

Saddle Light

The Newsletter of Sabbath Keepers Motorcycle Ministry

SW Washington Chapter

"For God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ." II Cor. 4:6 NKJV

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From the President

Well spring has sprung. The ice, snow, heavy rain and cold weather will soon be transitioning into warmer, drier conditions. I am looking forward to that. I have been soggy on almost every ride for the past several months and I think my bike is shrinking but then someone told me I was growing and the bike wasn't shrinking at all. Alas I fear 'tis true. Although I love riding anytime the warmer weather is somewhat more enjoyable.

This winter has however had its moments. As Sabbath Keepers some of us have gone on visitations to area churches and met some interesting people and made some new friends. Yesterday Paul and I visited Tabernacle church and had an opportunity to speak up front about our ministry for a few minutes. We saw our old friend Neil Springer who rode and stayed with us at Hells Canyon Rally last year. The church was very welcoming and what a beautiful day for a ride.

Last month we had the opportunity to ride with our Chapter in Puyallup to attend a Teddy bear run for the children at Auburn Regional Hospital. It was a very good ride up to Puyallup, a little brisk but mostly nice and sunny. No rain that day. There were a lot of people at the run and it was very well organized with a police escort. I love rides that are escorted by the police. I would say it was as well organized as the Toy run for the Salvation Army that we attend every year in Vancouver. We met one of the hospital workers and organizers of the ride in the parking area where everyone congregated before the ride to the hospital. She was very nice. She thanked everyone in our group for their participation in the ride and explained exactly what the ride was for. She said that the Teddy bears we were bringing to the hospital were for all the children that come into the hospital emergency rooms. Most of them are scared and many in pain. She said the Teddy bears really make their time a little less scary and helps to get the kids mind off of what is happening. A worthy cause indeed!

The ride to the Hospital was about 20 miles and very pretty along a river. The Seattle Cossacks were at the hospital in the parking lot performing when we arrived there. We had an opportunity to eat a meal that was prepared at the hospital for the riders. Then we parted company with our Puyallup Chapter and headed the 150 miles south. It was a really nice day albeit a tad brisk.

This month we had the opportunity as a National organization to elect a new National Vice President. National was having a meeting in Hollister Ca. for all Chapter Presidents to discuss issues, bylaws and vote for the new National Vice President. It wasn't mandatory that we attend but it was important to us. We could have attended by conference call but I'm glad we went instead.

(Continued on next page)



What's in an emblem?

This emblem will be seen by many on the vests of dedicated Christians who believe in the Adventist message. It will invoke questions as to "Who are you?" and "What do the three angels represent?" It will remind the world that God has lovingly given to mankind a day of fellowship and rest, and help bring out the cry..."Then I saw another angel flying in the midst of heaven, having the everlasting gospel to preach to those who dwell on the earth --- to every nation, tribe, tongue, and people -- saying with a loud voice, "Fear God and give glory to Him, for the hour of His judgment has come; and worship Him who made heaven and earth, the sea and springs of water."

Revelation 14: 6, 7



Sandra and I were planning to ride down to Hollister on the bike with Roy and Jeff from our Chapter in Puyallup. The more we all talked about it the more we came to the conclusion that car-pooling, was probably the fastest and cheapest way to go. So we all rented a mini van and drove down on Friday morning and came home on Sunday. We all had the time constraints of work except for Roy and the van worked out great. We had an opportunity to discuss our own concerns for the Ministry as well as the Vice Presidential nominees as we drove south. We had excellent discussions and listened to Jeff's collection of music to and fro.

The meeting itself was very good. There were some strong feelings about some of the proposed bylaws, some additions and deletions, and all was ironed out. The new bylaws will be finalized by National and distributed.

The Vice Presidential candidates, Tony Lambert, President of the Hollister Chapter and Kevin Simpson, President of the Central Valley Chapter, were two outstanding candidates with a passion for this Ministry. Either of these men would have made an outstanding National Vice President. We all prayed before the voting that Gods choice would be selected in the vote not ours but Gods will be done. Tony Lambert was the one voted into the office. In his victory when I congratulated him Tony stated that he was truly humbled that he had been selected and he was a tad choked up. This is a quality we all need, a dose of true humility. When I spoke to him I knew he was the right one for the job. I believe God blessed this election.

In the meeting we also got to meet the officers of the newly stood up Chapter in Napa Ca. The Chapter was stood up at the meeting. What a wonderful introduction into this Ministry for that new Chapter. There were, I believe, nine different Chapters represented at this meeting. Nine out of seventeen Chapters, not too bad. Lots of fellow officers and Chapter members from several Chapters were in attendance at the meeting but only Chapter Presidents voted.

There is so much more I could say about this trip, the morning service at the Hollister Church done by Sabbath Keepers. The dinner after the meeting at a little Mexican Restaurant, the homes that were opened to us and other visiting Chapters for us to stay at. It was a great trip and an excellent result!

I would like to close with this scripture,

Who then is a faithful and wise servant, whom his master made ruler over his household to give them food in due season? Blessed is that servant whom his master, when he comes, will find so doing. Assuredly, I say to you that he will make him ruler over all his goods.

Matthew 24:45-47, NKJ

Let us all never forget the weight given to this Ministry to GO and plant and feed. That is our mission, our reason for being. Without this as an ever present thought, we as a Ministry are for naught. We must GO!

Tom Infante





Judgment

Judgment is defined as the process of judging, the formation of an opinion after consideration or deliberation. It is also defined as the capacity to assess situations and circumstances and then draw sound conclusions. Another definition that is given is God's subsequent decision determining the final destinies of all individuals or the estimate by God of the ultimate worthiness or unworthiness of the individual or of all mankind as in The Final Judgment.

Now let us go to Revelation 14: 6 which says ... "Fear God and give Him glory, because the hour of His judgment has come." ...

There is a lot of discourse of all sorts about the love of God for his creation which includes mankind as a whole. There is a lot of "feel good" preaching going on that draws us a picture of the Savior with open and outstretched arms who has proven by His actions at the cross to be the all consuming sin sacrifice for all mankind.

In all this warm and fuzzy goodness atmosphere, we tend to forget about the totality of the God we serve; the God of Revelation and the God of Judgment from both the Old and New Testaments of the Bible.

YHWH pronounced and allowed judgment to happen as

the result of following or not following (i.e. blessings and woes) His way throughout the past time of man and has promised the same for mankind in the future.

We have that recorded in the Bible to keep us aware that our actions reflect our loyalty or disloyalty to the God of our creation, the God of our salvation, and who is the God of our judgment.

Let us always conduct ourselves according to the way of God in service to others. Let us not fear God in the sense of retribution, rather, fear God in reverence and thankfulness for His great compassion. Let us take this message of hope and praise and joy and contentment to all those that God brings to us to testify about Him. Then our time of judgment will be one of manifold blessings as we and those whom we have helped to know our God share in the glory of being with Him.

Lets conclude with this from Revelation 22

12 "Look, I am coming soon! My reward is with me, and I will give to each person according to what they have done.

13 I am the Alpha and the Omega, the First and the Last, the Beginning and the End.

14 "Blessed are those who wash their robes, that they may have the right to the tree of life and may go through the gates into the city.

Safety

Corner

Something happened just yesterday that brought to mind a SAFETY THOUGHT. While riding yesterday Paul and I got separated on our trip home. We had a misunderstanding about which way we were going at a street light. I went straight and Paul went left, oops! Regardless of the miscommunication, I had a thought as I sat under the overpass on the onramp waiting to see if Paul was going to get on the freeway. I called him on my cell phone to see if I could find out where he was. No answer, waited for 10 minutes or so. I thought "well maybe he got on another onramp and was heading home. Hence, I'll head to Vancouver and maybe catch him on the freeway." No luck. I felt my phone vibrate in my pocket in traffic but couldn't answer it. I got to Vancouver, stopped and called him again. No response, so I waited where I was hoping for a call back. I got one and discovered that Paul was still in Portland. Long story short, it occurred to me there is a fix here for future events, one we should all follow including ME. Not a big deal in these circumstances, but in strange territory this could be an anxiety filled venture.

WHEN SEPARATED FROM RIDE PARTNERS UNDER ANY CIRCUMSTANCE STOP AS SOON AS POSSIBLE. WHEN SAFE, ALL RIDERS PULL OVER AND STOP A.S.A.P. CALL SEPARATED RIDERS AND WAIT FOR A RESPONSE. GET THEIR LOCATION, AGREE ON WHERE TO GET BACK TOGETHER AND WAIT AT THAT LOCATION UNTIL REUNITED.

This requires that you have ride partners phone numbers before you leave on the ride. Almost everyone has a cell phone these days so this should be easy. This is an easy way to be sure we stay together.

STOP, CALL, WAIT.
Lets all remember this simple fix!



Statement of Faith

Sabbath Keepers is a Christian motorcycle ministry committed to spreading the gospel of Jesus Christ with everyone we have the opportunity to come in contact with.



Norma's Health Nugget

Does what you eat affect your mind and thoughts? This is a question that has been debated for a long time with strong opinions in both camps. I have always been of the opinion that what I put into my body directly affects how I feel and contributes to my mental wellbeing. Now science is backing this belief with strong evidence that what we consume has some determination as to whether a person will develop certain diseases. We all know that there is a direct link between obesity and diabetes and diet. But now the experts say the link is between diet, exercise and Alzheimer's Disease.

There is a myth that if the Alzheimer's gene is in your family, you are a high risk, but that is only in about 1% of cases. According to neurologist Dr. Ira Goodman eating fewer refined carbohydrates helped participants with mild cognitive impairment regain mental function. Brain experts also state that a diet rich in colorful fruit and vegetables and high in protein have proven to boost brain power. Mom always told you to eat those veggies. She knew before science told us what was good for you.



Daily each should consume minimum 9-13 servings of fruit and vegetables along with complex carbohydrates.

If you are concerned about adequate protein, did you know that even broccoli has 4.2grams of protein? Combine vegetables, nuts and grains to give you the required amount nutrients need to a balanced diet to help prevent diseases like Diabetes and Alzheimer's. Go easy on (or eliminate) meats, sweets, white carbs, limiting these also helps protect your thinking ability and help your waistline as well.

Here are a couple of recipes. Enjoy!

James' Vegetable Medley

2 servings/4 cups of the salad

Chop up the following:

- 1/4 head large Cabbage
- 1 stalk Broccoli
- 1/4 head Cauliflower
- 2 large Carrots
- 1/4 bunch of Spinach or Kale
- 2 stalks of Celery
- 1/2 Red Pepper
- 1/4 bunch of Cilantro

Douse the veggies in lemon juice from 1/2 lemon. Before serving, add 1 chopped avocado. Mix in 1/8 cup of oil with 1 minced clove of garlic, stir in 2 Tbsp of nutritional yeast flakes (may use powder), and 1 Tbsp of Bragg's. Just before serving add 1 piece of toast, torn in bite size pieces. (Salad will keep in the fridge for 3-4 days, the lemon flavor dissipates after the 1st day, add 2 tsp. lemon juice to salad before serving.)

Good For You Cookies

- 2 cups walnuts
- 1/4 cup sesame seeds
- 1/4 cup pumpkin seeds
- 1/3 ground flax
- 2/3 whole wheat flour
- 1 teaspoon vanilla
- 3/4 tsp salt
- 1 tbsp baking powder (non aluminum type)
- 1/2 cup plus 2 tbsp agave nectar or maple syrup
- 1/2 cup vegan chocolate chip or carob chips
- 1/2 cup coconut

In a food processor, grind walnuts, sesame seeds, pumpkin seeds until consistency of peanut butter. In a separate bowl combine ground flax, whole wheat flour, vanilla, salt, baking powder and agave nectar. Add ground nuts and seeds, add chocolate chips and coconut. Bake at 350 F for 10 minutes. Do not over bake.

Makes 22 small cookies





14th Annual Teddy Bear Run For Auburn Regional Medical Center



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Sabbath Keepers Motorcycle Ministry SW WA

If you have a desire to support this ministry. Tax deductible donations can be sent to:
Sabbath Keepers Motorcycle Ministry, Woodland Seventh Day Adventist Church,
P. O. Box 1807, Woodland, WA 98674



Chapter Meetings are on the first
Saturday of each month
at 2:30 pm at the Infante home,
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All Visitors Welcome
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date and location.
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Chapter Event Calendar

- 4/7 SW WA Chapter meeting, @ Infante's
- 4/28 Yakima SDA Church Visitation
- 5/5 SW WA Chapter meeting, @ Infante's
- 5/20 Chapter sponsored ride
- 6/2 SW WA Chapter meeting, @ Infante's
- 6/8-11 Hell's Canyon Rally, Baker City, OR
- 6/18 Ride Your Motorcycle to Work Day
- 7/7 SW WA Chapter meeting @ Infante's
- 7/13-15 Wildwood Rally, Rosberg, WA
- 7/17-21 Oregon Conference Camp Meeting, Gladstone, OR
- 8/1-5 4th Annual SKMM Retreat @ Milo Adventist Academy, Days Creek, OR
- 8/4* SW WA Chapter meeting
- 8/18-20 Oregon Conference Motorcycle Camp Meeting, Gladstone, OR
- 9/1 SW WA Chapter meeting @ Infante's
- 9/6-9 Run to the Cascades & Rally for Recovery, Prineville, OR (booth)
- 9/22-23 Oyster Run, Anacortes, WA
- 10/6 SKMM Worship Svc. @ Woodland SDA
SW WA Chapter meeting @ Infante's
- 11/3 SW WA Chapter meeting @ Infante's
- 11/24 True Apostles/Salvation Army Toy Run, Vancouver, WA
- 12/1 SW WA Chapter meeting @ Infante's
- 12/2 Abate of OR. Toy Run, Portland, OR

*Chapter meeting to be held at event or rescheduled

*Church visitations to be announced
as scheduled for the 2nd/4th Sabbaths.*