

# Month At A Glance



## “Fellowship”

By Randy Fields

Many of you know that fellowship with others, especially your church family, plays a huge part in keeping our lives on the right track with our heavenly Father. Here are a few points I would like you to consider when thinking about fellowship.

1. Make time for fellowship with Jesus the first thing you do each morning.
  - A. Read a daily morning devotional
  - B. Read a few chapters in the Bible
  - C. Communicate with Jesus through prayer
2. Prayer throughout the day.
  - A. Pray to Jesus throughout the day. You can have a conversation with Jesus anytime and anywhere.
3. Family Worship
  - A. Gather your family each evening and close out the day with worship and strengthening your relationship with Jesus.
4. Fellowship with church members.
  - A. Go to church as often as you can. Just seeing your fellow church family can boost your soul.
  - B. Fellowship—talk to people when you are at church. Genuinely visit with them.
  - C. Stay for *Fellowship* lunch and visit with people.

We have started having fellowship lunch again twice a month and our first one was such a blessing. Seeing and hearing people talking and visiting with each other again really helped me realize how much people have been missing.

Jesus talks about fellowship with others—“And they continued steadfastly in the apostles’ doctrine and fellowship, and in breaking of bread and in prayers.” Acts 2:42 “That which we have seen and heard declare we unto you that ye also may have fellowship with us, and truly our fellowship is with the Father, and with his Son Jesus Christ.” 1 John 1:3 “If we say that we have fellowship with him, and walk in darkness, we lie, and do not the truth: But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.” 1 John 1:6-7.

I pray that we will all strive to strengthen our relationship and fellowship with Jesus and by doing so, strengthen our relationships and fellowship with our friends and family, which includes our church family.

## August Calendar

**Health Ministry Meeting**  
August 5th @ 6:30 p.m. via Zoom

**Elder’s Meeting**  
August 12th @ 6:00 p.m.

**Church Board Meeting**  
August 12th @ 7 p.m.

**Church Work Bee**  
August 22nd @ 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 in person and 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.  
if you cannot make the prayer in person  
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**

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

**OR...**Bring it Sabbath mornings and drop it in the offering plate on the back counter in the sanctuary.

**Email:** [elderrandy56@yahoo.com](mailto:elderrandy56@yahoo.com) **Physical Address:** 12400 W Desert Cove Road, El Mirage, AZ 85335

**Mailing Address:** 13954 W. Waddell Road, Suite 103 #616, Surprise, AZ 85379 **Website:** [www.desertcovesda.com](http://www.desertcovesda.com)

## EGGPLANT

Purple and blue foods like eggplant get their attractiveness from anthocyanins antioxidants. Eggplant has antioxidants like vitamins A and C, which help protect your cells against damage. Eggplant also has vitamin K, vitamin B6, thiamine, niacin, magnesium, manganese, phosphorus, copper, fiber, folic acid, and potassium. The polyphenols what is in the eggplant also helps cells to process sugar if an individual has diabetes. There are also more benefits with including Eggplant in your diet like, it helps with digestion due to the high fiber content which is a great way to improve your gastrointestinal health. Eggplant can also help to improve your heart. The fiber reduces the amount of cholesterol that your body absorbs by binding it with your digestive system's bile so that your body naturally gets rid of it. Eggplant also prevents cancer due to the antioxidants. The color of the Eggplant is also linked to reduce osteoporosis, stronger bones, and even increase bone density. The iron and calcium found in eggplants are improving and preserving overall bone health. Eating foods like eggplant that are high in iron can also help combat health conditions like anemia. Eggplants are so rich in natural chemicals called phytonutrients, which have been known to improve mental health. Phytonutrients help boost memory by increasing blood flow throughout the body and into the brain. Over all there are so many benefits by adding EGGPLANT to a diet.

*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; to you it shall be for me=at. Genesis 1:29*

Dr. Sylvia Hayashi, Health Ministry & Prayer Ministry Leader

### PRAYER FOR A NEW PASTOR

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).

### BIBLE STUDY & PRAYER

Don't forget we have Bible study each Wednesday at the church from 7—7:30 p.m. and then prayer from 7:30—8 p.m. If you want to join the prayer via phone, dial: 1-971-224-6616 Code: 278589

### Vegan Tater Tot Casserole

1/2 cup onion, diced	3 cloves garlic, minced	2 T olive oil
Pinch of salt	2 cups water	3/4 cup raw cashews
2 T cornstarch or flour	2 T Braggs or soy sauce	2 tsp onion powder
1/2 tsp garlic powder	1 pinch rubbed sage	3 cups frozen mixed veggies
1 1/2 cups chopped vegan chicken	3-4 cups tater tots	
salt to taste		

1. Preheat oven to 425 degrees. Start sautéing the onion, garlic, olive oil and salt until clear.
2. Blend cashews, cornstarch, Braggs, onion & garlic powder and rubbed sage until completely smooth.
3. Spread the sautéed onion mixture in 9X13 casserole dish and distribute the frozen mixed veggies over, then the chopped pieces of vegan chicken substitute.
4. Pour the blended mixture over the veggie & chicken and then top with tater tots. You can sprinkle the top with garlic salt to give it some added flavor.
5. Bake at 425 for 35-40 minutes or until golden brown and bubbly!

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