

Desert Cove SDA Church News

“From the Past To the Future”

By
Pastor Randy Fields

As we reflect on 2023, we have a lot to be thankful for. Despite the losses, pain, illnesses, broken bones, etc., the Lord continued to bless the church over and over.

In December of 2022, the church board voted to push through with evangelism in 2023. We started off with a series by Elder Ed Keyes, the conference president, entitled Amazing Bible Prophecy. This was an eight day series that ran every night. We had two people join our church from that series. We also have some who are still attending our Bible Study on Wednesday evening and some who still attend on Sabbath.

We had a series scheduled for November with Pastor Ed Anderson and were doing the planning for that when he had to cancel. We were scrambling to find someone else to do a series. At the fall pastors meeting, I ran into Pastor Lee Venden who was willing to come do a revival series called “All About Jesus” the last part of October. As I was discussing the timing and needs for that set of meetings, Pastor Ed Anderson approached me and said that the meetings he had planned to do in November had just cancelled and he could go ahead and do the series for us.

Now, I believe that was God leading us. Pastor Lee Venden came and did the short revival series which changed many lives in our church. It was such a blessing and I believe it opened our hearts for the Holy Spirit to guide during the November series.

Pastor Ed Anderson came on November 3rd and we had meetings through Sabbath morning, November 18th. This series was from IIW called Mysteries Revealed. There were so many miracles that happened during this series that it is impossible to put it all down here. We know that God was blessing immensely and continues to bless. We are continuing to have people come forward and want baptism as a result of the meetings in 2023.

As we enter 2024, let us not lose sight of the goal to seek out those who are searching for spiritual meaning in their lives. Be aware of who God is putting in your path that you can witness to. Let’s continue to work together as one big family in reaching people for Christ.

January Calendar

Health Ministry Meeting
January 4th @ 6:30 p.m. via Zoom

Women’s Ministry Meeting
January 6th after the service

Men’s Ministry Brunch
January 7th @ 10 a.m.

Clothing to the Homeless
January 7th @ noon

Elder’s Meeting
January 11th @ 6:30 p.m.

Church Board Meeting
January 11th @ 7 p.m.

Outreach Group
Dates to be announced

Community Service Meeting
January 15th @ 6:30 p.m./Zoom

Food Pantry
January 17th from 10-noon

Church Work Bee
January 21st @ 9 a.m.

Sabbath School
Adult 9:30-10:40 a.m.
Kindergarten, Primary and Junior
9:30-10:40 a.m.

Revelation Verse by Verse
Each Wednesday at 7 p.m.
2nd & 4th Sabbaths after lunch

Prayer Call
Tuesday’s at 7:00 p.m.
Call 1-971-224-6616 Code: 278589

Great Controversy Reading
Sabbaths @ 3:30 p.m. via zoom

Tithes & Offerings
Mail to: **Cathy Fields**
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Scottsdale, AZ 85267

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

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SUGAR

Experts agree that Americans eat and drink way too much sugar, and it’s contributing to the obesity epidemic. Much of the sugar we eat isn’t found naturally in food but is added during processing or preparation. About 15% of the calories in the American adult diet come from added sugars. Drinking plenty of water helps your kidneys flush out excess sugar. One study found that people who drink more water lower their risk for developing high blood sugar levels. And remember, water is the best. Sugary drinks elevate blood sugar by raising it even more. *Weight loss: Sugar is a major contributor to excess calorie intake. By eliminating it, you may experience weight loss, especially if you were consuming a significant amount of sugary foods and beverages. *Reduce cravings: Sugar can be addictive, and eliminating it from your diet can help reduce cravings over time. There is growing scientific consensus that one of the most common types of sugar, fructose, can be toxic to the liver, just like alcohol. Having all the forms of sugar in whole foods—not drinks—is a way to maintain your energy levels, appease your tastebuds, and meet your nutritional goals,” he says. Added fructose may have the most negative health effects, but experts agree that you should limit your intake of all types of added sugar. However, there is no need to limit the sugars found naturally in fruits and vegetables. The surface of your skin looks hard and shiny. Deep, crosshatch lines appear along your upper lip. Discoloration and hyperpigmentation mark your skin. Done correctly, it takes about 2 to 3 days to detox from sugar. You’ll know it’s happened because your cravings will diminish, your energy will increase and you’ll crave healthy foods more than unhealthy ones. If it takes longer than 3 days, it’s time to check for hidden carbs and sugars in your food and beverages. Cutting out sugar for 30 days can help to stabilize blood sugar levels, reducing the risk of insulin resistance and type 2 diabetes. Again, here are some reason why Sugar is not good for our health:

Weight gain
Type 2 diabetes
Skin aging

Heart disease
Cancer
Cellular aging

Acne
Depression

**“It is not good to eat much honey: so for men to search their own glory is not glory.
 Proverbs 25:27**

Thank you, Health and Prayer Ministry Leader, Dr. Sylvia Hayashi

One-Pot Spicy Vegetable Rice

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| 1 T olive oil | 1 med. onion, finely chopped | 3 med. carrots, chopped small |
| 4 cloves garlic, chopped fine | 2 large peppers cut in large chunks | 1 cup frozen peas or cut green beans |
| 1 cup cherry tomatoes | 2 tsp ground turmeric | 1 1/2 tsp. salt |
| 1 tsp red pepper flakes | 1 tsp smoked paprika | 1 1/4 cups uncooked rice |
| 2 1/2 cups water, plus more if needed | | |

1. Heat the olive oil in a large pan over medium heat.
2. Add the onions and saute until translucent.
3. Add the carrots, garlic and bell peppers (red, yellow or orange are best) and continue cooking for a few minutes.
4. Add the rice, tomatoes, peas, spices, seasonings and water.
5. Cook until the liquid starts to bubble, give it a real good stir, turn down to low, cover and cook until the water is absorbed, stirring occasionally. If it gets to the stage where the water is absorbed and the rice isn’t quite tender, add just a little more boiling water to finish it off.
6. Serve immediately with some fresh cilantro and a dollop of sour cream.

Notes: I would saute all the veggies first in a separate skillet. Then I would brown the rice in a large skillet in a little oil and then continue with step four above.

Outreach Ministry

The outreach went out door to door on Sunday, December 10th. They contacted 45 homes, left a book at the door called “The Truth About Salvation” at 40 homes, gave away 2 Great Controversy books and actually had contact with 8 people. There is plenty of opportunity to go out with this team and become a part of it. The next date to go out will be announced at church or in the bulletin.

Bible Studies

Eva has multiple adult Bible studies going and one child’s Bible study. Keep these people in your prayers.

Community Service

We will be giving out warm clothing and blankets to the homeless on Sunday, January 7th starting at noon if you would like to come help.