88.5 fm KLRF Sacred Sounds Inspiring Hope

In Tune

Volume 18 Issue 1 Winter 2018

Programs Coming to KRLF by Bill Liversidge

Embracing the Death, Life and Faith of Christ

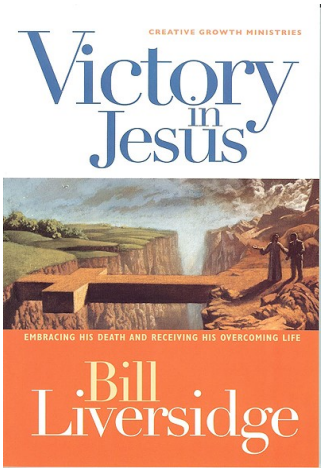
"Victory in Jesus: Embracing His Death and Receiving His Overcoming Life," a series by Pastor Bill Liversidge, will be aired on KLRF soon. This series, originally recorded live and available by DVD, has been transcribed for radio.

In this series, the late Pastor Liversidge shares important timeless Christ-centered messages meant for our days.

When we learned that a radio station in Kentucky is airing his beautiful messages, we contacted Creative Media Ministries to see if we could bring the messages to you, the Pacific Northwest radio listening audience, as well as stream it over the internet around the world.

We are currently working out the details and hope to have this on a regular spot in our schedule soon.

Please pray that this opportunity will materialize quickly. As Pastor Liversidge would say, "Praise the Lord, Hallelujah!"



You can find more information about the ministry of Bill Liversidge at http://creativemediaministries.org

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Special point of interest:

In 2017 the KRLF website had visitors from Russia, New Zealand, India, Canada, Netherlands, Philippines, Germany, United Kingdom, Mexico, Ireland, Argentina, Australia, Ukraine, Hungary and the U.S.

Health Feature by Dr. Karen

Science Shows Pleasant Thoughts May Slow Brain Aging

Karen Ordelheide, MD, Health Ministry, KLRF Governing Board

Last Thanksgiving is history, however gratefulness is still in season. Research shows thinking pleasant thoughts stimulates the parasympathetic (calming) part of our nervous system and benefits our general health.

Grateful people experience improved sleep, increased alertness, more energy and fewer physician visits. Gratitude results in less depression and boosts the immune system. Inflammation, which plays a role in many diseases including heart disease, decreases and the effect of aging on the brain is slowed. Grateful people tend to exercise more and spontaneously eat healthier diets.

Not naturally grateful? Gratitude can be learned. Just focus on one small thing each day. Don't compare yourself to others "better off" than you. Consider a daily gratitude journal, or tell someone else your gratitude. When tempted to complain, state your thankfulness instead, and you just may notice an upturn in your social life as well!

Featured Recipe

Nazareth Village Lentil Soup

2 cups lentils

4 cups water

1/4 cup extra virgin olive oil (optional)

3 spring (green) onions, chopped

2 cloves garlic, minced

1 teaspoon baking powder (optional)

1 teaspoon cumin

1 teaspoon salt (more if desired)

Black pepper (to taste, optional)

Mix together and simmer on low to moderate heat 1 to 2 hours. Serves 4.

-www.nazarethvillage.com

Note: *You don't need to pre-soak lentils; just rinse them and cook. You may add other ingredients, as shown in the picture, but it's scrumptious just the way the recipe reads.*

Did you know lentils are a great source of fiber-rich protein? This delightful comforting soup is an excellent choice for anyone hoping to enhance their health.

Your Inside Scoop

The Corner Where Savvy Donors Stay in the KLRF Loop

New Volunteer—We wish to welcome Sherrie Linebaugh, a new volunteer, to the KLRF team. Sherrie will be in the office one day each week to answer phones, open mail and generally keep us organized. We are so grateful for the time that Sherrie is willing to share with us. She is indeed a blessing!

You Make a Difference—In 2016 a new website was developed for KLRF. In response to

many requests, a portal was included for online giving. It is being used increasingly in the last 18 months. Thank you!

In 2017 live streaming was begun, increasing our listening audience to the entire world.

Also in 2017 you chose your favorite songs which were compiled into a special program aired three different times in December. The number of listeners on the KLRF website from around the world hit record highs during these airings.

Only you can continue to make this ministry happen. Your continued faithful and heroic support is spreading God's healing and hope around the globe.

The Rider Rides On!

Inspirational thoughts by General Manager Owen Bandy

Recently I took the opportunity to give some consideration to Revelation chapter 6 and the opening of the seals on the mystifying scroll mentioned there.

I also considered the four mysterious horsemen riding forth there as the first four seals are one by one, unsealed.

I like to think that the scroll is a sort of last will and testament to be opened at the end of earth's history, revealing the inheritance of the people of faith. The previous chapter reveals that it is only the "Lamb that was slain" who is able to open the scroll.

How appropriate then, it is that the first rider to come forth riding on the white horse is a symbol of Christ. He boasts a "crown" of victory. He goes forth "conquering."

The Rider on the white horse and His victorious conquering is a beautiful symbol of the advancement of the gospel of Christ beginning in the early days of the church and forward.

Yes the Rider rides on! The gospel has conquered down through history in the midst of darkness and He still rides today conquering and bringing His victory into the hearts of those who are open to Him.

Here at KLRF we see ourselves as partnering with the Rider on the White Horse. We seek to bring the gospel to our little part of the battle field. We do this through the Word and Music.

I want to thank all of you who so faithfully ride with us and the Rider by supporting YOUR mission here at KLRF.

Pastor Owen Bandy,
General Manager, KLRF

KLRF 88.5

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Publishing generously donated by a local printing company—thank you!

Want to make a donation? Go to klrf.org or use the enclosed envelope to donate by check or credit card, or send your gift to: KLRF 88.5, 1200 SE 12th St., Ste. 3, College Place, WA 99324. Thank you, thank you so very much. May God bless you richly for your warm and caring generosity.

Your Time

Your comments and suggestions are indispensable —keep 'em coming!

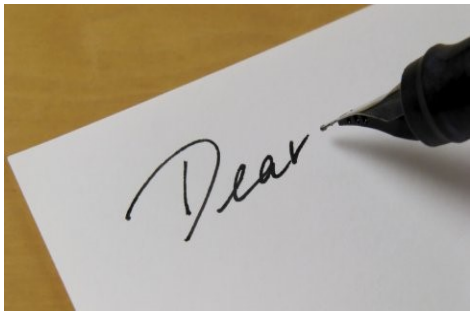
"Your music is a blessing in my life, also the scripture readings. May God continue blessing you until the day He comes back to take us."—Emma

"Thank you for the inspiring music!!!"—Dorothy

"I appreciate the music."—Lou

"Unless there is practical self-sacrifice for the good of others, in the family circle, in the neighborhood, in the church, and wherever we may be, then whatever our profession, we are not Christians (Ellen White in *Desire of Ages* p. 488). Freely ye have received, freely give (Matthew 10:8)."—inspirational thought from an anonymous listener

Thank you so much for your amazing support of the KLRF Ministry. Thousands of lives are touched daily through your generous gifts. We value your opinions—keep 'em coming!



Claim your time! It's easy; just use the enclosed envelope to send us a note or email us at manager@klrf.org—we'd love to hear from you.