

# Month At A Glance



## “Mothers”

By Randy Fields

We always hear people say that a mother’s prayer is one of the most powerful prayers. We hear mothers are the nurturers of the children and the family as a whole. Have we ever thought about the immense pain and joy that mothers experience?

Let’s go back to the very first mother on this earth, Eve. Because she chose to sin, she had to endure great pain while giving birth to her children. Then, in Genesis 4, she had to endure the pain of losing a child who was murdered by his older brother.

We think of another mother who had to make a hard choice. Pharaoh had decreed that all baby boys should be killed at birth. A Hebrew woman had a son and after hiding him for about three months in her home, she built a little basket and hid him near the edge of the water. We see in Exodus 2 that when Pharaoh’s daughter went to the river to wash, she and her handmaids saw the basket. When they opened it, the baby was crying. The baby’s sister had been a little way off watching her baby brother. When he was taken out of the water, she ran and asked Pharaoh’s daughter if she needed someone to take care of the baby for her. Pharaoh’s daughter named him Moses but Moses’s mother got to raise him until he was old enough to go to the palace to live. She got to teach him about God and shape his life.

What about Samuel’s mom? Hannah was not able to have children although she greatly wanted a child. After years of not being able to have a child, she cried unto the Lord and promised that if she were to have a child, she would give him unto the Lord. So here in 1 Samuel 1, we see where God had compassion on Hannah and she had Samuel and at a young age, gave him back to God to serve Him in the temple.

Another mother that we think of is Mary, the mother of Jesus. She knew she had been chosen to give birth to the Savior but she may not have known just what a gift she was going to be blessed with. She love her Son as much as any mother today loves a son. But in Matthew 27 we read the story of the ultimate grief that Mary had to bear when she watched her Son die on the cross.

We can all be thankful today for these mothers and for all the mothers in the past. We learn many lessons from the Bible about how each one of these mothers cared for their children.

## May Calendar

**Women’s Ministry Meeting**  
May 1st after church

**AZ Women’s Ministry Mini Retreat**  
May 2nd from 9 a.m. to Noon

**Mother’s Day**  
May 9th

**Elder’s Meeting**  
May 13th @ 6:30 p.m.

**Church Board Meeting**  
May 13th @ 7:00 p.m.

**Church Work Bee**  
May 23rd @ 8-10 a.m.

**Sabbath School**  
**Adult in person** 10:15-11:15 a.m.  
**Adult Via Zoom** 8:45 a.m.  
**Primary and Junior via Zoom**  
10:15-11:15 a.m.

**Church Service**  
In person and Live Stream  
11:30 a.m.

**Bible Study & Prayer Group**  
**In Person at the church**  
Wednesday’s 7-8 p.m.  
Call 1-971-224-6616 Code: 278589

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

**Tithes & Offerings**  
Below are a couple of ways you can give your offerings:

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

## CINNAMON

Cinnamon does much more than just spice up your baking. It's an aromatic antioxidant powerhouse. This little gem has Polyphenols, which increase insulin sensitivity and keep blood sugar levels even, which can help keep energy humming. Cinnamon also has the highest antioxidant levels of any spice. Studies have found that cinnamon lowers blood sugar in people with type 2 diabetes. Cinnamon may be used to calm a cough and also to ease an irritated throat. Mix 2 Tbsp apple cider vinegar in 8 oz. hot water. Add a sprinkle of cayenne, a dash of cinnamon, and 1 Tbsp of honey, and stir. Cinnamon can clear mucus and encourages the circulation to the joints. It can also be used in cardiac insufficiency and cold extremities, difficulty breathing, fluid accumulation and tiredness. Cinnamon can also boost your digestion. In a bowl, mix 3 Tbsp powdered flaxseeds, 2 Tbsp powdered cinnamon, 1 tsp powdered ginger, and 1/2 tsp powdered cardamom. Pour into a saltshaker. Sprinkle on toast, cereal, yogurt, and fruit to help your body digest food and absorb nutrients. Cinnamon has an antifungal activity and may be used in Candida Albicans and imbalanced intestinal flora. Frequent urination; nocturia caused by cold is treated by cinnamon's hot and dry qualities. Its ability to penetrate deep into the tissues coupled with its sweet quality give it an ability to nourish the reproductive system and treat infertility and male impotence. Women who are prone to having Dysmenorrhoea can benefit from taking cinnamon due to its antispasmodic qualities. It also has an ironic action used to treat both amenorrhoea and menorrhagia; its blood-invigorating, warming and penetrating properties can be utilized in wet and stagnant conditions in the pelvic cavity; ovarian cysts, fibroids and endometriosis. Finally, Cinnamon in the Hebrew is qinamown (kin-naw-mone) which means to erect; cinnamon bark (as upright rolls).

*The Song of Solomon: Spikenard and saffron; calamus and cinnamon, with all trees of frankincense; myrrh an aloe, with all the chief spices:*

Dr. Sylvia Hayashi, Health Ministry & Prayer Ministry Leader

### PRAYER FOR A NEW PASTOR

As most of you already know, Pastor Steve Gibson will no longer be the pastor of Desert Cove as of April 3rd. Therefore, we have started our prayer group again and will meet immediately after the church service each Sabbath to pray for God to send who He wants us to have as our next pastor. Anyone who wants to join this prayer time, we will be meeting in the last room on the right at the end of the hall (Cradle Roll Room).

### Black Bean Sloppy Joes

1 onion, chopped	1/4 cup quick-cooking oatmeal
1 green or red bell pepper, diced	1 T Soy Sauce
1/3 cup water	1/2 T prepared mustard
1 15-ounce can black beans, drained and rinsed	1 tsp honey
1 8-ounce can tomato sauce	1 tsp chili powder
6 whole wheat buns	

1. Place the onion and bell pepper in a saucepan with the water. Cook, stirring frequently, until the vegetables soften, about 5 minutes.
2. Meanwhile, mash the beans with a bean or potato masher (do not use a food processor). Add the beans and remaining ingredients except the buns.
3. Cook over low heat until heated through, about 5 minutes.
4. Serve on the buns with your choice of accompaniments, such as onions, tomatoes, lettuce, pickles, mustard, and ketchup.

*From the McDougall Quick and Easy Cookbook*