

# Desert Cove SDA Church News

## “Turn Again”

*From Hope of Glory Devotional by John Bradshaw*

**“Let us search out and examine our ways, and turn back to the Lord.” - Lamentations 3:40**

It is well-known that most pictures we see of models in glossy advertisements are not accurate representations of what they look like in “real life”. “Photoshopped” images are the norm, and many techniques are used to get the perfect picture. Today it is standard for pictures of models to be digitally enhanced—teeth are whitened or straightened, blemishes are removed, necks are lengthened, and pounds are removed by software that can literally reshape the subject of a photograph. What is seen in glossy magazines is almost never reality.

What happens when we accept falsehood in the place of reality in our spiritual life? The Bible encourages us not to Photoshop our lives or attempt to airbrush our Christian experience. It’s wise to regularly carry out a moral inventory and take a good look in the spiritual mirror to see how your life compares with God’s will. Doing so requires spiritual bravery because when you ask God to help you to see yourself as you truly are, you may well see some things you don’t much like.

But the Bible makes clear that when you see you are falling short and identify areas where you could grow spiritually, you should not become discouraged. Jeremiah’s instruction offers us a balanced hope. We must examine ourselves carefully; then, we must “turn back to the Lord” (Lamentations 3:40). Discouragement is one of the devil’s most effective tools. He would like you to see your shortcomings and turn away from God. But it is when you see your weaknesses that you most need to turn to God. Don’t be afraid to see yourself as you really are. And when you do, turn to God and not away from Him.

*Dear Heavenly Father, may we take the time to regularly do a moral inventory and take that look in the spiritual mirror and have the courage to ask You to change the things that we see that are not honorable to You. Amen.*

## April Calendar

### Small Group Training

April 1st, 8th, 15th, 22nd and 29th  
@ 6:30 p.m.

### Women’s Ministry Meeting

April 6th after the service

### Men’s Ministry Brunch

April 7th @ 10 a.m.

### Nominating Committee Meeting

April 7th @ 6 p.m.

### Outreach Group

April 14th and 28th at 10 a.m.

### Elder’s Meeting

April 11th @ 6:30 p.m.

### Church Board Meeting

April 11th @ 7 p.m.

### VBS Meeting

April 13th after the service

### Food Pantry

April 17th from 10-noon

### Health Ministry Meeting

April 20th after the service

### Mobile Ministry Fair

April 21st from 11 a.m. to 3 p.m.

### Work Bee

April 28th @ 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

10005 W Cameo Drive

Sun City, AZ 85351

Go to [www.desertcovesda.com](http://www.desertcovesda.com) and click on ‘Online Giving’ and follow the prompts to give that way.

**Email:** [desertcovesda@yahoo.com](mailto:desertcovesda@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)

### The Benefits of Breathing

The immune system is a network of cells, proteins, tissues and organs working together 24/7 to protect and heal from infection and injury. Piles of research demonstrate that chronic stress depresses the immune system. One way is that it decreases the body's lymphocytes, the white blood cells that help fight off infections like viruses. When we feel threatened or afraid, part of the brain called the amygdala is automatically alerted and tells our hypothalamus that we are in danger. At lightening speed, the hypothalamus talks to the rest of the body through the autonomic nervous system. This branch of the nervous system operates "automatic" processes like heart rate, blood pressure, respiration and digestion. Again, the breath is very important in this system.

When we are chronically stressed and worried, we are living in a sympathetic state with our body staying revved up and on high alert. You may notice muscle tension, fatigue, joint aches, irritability, anxiety, depression and shallow breathing becoming the daily norm. The inflammatory response needed to protect us in an acute situation becomes chronic and disrupts almost all bodily processes. This increases the risk of chronic conditions like heart disease, digestive problems, anxiety, sleep issues, depression and memory problems. The bottom line is chronic stress leads to greater levels of inflammation and a decline in health and immunity. Slow, deep breathing shifts us into relaxation and restoration mode, where we should spend most of our time. Diaphragmatic breathing is a deep breathing technique that uses the diaphragm, the main muscle of respiration. It's located just below the lungs and heart and is the floor of the thoracic/chest cavity and ceiling of the abdominal cavity. Research shows that diaphragmatic breathing helps decrease anxiety, blood pressure and muscle tension while also enhancing balance. Essentially, it builds physical and mental resilience, and we can all use more of that right now.

"And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being."

Genesis 2:7

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

### Vegan Sesame "Chicken"

4 oz. dried soy curls	1 T + 1 tsp toasted sesame oil
5 green onions, sliced (separate white and green parts)	2 cloves garlic, minced
1/2 cup vegan chicken broth	1/4 C Braggs Aminos or Tamari
3 T pure maple syrup	1 T unseasoned rice vinegar
1 T arrowroot powder or cornstarch	1 T sesame seeds

1. Bring 3 cups of water to a boil. Put the soy curls in a bowl and cover with the hot water. Let them soak for 7 to 10 minutes, then drain. Press them thoroughly to remove excess water. In the meantime, measure and prepare all remaining ingredients.
2. Add 1 T of sesame oil to a pan over medium-high heat; once warm, add white portions of the green onions and the garlic. Cook for 60 seconds and add rehydrated soy curls. Cook for 5-7 minutes stirring occasionally to brown them.
3. While the soy curls saute, mix the broth, tamari, maple syrup, and vinegar together and whisk in the arrowroot powder or cornstarch.
4. Pour the sauce into the pan with the soy curls, mixing everything together well to avoid any clumping of the sauce. Saute until the sauce is thickened. Add the sliced, green onions and serve over rice.
5. You can add sliced peppers, sliced mushrooms, white onions, grated carrots, etc. if you want.

### Outreach Ministry

The outreach group went out in March and reached 197 homes. They left a bag of mixed books at 161 doors, gave away 36 Great Controversy books and had contact with 54 people. If you want to join them they will go out April 14th and 28th. They meet at the church at 10 a.m.

### Bible Studies

Eva has five adult Bible studies going right now. Keep these people in your prayers. There are many out there who are searching for the truth right now.

### Community Service

We are collecting flip-flops, backpacks and summer clothing now. Please bring your donations to church and place them in the basket by the entry table.

### Mobile Ministry

The Mobile Ministry was able to serve 433 meals in the month of March, plus they have one more day to pass out meals. A big thank you to all who have helped with this ministry.