'Hinduism Today,' Sannyasin Arumugaswami, remarks, 'Hinduism is the soul of yoga 'based as it is on Hindu Scripture and developed by Hindu sages. Yoga opens up new and more refined states of mind, and to understand them one needs to believe in and understand the Hindu way of looking at God. . . . A Christian trying to adapt these practices will likely disrupt their own Christian beliefs.'"*



Yoga translated simply means "union." The ultimate goal of yoga is "union" with "God," not the God of the Bible, the God within one's self: one's higher self or Brahman. All the different "limbs" or stages of yoga, including the physical postures (asana) and breathing exercises (pranayama), are specially designed to prepare the practitioner for union with "God" and occult enlightenment. The physical postures and breathing exercises of yoga are actually intended to help move the mind in the direction of altered states of consciousness. Upon visiting India it would not be uncommon to see people offering yoga postures to various idols as acts of worship to Hindu gods. Contrast that with the Biblical view:

*Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.<sup>2</sup> Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:1-2*

Yoga, encompasses its world view in one word..."Namaste" pronounced

"Naw-maw-stay." This is more than just a simple greeting at your local yoga class or on your video series. Simply put, namaste intimates the following:

*"The God in me greets the God in you. This is not the Christ in me but that "I am God".*

*The Spirit in me meets the same Spirit in you. This is not the Holy Spirit of God but the universal divine spirit.*

The practice of yoga is pagan at best and part of the occult at worst. Its teachings emanate from the eastern religions, all of which teach that self is God.

Apologists throughout the ages have known that all heresy and false claims begin with a false assumption or conclusion about who God is and the nature of His deity. The goal of Yoga is *self-realization*...to look deeply within what ought to be the temple of the one true God and there to discover the alleged true self or higher self and to declare self to be God. This lie is the original lie of Satan in the garden and has been perpetuated ever since in one form or another.

## Synopsis:

Yoga is to Hinduism what baptism and communion is to Christianity. Yoga cannot be separated from the belief system that it accompanies any more than communion can be separated from the tenants of Christianity.

It can clearly be seen from all the above that the practice of Yoga is rooted in Eastern, pantheistic religious thought. This belief system stands in complete antithesis to the doctrines on Christianity. This reason alone should cause the believer to pause before becoming involved in Yoga.

## In Christ, The Boatmans





**Jon Wimmer**  
**Youth Pastor**

Sr. & Jr High  
Youth Group

Meets on Sunday  
from  
10:30 to 11:30 am

&

Wed Youth Group will  
go thru July and start  
again August 31st .  
Sr & Jr high will com-  
bine from 6:30 to 8:15  
pm in the Sr High room  
during the summer.

## GEBC Youth Ministry

Teens are cutting, marriages are ending, parents are absent, and families are reeling. Is the world we live in so different today than it was in the past? Just as many people yielded to temptation and a lack of reliance on God throughout history as do today. The same God is... a shield around me... bestows glory on me... and lifts up my head.

Imagine you are a boy who encounters a lion and a bear and with each animal you stand your ground, seize them, and kill them simply to protect some sheep. Really, stop and think about the unpredictability, power, and terror of a lion or bear. Picture each challenge as if it were your own.

I would not know where to begin. I would be paralyzed with fear. How do I know? One night when Tessa and I were hiking, a bear approached our tent. I knew I needed to put my body around hers, but even as I did I shook in fear like I never have before.

Now imagine you are a boy who encounters a trained warrior who is 9 feet tall. You collect five stones: one for the warrior and one for each of his brothers. You say, "You come at me with sword and shield, but I come at you in the name of the Lord."

Then...you run toward the warrior because you know...but would you know?

Years later, you are an adult who has been blessed beyond measure with wealth, power, and a great name. You have lied, you have committed adultery, and you have murdered. God has forgiven you, but there are consequences. God takes your firstborn son's life, and your children fight, rape, and murder each other.

Then when it seems God's glory has departed from your life he blesses one of your sons with greater wisdom and wealth than anyone in history.

This is the story of the man after God's own heart. The psalmist was a teen with enormous challenges, an adult who both failed and prevailed, and a parent who grieved for his children.

Whatever your season of life remember his words today. "But you are a shield around me, O Lord; you bestow glory on me and lift up my head." Psalm 3:3

Press On,  
Pastor Jon



## Many moms and dads want to start teaching their children the Bible

Yet, those same parents sometimes get paralyzed and never take their first step. The reason is simple ... they just don't know where to start.

Here is one place you could start. The Book of Proverbs is replete with wisdom for life and parenting. The selected verses below are good for your whole family to learn together. They can become the centerpiece of your kitchen table discussions and a tour guide for difficult conversations.

The Book of Proverbs is arguably the most practical book in the entire Bible. So as you search for a place to start in the teaching and instruction of your children, why not start in a place that will make immediate impact? And that impact is not limited to your children ... it will happen in mom and dad, too.

### **Pride/Humility**

1. *Proverbs 16:18 - Pride goes before destruction, and a haughty spirit before stumbling.*
2. *Proverbs 3:5-8 - Trust in the LORD with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight. Do not be wise in your own eyes; fear the LORD and turn away from evil. It will be healing to your body and refreshment to your bones.*

## Focus Family



### Meet the Sweborg's

“Pastor Jim’s surgeon-like sermons cutting out the fat, leaving lean meat.”

Doug and Sarah Sweborg have been married 18 years. They met at a church in San Jose, CA. Doug’s former youth pastor in Illinois was the senior pastor there. Doug was in the Navy stationed in Alameda and Sarah lived just a couple miles from the church. There’s a longer version, but you’ll get the short one this time. They have two beautiful girls, Kate who is 10, and Jessie who is 8. They have attended GEBEC for 9 years. They chose this church because they were looking for a church near their home. They like the people and Pastor Jim’s surgeon-like sermons cutting out the fat, leaving lean meat. Doug’s favorite Bible verse is 1 Corinthians 10:13 and Sarah’s is Isaiah 40:31. They are involved in AWANA, Missions Library, Missions Committee, choir, worship team, VBS. Doug’s favorite book of the Bible is Romans and Sarah’s is Philippians. Doug’s favorite Bible Character is Moses and Sarah’s is Paul. Both agree that their favorite vacation would be anywhere warm and sunny. They both enjoy watching movies and family game night.

Doug was born and raised in Galesburg, IL. He has 1 brother. His favorite childhood memory was summer vacation and playing with friends. He came to know the Lord in 6<sup>th</sup> grade at Sunday school. They were going through the book of Revelation and his Sunday school teacher gave an invitation at the end of class. They knelt in front of a chair and Doug prayed to accept Jesus as his savior. His favorite books to read are

the Left Behind Series. His favorite movie is the new Narnia movie. His favorite ice cream is Cheesecake Fantasy from Cold Stone Creamery. An interesting fact about him is that he loves to solve puzzles.

Sarah was born and raised in the Philippines. She has 1 brother and 4 sisters. Her fondest childhood memory was going across the street to go swimming on the beach. In the summer, they would swim for hours everyday. She got so dark during the summer that they hardly recognized her when she went back to school. She came to know the Lord from the Jesus film her church showed one Easter as a community outreach. As she was watching it, she couldn’t believe God loved her that much to suffer and die for her. The next day at Sunday School, her teacher shared the gospel, and then she realized she needed His forgiveness and that she needed to accept His free gift of salvation. They went home after church and she went to her room, knelt by her bed and asked God to forgive her and invited Him into her life not just as her Savior but also her Lord. Her favorite books to read are the Narnia series. Her favorite movie is The Princess Bride. Her favorite ice cream is Jamocha Almond Fudge from Baskin Robbins. An interesting fact about her is that she can twist her tongue from horizontal to vertical.

Thank you both for sharing about yourselves and your family. Since they are involved in so much look for them at church and get to know them even better than we already do. They are a lot of fun!

By Andrea Cummings

## GRAPEVINE GOES ONLINE!



" Starting in August, the Grapevine will be available online at [www.GrahamEmmanuel.org](http://www.GrahamEmmanuel.org). Paper copies will also be available at the information desk in the church lobby."