

# Month At A Glance

## “Evangelism”

By Randy Fields

There are many different ways of evangelizing in our community. Here are just a few:

1. Evangelistic Meetings
2. Door to door contact in the community
3. Food and clothing giveaway
4. Bible Studies
5. Health seminars (depression, suicide, diabetes etc.)

These are just a few ways to reach our community.

In November we will be having a short evangelistic series by Elder Dan Jarrard. As a church, we need to be prepared and unified to accept new believers the way Jesus would. Our number one goal as Christians is to reflect the Character of Christ at all times and in every situation.

“And I, if I be lifted up from the earth, will draw all men unto me.” John 12:32

Christ has promised the gift of the Holy Spirit to His church, and the promise belongs to us as much as to the first disciples. But like every other promise, it is given on conditions. There are many who believe and profess to claim the Lord’s promise; they talk *about* Christ and *about* the Holy Spirit, yet receive no benefit. They do not surrender the soul to be guided and controlled by the divine agencies. We cannot use the Holy Spirit. The Spirit is to use us. Through the Spirit God works in His people “to will and to do of His good pleasure.” But many will not submit to this. They want to manage themselves. This is why they do not receive the heavenly gift. Only to those who wait humbly upon God, God awaits their demand and reception. This promised blessing, claimed by faith, brings all other blessings in its train. It is given according to the riches of the grace of Christ, and He is ready to supply every soul according to the capacity to receive.—*The Desire of Ages*, 672

We have ample counsel from both scripture and the writings of Ellen White on how to reflect Christ to the world around us. If we do this, He will draw all men to Himself. I am making this my prayer each and every day going forward. Won’t you join me?

## September Calendar

### Health Ministry Meeting

Sept. 2nd @ 6:30 p.m. via Zoom

### Elder’s Meeting

Sept 9th @ 6:00 p.m.

### Church Board Meeting

Sept 9th @ 7 p.m.

### Church Work Bee

Sept 26th @ 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](http://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)

## Strategies to Reverse Chronic Inflammation

There are four lifestyle components that should be practiced to reduce the risk of chronic health conditions and reverse chronic inflammation. These are conditions such as coronary artery disease to arthritis to Alzheimer's disease. These strategies add up to common sense. The first one is "**STRESS.**" It is well known that chronic stress elevates the hormones cortisol and adrenaline, which directly increase inflammation. Regardless of where stress originates from it is important to find time to decompress. For some people, it can be as simple as closing your eyes for a minute and focusing on slow, deep breathing. Inhaling lavender essential oil and soaking in a bath with Epsom salts is important. The second one is "**SLEEP.**" Make it a practice to shut down electronic devices at least one hour before bed, since many of these devices can suppress melatonin production in the brain (melatonin helps you feel sleepy). The third one is "**EXERCISE.**" Exercise is such important factor in inflammation. A sedentary life increases the risk of obesity and high blood pressure which may lead to a weakened immune system. Twenty minutes of movement a day can reduce the risk of chronic diseases. The fourth strategy is "**FOOD.**" The standard American diet is centered around processed and refined foods, sugary beverages, fast food and inflammatory fats—is associated with an increase in inflammatory markers in the blood as well as insulin resistance, weight gain, high blood pressure and arthritis. The most powerful anti-inflammatory foods are full of healing antioxidants and phytochemicals. The diet that God instructed which would be the best for the body is still the best diet. Colorful fruit and vegetables, raw nuts and seeds, herbs and spices, whole grains, monounsaturated fat-rich olives and avocados. These four strategies are only a few that can be practiced to take care of the bodies that God gave us. Here are several Bible Verses that relate to the four strategies:

**STRESS—Psalm 119.143 SLEEP—Psalm 3:5 EXERCISE—1 Corinthians 6:19-20 FOOD—Genesis 1:29**

Many Blessings, 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

### EVANGELISM OUTREACH REPORT FOR AUGUST

40 People Contacted

157 Homes Visited

21 Great Controversy Books Given Out

### Pumpkin Scones

1/2 cup sugar

3 1/2 cups flour

2 teaspoons baking powder

1/2 teaspoon baking soda

3 teaspoons ginger powder

1/2 cup margarine

2 cups pumpkin puree

1. In a large mixing bowl, combine dry ingredients (flour, sugar, baking powder, baking soda and ginger). Cut in margarine, adding a little bit at a time until mixed. Add pumpkin and combine well.
2. On a lightly floured surface, knead dough a few times, pushing it into a large circle, a few inches thick.
3. Cut into 12 or so triangular pieces. Imagine you are cutting a pizza so that you get even, triangular slices.
4. Bake at 425 degrees for 12-15 minutes, or until done.

Since it is soon going to be fall and the weather will be a little cooler, this recipe can get you ready for the Thanksgiving Holiday. You could add nuts, raisins, coconut etc. to it if you choose or ice it with a little powdered sugar and orange juice.