



Stand the Test

from the desk of Pastor Samuel

How does the believer grow in his or her faith? What are the most effective tools to cultivate spiritual maturity? According to James, the difficult trials of life are one of the tools the Lord uses to lead us into maturity.

James's letter to the early church reads like a spiritual checklist, a series of tests believers will endure in this life that cultivates spiritual maturity. He desired to see the early church continue to flourish and spread worldwide, and his letter still accomplishes that purpose today. With only the bare minimum introduction, James launches into this series of tests with a command that would have been directly applicable to his original audience, but might shock us at first glance:



... with the testing
he will also provide
the way out
so that you may
be able to endure it.

1 CORINTHIANS 10:13, NRSV

*Count it all joy, my brothers,
when you meet trials of various
kinds, for you know that the test-
ing of your faith produces stead-
fastness. And let steadfastness
have its full effect, so that you
may be perfect and complete,
lacking in nothing. (James 1:2-4)*

Count it all joy? When it comes to trials, we'd much rather retreat than rejoice. In our day, we have such ubiquitous access to easy distractions that it can be tempting to try and steer clear of trials for the sake of convenience and comfort, rather than face them head-on. But note that James says, "*when you meet trials.*" God has ordained tests and trials to enter our lives to test the foundation of our faith—they are not optional and you can't ignore them!

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In the early 90s, the company Space Biosphere Ventures constructed a series of biospheres in Arizona intended to serve as an "artificial earth," hoping that they could research constructing something similar in outer space or on another planet. One of the biospheres initially saw significant growth in its tree life and vegetation, but very quickly, those trees started to bend over and fall before full maturation. The problem?

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Stand the Test

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Wind. These trees had never encountered any kind of stress from wind, so their roots and trunks never created any stress bark to reinforce the base of the tree. As the trees grew taller, their roots were not properly prepared for the physical toil they would endure, so they crumbled. If they had endured the regular stresses of life outside the biosphere, they would have built up the proper root strength to endure and thrive, possibly for centuries.



We cannot hide from the regular stresses of life and expect to become mature in our faith. We must walk through these various trials, relying on the Lord to sustain us through them (1 Cor. 10:13), building integrity and faithfulness to the commands of Scripture. Only when we are faithful in the hard times can we be faithful in the easier

times. So we rejoice in trials and sufferings because we know that our endurance of those trials will lead us to greater communion with our Lord (who suffered as we do! Heb 2:14-18).

None of this means we will never experience sorrow or anger or confusion again. It will rarely get easier to maintain a joyful attitude in trials, as James commands. The key thing is to remember the ultimate purpose of the trials: they mature us as believers and we glorify God through our trust in Him. We have hope that He will finish the work He started in us (Phil 1:6), and one day the suffering we face on this earth will be eradicated. Until then, we endure with joy, patience, and wisdom.

Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him. (James 1:12)

Family News



Welcome Baby!

Congratulations to Esther and Dustin Everett on the birth of their first child, a sweet baby boy named Finn, who joined their family on July 19. Finn weighed 7lbs. 11oz. and was 20 in. long.

Mom and baby are doing great! Esther is blessed to have family around to help her with meals and baby-watching.

Congratulations, also, to Eastridge attendees John and Suzanne Everett as they welcome a grandchild to the family.



Grief: Finding Hope Again

by Paul David Tripp

A Book Review by Cathy Mickelson

The sudden death of a spouse, a tragic accident that takes the life of a child, the slow decline of an elderly parent into unconsciousness until they breathe no longer. The death of a loved one – a spouse, a parent, a child or any person with whom one is close is one of the most devastating experiences that we will ever face. How do we find hope at such a time of loss? Paul Tripp helps answer that question by helping us think through that time when death will enter the door and what to do when it does enter our life.

He warns us that we cannot prepare for death. As much as we think we can, we are never totally prepared for the time when the death of a loved one enters the door. We do not sail through that moment easily. Tripp explains that death was not part of God's original plan. Death is described by Paul as our "enemy" (1 Corinthians 15:25-26).

But, we must remember that we are never alone in the darkness of grief. Feelings of separation and alienation accompany grief as reflected in Psalm 88:18. We must remind ourselves that God understands the darkness we are in. He is right there with us, "an ever-present help in trouble" (Psalm 46:1).

Tripp reminds us that often beautiful things come as a result of horrible things, the cross being the ultimate example of this. What could be worse than the killing of the Messiah? But God planned from the beginning to use the ultimate evil to

accomplish the ultimate good for humanity. God conquered sin and death through the cross. Every death points us to the promise that Christ brings a resurrection once and forever. Through Christ, death has been defeated.

We mourn for good reason. We mourn not only for the loved one we have lost, but also for the fact that death continues to destroy. God doesn't call us to put on a happy face when we are crushed.

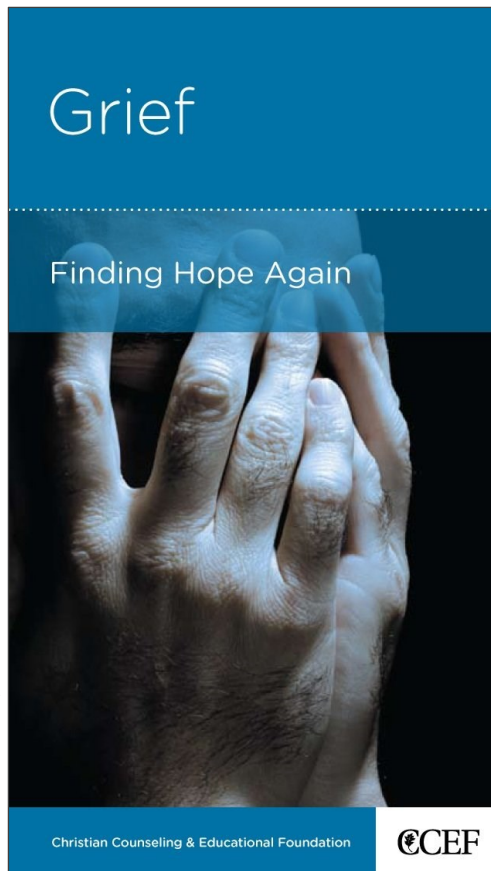
The comfort and hope He provides enable us to grieve in a new and different way, not like "others who have no hope" (1 Thes. 4:13).

Tripp then offers practical strategies for dealing with grief including:

speak with honest emotion; run to where comfort can be found (2 Corinthians 1:3-4); **resist grief's temptations** (doubt, anger, envy, self-pity); **seek God's resources** (Himself, your church, family and friends); **look for blessings in your grief** (cultivate a grateful heart for God's provisions and faithfulness); **rely on your spiritual habits** (prayer, reading God's Word, worshiping God through hymns and worship songs, and attending church); and finally, **celebrate eternity**. God's promise to us is

that all grief, suffering, and death will end. There is glorious life after death when God will dry your last tear and you will never have a reason to cry again.

We are then encouraged to encourage others with the comfort we have received. Your grief will open up doors of opportunity to minister to others who experience grief. Tripp states, "Death will one day die, and that is a cause for rejoicing! May you look through the darkness and see Christ's light. In



Grief: Finding Hope Again *continued from page 3*

your deep sadness, receive the comfort that only he can give. May he give you the grace to think about death in distinctly biblical ways. May you respond with the hope, surety, and courage of faith.”

You may find this booklet and many others for purchase at the counseling display in the back hallway of the church.

Additional resources for dealing with grief:

God's Healing for Life's Losses: How to Find Hope When You're Hurting by Robert Kellemen;

Grief: Walking with Jesus, 31-day devotional for life by Robert Kellemen

Get Connected Through Small Groups

This year's adult small group studies are starting up in September/October. These groups are a great way to connect with others in the church and be part of a group that studies God's Word together; prays for, cares for, and encourages each other; and holds each other accountable so we can grow in our knowledge of our Lord and bring Him glory!

Small groups provide a way of connecting with the church body in a way that is not possible on a Sunday. Small groups become like family and the strong bonds that form between group members provide opportunities to show Christ's love to others. We are called by God to encourage one another (Hebrews 10:24-25) in our Christian walk and small groups are the perfect place to put this command into practice.

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VOLUNTEER AT THE FALL CHURCH WORKDAYS

Saturday, September 17

and

Saturday, October 8

9:00am to 2:00pm

**BRING A
KNEELING PAD
AND TROWEL IF
AVAILABLE**

Snacks and lunch will be provided

Sign up in the foyer or through your Realm account (Events)

**For more information, contact Cherryl Boston at
crboston12@gmail.com**

Small Groups (continued from page 4)

To sign up for one of this year's small groups, please email the leader directly (to email them, click on their name in the chart below). We will also have in-person sign-ups on **Sunday, September 11**. Some of our small group leaders will be in the foyer between services to answer your questions about their studies and give you an opportunity to sign up.

The following groups have spots available for new attenders, and the leaders would love to have you join their study!

WOMEN'S SMALL-GROUP STUDIES

Day/Time	Topic	Study Materials	Leader	Location	Start Date	# Spots
Mondays @ 2:00pm	1 & 2 Peter	<i>Workmen of the Word</i> by Lois Lindley; <i>Sovereign God</i> (time permitting)	Jeannie Osterman	Church	Sept. 26	unlimited
Mondays @ 6:30pm	Exodus 1-18	<i>God of Deliverance</i> by Jen Wilkin study guide and DVD	Cherryl Boston	Church	Sept. 12	unlimited
Wednesdays @ 10:00am	Philippians	<i>In Fullness of Joy</i> by Susan Heck	Anette Busick	Church	Sept. 14	unlimited
Mondays @ 6:30pm	Titus 2	<i>Adorned</i> by Nancy DeMoss Wolgemuth	Jennifer Swenson	Danielle Jensen's	Sept. 24–Jan. 31	unlimited
Thursdays @ 6:30pm	Titus 2	<i>Adorned</i> by Nancy DeMoss Wolgemuth	Heather Young	Young's	Sept. 24–Jan. 31	unlimited
Thursdays @ 1:30pm	Titus 2	<i>Adorned</i> by Nancy DeMoss Wolgemuth	Keren Goheen	Church	Sept. 24–Jan. 31	unlimited

MEN'S SMALL-GROUP STUDY

Day/Time	Topic	Study Materials	Leader	Location	Start Date	# Spots
Fridays @ 8:00am-9:30am	Seeking God's face	<i>The Face and the Glory: Lessons on the Invisible and Visible God and His Glory</i> by Dr. Greg Harris	Mark Yarnold	Church	Oct. 7	unlimited

CO-ED HOME-BASED SMALL GROUP STUDIES*

Day/Time	Topic	Study Materials	Leader	Location	Start Date	# Spots
1st Friday @ 7:00pm & 3rd Sunday @ 4:00pm	Philippians	MacArthur study guide	Tim Tolonen	Various homes	Sept. 18	3
2nd, 3rd & 4th Sundays @ TBD	Romans	<i>Life Change</i> series	Hal Busick	Busick's	Sept. 11	10

***Note: some of our home-based small groups are currently full, so they are not listed here.**

If you have questions about our small groups or would like more information, please contact Derek Iverson at derekiverson8@comcast.net.

Meet the Pogue Family

by Daná Freeland

In the last few months, our church has added several new members. This section of the newsletter will begin to spotlight the new families who have joined our church. This month, I was privileged to have the opportunity to interview the Pogue family.

Ryan and Rebecca both grew up in Michigan. While attending college, Ryan worked at a grocery store where a fellow employee challenged him to read the Bible. Eventually, he had questions and was directed to the pastor of a local church. He had many visits with this pastor and came to a saving knowledge of the Lord. He also came to the realization that the pastor's daughter Rebecca was really special! Rebecca had grown up in the church, but it was when she was 13 years old during an evangelist's sermon that she realized she needed to have her own personal relationship with Christ.

During the early years of their marriage, the couple lived in the Flint area. Then, in 2010, they and their three sons—Landis, Logan, and Lincoln—moved from Michigan to Washington due to a job change for Ryan. Initially, they lived in Issaquah, where their daughter Lillian (Lilly) was born and where they attended Foundation Baptist Church. After two years, they decided to establish a more permanent living arrangement and their house search led them to buy a home in Maple Valley. However, the drive to church was now much longer, so as things began to open up from the pandemic lockdowns, they looked for a closer option.



The Pogue family (l to r): Landis, Lincoln, Ryan, Rebecca, Lilly, Logan

Several things attracted the Pogues to Eastridge Baptist Church: expository preaching, church body's involvement, and a strong youth group. They are enjoying building relationships with others in our church family.

Some of the activities the Pogue family enjoys are hiking, camping, photography, and serving with children and youth. Ryan plans backpacking trips with his sons—Landis (19), Logan (17), and Lincoln (15)—and they have gone with others in our church family as well. At least once a year, their whole family goes on a camping trip together.

What is your favorite song or hymn?

Ryan: "In the Garden," because it is comforting to know that God is walking with me."

Rebecca: "Rejoice In The Lord' by Ron Hamilton because it reminds me to bow to the will of God; He has a plan, and His ways are better than ours."

What Biblical character are you drawn to the most and why?

Ryan said he was drawn to Job because he continued to stay faithful to God in spite of his circumstances.

Rebecca said that she was drawn to Peter because he had good intentions and kept trying, not giving up even when he failed, but rather continuing to trust and follow the Lord.

The Pogue family generally attends the first service, so look for them and introduce yourself. And in case you are wondering, they did not initially decide to choose names for their kids that all start with an "L." It just happened that way.

Faith Promise Missions at Eastridge

by Derek Iverson

In 2010, the Eastridge elders made the decision to support missions through a separate giving program called Faith Promise Missions and that is the program we still use today. Faith Promise Missions (FPM) is managed separately from the general budget so that missions do not compete with other ministry goals. The congregation is encouraged to give to FPM over and above their normal giving to the general fund. Since the inception of FPM at Eastridge, we have seen the overall missions giving grow considerably and we hope to expand missions at EBC to greater levels in the future.

As a part of our stewardship of the FPM funds, the elders have developed guidelines for the selection and funding of missionaries.

Guidelines for Funding for Missions

- A single missionary or training center receives between \$200 and \$400 per month from Eastridge (exceptions allowed by elder agreement)
- We aim to provide between 5-10% of a missionary's monthly support
- Short-term missions (STM) may be partially funded through FPM, up to \$400 per person or \$2,000 per STM

Guidelines for Missionary Selection

The primary focus of the EBC missions effort is strengthening the indigenous church around the world. Therefore our focus is on missionary applicants who: 1) have a high view of God; 2) have a high view of Scripture; 3) have a proper view of conversion and sanctification; 4) have a focus on developing national pastoral leadership; and 5) work in areas where the gospel is largely unknown, opposed, or misrepresented.

In many countries there are lots of churches that are being led by pastors who have scant training



in God's Word, that don't know how to study it, that don't now how to teach it, and many that don't know how to apply it to their lives and the lives of their congregants. There is a critical need in the churches of the world to raise up godly leaders. This is where EBC missions is oriented.

Missionary Application Process

EBC has a formal process for evaluating missionary support requests. First, applicants must submit a detailed written missionary support application which is evaluated against the above five selection criteria. Applicants that are highly rated after this evaluation are held in a pool waiting funding availability. When funds are available, the elders select from among these candidates for further consideration. Candidates are either interviewed by telephone/video or may be invited to speak to the church on a Sunday. After such interviews are completed, the elders will make a support decision and the missionary is added to our list of financially supported missionaries.

Faith Promise Missions at Eastridge

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More Information About Missions

Derek Iverson will be providing more information about our missions program during the Sunday school hour on August 28.

In the meantime, if you have any questions about missions, feel free to contact our missions elder, Ken Lilly, at kwLilly@gmail.com.



Missions elder Ken Lilly

Kids' Corner

PUZZLE

As sweet as honey

Honey is both a sweetener and a medicine.
How can our words be used in the same ways?

Directions: Use the hexagon key to fill in the missing vowels and complete Proverbs 16:24, NIV.

Y	A	E
U		I
	O	

Gr c s w r d s

r h n c m b,

s w t t th s l

n d h l n g

t th b n s.

PROVERBS 16:24, NIV

Answer: Gracious words are a honeycomb, sweet to the soul and healing to the bones. Proverbs 16:24, NIV

WHERE IN THE WORLD?

Jesus commands us to be his witnesses. This craft is a reminder to reach out to all our "circles."

What you need:

- 5 bowls or cups (assorted sizes)
- Construction paper
- Pencil
- Scissors
- Brad fastener
- Crayons or markers

What you do:

1. Place the bowls and cups upside down, each on a different color of paper. Trace around the circles and cut them out.
2. With a pencil, pierce a small hole atop each circle. Layer circles on each other from largest to smallest, aligning the holes. Insert the brad through all layers.
3. Starting in the center, label the circles *my house, my city, my state, my country, the world*. Draw a picture on each one.
4. Pray, asking Jesus how you can spread his message.

Great Marriages Don't Just Happen

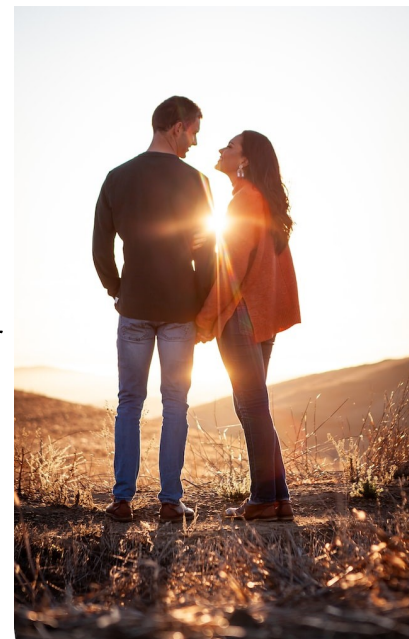
by Cathy Mickelson

Great marriages require intentionality and investment—just like a garden that must be watered in order to grow. FamilyLife ministry's "Weekend to Remember" marriage conference offers couples an opportunity to reconnect and refresh their marriage through a weekend of outstanding speakers presenting messages on key topics related to marriage. A half-price registration special is being offered now through September 19th; the cost is \$175 per couple, so don't miss this amazing offer! Upcoming WTR events include:

- ⇒ October 28-30 Vancouver WA Hilton
- ⇒ November 4-6 The Coeur d'Alene Resort ID
- ⇒ November 18-20 The Coeur d'Alene Resort ID
- ⇒ November 18-20 Semiahmoo Resort Golf & Spa, Blaine WA
- ⇒ March 17-19 Bellevue Hyatt Regency

To register, please visit [Weekend To Remember Marriage Retreat - FamilyLife®](#)

If you miss this half-price special, contact Cathy Mickelson at camickelson@msn.com to purchase a half-price gift card for registration only.



SEPTEMBER Birthdays & Anniversaries


Birthdays

Ty Anderson 9/1
Chris Vice 9/1
Dan Young 9/1
Colleen Murphy 9/1
Andrew Young 9/2
John Gray 9/2
Milo Winn 9/2
Kelly Lopez 9/4
Kylan Young 9/5
Linda Mayes 9/6
Audrey Anderson 9/7
Connie Grimstad 9/8
Gabriel Kariuki 9/9

Raquel Turner 9/13
Lily Brichka 9/13
Paul Cummings 9/13
Tom Small 9/15
Meryllyn Moore 9/16
Fannie Ng 9/18
Debbie Cederwall 9/18
Danielle Tuanquin 9/18
Amy Meeuwse 9/19
Victoria Turner 9/19
Karen Johnson 9/20
Tucker Sundvall 9/20
Jessie Furnare 9/20
Tammy Jensen 9/21

Joseph Keating 9/21
Tere Faulkner 9/21
Gil Heinle 9/24
Elias Kukhar 9/24
Melanie Schrock 9/25
Nate Williams 9/25
Ethan Guevara 9/26
Sebastian Guevara 9/28
Larry Farr 9/29
Amy Hurst 9/29
Lilly Pogue 9/29
Anniversaries
Jason and Janelle
McArdel 9/6

Hal and Anette Busick 9/8
Ron and Connie Grimstad
9/9
Chris and Barbara Bonar
9/12
Colton and Kristin Latta
9/18
Tim and Veronica Aitkins
9/19
Mike and Dana Freeland
9/21
Bill and Cathy Mickelson
9/27
Carl and Marilyn Moore
9/30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>SEPTEMBER</h1>				1 7:00pm Young Adult Bible Study	2	3
4 6:00pm Prayer Meeting	5 Labor Day	6 5:00pm–8:30pm Taekwondo	7 6:30pm Adventure Club 6:30pm Youth Group	8 7:00pm Young Adult Bible Study	9	10
11	12 6:30pm Ladies' Bible Study	13 10:00am Missions Prayer Ministry (@ Alaire Irish's) 5:00pm–8:30pm Taekwondo 6:30pm Elder Meeting (Room B4/B5)	14 10:00am Ladies' Bible Study 6:30pm Adventure Club 6:30pm Youth Group	15 7:00pm Young Adult Bible Study	16	17 9:00am-2:00pm Church Workday
18	19 6:30pm Ladies' Bible Study	20 5:00pm–8:30pm Taekwondo	21 10:00am Ladies' Bible Study 6:30pm Adventure Club 6:30pm Youth Group	22 7:00pm Young Adult Bible Study	23	24 10:00am-12:00pm Ladies' "Adorned" Bible Study Kickoff (Auditorium)
25 Communion	26 2:00pm Ladies' Bible Study (foyer) 6:30pm Ladies' Bible Study	27 5:00pm–8:30pm Taekwondo	28 10:00am Ladies' Bible Study 6:30pm Adventure Club 6:30pm Youth	29 7:00pm Young Adult Bible Study	30	

October 2022

Sunday, October 2	Monthly Prayer Meeting	6:00pm (Auditorium)
Saturday, October 8	Church Workday	9:00am-2:00pm
Tuesday, October 11	Missions Prayer Ministry	10:00am @ Alaire Irish's
Saturday, October 15	Group Cooking Class	10:00am-1:00pm (Kitchen)

November 2022

Sunday, November 6	Monthly Prayer Meeting	6:00pm (Auditorium)
Tuesday, November 8	Missions Prayer Ministry	10:00am @ Alaire Irish's
Thursday, November 24	Thanksgiving Day	

December 2022

Sunday, December 4	Monthly Prayer Meeting	6:00pm (Auditorium)
Tuesday, December 13	Missions Prayer Ministry	10:00am @ Alaire Irish's
Saturday, December 24	Christmas Eve Service	6:00pm (Auditorium)
Sunday, December 25	Christmas Day	



Why I Belong to a Small Group

By Susan Rehberg

sometimes my week is hectic.
sometimes it's quiet.
sometimes my week is full of people.
sometimes i'm lonely.
sometimes my week brings good news.
sometimes troubled times fill my waking hours.
Sometimes i understand everything in the Bible.
sometimes i'm confused.
what am i to do?
where can i find solace for my mind
and peace for my soul?
God's Word is the best place to start.
studying and sharing insights with our
Eastridge family

in a home-based small group help, too.
it's there that i find food for my soul,
acceptance, direction, correction, and God's
love.
sometimes i need a human touch,
hands to lift me up,
a listening ear that hears with the heart.
once again, i find all this and so much more
as we meet in our small group each week
to study God's word,
to fellowship with one another,
to encourage and support each other,
as we walk more closely with our Lord and
Savior Jesus Christ.

Therefore, encourage one another, and build one another up just as you also are doing.

1 Thessalonians 5:11 NASB



EASTRIDGE
BAPTIST CHURCH