

Space to Praise God

from the desk of Pastor John

Light travels at 186,000 miles per second. A light year is how far light travels in one year. There are 31,557,600 seconds in a nonleap-year. That means that light travels approximately 5.9 trillion miles per year! Our galaxy, the Milky Way, is 100,000 light years from edge to edge. So, if you could travel at the speed of light, it would take you 100,000

years to travel from one side of the galaxy to the other. But the Milky Way galaxy is tiny in comparison to the galaxy designated as M87, which is 980,000 light years from edge to edge.

Some conservative estimates place the number of galaxies in existence to be more than 100 billion.

The distance from the earth to the sun is 93 million miles. The circumference of the earth is

approximately 25,000 miles and the circumference of the sun is approximately 2.7 million miles. If the sun were hollow it could fit 1.3 million earths inside. The star known as Betelgeuse is 1,200 times larger than the sun. If it were hollow you could fit 1 billion suns inside of it!

Why the astronomy lesson? Several of the Psalms use the grandeur of the universe to point to the splendor of God. David and other

“David and other psalmists looked up and contemplated the sun, moon, and stars in the sky and that caused them to turn their focus to God’s incredible power, wisdom, and majesty.”

psalmists looked up and contemplated the sun, moon, and stars in the sky and that caused them to turn their focus to God’s incredible power, wisdom, and majesty. The

immensity of the universe became the catalyst for worship! The heavens became the inspiration to write a hymn.

Here are some examples:

Psalm 8:1, “O LORD, our Lord, How majestic is Your name in all

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the earth, Who have displayed Your splendor above the heavens!”

Psalm 8:3-4, “When I consider Your heavens, the work of Your fingers, The moon and the stars, which You have ordained; What is man that You take thought of him, And the son of man that You care for him?”

Psalm 19:1, “The heavens are telling of the glory of God; And their expanse is declaring the work of His hands.”

Psalm 97:6, “The heavens declare

Space to Praise God

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His righteousness, And all the peoples have seen His glory.”

The psalmists agree that the complexity, the consistency, the precision, the placement of everything in the sky give testimony to the majesty, wisdom, and power of God. Every star and every planet reveal the marks of the Ultimate Architect and Master Builder.

Without speaking a word, the created order preaches a sermon about the glory of God that every person can hear.

That is why the Apostle Paul could write in **Romans 1:18-20**, “For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men who suppress the truth in unrighteousness, because that which is known about God is evident within them; for God made it evident to them. For since the creation of the world His invisible attributes, His eternal power and divine nature, have been clearly seen, being understood through what has been made, so that they are without excuse.”



Paul affirms that all of creation itself is an apologetic for the existence of God. Not only does creation point to His existence, but also to His invisible attributes, His eternal power, and His divine nature.

We have entered the time of year in Washington where the days are getting longer, and we have more days when we can see the sky as well as the landscape around us. Let me encourage you to take some

time this month to look at the sky and let it motivate you to worship. As you gaze at the stars and consider the sheer size of the creation you can see with the naked eye, think about the power of the One who created them all and knows them by

name (Ps. 147:4). As you look at the beauty of the mountains that surround us, think about the glory of the One who made them and how those very mountains will one day shout for joy before the Lord (Isa. 55:12). And then dwell on the reality that the God who made all these things thinks about and loves you (Ps. 8:3-4). Let’s take time to focus on the glory of God and praise Him!

A Letter to Our Graduates

from the desk of Pastor Paul

Dear Graduates,

Congratulations! What an exciting time it is as you celebrate the completion of this season of school! This is a wonderful moment to be able to see how God has brought you through a significant time of your life. I imagine there were challenges mixed in with various joys along the way. As you face a new adventure, don't forget how the Lord has provided for you. It can be a much-needed reminder to help you persevere through whatever is next. We rejoice with you today and praise the Lord for His goodness. As you take your next steps, never forget the One who gave His life to take care of your greatest need. Remember the Lord Jesus who reconciles you to God through faith in Him. Give your life and its various pursuits to knowing God and living faithfully for Him. Press on this day to dig into the Scriptures, to know God, and to make Him known. May you abound in wisdom and love for the Lord (Phil. 1:9-11). May you cherish the local church and make it a priority in your life (Heb. 10:24-25). May your life be aimed at making disciples and bringing God all the glory (Matt. 28:19-20; 1 Cor. 10:31). May the Lord bless you on your journey.

OUR *high school* GRADUATES

Graduation twenty twenty



Emily Joy Goheen is graduating from Maple Valley Homeschool Academy. She plans to attend Capernwray Bible School in New Zealand for the 2020-2021 school year, before pursuing higher education. Emily is passionate about music, loves playing piano, and has enjoyed being a part of the Eastridge youth group worship team. She also loves hiking and being outdoors in God's beautiful creation.

Sofia Grace Guevara is graduating from online high school. After graduation, she will work and pray for God's direction for her future. Sofia is dedicated to Cross Fit and works out five days a week. She enjoys hiking, hanging out with friends, and exploring new interests.



Sabrina Rose Kelsey is graduating from "SK4 Academy" homeschool a year early. While completing her studies, she also achieved a 4th degree black belt in taekwondo, learned to play the piano, competed on an equestrian drill team competitively, and started her own horse rider training business. Sabrina plans to expand her horse and rider training business while continuing to demonstrate the Lord's love to all she encounters.

Joshua Charles Kerr is graduating from our Family Homeschool! Moving from Canada to the UK and now the U.S. has meant many interruptions to school, but Josh has persevered and we are proud to graduate our first born in the class of 2020. Josh has enjoyed being part of the Eastridge Bible quizzing team (2018/2019) and being in the Eastridge youth group. Josh would like to work with his hands and enjoys people. He will continue at Green River College while searching for that perfect job. Josh is oldest brother to 9 siblings who are all proud of his achievements and wish him a big CONGRATULATIONS!



OUR *high school* GRADUATES

Graduation twenty twenty



Angel Marie Peltekian is graduating from Rainier Christian High School. She has been attending Green River College as well for the past two years through running start and will be achieving her AA degree in Pre-nursing. This fall she will be attending Northwest University to pursue her bachelor's degree in Nursing. While at Rainier Christian HS she participated and enjoyed team volleyball, choir, and photography.

Elise Adriana Young is graduating high school through Running Start Programs at Liberty University Online and Green River College. In the fall, she plans to move to Liberty University in Virginia and pursue her *B.F.A. in Musical Theatre* as well as her *B.S. in Biblical & Theological Studies*. Elise loves school, dance, theatre, music, writing, running, swimming, sunshine, and consuming dark chocolate. She is particularly grateful for each pastor and mentor at Eastridge, who has taught her to love God's Word and live with passion for Christ!



OUR *college* GRADUATES



Ashly Laura Barrios is graduating from Green River College with an AA in Business. She is looking forward to her next year at Green River to begin her Bachelors in Applied Management. Ashly enjoys spending time with family and friends; engaging in creative activities such as photography, painting, and gardening; and serving in different ministries at Eastridge. She is so grateful for her church family and is eager to see what God has in store for her.

Benjamin William Dipple graduated from Renton Technical College with an Associate of Applied Science degree in Industrial Engineering and Stationary Engineering. He has recently started work as a Maintenance Technician with Avenue5 in Renton. Benjamin particularly likes welding and metal work. He has a zeal for hard work and working as unto the Lord in his professional life, hobbies, and ministry.



OUR *college* GRADUATES

Graduation twenty twenty



Danielle Christene Jensen is graduating from The Master's University with a Master of Arts in Biblical Counseling. After graduation, she will continue working as dental hygienist and continue counseling in Eastridge's Biblical Counseling Ministry as a certified ACBC counselor. Danielle and Jennifer Trzeciak had the privilege of working through this program together and highly recommend "the buddy system." During her time at Master's, Danielle was inspired by the excellent biblical training and discipleship of the professors and the fellowship of so many students who have the same passion to understand and apply God's word to the problems of everyday life.

Natasha Ann Knipp (Tash) is graduating cum laude from Seattle Pacific University with her bachelor's in Nutrition Science and minor in Biology. For her last year of school, Tash has been working as a patient services specialist for UW Medicine.

She is also studying to become a Certified Associate in Health Information Management this summer. She has been accepted into the University of Washington's health care analytics graduate certification program and plans to continue her education while working in the field of healthcare information management and clinical analytics. Tash volunteered as an administrative assistant for Seattle's Union Gospel Mission during her four years. Through it all, she relied on Matthew 6:25–26 to remind her that God was in control.



Amanda Kristine Olson is graduating from Green River College with an Associate's Degree in Business Management. After graduating, Amanda plans to continue working as a receptionist at a local dental office. Amanda loves serving at Eastridge with her husband, Jordan, whom she married early this year! She enjoys all kinds of art, music, self-defense, outdoor activities, and fellowship with friends and family.

Jennifer Ann Trzeciak is graduating from The Master's University with a Master of Arts in Biblical Counseling, as well as obtaining certification in counseling from The Association of Certified Biblical Counselors (ACBC). Jen has a great love for helping women grow in godliness and love for Jesus Christ by the application of Scripture, and looks forward to many years of counseling ministry at Eastridge. Now that she's done with school, Jen is excited about spending more time with her family!



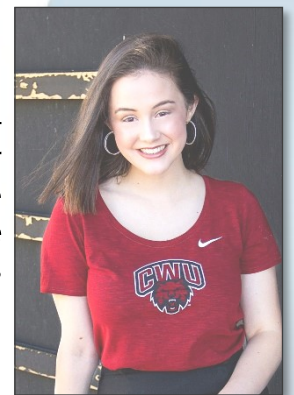
OUR *college* GRADUATES

Graduation twenty twenty



Bret Alexander Turnbull is graduating from Bates Technical College with an Applied Science degree in industrial Electronics and Robotics. Bret's goal is to join Boeing's apprenticeship program as a electronics and robotics technician. He will continue to work as a car detailer while he looks for work in his field of study and waits for an apprenticeship position to come open.

Savannah Lou Wentworth is graduating summa cum laude from Central Washington University with a Bachelor of Arts Degree in Elementary Education. After graduation, she will be working as an intermediate elementary teacher in the Snoqualmie Valley School District. During her time at CWU, Savannah spent time coaching competitive swimming to athletes with special needs. Savannah enjoys serving in Joyful Noise at Eastridge.



Hannah Leigh Young is graduating from Liberty University Online with a Bachelor of Fine Arts in Graphic Design. After graduation, she will be working as a designer in creative marketing at Barn2Door in Seattle. Hannah is excited to transition into the professional workplace and continue using her skills to glorify God! When she isn't working, Hannah enjoys gardening, running, and spending time with family and friends. She also loves kids and joyfully serves in Children's Church and Awana.

Congratulations

TO ALL OUR
GRADUATES!

“Listen to advice and accept instruction, that you may gain wisdom in the future. Many are the plans in the mind of a man, but it is the purpose of the LORD that will stand.”

Proverbs 19:20–21

Singing as a Family from the desk of Pastor Samuel

My father is not a musician, but we always say that I got my passion for music from him. There was a steady stream of music coming from my dad's CD player when I was a child (lots of Paul Simon, James Taylor, Michael Card, and others). There was a regular influence of music throughout our house. Those songs made an impact on me as a child and often turned into good teaching moments for my parents. The same is true in my house today, though the playlist has morphed.

Singing ought to have a particular place of prominence in the home of a Christian family. Music has such a “sticky” nature to it, meaning that it sticks in a person's mind. It is a perfect medium to teach things to children. Think about how you learned something as simple as the alphabet—with a song! Even in Scripture, we see music teaching people: Psalm 78 was written precisely to “tell to the coming generation the glorious deeds of the LORD, and his might, and the wonders that he has done” (v. 4). We can use music to teach our families and ourselves the deep truths of Scripture.

We also live in a time where we can tap a screen and gain access to a wide variety of music sources to facilitate singing as a family. You can find music geared towards kids and the whole family. Here are a few resources you might want to use in your home:

A family hymnal. This used to be a main staple in homes, just like the family Bible still is today. Hymnals cover such a wide range of doctrine and emotion that you will regularly find something new in its pages. You're also likely to find some familiar songs mixed in with a lot of songs you've never sung! This can help to widen your musical and theological knowledge. My favorite

hymnal for family worship purposes is *Sing the Wonders: Hymns and Psalms for the Church* put out by Grace Immanuel Bible Church (more information at gracemusic.us)

Online hymnals. If you don't have a physical copy of a hymnal available, you can find hundreds online! The benefit of this approach is that you have even more available at your fingertips. The best online hymn database I've found for this is hymnary.org, where you can search for a specific hymn, writer, topic, etc.

Albums from reputable sources. This is a good option to put on some music in the background in your home or your car. If you're looking for music primarily directed at kids, there are albums from groups such as Seeds Family Worship, Rain for Roots, Sovereign Grace Kids, and Getty Family Hymnal. Worship and hymn albums are in no short supply; just make sure that you're filling your home with reliable theology in the music you listen to.

Streaming curated playlists. Since digital platforms have become ubiquitous, it's easy to put together playlists of music from a variety of different artists and groups. You can put together your own playlists on programs such as Spotify, YouTube, Apple Music, Amazon, etc., or look for playlists created by people and/or organizations you trust! (Shameless plug: I keep an up-to-date [playlist on Spotify](#) of all the music we sing on Sunday mornings that is open to the public.)

Music is such an important tool that can be used to grow and mature each of us in our spiritual life. While it's crucial for us to fill our homes with music that glorifies the Lord, there's more to it than just letting the music play in the background. I'll cover that in next month's newsletter.



A Life-long Gift

Even though the schools are closed right now, there is still a tremendous need for people to help students learn to read! Many children at East Hill Elementary come from homes where English is not the native language and parents are not equipped to help their children learn to read. So, while the children are out of school, they have no one to reinforce reading skills.

You can make a difference in the life of one of these children by volunteering to tutor some of these students in reading. *All the tutoring will be done online.*

If you are interested in helping with this important need, please contact Joan Johnson at East Hill Elementary. She can be reached at joan.johnson@kent.k12.wa.us or 253-740-5466.

Family News

Congratulations to Johnathan and Michaela Rutherford on the birth of Grace Brenda on May 2 at 7:49pm. Baby



weighed 8 lb. 9 oz. and was 20-2/3 in. long. Grace is the first child for Michaela and Johnathan, a granddaughter to Matt and Cindy Rutherford, and a great-granddaughter to Bette Rutherford.

Michaela and Johnathan are doing well and loving every minute being with Grace, even in the late hours in the night when they'd rather be sleeping! They would appreciate your prayers as they continue to adjust to this new life; to have continuing patience with one another; and to receive rest from their Provider. They would also like to thank the church for the delicious meals and wonderful gifts and letters.

June Birthdays & Anniversaries

Marjean Goheen 6/2

Chris Reed 6/3

Ryan Goheen 6/3

Suzanne Kearney 6/3

Aubrey Trzeciak 6/4

Caleb Hurst 6/7

Joe Kusack 6/7

Mark McMinn 6/7

Sal Guevara 6/7

Cathy Mickelson 6/8

Evan Brichka 6/10

Curt Foster 6/11

David Tibbetts 6/13

Diana Lilly 6/15

Joyce Rowland 6/15

Mavis Gaines 6/16

Jim Sherman 6/17

Sofia Guevara 6/17

Gabriel Mickelson 6/17

Sarah Burlando 6/18

Margaret Iverson 6/18

Phil Dudley 6/19

Alex Lopez 6/19

Janelle McArdel 6/19

Nancy Hawkins 6/19

Deborah Steen 6/20

Christian Saenger 6/20

Dean Renick 6/20

Christian Goheen 6/22

Danny Kerr 6/22

Alice Hunter 6/23

Joshua Kerr 6/23

Amanda Miranda 6/24

Alaire Irish 6/25

Will Freeman 6/25

Daniel Turner 6/27

Chris Jensen 6/29

Luke Hansen 6/29

Tracey Hunt 6/30

Jennifer Swenson 6/30

Faith Young 6/30

Anniversaries

Daniel and Ana Bélen
Emme 6/1

Marvin and Kris Adams
6/3

Ron and Peaches
Sandelius 6/4

Tony and Jennifer Teeler
6/7

Lance and Jennifer
Swenson 6/12

Sam and Kari Groot 6/12

Alex and Briana Borton 6/12

Phil and Nicole Dudley 6/13

Randy and Linda Mayes
6/17

Jeff and Cheryl Benjamin
6/18

Peter and Melanie Schrock
6/21

Larry and Marian Hutchins
6/22

Kevin and Emma McArdel
6/23

Mike and Jeannie Osterman
6/26

Don and Tracey Hunt 6/26

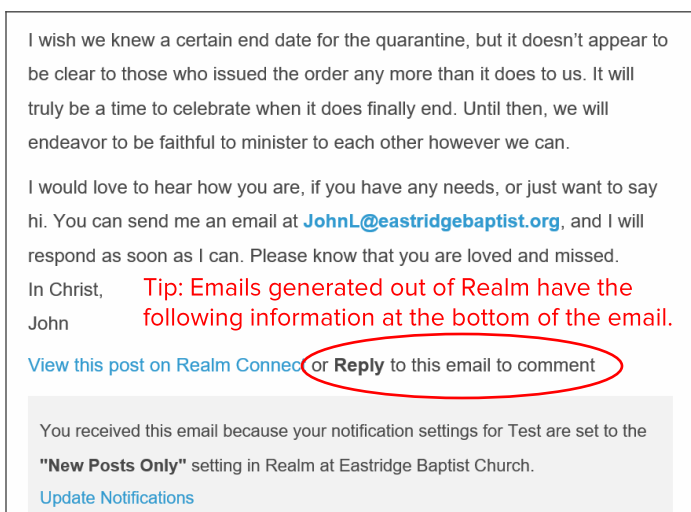
David and Michal Tibbetts
6/28

Who Did I Reply To?

by Kim Turnbull

Are you one of those people who are excited that the golf courses in the area have opened back up for business? Our fictitious congregant, Chip T. Woods is one of those golf enthusiasts and is looking for someone to join him for a round of golf. He knows that Pastor John enjoys golf so Chip decides to send him a message inviting him to play a round.

Chip happens to receive an email containing one of the update letters Pastor John has been writing to the congregation during this time when we are unable to meet in person. He notices a message at the bottom of the email saying that he can **Reply** to the email to comment.



Seizing the opportunity to message Pastor John about the golf game, Chip clicks on the **Reply** button in his email program and jots the following note:

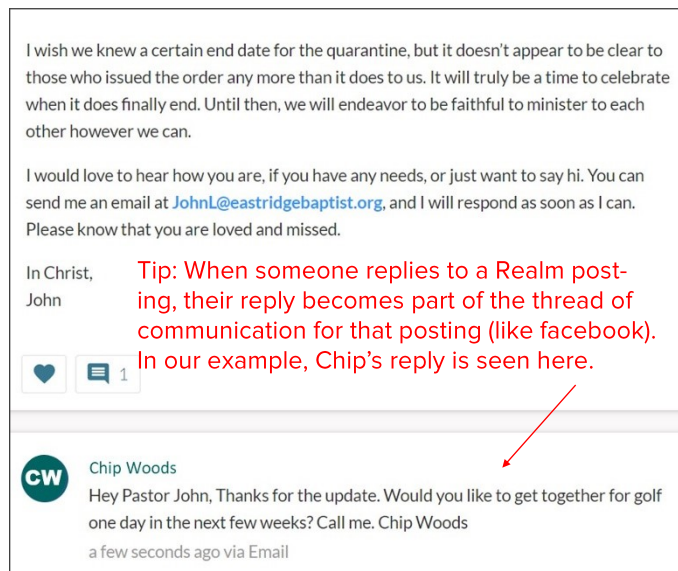
"Hey Pastor John. Thanks for the update. Would you like to get together for golf one day in the next few weeks? Call me! Chip Woods."

So, what happens when Chip replies this way?

First, the email containing Pastor John's letter was generated by our Realm system (our online communications tool at Eastridge). It is not a typical email that is sent using Outlook, gmail, etc. Pastor John's letter was posted (like a facebook post) in a Realm group called All-church Communication, to which all EBC regular attenders and members

belong.

Second, the Reply is really a "Reply All"; the entire group can potentially* see the reply. In Chip's case, here is what Realm *account holders* will see when they look in the All-church Communication group after he sends his reply:



Chip didn't really intend for the entire group to view his reply. He thought that because Pastor John wrote the letter, only he would receive the reply, but we can see that is not the case. So, before you hit that Reply button on emails you receive from Realm, make sure you want the entire group to potentially read your reply!

You are encouraged to reply when you intend for the entire group to see your comments. For example, it is wonderful to reply to a prayer request in the Prayer Wall group so people know you are praying for them! Or, if you are part of a ministry-specific group in Realm, you will want to reply to postings as this is the way group members effectively communicate with each other.

If you have any questions about using the Reply option in Realm-generated emails, don't hesitate to contact the church office at 253-630-2327 or email kim@eastridgebaptist.org.

* Next month we'll look at how to control the emails you receive when someone replies to a post (ie. who really sees those replies?).

The Christian's Growth and Change

from the desk of Pastor Ryan

How does a Christian grow and change? Ephesians 4:15 tells us that we are to grow up into Christ. Second Corinthians 3:18 says that believers “are being transformed...from one degree of glory to another.” And the Apostle Peter prays that his readers “grow in the grace and knowledge of our Lord and Savior Jesus Christ” (2 Pet 3:18). So Christians are to grow, but how does that happen? This article is the next in a series that seeks to understand the fundamentals of biblical counseling: what it is, what it seeks to accomplish, and how it works. All counseling seeks to bring about change, but in order to bring about biblical growth, we need to understand how growth and change happen in the life of a believer.

First, let me tell you how growth does *not* happen. Biblical counselor Lou Priolo speaks of the problem of “zap theology,” which is the practice of many Christians who simply pray about their struggle with sin and expect God to do all the work in eradicating it from their lives by zapping them with righteousness so that they will never struggle with that sin again. But, they forget that the Bible calls us to strive (Luke 13:24), to work (Phil 2:12), and to train (1 Tim 4:7). Are we to pray? Of course. Are we to depend on God's grace? Absolutely. But we must never forget the joint effort between God's work and our work in living the Christian life (Gal 2:20). So we come back to our original question: how does Christian growth and change happen?

One of the most frequent metaphors the Bible uses for growth in the life of a believer is that of a plant or tree, as we see in Jeremiah 17. Here we read that the cursed man is the one who trusts in man and turns away from the Lord. He is pictured as a shrub in the desert that dwells in parched places and will not see any good come (17:5–6). In contrast, the blessed man is the one who trusts in God and is like the tree plant-

ed by water that will not cease to bear fruit (17:7–8). The verses that follow make the connection between the roots of the tree and the heart of a person, as well as the fruit of the tree with the actions of a person (17:9–10). In both cases, the success of the tree is dependent upon the location of the roots. If the root/heart is grounded in parched ground (i.e. trust in man), nothing good will come, only sin. If the root/heart is grounded by streams of water (i.e. trust in the Lord), the person will bear good fruit, or godly actions.

What the passage is driving at is that by evaluating our fruit, we can know the status of our roots. If we see sinful thoughts, words, and actions in our lives, we can know that our hearts are grounded in and devoted to something other than Christ. But, when our hearts are devoted to Christ, we will make specific choices and put forth effort in obedience to produce godly fruit.

Here's an example of how this works. Ephesians 4:31–32 instructs us to put off bitterness, wrath, and anger, and to put on kindness, tenderheartedness, and forgiveness. We are to do this because God in Christ forgave us. This means that if we see bitterness and anger in our lives, somewhere along the line we have taken our eyes off Christ and forgotten the forgiveness we have in Him. But, as we intentionally bring to mind the kindness God has given to us in Christ, that provides us with the reason and motivation for putting off the sin of bitterness and extending kindness to others.

So, biblical change happens as we increasingly devote ourselves to Christ, remembering what God in Christ has done and continues to do for us as we make specific choices and take specific actions to live in accordance with that truth, all the while relying on God's grace in the process. This is how we work with God to bring about change in our lives.



MEN'S BARBECUE

Eastridge Baptist Church

Part 1: Friday, June 26
6:00–8:00pm

Part 2: Saturday, June 27
6:00–8:00pm

Watch for more information
on Realm and in the bulletin



EASTRIDGE
BAPTIST CHURCH