

NEWSLETTER



“Summer Spiritual Feast”

By Pastor Steve Gibson

This month is sizzling with opportunities to grow spiritually. One of those ways is Sabbath School. Both kids and adults are invited to come to church at 9:30 each Sabbath morning to join in Bible lessons, mission reports, and spiritual food.

Does the parking lot look a little deserted? If it's June 9 or 16, that's because some of us are joining in camp meeting near Prescott. Camp Yavapines is located at 2999 Iron Springs Road. There are daily meetings for children and adults beginning on Friday evening, the 8th, and continuing through the 16th. The overall schedule is available on the bulletin board at church or at www.azconference.org. Parking is free, meetings are free, and some golf carts are available to transport those with disabilities. Come for the day or stay all week. Meals can be purchased on the campground except on Sabbath. Meet others from around the state who are interested in growing spiritually. If you are unable to attend in person, join those watching some of the meetings at www.mygoodnewstv.com.

Finishing out the month is the highlight of the summer — VBS! Beginning Monday, the 25th, and continuing each evening through Friday, kids are invited to grow in their understanding of the sanctuary, God's illustration of how He deals with sin and provides cleansing for His people.

Ever since Adam and Eve had to leave their Eden home, God has been more limited in being able to get close to His people. Still, that is His goal. In Exodus, we are introduced to the sanctuary, the portable building designed as a place or God to draw near to the twelve tribes of Israel (Exodus 25:8). During this Bible school week, participating kids will be able to see the various pieces of furniture that are significant in the tabernacle and learn why the sanctuary is still a meaning-filled symbol today.

Many thanks to Monica and Eric Salem and their team for bringing us this special VBS program. Please invite your neighbor kids, your grandkids, and your great grandkids to join in this week of unparalleled spiritual immersion. This will be unlike any VBS you have previously experienced. Plan now to keep the last week of this month open as the sanctuary comes to Desert Cove.

God bless as you seek Him this month.

June 2018 Highlights

Women's Ministry Meeting

June 2nd after potluck

Adventurer Investiture Service

June 2nd @ 6 p.m.

Elder's Meeting

June 4th @ 6:30 p.m.

Church Board Meeting

June 4th @ 7 p.m.

VBS Meeting

June 9th after potluck

Health Ministry Meeting

June 16th @ 1:30

Men's Ministry Breakfast

No Meeting in June

Senior Link Event

June 20th @ 12:00 p.m.

Deacon's Meeting

June 23rd after church

VBS Meeting

June 23rd after potluck

Church Work Bee

June 24th from 8-11 a.m.

VBS Set Up

June 24th @ TBD

VBS WEEK

June 25th—29th 5:30 to 8 p.m.

Church Social

June 30th @ 6:00 p.m.

Prayer Group & Bible Study

Wednesday's from 7-8 p.m.

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MINISTRY NEWS!

Upcoming Events, Announcements & Inspirational Thoughts

The Art of Nutrition

The Word of God teaches us that there is a simple healthy natural diet. The first diet that was given to mankind was truly one that purifies our blood stream and clears our minds. We all are aware that diseases and adverse conditions are removed as one lives by a healthy diet. First it is important that we keep in mind that before the body can heal by eating a healthy diet that the body must rid itself from toxins, poisons, and congestions. One way that we can obtain a cleansed body is eating citrus fruit. There is a chemical in the fruit that can strengthen our natural resistance to many diseases. Remember that the fruit juice and other vegetable juices are excellent but how much better can they be if left whole. Vitamins, minerals, and nutrients are all important but can all be found in vegetables and fruit which without changing its structure. Another thing to remember is to decrease your food portions. This will allow the body to digest and assimilate just the amount it can handle with no excess. The art of nutrition is very easy and simple, it is the original diet God gave us. Once an individual makes the decision to follow such a diet the body will then return to functioning normally and be free from diseases and other malfunctions.

“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 meat.” Genesis 1:29

Health Ministry Leader/Servant of God, Sylvia Hayashi

DESERT COVE SDA/JUNE SENIOR LINK EVENT

WEDNESDAY, JUNE 20—Noon Dutch Treat lunch in El Mirage. 2 p.m. program at Desert Cove SDA Church—12400 W Desert Cove Rd.—El Mirage. GOLDEN ASSIST senior placement and services lecture by Terri Sellers.

FREE PROGRAM/LOVE OFFERING ACCEPTED (for Senior Link expenses)

JUNE CHURCH SOCIAL

June 30th starting with Vespers at 6 p.m. Then we will have a bite to eat and then games with our very own Sue Lee. You won't want to miss this social. Put it on your calendar and join us for a great evening praising God, socializing and having a great time.

VACATION BIBLE SCHOOL

Have you ever wondered what the Sanctuary looked like? Have you wondered what the pieces of furniture in the Sanctuary actually looked like and what size they were? Do you know who the 12 tribes of Israel were? If you are or have a child, grandchild or know a neighbor kid who might want to learn about the Sanctuary, pick up an invitation at church this week and invite them. This will be a VBS program like no other we have had so far.

JUNE 25-29, 2018

Nightly from 5:30 to 8:00 p.m.

To pre-register, go to www.desertcovesda.com and sign up or call 623-466-7202 and leave your name and number.

Have you ever wanted a nut free vegan cheese sauce that has some substance to it instead of just being made from potatoes and carrots? Well, I am using a vegan cheese sauce for our VBS snacks and wanted one that was nut free but still had that cheesy flavor. So, I've adapted my regular vegan cheese sauce recipe to use white beans instead of nuts. Enjoy!!

Nut Free Vegan Cheese Sauce

1 cup diced potatoes
1 cup water from boiled veggies
1/4 cup nut free milk
1 tsp salt

1/3 cup diced carrots
1 cup white beans (I used cannellini beans)
4 T nutritional yeast flakes
1/2 tsp garlic powder

1/4 cup diced onions
1/4 tsp Smokey Paprika
1 tsp lemon juice
pinch cayenne

1. Cook the potatoes, carrots and onions until tender in enough water so you have a cup or so left after straining the cooked veggies.
2. When veggies are cooked, use a slotted spoon to remove them from the water and put in your blender. Add about a cup of the cooking water to the blender along with the rest off the ingredients. Blend until very smooth.

You may use this as is over potatoes, in making macaroni and cheese, add some chipotle or jalapeno to make it spicy for nachos, over rice or just use your imagination. It is delicious, very low in fat and totally nut free. For a more creamy sauce, use 1/4 cup nut free vegan sour cream instead of a nut free milk.

Recipe by Cathy Fields