

# NEWSLETTER



## *“Giving Thanks”*

*By Pastor Steve Gibson*



What is the first record of giving thanks in the Old Testament? Genesis 29:35 recounts the context for the name Leah gave to her fourth son: Judah. His name means ‘I will praise the Lord’ or ‘I will thank the Lord.’ The names of Leah’s previous sons indicate how she was desperately attempting to win her husband’s affection. With the coming of Judah, it seems she was looking to the Lord for affirmation and vindication. Of course that is the best place to look for a true picture of one’s value.

Judah became the tribe through whom the promised Redeemer was to come. Jesus was to be born as a descendent of the tribe of Judah. So it is only fitting that when we come to the New testament book of Matthew, it is Jesus who is giving thanks (14:19). That day He was giving thanks for the loaves and fish which He was about to share with the group gathered to hear Him share the good news of the kingdom of God. There were likely more than ten or fifteen thousand who benefited from the meal after Jesus gave thanks.

Jesus had a particular way of giving thanks for a meal. It was when Jesus was asking the blessing that Cleopas and his wife or friend recognized it was really Jesus alive and well (Luke 24:30-31).

Jesus set an example of expressing thanks. He appreciated the attitude of thankfulness. When the Samaritan leper returned to give thanks, Jesus commended his action. He equated giving thanks with giving glory to God (Luke 17:18).

Do you give glory to God? Have you cultivated a thankful spirit? Do you make a list of reasons to give thanks from time to time? This is a wonderful season to implement a plan for living with intentional thankfulness. One way to exercise your thankful muscle is to make a list of ten things/reasons for giving thanks. Repeat the process the next day and the next for ten days. You will have 100 reasons to give thanks when you reach day ten, and may realize you have just begun to scratch the surface when it comes to finding out what God has done for you lately.

One of the ways we will invest our energy in eternity is in giving glory and thanks to God. So we can safely spend some time now in that endeavor and know it is part of living in heavenly places while we still must deal with the challenges of a sinful world.

Why not take a few moments today to celebrate God’s goodness by having a thanksgiving party? Invite someone in your family to join you and share the joy of fulfilling your purpose in creation. Thanks be to our gracious God!

## **November 2018 Highlights**

### **Women’s Ministry Meeting**

November 3rd after potluck

### **Homeless Outreach**

November 4th @ TBD

### **Adventurer Club Meetings**

November 4th @ 9-1 (AZ Fun Day)

November 10th @ 2 p.m.

November 17th @ 2 p.m.

### **Elder’s Meeting**

November 8th @ 6:30 p.m.

### **Church Board Meeting**

November 8th @ 7 p.m.

### **CHAT Station Demonstrations**

November 11th @ noon to 3 p.m.

### **Men’s Ministry Breakfast**

November 18th @ 8 a.m.

### **Health Ministry Meeting**

November 24th @ 1:30

### **Deacon’s Meeting**

November 24th after church

### **Church Work Bee**

November 25th from 8-11 a.m.

### **Prayer Group & Bible Study**

Wednesday’s from 7-8 p.m.

### **Study of Ezekiel**

Friday’s at 7 p.m.



# MINISTRY NEWS!

## Upcoming Events, Announcements & Inspirational Thoughts

### Essential Oils for the Upcoming Holidays

Aromatherapy is another way to help ward off depression and anxiety, which often occur during the holidays. Can the Ethiopian change his skin, or the leopard his spots? Here are some essential oils to keep around the house during the holidays. We all know we get more tired during the holidays so one valuable oil to use is Pine. It is amazing for mental focus, balances one's emotions, aids in relaxation, aids with cold and flus, relieves fatigue, aids with metabolism, which a lot of us need this time of year with all the delicious food around. Cinnamon helps to trigger memory, also helps ward off fatigue and coughs and respiratory issues that you may get during these cold months. This oil also is a great support for the immune system. Peppermint is fantastic for boosting energy levels as well as also promoting relaxation. It helps with digestion, which will come in handy after eating all the great food this holiday season. Frankincense also boosts the immune system and relieves anxiety. Juniper Berry aids with emotional needs, also boosts the immune system and soothes skin and respiratory issues. Other oils to keep in mind this holiday season are clove, myrrh, sweet orange, nutmeg, anise, ginger, cedar wood and wintergreen.

“And oil for the light, and spices for anointing oil, and for the sweet incense.” Exodus 35:8

*Dr. Sylvia Hayashi Health/Prayer Ministry Leader*

### Adventurer Club

Dates to keep on your calendar:

#### **Arizona Conference Adventurer Fun Day**

**November 4th, 9 a.m. to 2 p.m. @ Encanto Park.** Bring a lunch and we'll eat together!

**November 10th @ 2 p.m.** Regular Meeting

**November 17th @ 2 p.m.** Regular Meeting and Family Network #1

### Church Social

Our next church social is December 1st. We will have vespers around the campfire from 5-6 p.m. Come sing some songs with us. Next, we'll roast hotdogs over the fire from 6-6:30. We'll also have potato chips and chili. After we eat, we will have a couple games for those who want to play or you can sit and relax around the campfire. Look for a sign up sheet at church for what you can bring. Don't forget to bring your lawn chair and roasting skewers. We will clean up and be done around 8:30 p.m. Hope you can come join us.

### Health Ministry

**November 11th from 12—3 p.m.** the Health Ministry members will be providing an in reach event for our church. They will have eight tables set up and each CHAT member will be demonstrating a health technique/natural remedy procedure. This will be a fun and educational event for our church. Mark it on your calendar and plan to attend!!

### **Vegan Pumpkin Scones**

1/2 cup sugar  
1/2 tsp baking soda  
2 cups pumpkin puree

3 1/2 cups flour  
3 tsp ginger powder  
3/4 cup raisins (soaked in hot water)

2 tsp baking powder  
1/2 cup margarine

1. In a large mixing bowl, combine dry ingredients. Cut in the margarine, adding a little bit at a time until it is well mixed. Add pumpkin and raisins and combine well.
2. On a lightly floured surface, knead the dough a few times, and push it into a large circle about an inch thick.
3. Cut into 12 or so triangular pieces (kind of like you would cut a pizza). If you don't want them that big, divide the dough into two pieces and then form your circle and cut.
4. Place on a parchment paper lined baking sheet and bake at 425 degrees for 12-15 minutes or until done.
5. Make an icing of 1 cup powdered sugar, 1 tsp orange zest and enough orange juice to make a thin drizzle. Drizzle over scones after they have cooled for about 10 minutes on a cooling rack.