

FEBRUARY NEWSLETTER

Sequim Seventh-day Adventist Church Newsletter
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February 2026

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Welcome to Janet & Craig Hamilton

Janet and Craig made Sequim their home in December. They are from Ketchikan and Craig Alaska and have moved to the "lower 48" to be closer to family and for health reasons. Craig served in Alaska as a pastor specializing in mental health. Janet, before retirement, worked as a utility's analyst.

They have a blended family of four adult children. They both enjoy traveling, so we wish them many happy adventures as they explore our beautiful Olympic Peninsula. As with most of us, their prayer requests are for their children.

Craig and Janet, we welcome you to our church family!



February Birthdays

3 Nancy Masila Peder
4 Collette Pekar
6 Jay Richmond
7 Janean Kongorski
7 Gracie Niemeyer
8 Michael Luke

9 Davina Daracunas
9 Arlon Johnson
9 Doug Stober
10 Jennifer Zbaraschuk

13 Dave Iverson
15 Sky Heatherton
18 Barbara Miller
19 Anne Judd
22 Shirley Adolphsen
23 Heidi Boicourt
25 Cathie Kruse
26 Herb McClure
26 Sammy Niemeyer



Come check out this special worship time for kids February 21 at 11:00 am in the fellowship hall.

Each month on the third Saturday, September to May, kids can enjoy this fun interactive worship. Bring friends!



Let's Talk Turkey!

At the Sequim Adventist Church, we welcome all!



telephone calls, as needed throughout the year. We appreciate the time and effort this team dedicates to this valuable ministry. We recognize and thank...

Andrea Howe, Dave Needham, Diana McGuire, Donna Bottgenbach,

Herb McClure, Jeff Dawson, Laura Shuck, Linnea Balkan,

Phyllis Anderson, Staci Pulley, Stelle Knauff, Terry Durham.

If so inclined, all are welcome to fill out and submit a prayer request. Both prayer request forms and secure box are located in the church foyer.



@TheDaycareTeacher

Fun Turkey Facts for Kids to Enjoy!



- Only male turkeys, called toms, gobble. Female turkeys, or hens, make softer sounds.
- A group of turkeys is called a flock or a raft.
- A turkey's head changes color (red, blue, or white) based on its mood.
- Turkeys have excellent eyesight and can see nearly 360 degrees.
- A baby turkey is called a poult.
- Turkeys sleep in trees to stay safe from predators.
- Benjamin Franklin admired turkeys and thought they were more respectable than bald eagles.
- Turkeys have over 5,000 feathers.
- Wild turkeys can run up to 20 mph and fly at 55 mph for short distances.

Prayer Pocket

by Joanie Schmoll

A BIG *"Thank you"* to the team members of the *Prayer Pocket* for continually reaching out to our church family in times of acknowledgement, concern, and support. This group of 12 actively prays for individuals, sends handwritten notes, types out text messages of encouragement, and makes

Good Stuff Sale

by Phyllis Anderson

The Good Stuff Sale will take place March 25 and 26.

Volunteers needed on Tuesday prior to the sale and Thursday to help clean up. Please contact Phyllis if you are available to help, 564-203-8337. Thank you!

Adventurers

by Jay Richmond

January has put us half way through our year. Some of our upcoming events will take extra planning. I have asked the Olympic Otters to keep a lookout for animal footprints and take some photos as we will be learning about that come March.

We would love your help and involvement with this too. Please watch for animal footprints in your yard or on your hikes during our muddy season. Snap a photo or make molds. These can be sent to the church office, sequimadventist@sequimsdachurch.org, by the end of February. It will be fun to see what was lurking around the neighborhood.

Our first meeting for January was about being good stewards and being aware of God's blessings. We made offering banks to hold our tithes and offerings.

The second meeting was on our community and our country. Looking at the world, Builders found the USA, identified what state we live in and where in the state is our city. Beavers created a paper city with pictures of buildings glued along side streets. Places like fire departments, grocery stores, even a playground. We talked about being good stewards for our city by not littering, being respectful for other people's things, by watching where we walk, and being kind to others.

To finish the award, we "toured" a city in the fellowship hall by following the road through the city (of course it was the only road). Otters became librarians, firefighters, veterinarians, postal worker, grocery clerks, teachers, and pastors. And burned off energy at a playground.

Every meeting is such a wonderful opportunity to help these little minds grow to appreciate God's gifts to us and to become best friends with Jesus.

Thank you for your prayers and continued support for the Olympic Otters Adventurer Club.



Health Notes

by Dr. Mike McBride

HOW TO GET MORE DEEP SLEEP

Many people have wearables (Fit bit, Google watch, Apple watch, etc.) tracking our every move including sleep. But sometimes, it feels like our tracking devices are being dishonest. Even though you may have a high sleep score, you don't feel rested or energized for the day. That could mean you are not getting adequate amounts of a specific stage of sleep known as slow wave sleep or deep sleep.

Deep sleep is one of the stages of non-Rem sleep. This is the deepest part of non-REM sleep and the hardest to awaken from. It is also very important to our health. Deep sleep supports metabolic health, which includes insulin sensitivity and appetite regulation. Not getting enough deep sleep leads to higher production of the hunger hormone ghrelin and lowers levels of the satiety hormone leptin. If you are over-consuming calories, it could be because you're not getting enough deep sleep.

Deep sleep also plays a crucial role in immune system regulation, which is important to staying healthy. Deep sleep is a key time for immune system learning, which includes knowing how to recognize and remember inflammatory invaders.

Additionally, consolidating memories takes place in both REM and non REM deep sleep. Deep sleep is also when neurodevelopment takes place and growth hormone is produced. We are literally growing and learning while we engage in deep sleep.

How do we get more deep sleep?

1. Make sure you follow sleep hygiene principles: Yes, no caffeine late in the day and no more than 300-400 mg total. Also, alcohol and screen time are sleep enemies. Mental wellness is also important. If you don't have a good way to manage stress it will impact your sleep. It is also important to sleep in a dark cool room for the best sleeping environment.
2. Go to bed earlier: Deep sleep is so important the body will prioritize it if you need more of it. If you aren't getting enough. If you are yawning in the evening, your body is telling you it's time to go to bed. Much of deep sleep occurs in the earlier hours after bedtime. For adequate deep sleep, go to bed earlier. This will help the body prioritize what you are missing.
3. Rule out any underlying conditions: Obstructive sleep apnea (OSA) is more common than you would realize; particularly for men. In the US 25-30% of men have sleep apnea. OSA can get in the way of deep sleep because of breathing interruptions that lead to wakefulness throughout the night.
4. Consider your medications: Many people don't realize how many different medications can impact sleep, including deep sleep. One example is beta blockers, which are used to treat high blood pressure, arrhythmias, and migraines, etc. They decrease melatonin which influences the sleep cycle. Antidepressants also impact how much deep sleep someone gets and can hinder deep sleep. You may wish to ask your physician or pharmacist if you take any medications impacting your sleep cycle.

Special Business Meeting

by Jay Richmond, Clerk

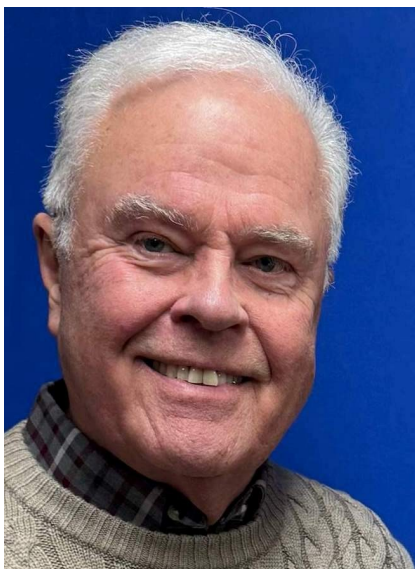
Thank you to all who came to the special business meeting on Saturday evening, January 24. The turnout was amazing and questions were very helpful. The purpose of the meeting was to provide information about seating in the sanctuary and have members decide whether we should have pews or chairs. The Sanctuary Project Committee, voted by the church board to do research, provided a form for members to write their comments, questions, or concerns for either pews or chairs. If you would like your voice heard and were not able to attend this meeting, stop by the church office to pick up a copy.

Though many questions were answered, there were still too many questions that needed exploring before members felt ready for a vote. The consensus of the group of 64 was to have the Sanctuary Project Committee bring back to the church more information. Notices about future special business meetings will be announced as they are scheduled.

At our business meeting in July 2025 the 5-year plan was voted which included: seating in the sanctuary, carpet in the church, and lighting. One thing not included was researching possibilities for renovating the sanctuary. A motion was presented at the special business meeting on January 24 that we include, as research for the Sanctuary Project Committee, ideas for renovation of the sanctuary. Vote was almost 2/3 yes. So, the Committee will bring to the church some ideas to consider at a later business meeting. For those not at the meeting, a professional building designer will be hired to help us through this process.

Please pray through this process that decisions made will bring glory to God.

Health Class



Brighten Up Your Winter: Managing Seasonal Affective Disorder

In the Fellowship Hall on Monday, February 23 at 6:30pm

Michael McBride Ph.D. is a Licensed Psychologist with Board Certification in Medical Psychology and Psychopharmacology



Feb. 2026 Church Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Adventurers</i> 3:30pm	3 <i>ACS</i> 10:00am-12:00pm	4 <i>Prayer Meeting</i> 6:30pm	5 <i>Backpack Program</i> 8:00am <i>Pathfinders</i> 6:30pm <i>Elders Meeting</i> 6:30pm	6	7 <i>Fellowship Meal</i> <i>(Team Sandi)</i> 12:30pm
8 <i>Superbowl Party</i> <i>at Donna Botch's</i> 3:00pm	9 <i>School Board</i> <i>Meeting</i> 6:30pm	10	11 <i>Prayer Meeting</i> 6:30pm	12 <i>Backpack Program</i> 8:00am <i>Ladies Bible Study</i> 2:00pm <i>Pathfinders</i> 6:30pm	13	14
15	16 <i>Church Board</i> <i>Meeting</i> 6:30pm	17 <i>ACS</i> 10:00am-12:00pm	18 <i>Prayer Meeting</i> 6:30pm	19 <i>Backpack</i> <i>Program</i> 8:00am <i>Pathfinders</i> 6:30pm	20	21 <i>Children's Church</i> 11:00am <i>Speaker: Merwin</i> <i>Stewart</i>
22	23 <i>Health Class:</i> <i>Winter Blues</i> 6:30pm	24 <u>Upcoming Events:</u> March 1 School Work Bee March 5 PAES Open House March 20 Memorial for Mike Judd March 25-26 Good Stuff Sale	25	26 <i>Backpack Program</i> 8:00am <i>Ladies Bible Study</i> 2:00pm <i>Pathfinders</i> 6:30pm	27	28 <i>Adventurers</i> 2:00pm

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