



IN TUNE

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Holiday Edition, 2020

Thank You For Your Dedication!

Once upon a time—back in the 1990s—there was no KLRF. Some began to dream. Owen Bandy, then pastor of the Stateline Seventh-day Adventist Church, was among them. Recently he reminisced, “As I look back at those six or seven sitting in a circle, I think, *Who did we think we were?* What audacity!” He paused, “No one had expertise. But God led . . . and we learned.”

God had started preparing Owen years before—while a radio operator in the Army, he was intrigued by the technical aspects. As KLRF became a reality, he thrilled when the broadcasting tower went up, when a studio was donated, when programming was scheduled and sounds of hope spread over the airwaves.

Pastor Bandy eventually moved away, but he and Rhonda returned to the Walla Walla Valley in 2015. Soon, he volunteered as KLRF Station Manager, working with others to manage day to day operations and complications. He also created and maintained a website which included the ability to receive online giving, making donating easier for supporters.

Rhonda Bandy volunteered too, stepping in when the former KLRF newsletter editor stepped aside. She handled the quarterly *In Tune* with skill. She also ably served as secretary to the board.

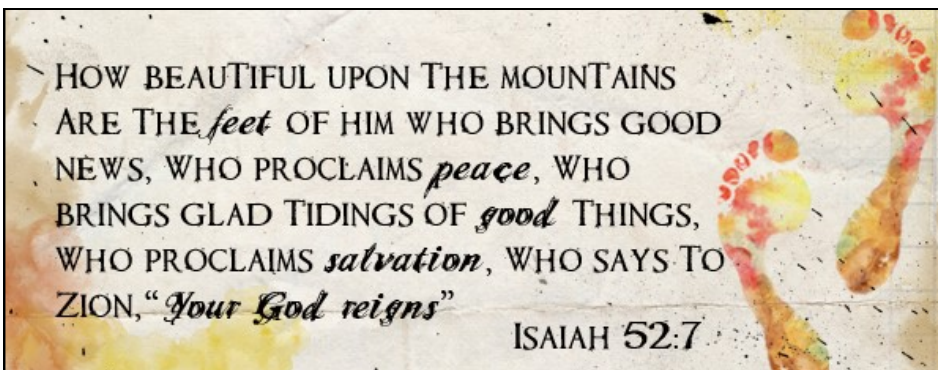
Even after the Bandy’s moved to northern California in December, 2016, they both continued to serve KLRF. Long before online meetings became norm, the Bandy’s participated via computer.



Both served well, but, from that distance, found it difficult to accomplish all they’d like. So the board has regrettably accepted their resignations.

Thank you, Owen and Rhonda Bandy! The foundations you have helped solidify continue to bless listeners that hear KLRF’s sounds of hope from local towers and, through internet, around the world. Thank you for your dedication! Thank you for the countless hours and tremendous energy you have given to build and support the KLRF family!

*By Helen Heavirland
KLRF Governing Board*



Kindness Decreases Pain!

Chronic pain is a major health problem in our country, with tremendous socioeconomic ramifications. It has many different causes and not only affects the sufferer significantly, but the family and social circle as well. Traditionally chronic



pain has been treated with surgery and medications, but these treatments are so often disappointing and ineffective for many.

Physical sensation depends on how we psychologically construe it, and recently there has been much interest in altruism (extending kindness to others without expecting anything in return) as a help for chronic pain. Experiments utilizing functional MRI have shown decreased activity in the brain areas involved with processing pain, when study subjects performed altruistic behavior. Neurochemically this is mediated by an increase in dopamine release—a chemical known to

heighten good feelings and self esteem and reduce depression.

Now researchers have added reduced pain sensation to that list of benefits. Paradoxically, suffering in service of doing something that helps other people buffers the performer from unpleasant conditions and is associated with reduced perceptions of pain. While no one is suggesting that chronic pain can be completely cured with altruism, it does appear that practicing “random acts of kindness” frequently is good medicine!



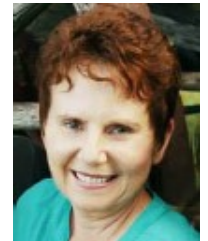
*By Karen Ordelleide, MD
Health Ministry
KLRF Governing Board*

Featured Recipe Chia Chocolate Pudding!

Need a healthful dessert? This quick and easy chia pudding is loaded with Omega-3 fats which stimulate the immune function when compared with Omega-6 oils that can depress immune function. The raw cacao powder is loaded with antioxidants!

1 cup of your favorite non-dairy milk
1/3 cup of chia seeds
Pinch of salt
1/4 cup organic cacao powder
4 pitted Medjool dates (or stevia powder to sweeten)
1 cup non-dairy whipped topping (optional)

Stir the chia seeds into the milk and let them soak and swell for at least 15 minutes, stirring again occasionally to keep the chia seeds from clumping. Put all ingredients in the blender and blend on high speed until very smooth. Let it set in the refrigerator for 4 hours and it will get even thicker. Fold in the whipped topping and put into 4 sherbet glasses. Top with 3 raspberries and a mint leaf.



*By Cindy Walikonis
Registered Dietitian*

KLRF.ORG

Listen online! Now you can tune your phone or computer to KLRF.org to hear sacred sounds and inspiring hope wherever you are, even on trips or in other countries! Livestreaming KLRF is also a ministry to reach those beyond borders that are otherwise blocked from hearing the gospel.



Your Broadcast Time

Your comments and suggestions are indispensable!

Here are a couple of encouraging messages we received recently:

Dear Manager and staff,

We wake up each morning to Family Life Today at 6:00 am and listen to it before we get up! I love Joni Erickson Tada, Christian Working Woman, and Joy Time. Wow! They are so great and I love the variety of singing. Enclosed is a check for —

Thank you, Thank you for being there so faithfully for us!

Larry and Barbara

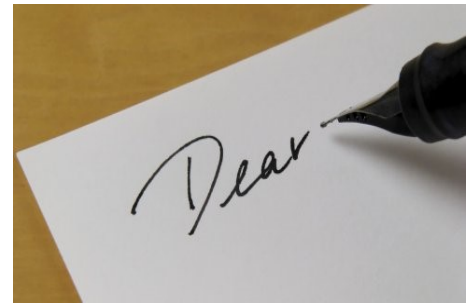
Dear KLRF staff,

May God continue to bless KLRF and the good news it sends across the airways. We are blessed daily. Thank you for keeping Jesus in the forefront.

Prayers sent,

Alice

Thank you so much for your amazing support of the KLRF Ministry! Thousands of lives are touched daily through your generous gifts. Your gifts, opinions, and observations are very important!



What do YOU think? About a program that is airing or an article in the newsletter? Tell us! 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!

SURVEY!

We are enclosing a survey for your thoughts and suggestions. We would gratefully appreciate your filling it out and returning it to us!

We pray you are doing well through this era of the pandemic! We haven't gotten our "In Tune" newsletter published every quarter of 2020, but plan to be back on schedule for 2021!

All Things!

“And we know that all things work together for good to them that love God, to them who are called according to His purpose.” Romans 8:28

In the midst of all the ugly that is taking place in our world, and the trials that beset God's beloved Remnant Movement, I'm excited about the future. It is reality that all have sinned and fallen short of the glory of God, but realism of the fall is not the final fact. Beyond the truth of the sin, is the greater truth that we have a loving heavenly Father who sent His only begotten Son to redeem us from our sin. If we accept and surrender to God's loving call, all things will work together for the good.

Sometimes that good is seen quickly. Sometimes it takes months or years to be clearly seen. Sometimes we never fully understand why things work out the way they do. But this much is clear, God is at work in all circumstances in life. He's at work whether life is good or bad, positive or negative, during the up times and down times, in sickness and in health, etc. etc.

Thus, I'm excited about the future. Even though this old world has some serious muck to go through, God has called us to His loving reality of redemption that cleans up all the muck. I'll gratefully and thankfully trust that all things will indeed work together for the good!

*By Pastor Mike Lambert
KLRF Governing Board*





1st Corinthians 13 for Christmas

If I decorate my house perfectly with plaid bows, strands of twinkling lights and shiny balls, but do not show love to my family, I'm just another decorator.

If I slave away in the kitchen, baking dozens of Christmas cookies, preparing gourmet meals and arranging a beautifully adorned table at mealtimes, but do not show love to my family, I'm just another cook.

If I work at the soup kitchen, carol in the nursing home and give all that I have to charity, but do not show love to my family, it profits me nothing.

If I trim the spruce with shimmering angels and crocheted snowflakes, attend a myriad of holiday parties and sing in the Christmas Eve service, but do not focus on Christ, I have missed the point.

Love stops the cooking to hug the child. Love sets aside the decorating to kiss the husband. Love is kind, though harried and tired. Love doesn't envy another's home that has coordinated Christmas china and table linens. Love doesn't yell at the kids to get out of the way.

Love doesn't give only to those who are able to give in return, but rejoices in giving to those who can't.

Author Unknown

Sharing the Blessing!

Your donations not only support Christian radio here where we have the freedom to worship, but make it possible for people to worship where religious freedom is restricted.

We want to thank those who send in your gifts in the enclosed envelope as well as through the donation tab on the website, **KLRF.org**.

The website is a quick and easy way to give! We invite you to set up an ongoing monthly donation to support this ministry.

Don't forget that any contributions you want to count towards your 2020 taxes need to be received by December 31!



Thank you, thank you so very much for sharing! May God bless you richly for your warm and caring generosity.

KLRF 88.5 FM RADIO

Sacred Sounds — Inspiring Hope!

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