

NEWSLETTER



“Got Thirst?”

By Pastor Steve Gibson

When you are thirsty, how do you get a drink of water? Likely it's a fairly simple trip to the faucet or opening a bottle of water. But in Exodus 17, it wasn't such a simple problem to resolve.

The children of Israel were in the wilderness, camping at Rephidim. Of course they were not camping long before discovering there was no water available. So they went to complain to Moses. They suggested he was trying to kill them, their children, and their animals (v. 3). They went so far as to question whether the Lord was with them (v. 7).

Moses cried out to the Lord and was directed to take some elders with him and strike the rock with his rod. Water was then to flow out from the rock.

God could have responded by sending a plague or wiping out the people. He could have let them dehydrate for being so demanding and doubtful. Instead, He gave them an object lesson in what Christ was willing to do for them. The rock represented Jesus. He loved them so much that he was willing to take a beating for them to be able to have water for their needs.

Patriarchs and Prophets describes the unbelief manifested by the people as ‘criminal’ (298). God had provided ample evidences of His care for them so that they should have chosen to place their full confidence of His ability to meet this need as well.

How many times do we read about them running out of water after this event? We don't. God supplied their food in the form of manna. He supplied water. He kept their clothes and shoes in shape. He met their daily needs.

It wasn't until they reached Kadesh, in sight of the landmarks of Canaan, that the stream of water provided by the Lord was quenched (PP 413). This should have been an encouraging sign to the people that God was about to meet their need for water in a new way, in the new land. It was an opportunity to exercise faith in God's generous provision.

Have you seen God provide for your daily needs over time? Do you believe He is capable of knowing just what is best for you day by day? Can you testify that even in a desert land, God has provided His ability to satisfy your thirst? Do you thank Him for Jesus, the ultimate thirst quencher? Do you eagerly anticipate walking with Him beside the River of Life? Soon, by His grace?



Prayer Group

Wednesday's 7:30 p.m.
Call 1-972-224-6616 Code: 278589

Adult Sabbath School

Each Sabbath @ 8:45 a.m.
Look for an email with Zoom information.

Live Stream Church Service

Each Sabbath @ 11:30 a.m.
Look for an email with the YouTube link.

Great Controversy Reading

Sabbath afternoon @ 3:30 p.m.
Look for an email with Zoom information.

Church Reopening Date

We will not be opening our church for in-person services as expected. Please keep your eyes open for an email with opening information.

Tithes & Offerings

Because of faithful giving we are meeting our budget and our tithe base is normal during this time. Below are the three ways you can give your offerings:

At the church from 4-8 p.m. Wednesdays

Mail to: Cathy Fields
P.O. Box 15332
Scottsdale, AZ 85267

Go to www.desertcovesda.com and click on ‘Online Giving’ and follow the prompts to give that way.

Email: pastorstevegibson@hotmail.com **Address:** 12400 W Desert Cove Road, El Mirage, AZ 85335

Mailing Address: 13954 W. Waddell Road, Suite 103 #616, Surprise, AZ 85379

MINISTRY NEWS!

Upcoming Events & Announcements

Foods to eat during the COVID-19 pandemic

You should eat a variety of fresh and unprocessed foods every day to get the vitamins, minerals, dietary fibre, protein and antioxidants your body needs. Drink enough water. Eat fruits, vegetables, legumes (e.g. lentils, beans), nuts and whole grains (e.g. unprocessed maize, millet, oats, wheat, brown rice or starchy tubers or roots such as potato, yam, taro or cassava), and foods from animal sources (e.g. meat, fish eggs and milk). For snacks, choose raw vegetables and fresh fruit rather than foods that are high in sugar, fat or salt. Here are five immune boosters that can help keep COVID-19 away. Now more than ever, it's important for your immune system to stay healthy. One of the best ways to stay healthy is by maintaining a nutritious diet.

Vitamin A (Beta Carotene) such as carrots, sweet potato, spinach, broccoli and red bell peppers can assist with the health of your intestines and respiratory system. **Vitamin C** helps stimulate the formation of antibodies. Citrus fruits, strawberries, red bell pepper and kiwi are all rich in vitamin C. **Vitamin E** promotes the neutralization of free radicals by working as an antioxidant. Foods full of **Vitamin E** include vegetable oils, nuts, seeds and avocado. As far as taking **Zinc** it is also good such as eating beans, seeds, nuts, meat, poultry, and seafood. Proteins contain specific amino acids found in protein are essential for T-cell function, which are cells that protect the body against pathogens. Meats, poultry, seafood, eggs, beans, nuts and seeds all have lots of protein.

These nutrients have been shown to help your immune system work most efficiently and effectively. Eat these nutrients in moderation because they can also be harmful to the body. As always with preventing the spread of illness, wash your hands frequently.

“So teach us to number our days, that we may apply our hearts unto wisdom.” Psalms 90:12
Thank you and God Bless, Dr. Sylvia Hayashi—Health/Prayer Ministry Leader

Pumpkin Walnut Muffins

2 tsp Ener-G Egg Replacer	1 cup whole wheat flour	3/4 cup unbleached flour
1/2 cup dark brown sugar	1 1/2 tsp ground cinnamon	1 tsp baking soda
1 tsp ground nutmeg	1/2 tsp baking powder	1/8 tsp salt
1/2 cup coarsely chopped walnuts (optional)	1/4 cup raisins	1 cup canned pumpkin
1/2 cup Sunsweet Lighter Bake (see notes)	1/4 cup molasses	1/4 cup nut milk

1. Have ready a 12 cup standard-size muffin pan with liners.
2. Preheat the oven to 375°F with a rack in the lower third of the oven. Whisk the Egg Replacer with 1/4 cup warm water in a small bowl until frothy, then set aside.
3. In a large bowl whisk together the whole wheat and all-purpose flours, brown sugar, cinnamon, baking soda, nutmeg, baking powder and salt. Stir in the walnuts and raisins.
4. In a separate bowl, stir together the pumpkin, Lighter Bake (or applesauce), molasses, and nut milk until no lumps remain. Add the reserved Egg Replacer. Stir this mixture into the flour mixture just until combined.
5. Spoon the batter into the prepared muffin cups and bake for 30 minutes or until a wooden toothpick inserted in the center comes out clean. Set the pan on a rack to cool completely before removing the muffins from the pans.

Notes: You can use applesauce in place of the Sunsweet Lighter Bake or make your own from 1/3 cup dried apple slices and 2/3 cup dried prunes blended in the blender with enough water to make is kind of like pudding thickness. You may omit the walnuts and add extra raisins if desired.

Recipe from Dr. McDougall *The Starch Solution*