

# NEWSLETTER

## “Spring”

By Pastor Steve Gibson

Last week I noticed daisies blooming in yards near our home. It was a reminder to me that the season of spring is arriving in the deserts of Arizona. We give thanks for the winter rains and anticipate even more spring flowers to enjoy throughout our state.

We praise God for His faithfulness in bringing us through the ‘winter’ of a mortgage for our church facility. Thank you to those of you who have contributed along the way to see that debt retired. And thanks to those who challenged and rose to meet the challenge to pay off the loan by the end of 2019. It was a treat to open a letter on January 19 and see a document stamped ‘Paid’. That \$456,000 amount is now a memory. And hopefully a valued memory as we learn to trust God for the next step in the adventure along Desert Cove Road. We thank God for the evidences of His ability to abundantly provide.

We want to celebrate what God has done to see this project through to this point. We will be gathering to make this milestone in our church family’s life at a time to be set soon.

The next step in the journey is to dream what God has designed for us in moving forward. Likely some of that will be discussed at our church business meeting on March 15th at 5 p.m.

Many of us have recently participated in Ten Days of Prayer with the theme of Seeking the Spirit (tendaysofprayer.org). We have emphasized in a previous newsletter the invitation of Zechariah 10:1 to ask the Lord for rain in the springtime (or time of the latter rain). So this is a perfect time to ask the Lord for rain, the reign of His Holy Spirit. This is the gift He most wants to give to His children (Luke 11:13). This is the priceless gift that will stand as a witness to the world of God’s power to bring salvation to people on this planet.

This season as you notice the flowers and how they thrive for a time, you can rejoice in assurance that God’s care for them is matched and surpassed by His care for you. Matthew 6:28 calls our attention to the lilies of the field. God takes care of the natural world as a testimony of His ability to care for us. He is able to provide for our needs each day. Our responsible action is to seek God first. In the first part of the day, in the first part of the year, as the first priority in our thoughts. As we do this as a church family, we will see God’s power demonstrated in our midst. God will guide us and fulfill His promises to us just as surely as He has kept His promises and fulfilled His word in the days of Daniel and Moses and Job.

We can live at peace in a world where peace is lacking as we fix our minds on God and live in His reality. We can join Paul in living in Heavenly places in Christ Jesus if we choose (Ephesians 2:6).

This spring, why not elevate your lifestyle? Why not let God’s reality begin to become your reality? As you pray for rain, praise God for the blessings He has in store for you.



## February 2020 Highlights

### Women’s Ministry Meeting

February 1st after lunch

### Prayer Vigil

February 1st from 5-6 p.m.

### Social Committee Meeting

February 8th right after lunch

### Adventist World Radio Presentation

February 8th @ 2:30 p.m.

### Elder’s Meeting

February 13th @ 6:30 p.m.

### Church Board Meeting

February 13th @ 7 p.m.

### Community Service Meeting

February 15th after lunch

### Men’s Ministry Breakfast

February 16th at 8 a.m.

### “All For Love” Dinner

February 16th @ 2 p.m.

### Health Ministry Meeting

February 22nd after lunch

### Startling Prophecies for America

February 21st @ 7 p.m.  
February 22nd @ 11 a.m. & 4 p.m.

### Church Work Bee

February 23rd from 8-10 a.m.

### Haystacks!!!!

February 29th after church

### Prayer Group & Bible Study

Wednesday’s at 7 p.m.

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# MINISTRY NEWS!

## Upcoming Events & Announcements

### Pumpkin Seed Oil

Postmenopausal women are more likely to develop hypertension faster than men their age. Studies indicate that taking pumpkin seed oil daily is a good prevention method to head off the condition of hypertension. A recent research blind study done at Marymount University, in Arlington, Virginia, 23 participants were instructed to take three grams of pumpkin seed oil for six weeks. The result was that the women had significantly reduced systolic blood pressure, as well as better blood flow in their arteries. Other unique benefits of taking pumpkin seed oil include lowering cholesterol, easing symptoms of benign prostatic hyperplasia (BPH) in men, reducing hot flashes and hormone-related headaches in women, and reversing their hair loss. The common dose is a 1000 mg capsule. 1 or 2 of these can be taken by mouth following meals, about 3 times per day. There are some rare side effects that might occur like inability to completely empty the bladder, constipation, diarrhea, difficult or painful urination, nausea, and stomach cramps. As I have said before it is wise to do everything in moderation and checking with your health care provider before taking any supplements.

**“And God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth and every tree, in the which is the fruit of a tree yielding seed; for you it shall be meat.” Genesis 1:29**

Blessings, Dr. Sylvia Hayashi

### Prayer Vigil

Prayer is an awesome thing. Our prayer vigils are the 1st Sabbath of each month from 5-6 p.m. Everyone is welcome to come join us in prayer

### Women’s Ministry

Women’s Ministry is having a dinner called “All For Love” **February 16th at 2 p.m.** This is an “adult only” event. It is for couples and singles. If you would like to attend, contact Anita Powell or Eva Fadeley before February 8th.

Anita—[surpriseanita@yahoo.com](mailto:surpriseanita@yahoo.com)

Eva—[efadeley@cox.net](mailto:efadeley@cox.net)

### Startling Prophecies for America

This is an exciting mini evangelism series right here in our own church presented by Pastor Steve Wohlberg, speaker/directory of White Horse Media.

Meetings will be:

**February 21 @ 7 p.m.—The Beast Identified**  
**February 22 @ 11 a.m.—America in Bible Prophecy**  
**February 22 @ 4 p.m.—The Devil’s Deadly Mark**

There will be a Q & A session after the last meeting and a light supper will be served. If you would like to help with food, please contact Cathy Fields at 602-818-0913 or [cdfields1975@gmail.com](mailto:cdfields1975@gmail.com)

### Awesome Vegan Nacho Cheese Sauce

2 cups water, divided  
 1 2-oz. jar pimentos or 1/4 cup  
 3 T cornstarch  
 1 T white or light Miso paste  
 1 tsp onion powder  
 1 tsp apple cider vinegar

1/4 cup raw cashews  
 1/4 cup nutritional yeast flakes  
 2 T Vegan margarine/butter  
 1.5 tsp seasoned salt  
 1/2 tsp garlic powder  
 pinch of cayenne pepper

1. Rinse cashews under hot running water for several minutes or soak in HOT water for 5 minutes and then rinse.
2. Place rinsed cashews in blender. Add 1 cup of the water and all other remaining ingredients and blend on high until completely smooth.
3. Add second cup of water and pour mixture into a medium size pot.
4. Whisk over medium heat until thickened.
5. (Watch it closely...when you are quite sure it’s never going to get there, it thickens and bubbles all at once!)
6. Viola! Dip chips, serve as a side for baked potatoes, drizzle over broccoli or cauliflower, etc.

You may also add a can of Rotelle tomatoes and chili’s.

Recipe by Rebecca Eller [www.veganblueberry.com](http://www.veganblueberry.com)