

# Month At A Glance

## October Calendar

### “Lessons from Nature”

By Randy Fields

I'm sure we can all think of a thing or two that we have learned from nature. Isn't it amazing how God has placed things in nature as lessons for us? Here is something I saw recently that I thought was a beautiful lesson from God.

*“My dad has bees. Today I went to his house and he showed me all the honey he had gotten from the hives. He took the lid off of a 5 gallon bucket full of honey and on top of the honey there were 3 little bees, struggling. They were covered in sticky honey and drowning. I asked him if we could help them and he said he was sure they wouldn't survive. Casualties of honey collection I suppose.*

*I asked him again if we could at least get them out and kill them quickly, after all he was the one who taught me to put a suffering animal (or bug) out of tis misery. He finally conceded and scooped the bees out of the bucket. He put them in an empty Chobani yogurt container and put the plastic container outside.*

*Because he had disrupted the hive with the earlier honey collection, there were bees flying all over outside.*

*We put the 3 little bees in the container on a bench and left them to their fate. My dad called me out a little while later to show me what was happening. These three little bees were surrounded by all of their sisters (all of the bees are females) and they were cleaning the sticky nearly dead bees, helping them to get all of the honey off of their bodies. We came back a short time later and there was only one little bee left in the container. She was still being tended to by her sisters. When it was time for me to leave we checked one last time and all three of the bees had been cleaned off enough to fly away and the container was empty.*

*Those three little bees lived because they were surrounded by family and friends who would not give up on them, family and friends who refused to let them drown in their own stickiness and resolved to help until the last little bee could be set free.”*

I do not know who wrote this but we could all learn a thing or two from these bees.

## BE KIND ALWAYS!

**Health Ministry Meeting**  
October 7th @ 6:30 p.m. via Zoom

**Elder's Meeting**  
October 14th @ 6:00 p.m.

**Church Board Meeting**  
October 14th @ 7 p.m.

**Community Service ZOOM Meeting**  
October 18th @ 6:30 p.m.

**Community Food Hand Out**  
October 20th 10-noon

**Church Work Bee**  
October 24th @ 8-10 a.m.

**Sabbath School**  
**Adult in person** 9:30-10:40 a.m.  
**Adult** Via Zoom 8:45 a.m.  
**Primary and Junior in person and via Zoom**  
9:30-10:40 a.m.

**Church Service**  
**In person** and Live Stream  
10:50 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)

## SUGAR

We can all testify that it is very difficult to break away from **SUGAR**. It can be identified in our favorite deserts but it can also be hidden in many other foods we eat. For example, ketchup, bread, and even in the dressing of a healthy salad. Studies indicate that Americans can consume about 57 pounds of added sugar every year. That's concerning, because studies also identify that too much can up the risk of conditions like heart disease, diabetes, and obesity. Though it is vital that we recognize that sugar is the main source that provides fuel for the body and brain to function properly. There are two types of sugar, simple sugars which are found in candy, soda, fruit juice, honey, and table sugar. Complex sugars are found in foods like apples, broccoli, lentils, spinach, and unrefined whole grains. The American Heart Association recommends for women, no more than 25 g of added sugar per day, and for men, a maximum of 36 g daily. It is important that as consumers we also learn how to read nutrition labels. Here are some tips that can stop sugar cravings, listen to your body, keep a food log, start small, pay attention to patterns, balance your meals, pinpoint favorite recipes, be adventurous, shut down sugar pushers, look beyond your diet, and practice self-compassion. In conclusion every time your brain seeks for sugar read the Bible and request God to help you. If still you end up having a desert "give yourself some grace".

**"I can do all things through Christ which strengtheneth me." Philippians 4:13**

Blessings and Prayers, Health and Prayer Ministry Leader, Servant of God, Dr. Sylvia Hayashi

### 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 SEPTEMBER

23 People Contacted

95 Homes Visited

8 Great Controversy Books Given Out

### COMMUNITY SERVICE FOOD GIVE AWAY

Don't forget to bring your non-perishable food items to church by October 17th. Community Service will be giving away food bags from 10-noon on October 20th. Anyone who would like to help, please be there before 10 a.m.

### Vegan Pumpkin Scones

1/2 cup sugar

3 1/2 cups flour

2 tsp. baking powder

1/2 tsp baking soda

3 tsp. ginger powder

1/2 cup margarine

2 cups pumpkin puree

1/2 tsp cinnamon or pumpkin pie spice splash of almond extract

1. In a large mixing bowl, combine dry ingredients. Cut in the margarine, adding a 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 about 1 to 1 1/2 inches thick.
3. Cut into 12 or so triangular pieces like as if you were cutting a pizza.
4. Bake at 425 degrees for 12-15 minutes, or until done.
5. You may add craisins or raisins if you wish.
6. Ice with a mixture of powdered sugar and a little margarine with a touch of water to get a frosting like texture. You can use orange juice instead of water or add some orange zest.

