



The

Ambassador

March 2024

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HOW TO KEEP YOUR SANITY IN A CRAZY ELECTION SEASON

By Michael Brown

Have you ever seen an election year like 2024?

We're not just talking about the normal intensity of election fever, with the constant bombardment of political ads, dueling polls, and round the clock cable news coverage. No, this year is quite different.

On the one hand, a second face-off between Joe Biden and Donald Trump seems inevitable.

On the other hand, the future of both of these aging leaders is fraught with uncertainty.

Will President Biden be able to campaign and participate in debates, let alone lead for four more years? (Of

course, many would say he is absolutely not fit to lead right now.)

The recent DOJ report, with conclusions that sounded more like a satire piece from the Onion or Babylon Bee, was incredibly damaging, while

the damage-control press conference which followed had the precise opposite effect. (Think of it as an all-out train wreck.)

Then there are the ever present concerns of the charges against Hunter

Biden, which could seriously implicate Biden as well.

As for replacing Biden at the last minute, that, too, creates more uncertainty.

Would it be the governor of California,

their primary ballots, leading to court cases that have made their way to the Supreme Court.

He also faces a mountain of charges and indictments, which means many more court cases and endless expenditures of time and money. Will he be disqualified legally from running again? Or will a series of "guilty" verdicts cost him millions of needed voters?

Plus, he is no spring chicken himself. Added to all this is the fact that the passions for and against Trump are off the charts, with some pundits warning, "If Trump wins the election there will be a civil war!" while other pundits

“Uncertainty and instability and insecurity are the very relevant words of the hour. How, then, do we keep our sanity?”

Gavin Newsom, who is more radically left than Biden? Will Michelle Obama save the day? Who knows?

When it comes to former president Trump, he is faced with different states seeking to remove him from

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"While You Are Waiting"

By Paula McBride

Waiting. Groan. Unless you are unusual, waiting is not your favorite thing to do. A recent waiting experience had my mind revolving on this theme.

I was returning alone by bus after visiting a mission south of Ensenada, Mexico. The ride to Tijuana was fairly uneventful as was my walk over the pedestrian bridge where I would join others walking toward customs. The walking line was blocks long, and I was tired, so I paid to join a group that was getting on a bus that would take us directly to the customs building. It took forever to get to the customs building, forever for the passport check, forever for my bags to get scanned, but finally, I was in the USA. My forever was probably only two hours, but it seemed like so much more.

Waiting is hard and we have no control over timing. It seems to me waiting comes in seasons. Sometimes we wait with expectancy. I did expect to get across the border and ultimately home. Sometimes we wait with fear or dread. I avoided that by booking my flight from San Diego to Sacramento for the next day. Sometimes we wait with submission. Since there was no way I could hurry the crossing along, I just enjoyed my seatmate and practiced my Spanish.



The Bible has a lot to say about waiting. Every book in the Old Testament mentions waiting at least once, with Job and Psalms referencing waiting the most. In the New Testament 14 of the 27 books have examples to follow or advice on how to wait well.

Some of our Bible heroes waited with expectancy. Hannah and Sarah waited for their promised sons. The children of Israel waited for the walls to fall down around Jericho. Gideon's 300 soldiers waited for his call to drop their pitchers and shout victory over their enemy.

Some of our Bible heroes waited with fear or dread. David was often fearful and sometimes felt abandoned by God while he waited for the kingship. Abraham acted rashly when he failed to wait and so became the father of Ishmael.

Other heroes walked through these seasons and learned to wait in submission. Noah waited for the flood waters to recede. Joseph waited from

the pit to the palace, knowing God meant his journey for good. Shadrach, Meshach, and Abednego waited in the furnace, and Daniel waited in the lion's den.

Another group had their expectations dashed when their Lord was crucified. They didn't understand His teaching that He would rise again. For three days they waited in fear and despair when suddenly their mourning was turned into rejoicing. Their Lord was alive!

This same risen Lord promises to be with us in our waiting. "I am with you always," Jesus said in Matthew 28:20. "Wait for the Lord; be strong and let your heart take courage; yes, wait for the Lord," the Psalmist wrote (27:14).

We all wait. Whether you are waiting in expectancy, dread, or submission, remember the risen Savior waits with you. He is also waiting for that day when He will bring you to eternal life. That's worth waiting for!

Did You Know?

The apostle Paul spoke both Greek and Hebrew (Acts 21:37-40).

God once gave Moses leprosy for a short time (Exodus 4:6-7).

The devastating earthquake mentioned in Amos 1:1 has been verified by modern geologists.

Nowhere in the Bible does it specifically state or imply that Mary Magdalene was a prostitute.

If one goes by the total number of words, Luke wrote more of the New Testament than Paul did.

Moses could not have written the last chapter of Deuteronomy because he was dead. Joshua is thought to have finished the book.

In the early thirteenth century, Archbishop Stephen Langton developed a system for dividing the Bible into chapters.

At the grand dedication of God's temple, Solomon had 22,000 oxen and 120,000 sheep sacrificed (1 Kings 8:62-63)

After the Israelites destroyed the temple of Baal, they used it as a communal latrine (draughthouse) (2 Kings 10:26-27)

THE AMBASSADOR

- ✍ **The Ambassador** is a free, monthly publication promoting unity and revival among the local Yuba-Sutter area Bible-believing churches
- ✍ **The Ambassador** has a circulation 3,700 - 5,500 and is distributed in local churches and businesses in the community.
- ✍ The purpose of **The Ambassador** is to pursue the great commission of Christ by making disciples and to encourage, inform, challenge and connect the local body of Christ.
- ✍ We believe in the inspiration and authority of the Bible as the written word of God. We believe that God exists as One, in three distinct persons, Father, Son, and Holy Spirit.
- ✍ We believe that the atoning work of Christ (His death) on the cross and His resurrection is the ONLY means of salvation and the only way to Eternal Life in Heaven.
- ✍ We welcome editorial content from anyone wishing to promote the mission of **The Ambassador**. All articles and advertisement content is subject to the approval of the editor.
- ✍ Views expressed in *The Ambassador* do not necessarily reflect those of our sponsors or advertisers.

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PURSUING MORE

By Christy Boals

www.gracefilledpurpose.com

It is no secret that we live in a consumer society. Our national motto could be, "More is always more!" Because of this, we encounter admonitions to be content with what we have, and ways to save money in places from Facebook to the self-help section of Barnes and Noble. (Yes, there are still brick-and-mortar bookstores these days!) We are also encouraged to practice gratitude through sermons and through other Bible teachers. With all of that, it may come as a surprise that I am going to encourage you to pursue more.

Don't misunderstand though, I am not saying you should go out and buy the latest, greatest thing that the marketers are pushing on you. What I am advocating more of is something quite different. Which one of us wouldn't want more time, more peace, more security, more rest, more comfort?

Going back to the self-help shelf, there are many, many books that promise to deliver a method or formula to find these things. Some of these are helpful, but only as far as we can do them in our own strength. However, there is a way we can pursue that does



deliver all of those things and more!

The early pursuers of more identified themselves simply as "The Way." They knew they were on a journey not towards an ideal, but towards a person. Jesus, the incarnate Son of God, was the one who had told them that He Himself was this way, and the truth, and the life. These sold-out followers believed Him and set out after more—more life, more truth.

Today, I encourage you to also pursue more of Jesus. As you do, let the "more" that He gives you spill over into the other people in your life. I pray that together you can enjoy the peace, love, and joy that Jesus has to offer. Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me." John 14:6 *"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."* Philippians 4:7

4 Surprises About America's Religious 'Nones'

By Trevin Wax

The Gospel Coalition (TGC)

Pew Research Forum, one of the best and most consistent centers for research into religious belief and observance in the United States, recently released a report on religious "Nones"—the category of "religiously unaffiliated" that includes atheists, agnostics, and a sizable majority who describe their religion as "nothing in particular."

Right now, 28 percent of American adults are classified as religiously unaffiliated. We've seen this percentage increase over the years as the process of secularization continues to move forward in the United States. The trend is most evident among younger people—69 percent of the Nones are younger than 50, in contrast to U.S. adults in this age group who identify with a religion (45 percent).

The overall findings of the Pew study are what we might expect, but taking a closer look at religiously unaffiliated Americans brings a few surprises, upending presuppositions and assumptions of what our friends and neighbors think and how they live.

Ambivalent, Not Antagonistic

It's clear from the surveys that most Nones in America aren't hostile toward



religion. Yes, you find occasional opposition, especially among those who identify as atheistic. For the most part, though, the Nones are marked by ambivalence, not antagonism, toward religious people and organizations. Some point to religion as the cause of certain problems in society, such as intolerance or superstition. But many say religion helps give people meaning and purpose and that it can encourage people to treat each other well.

Takeaway: Don't assume your religiously unaffiliated neighbors are actively opposed to your beliefs or your church. They're much more likely to be ambivalent than antagonistic—to look at you with a mix of curiosity and

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"My house shall be called a house of prayer." (Matt. 21:13). The church today is in an all-out war against the evils of darkness. The body of Christ is called to step up and be aggressive in their prayer life.

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• **What Do You Need?** •
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• Prayer List for March 2024 •

- 5-Mar **Schools-** Pray for the removal of harmful and Godless curricula that will cause confusion in children
- 6-Mar **Pastors-** That God would give them strength, courage and wisdom to speak the truth from the pulpit
- 7-Mar **Pray for China, Sudan, North Korea and other nations** that God would intervene and the leadership would restore civil rights
- 8-Mar **Homeless-** Safety, health and provision- Twin Cities Rescue Mission, other local homeless ministries. Safety from summer heat
- 9-Mar **World Affairs-** Pray about international activities that point to the Last Days
- 10-Mar **Israel-** Pray for the Peace of Jerusalem-and for an end to the war against in Gaza- the destruction of Hamas and the protection of civilians as well as limited Israeli casualties
- 11-Mar **Veterans-** Pray for all those who served our country and their families to get the assistance they need
- 12-Mar **Mental Health-** Pray for the millions of people who struggle with Mental Health/ Illness issues and suicidal thoughts, that they would receive support & treatment
- 13-Mar **The Economy-** Pray for the underemployed, unemployed and struggling small businesses- Pray for financial stability and resources
- 14-Mar **Global Revival-** Pray that our global chaos would lead multitudes to repent and follow the Lord!!
- 15-Mar **Local city/county leaders-** Wisdom for leading our community
- 16-Mar **Marriages-** Pray that relationships would grow and families would seek the Lord together
- 17-Mar **Local Ministries-** Pray for continued financial support and volunteers to meet needs (see page 3)
- 18-Mar **California-** pray for our Godly representatives (including James Gallagher and Doug LaMalfa) to fight against liberal and harmful state policies.
- 19-Mar **Pray that fathers** would give Godly wisdom and have a positive impact and influence on the lives of their children
- 20-Mar **Disabled-** that they would receive the assistance and support they need
- 21-Mar **Life-** Pray that abortion clinics would be shut down that people would choose life for their babies.
- 22-Mar **Human Trafficking-** Pray for the freedom, healing and restoration of survivors and for traffickers to repent
- 23-Mar **Pray that God** would show Himself to Pres. Biden and he would radically change his life and leadership
- 24-Mar **Discipleship-** Pray that believers would seek to follow Jesus and become more like Him every day!
- 25-Mar **The Persecuted Church** around the world. Pray that believers would stand strong in the midst of brutal persecution
- 26-Mar **Pray that children of fatherless homes** as well as those in foster care would feel loved and protected by adults as well as the Lord
- 27-Mar **Restore America!** Pray against the divisiveness and violence in this nation
- 28-Mar **Addicted-** pray for those under the control of substances that they would surrender to the Lord pursue and receive the treatment they need
- 29-Mar **Good Friday-** Spend time reflecting on Christ's sacrifice on the Cross for us!
- 30-Mar **Pray for each of us** to be bold by the Holy Spirit to speak and act in accordance with God's Word and His Way!
- 31-Mar **EASTER-** Pray that unbelievers would be open to Jesus as they attend services. Pray for powerful words by the Holy Spirit, as they preach!

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Contact Seth Halpern, Editor

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to list Special Events your church is hosting.

(partner churches have priority)

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5. Monitor The Ambassador at your church: assure its presence and visibility
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If you would like to help, please contact Seth Halpern at 530-933-1385 or email editor@ambassadornewspaper.com

CONTINUED FROM PAGE 1: "HOW TO KEEP YOUR SANITY IN A CRAZY ELECTION SEASON"

warn, "If Trump loses the election there will be a civil war!" One influential Christian leader even opined that it might be worth a civil war to get Trump back in office.

Uncertainty and instability and insecurity are the very relevant words of the hour.

How, then, do we keep our sanity?

First and foremost, we remember that God is still God. He still sits enthroned as the King of the universe.

He still superintends the affairs of this earth, even while giving us humans all kinds of latitude to do good or to do evil.

That's why the psalmist could say,

"God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging." (Psalm 46:1-3)

That means that no matter how much things shake around us, we do not need to be shaken. That also means that, if we put our focus in the right place, starting our days with worship rather than with



the news, and meditating on the Word more than focusing on the latest polls and scandals, we can have peace in the midst of the storm.

Let's also remember that there are many regions of the world experiencing much more turmoil and upheaval and danger than America. And there were plenty of times in the past that make today look like a time of stability and peace.

Yet at all times and in all places, God is our refuge and strength. As Proverbs stated,

"Whoever fears the LORD has a secure fortress, and for their children it

will be a refuge." (Proverbs 14:26)

Put another way, if God can give you peace in the midst of a tsunami or earthquake or tornado or hurricane, He can give you peace in the midst of a thunderstorm.

Jesus is still Lord, still risen from the dead, still sitting at the right hand of the Father, and still fully accessible. Walking with Him and living in Him will keep us free from fear and anxiety and despair.

So, to repeat, put your focus where it belongs and fill your heart and mind with wholesome and helpful things (see Philippians 4:6-8). It will make a

massive difference in your emotional stability and inner health.

It is true that the stakes are very high, and it is true that some of our most fundamental values and freedoms are under attack.

But it is also true that, just as we survived past elections and election cycles, we will survive this one. In fact, if we, the people of God, keep our emphasis and our priorities right, we can offer peace and hope and direction to the people of the world.

We know who our Savior is. We know what our ultimate future is.

We know what really matters in the light of eternity.

Let us, then, step above the madness of the hour and the political divisiveness – while still doing our part in the election process – and let us talk about Jesus more than we talk about candidates.

It will do our own souls well. And we might just help others too.

<https://thelineoffire.org/article/how-to-keep-your-sanity-in-a-crazy-election-season>

The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him. Psalm 28:7

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Kug's Kolumn

The Christian Community Network secures National Day of Prayer breakfast Keynote speaker; Actor, writer, producer and director...

KEVIN DOWNES

Some may not be familiar with his name but as you read his bio below, you will recognize the successful Christian themed movies he is associate with. I personally have heard him speak when he came to Adventure Church several years ago. You won't want to miss him! Please mark your calendars for May 2nd. This years NDP event will be held at Adventure Church of Yuba City. 6:45 unil 9:00 a.m.

Tables of eight will be \$200. This event typically draws between 300 and 350 people. We expect this to be a sell-out not because of our well-known speaker but because of our desperate need to gather as the Body of Christ to pray for the needs of our community and our world. Tickets will be available by mid-March.

As CEO of Kingdom Story Company, Kevin Downes' producing, directing, acting, and writing career spans more than 30 years. As an actor, some of Downes' fan-favorite roles include Officer Shane Fuller in COURAGEOUS, the video game lover Kevin in MOMS' NIGHT OUT, a series regular role on the TV sitcom HITTING THE BREAKS, and supporting roles in I CAN ONLY IMAGINE and AMERICAN UNDERDOG.

Early in his career, Downes produced critically acclaimed LIKE DANDELION DUST from best-selling author Karen Kingsbury, which starred Academy Award winner Mira Sorvino



and won more than a dozen audience awards for Best Picture at prestigious film festivals around the world.

Co-founder of Kingdom Story Company, the studio is in an exclusive partnership with Lionsgate, aiming to develop life-changing content from a variety of talented storytellers. Their features have all opened in the top-ten box office and they have received the coveted A+ CinemaScore® three times. Their latest film, ORDINARY ANGELS, hits theaters Feb 23, 2024, followed by UNSUNG HERO in theaters April 26, 2024, and WHITE BIRD on Oct 4, 2024. THE UNBREAKABLE BOY and the year-end holiday title, THE BEST CHRISTMAS PAGEANT EVER, will also be released in 2024.

Please make this event a priority and consider reserving a table and inviting not only fellow believers but family and friends who understand the concern we have for our world and the need for a supernatural solution (Jesus Christ) as our only hope for America and the world.

David Kugelman is the president of the Christian Business Alliance. All are invited to the Tuesday lunch meetings in Yuba City. For more information, contact "Kug" at 632-9292.

Jerusalem Times

Obituaries

33AD

Jesus Christ, 33, of Nazareth died Friday on Mount Calvary, also known as Golgotha, the place of the skull. Betrayed by the apostle Judas, Jesus was crucified by the Romans, by order of the Ruler Pontius Pilate. The causes of death were crucifixion, extreme exhaustion, severe torture, and loss of blood.

Jesus Christ, a descendant of Abraham was a member of the house of David. He was the Son of the late Josephy, a carpenter of Nazareth, and Mary, his devoted Mother. Jesus was born in a stable in the city of Bethlehem, Judea. He is survived by his mother Mary, his faithful Apostles, numerous disciples, and many other followers.

Jesus was self educated and spent most of his adult life working as a Teacher. Jesus also occasionally worked as a Medical Doctor and it is reported that he healed many patients. Up until the time of his death. Jesus was teaching and sharing the good news, healing the sick, touching the lonely, feeding the hungry, and helping the poor.

Jesus was most noted for telling parables about His Father's Kingdom and performing miracles, such as feeding over 5000 people with only five loaves of bread and two fish, and healing a man who was born blind. On the day before His death, He held a



Last Supper, celebrating the Passover Feast, at which He foretold His death.

The body was quickly buried in a stone grave, which was donated by Joseph of Arimathea, a loyal friend of the family. By order of Pontius Pilate, a boulder was rolled in front of the Tomb. Roman Soldiers were put on guard.

In lieu of flowers, the family has requested that everyone try to live as Jesus did and believe in Him. Donations may be sent to anyone in need.

Amazing News! Early Sunday morning, Jesus Christ arose from the grave. The stone was rolled away and Jesus walked out of the tomb. He laid down His life but He has arisen. Glory to the Lamb of God!



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March CCN Weekly Schedule:

3/5 Linda Kurtz & Kathleen Caldwell
 3/12 Chris Madsen
 3/19 David Willis
 3/26 Prayer

*Schedule subject to change

We hope you can join us!
For weekly updated detail emails, send an email to info@ysccn.org

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DRAIN THE SWAMP? SOME CHURCHES NEED TO DRAIN THE PULPIT!

By Alex McFarland,
Christian Post Op-Ed Contributor

Though we may not realize it, our worldview shapes every decision we make.

A worldview is the intellectual, emotional, and spiritual filter every individual uses to experience, interpret, and respond to reality. Possessing a biblical worldview (sometimes called biblical theism, or a Christian worldview) implies that people's ideas about all aspects of life and eternity derive from scriptural principles and commands.

Spiritual leadership eventually influences and affects the next generation, either for God and biblical values or against them. Because so much is at stake, Christians must take care to not sit under woke, or spiritually wishy-washy clergy and teaching. Parents must not trust their families to those who do not hold a biblical worldview.

Arizona Christian University conducts an annual worldview survey among incoming freshmen and other respondents. The 2023 study documents significant declines among born-again Christians, indicating that a biblical worldview does not inform their actions or decisions.

A few of the survey results were alarming:

- Of American adult “born-again Christians,” only 13% hold a consistently biblical worldview.
- While 22% of preteens’ parents are born-again Christians, only 8% of the teens themselves hold a biblical worldview.



- About 1% of preteens have a biblical worldview.
- Of young teens, only 36% believe God exists and is the all-knowing, all-powerful Creator of the universe. 61% either accept Jesus Christ sinned while He was on Earth or believe it's possible.
- The majority think there are no absolute, objective truths or can't apply a biblical worldview to their decisions or actions.
- 21% percent of born-again teens believe they will live with God in eternity because of a personal decision to trust Christ, but nearly double that believe in reincarnation.
- Roughly 25% of parents of preteens relegate to their churches the responsibility of instilling a Christian worldview in their children.
- Less than 30% of associate pastors hold a consistently biblical viewpoint.
- Only 13% of teaching pastors hold a biblical worldview.
- Of youth pastors, only 12% have a consistently biblical viewpoint.

The research shows churches, pastors, and youth leaders are increasingly unreliable for truly Biblical discipleship. The survey offers several insights parents can use to instill a biblical Christian worldview in the next generation.

One: Begin early. “Train up a child in the way they should go...” (Prov. 22:6) A person's worldview starts developing in the second year of life and is largely in place by age 13, giving parents a small window of opportunity for discipleship.

Two: Instill and continuously reinforce your children's spiritual foundation. Scripture holds parents responsible for developing a child's biblical worldview (Deut. 6:1-9; Prov. 2:1-13; 22:6; 23:13; 2 Cor. 12:14; and Eph. 6:4).

Three: “Outsourcing” is a troubling

trend, as parents increasingly delegate spiritual child-rearing to others. I've said this before to hundreds of audiences, and I'll say it here: Lose at anything else but win with your children!

Four: Given the statistics, it's a gross understatement to say that current approaches to biblical worldview development are not working!

George Barna, a trusted survey developer commented, “The impact of arts and entertainment, government, and public schools is clearly apparent in the shift from biblical perspectives to a more experiential and emotional form of decision-making.”

If you are in a church that teaches a biblical worldview, praise God!

If not, leave. Do not be misled by clergy who are either unable or unwilling to courageously proclaim God's truth and call Christians to bold obedience. Take your family and your money and leave. Your children's spiritual future is at stake.

Our nation's worldview — and our very survival — hinges on a return to truth in this generation.

Dr. Alex McFarland is a youth, religion and culture expert, author of more than 20 books and is heard live daily on the 200+ stations of the American Family Radio Network. He is Director of worldview for Charis Bible College, Woodland Park, CO, and co-hosts the “Truth and Liberty” TV broadcast. His website is alexmcfarland.com.

<https://www.christianpost.com/voices/drain-the-swamp-some-churches-need-to-drain-the-pulpit.html>

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*For help, questions, or more information, contact us
at The Ambassador or any of the churches listed
on page 3.*



MENTAL HEALTH MINUTE

"What is Mental Health? What is Mental Illness?"

What is Mental Health?

There is a lot of confusion in society over what Mental health really means. There are clinical and textbook definitions that may be difficult for the general non-medical public to fully grasp. In a nutshell, mental health is the “well-being” of a person. It is the ability to control thoughts and emotions, have healthy relationships, and live productively in society.

However, measuring mental health is not so simple. Instead of labeling someone (or yourself) as Mentally healthy or ill, imagine a spectrum of mental well-being – from flourishing at one end to facing tougher times (languishing) at the other. It's recognizing that everyone experiences highs and lows. Mental health is about acknowledging our feelings, seeking support, and fostering healthy coping mechanisms. Just as we prioritize physical health, understanding and nurturing our mental well-being is key to leading a fulfilling and balanced life.

In addition, many of us have “built-in” issues that push us further along the continuum. Traumatic



Mental health vs Mental illness

experiences, a difficult childhood, and physical or relational suffering/loss can serve to move us away from flourishing toward languishing. For example, the covid pandemic which resulted in loneliness, fear, grief and much more, pushed millions of people toward the languishing side of the continuum.

What is Mental Illness?

If Mental Health is the ability to control our thoughts and feelings, have healthy relationships, and be productive, then Mental Illness is the inability to maintain that. It is when

this inability causes distress in daily life management. Severe languishing for an extended period should be evaluated by a physician in order to rule out physical issues and potentially make a referral to a mental health professional. Mental illness cannot or should not be diagnosed quickly. Unlike a physical illness or injury which may be confirmed by an x-ray or lab test, mental illness can take time to diagnose as the mental health professional needs to gain more personal information and history from the patient before making a diagnosis and suggesting a treatment plan.

Mental illness involves grappling with significant challenges that affect our thoughts, emotions, and actions. It goes beyond the occasional ups and downs, presenting as persistent conditions like anxiety, depression, or bipolar disorder. These conditions impact daily life, making it crucial to recognize and address them. It also can cause relationship problems due to acting out followed by non-empathetic responses from others.

Understanding mental illness requires compassion and awareness. It's not a character flaw but a genuine health concern, much like any physical ailment. Once daily living, relationships, or productivity is affected, professional medical support (primary doctor, therapist, psychologist/psychiatrist) should be sought out. Seeking support, whether through therapy or medication, is a proactive step towards managing mental health. By fostering open conversations and dispelling myths, we break the stigma surrounding mental illness, creating a world where individuals feel empowered to seek help without judgment.

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Bible Search Word "Women in the Bible" Part 1

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 E H A N N A H I N O A M L M B
 H N B S F R M L A P L V H D R
 T Q R S M I U D E B O R A H O
 S I E P A D B T E B I L H A H
 E J H V N R V V H O E L J T Y
 Q B T K P S A C R O D Z L J R
 H A E Q Q N Y H C Q B E E H J
 A T B L Z R A B I G A I L J U
 L H A G A R G V E H N Q H K D
 I S S M Q A G P K E V L U B I
 L H I G X C D A M A R I S S T
 E E L H Z H Q L P D Q D K T H
 D B E A Q E B R A Y H E I F X
 C A R O Q L I B M O T X X C O

Abigail	Deborah	Esther	Leah
Ahinoam	Delilah	Hagar	Mary
Bathsheba	Dinah	Hannah	Phoebe
Bilbah	Dorcas	Jezebel	Rachel
Damaris	Elisabeth	Judith	

ANSWERS ON PAGE 17

Do You Know The Bible? "Special Women"

- Who was the only female judge of Israel?
a. Deborah b. Sarah
c. Rebekah d. Ruth
- What cousin of Mary gave birth to John the Baptist?
a. Elisabeth b. Anna
c. Bernice d. Herodias
- What prophetess was the sister of Moses and Aaron?
a. Sarah b. Miriam
c. Deborah d. Rebekah
- What Jewish girl married an emperor and helped save her people from certain extermination?
a. Ruth b. Naomi
c. Esther d. Deborah
- What deceitful princess of the Zidonians married Ahab?
a. Ruth b. Bathsheba
c. Esther d. Jezebel
- What wife of David was once married to Nabal?
a. Hildah b. Azubah
c. Abigail d. Ahinoam
- What harlot helped save the lives of Joshua's spies?
a. Bathsheba b. Leah
c. Hodiah d. Rahab
- What wife of David was the mother of the disobedient Adonijah?
a. Abigail b. Bathsheba
c. Michal d. Haggith
- Who protected the corpses of her slaughtered children from birds and various animals?
a. Rizpah b. Baara
c. Bathsheba d. Reumah
- What prophetess consoled the king while severely criticizing the people of Judah?
a. Deborah b. Bathsheba
c. Esther d. Miriam

ANSWERS ON PAGE 17



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 WE WILL REJOICE AND BE GLAD IN IT."**

PSALM 118:24

LIFE MATTERS PRESENTED BY YUBA-SUTTER RIGHT TO LIFE

Elon Musk's Post On Hormonal Birth Control Goes Viral; Women Respond With Their Negative Experiences

By Amanda Prestigiacomio

Billionaire Elon Musk posted about the side effects of hormonal birth control pills on Friday, setting off a host of women to reply to the post with their own negative experiences from taking the contraceptive.

Hormonal contraceptive, a.k.a “the pill,” is extremely common among women and girls, and is sometimes even recommended for youths for something as benign as acne. However, side effects from the pill are hardly talked about, though some women in recent years have spoken out about ditching the pill following such side effects.

“Hormonal birth control makes you fat, doubles risk of depression & triples risk of suicide,” Musk posted to X. “This is the clear scientific consensus, but very few people seem to know it.” The post has already been viewed more than 37 million times.

The SpaceX CEO followed up with a link to a Time magazine article highlighting the increased risk of suicide associated with the pill. He also linked to a study in the American Journal of Psychiatry that found hormonal contraception to double the risk of suicide attempts, and triple the



Elon Musk

risk of suicide.

The responses to the post included women lauding Musk for bringing attention to the issue, and sharing their own stories.

Abby Johnson, a former Planned Parenthood clinic director-turned-pro-life advocate, responded: “Hormonal birth control gave me pseudotumor cerebri, which causes debilitating headaches and if untreated, blindness,” she wrote. “I will have to be on medication for my entire life or otherwise lose my sight.”

“Fertility is a sign of HEALTH!!!,” Johnson stressed. “Don’t take a pill to break something that is working! I’m so thankful to have gotten off that crap and

now have 8 beautiful children.”

Ashley St. Clair of The Babylon Bee recounted her experience after being on the pill for nearly a decade, starting at age 14.

“I was placed on the pill at just 14 years old for acne. A few months later, I saw my first-ever therapist despite no prior history of depression,” she wrote. “Shortly after that, I was placed on an SSRI. Each time I would talk to my doctors about my deteriorating mental health, not a single one in nearly a decade of being on the pill suggested that it may in fact be the hormones I was taking every single day. Not one.”

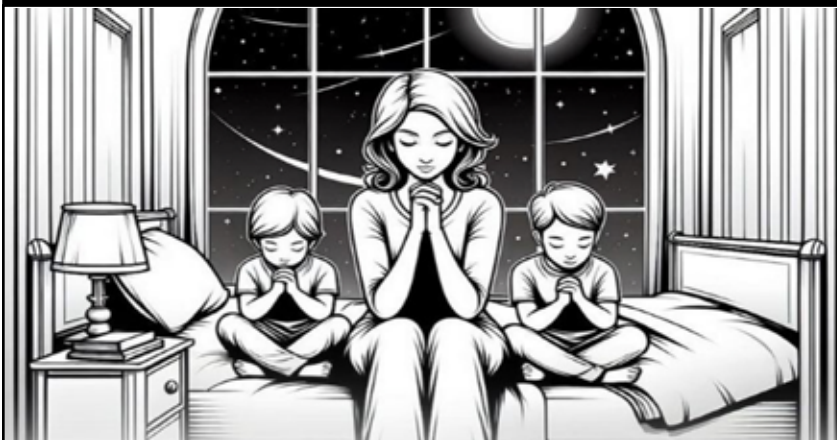
“In retrospect, after being on birth control for nearly a decade, being placed

on the pill for ‘acne’ was akin to killing a mouse with a rocket launcher,” St. Clair continued. “Hundreds of thousands of women across the United States and the world have had a similar experience to mine — feeling completely out of their mind on a pill their doctor told them was relatively ‘harmless.’”

“I’ve been (wrongfully) slandered time and time again as an anti-science conspiracy theorist for pointing out all the legitimate reasons why we shouldn’t shut off our natural hormonal functioning,” writer Andrea Mew posted, captioning screenshots of her columns on the topic published at Evie magazine. “Is the tide finally turning for mainstream opinions on hormonal birth control?”

“I can vouch for the weight gain and mood swings, etc. I took this stuff for about 2 years as a very young wife,” another woman responded to Musk. “Hated the way it made me feel, and stopped taking it. I’m a grandmother now ... never regretted getting off the pill. I feel the same way about many modern meds. Be careful folks and listen to your body.”

Other women discussed the increased risks of both breast cancer and cervical cancer associated with the pill.



**TEACH YOUR CHILDREN TO PRAY,
SO IF THEIR LITTLE HEARTS FEEL
HEAVY, THEY CAN TURN TO GOD,
NOT THE WORLD.**

AMEN

CONT'D FROM PAGE 5: "4 SURPRISES ABOUT AMERICA'S RELIGIOUS 'NONES'"

respect than with disdain or hatred.

Scientific but Spiritual

The Nones place a high value on science, but most believe in God or a higher power (70 percent) or in spiritual forces beyond the natural world (63 percent). Only 17 percent identify as atheists. Half of those whose religion is "nothing in particular" maintain a belief in heaven, and 41 percent believe in hell. Nearly a quarter of all Nones believe in God, the human soul, the supernatural, and heaven and hell.

Yes, the Nones see themselves as more scientifically minded than their religious friends and neighbors, but they don't necessarily believe science can explain everything about our world. About half say spirituality is very important to their lives. Most believe spirits and spiritual energies exist in the world, in nature, in animals, in the connections between humans, and so on. More than half engage in some type of spiritual practice (centering themselves, spending time in nature, meditating, exercising, or practicing yoga) as a means of connecting with something bigger than themselves.

Takeaway: I'm reminded of N. T. Wright's illustration of secularism as a sidewalk with more and more cracks,



through which patches of spirituality are irrepressibly pushing their way like the grass. We should welcome the spiritual interest of the Nones as a starting point for spiritual conversations.

No Religious Observance, but No Civic Involvement Either

Pew's research shows most of the religiously unaffiliated Nones (excluding those who identify as atheist or agnostic) tend to be civically unengaged. This is an important point to consider as we see the decline of institutions, associations, and community involvement across the country.

The "nothing in particular" Nones are less likely to vote, less likely to volunteer their time, less likely to express satisfaction with their local

communities, and less likely to say their social lives are going well. Seen in this light, the lack of religious observance coincides with a general disengagement from civic life altogether.

Takeaway: Many of the religiously unaffiliated likely feel they're on their own. We can look for ways to tap into or give voice to the longing in the human heart for strong relationships, good institutions, and healthy communities.

Skeptical of Religious Teachings and Institutions

The main reason the Nones aren't religious is that they question the teachings of organized faith. Sixty percent say their doubts about religious teachings are the primary reason for their unbelief. They're religiously unaffiliated due to a mix of skepticism,

unbelief, and, for a substantial minority, a dislike of religious organizations. Only 30 percent cite bad experiences with religious people, but 55 percent mention religious organizations or religious people as a reason they stay away.

Interestingly, about 4 in 10 Nones say they don't feel a need for religion, and 12 percent say they don't have time for religious observance.

Takeaway: Our witness matters. Are we the best neighbors? Are our churches contributing visibly to the common good? And if many friends and neighbors see no need for religion yet still maintain belief in God and some kind of spiritual practice, how can we get better at answering questions when doubts arise and demonstrating the link between a person's longing for connection with God (expressed through a generic spirituality) and the Christian faith in all its fullness?

Much more could be unpacked from this Pew Research study on the Nones. But it gives us a glimpse of a significant and growing segment of our mission field in North America.

<https://www.thegospelcoalition.org/blogs/trevin-wax/4-surprises-religious-nones/>

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Continued from Page 15
Bible Word Search Answers

Continued from Page 15
"Do You Know Your Bible"
Answers

1. A Judges 4:3-5)
2. A Luke 1:34-36, 57-60
3. B Exodus 15:20
4. C Esther 1-10
5. D 1 Kings 16:31-34
6. C 1 Samuel 25:1-42
7. D Joshua 6:25
8. D 2 Samuel 3:2-5
9. A 2 Samuel 21:8-10
10. C 2 Kings 22:14-20

OP/ED

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"WHO CHOOSES WHOM"

By Jon Skillman

Early in my Christian life, I believed I had found God. But after time and coming to understanding, I realized I did not find God. God was not lost...I was. Then I thought,

I had chosen Jesus, but soon found out it was God the Father who had chosen me. Yep, there are things called election, predestination and chosen. The first two (election and predestination) work together to produce the chosen...we are chosen for salvation.

This is where things get a little murky. We don't know exactly how God does it...He just does it. I liken it to a computer; I don't know how it does what it does...I just accept that it does. The main point here is, that salvation is God's work.

To help understand better, here is a scriptural pathway to salvation. Let's start with what two things do we need to be saved? Ephesians 2:8, "For it is by grace you have been saved through faith, and this not of yourselves, it is a gift of God." We do nothing!

Next, Ephesians 1:4,5, "For He chose us in Him before the creation of the world...He predestined us to be adopted as His sons through Jesus Christ..." And Romans 8: 29, 30 says, "For those God foreknew he also predestined to be conformed to the likeness of his son, that he might be the firstborn among many brothers. And

those He predestined, He also called; those he called, He also justified; those He justified, He also glorified." He does everything, we do nothing. Again, we don't know exactly how he does it...He just does it. (see also, John 1:12).

So we are predestined to be saved by the sovereignty of God the Father. Now, how do we come to faith in Christ Jesus? 1 Peter 1:2, "who have been chosen according to the foreknowledge of God the Father, through the sanctifying work of the Spirit, for obedience to Jesus Christ..." Notice here, all three persons of the Triune God are at work...we do nothing! It is God the Father that steers us to faith through the urging of the Holy Spirit.

This is confirmed by Jesus in John 6:44, "No one comes to me unless the father who sent me draws him, and I will raise him up at the last day."

But wait! What about 1 Peter 3:18? "For Christ died for sin once for all, the righteous the unrighteous" Why? "to bring you to God", who has chosen who will be saved. Sadly, not everyone.

You may be wondering where does our free will come into play? The only choice we make in the process of salvation is to choose to sin against God, others and ourselves.

William Temple explains it best, "The only thing, of our very own, which we contribute to our salvation is...the sin that makes it necessary."

The Ambassador accepts opinions and editorials (op-ed's) as long as they are well-written and less than 450 words. Op-ed's will be published purely at the discretion of the editor. If you would like to submit your op-ed, please email it (written in MS Word) to editor@ambassadornewspaper.com.

The deadline for submission is the 15th of the month for the next issue.

"HAVE YOU CONSIDERED...?"

There are some articles I hate to write. They don't come about often but this is one of them. I'm ok writing about controversial topics. I've been doing that for more than 18 years. But a subject I've never been comfortable addressing is the need for funding/sponsorship. It is probably the same feeling that pastors get when their sermon is on tithing.

If you haven't turned the page yet and appreciate the value of The Ambassador (or me) for nearly two decades, then allow me to continue. Each month, this publication publishes content that encourages, challenges, and unites the Body of Christ. I have been told that The Ambassador is the only regular publication in our area that speaks beyond denominational differences and finds a common audience in the churches. This is no small feat (but all Glory goes to the Lord).

Through the past 5 years or so, especially since the Covid pandemic, funding has been more than mildly affected. We have seen the same in the broader church community with a loss of about 25% of congregants. Local and national ministries have also been hit hard. With everything else going up (including business and household expenses), The Ambassador's advertising/sponsorship has remained the same and unfortunately, caused a downturn in income for The Ambassador as well.

Just as a reminder, we have been faithful to print content to build up the church, inform them of issues that need prayer as well as connect Christians to opportunities to be the hands and feet of Christ. This has been our pledge since our first issue. God has been faithful to provide for our needs but, as my health

Seth Halpern,
Editor



becomes an ever-increasing issue, my energy to bring in more revenue is limited. While I will continue to trust God for His provision, I believe it is as important as it is humbling to ask our readers to consider coming alongside us as we continue the calling to publish the Truth of Christ. I want to express my utmost appreciation for our current sponsors who see the value of The Ambassador, even while print publications struggle to exist in an ever-growing online world. I don't want you to overlook the niche we have with those who look forward to our printed issue. These include those who are shut-in due to age, disability (we deliver to several care homes), incarceration (we deliver to Yuba and Sutter County jails) as well as mail them to several prisons. Add to this those who struggle with online technology, social media, etc.

So, what am I asking specifically? If you are currently a sponsor- Thank You! If you are able, please consider adding to your sponsorship. If you are NOT a current sponsor, please consider if God would have you partner with us with whatever you are able. Many of our Individual Sponsors help with \$20 per month. Some give less and several give more. If you are a business owner, please consider a business sponsorship of \$75 or more. There are three levels depending on budget and desired business exposure.

God bless you and thank you for reading. Please contact me (Seth Halpern) for questions or comments. editor@ambassadornewspaper.com 530-933-1385

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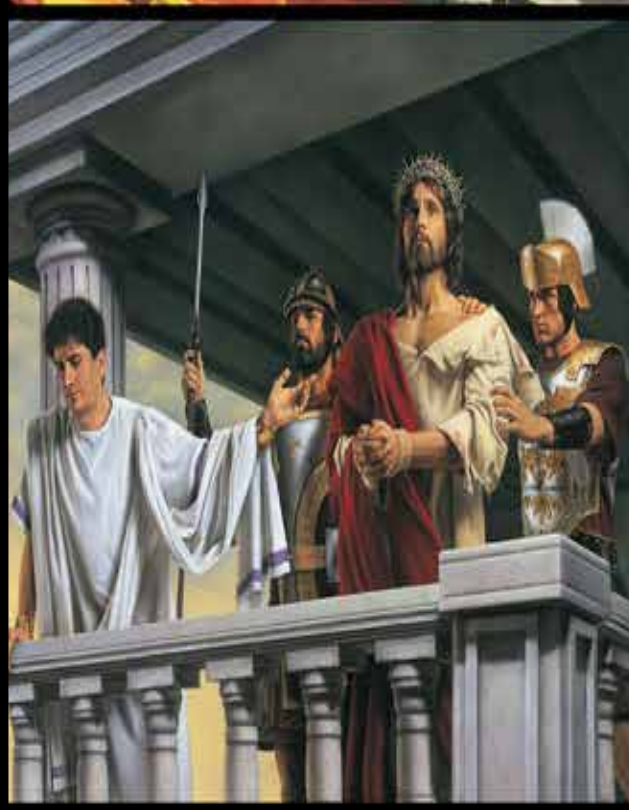
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The Ambassador Newspaper Ministry - Seth Halpern, Editor

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A LOT CAN HAPPEN IN 7 DAYS



HE'S ALIVE!