

# NEWSLETTER



## *“School for Life”*

*By Pastor Steve Gibson*

How many of us want to go back to school? For some, this month is the chance to prepare for another year of school. Teachers take time to prepare. Students do some preparing. Even parents may be in the preparation zone.

People in Bible times went to school. Moses went to school to learn how to be a great leader. Then he went back to school to unlearn some of the approaches he had been taught. He graduated from unlearning school after just forty years and got a job offer right away—from God no less (Exodus 3:10).

Who would have guessed, even prophets went to school? 2 Kings 6 records a time when the students at the prophet’s school were involved in expanding the space for classes. One of the sons of the prophets had a borrowed axe that came apart. The head flew off the handle and sank into the water nearby. Science lab was especially interesting that day as the students got to see iron swim (2 Kings 6:6). Don’t you wish you had been in that class?

As we read the first chapter of Daniel, we are reminded that Daniel, Hananiah, Mishael, and Azariah went to school in Babylon. Their term was a three year program of gaining wisdom and knowledge, understanding science, acquiring a language, learning culture, and acquiring basic court manners (Daniel 1:4). These Hebrews were dedicated students and passed their finals with flying colors due to God’s blessing (Daniel 1:17 & 20).

Jesus was a Master Teacher. He was able to tutor even those who were unlearned and ignorant. After time with Jesus, students like Peter and John progressed so far that people were amazed (Acts 4:13).

We get the idea that even in Heaven, we will be able to go to school. Obviously there is a great deal to learn about God and His unequalled creation. There are lessons to be gained from the plan of salvation. And with Jesus to teach us, there is hope for our minds to be expanded and fortified with truth.

In the meantime, let’s seek to be students of the Master each day of our lives. And let’s give thanks for teachers who are willing to learn from the Master and share their insights with those of us who are fortunate enough to be in their classrooms.

Would you take time to pray for both students and teachers in our church family as they begin a fresh round of learning? And pray for those in our surrounding communities as well.



## **August 2018 Highlights**

### **Women’s Ministry Meeting**

August 4th after potluck

### **Freedom From Smoking**

Starts August 8th @ 7 p.m.

### **Elder’s Meeting**

August 9th @ 6:30 p.m.

### **Church Board Meeting**

August 9th @ 7 p.m.

### **Health Ministry Meeting**

August 18th @ 1:30

### **Men’s Ministry Breakfast**

August 19th @ 8 a.m.

### **Deacon’s Meeting**

August 26th after church

### **Church Work Bee**

August 27th from 8-11 a.m.

### **Prayer Group & Bible Study**

Wednesday’s from 7-8 p.m.



# MINISTRY NEWS!

## Upcoming Events, Announcements & Inspirational Thoughts

### Healthy Oils

A multiple of recent worldwide studies demonstrated several cholesterol-healthy alternatives to **olive oil**. Taking 15 milliliters a day of **virgin coconut oil** for eight weeks increased high-density lipoprotein (HDL) which is the “good cholesterol” levels in 30 plus young adults by an average of 5.72 milligrams/deciliter. This study was done by researchers at Thailand’s Chiang Mai University. **Walnut oil** cut down heart disease risk in 100 Type 2 diabetes patients that ingested capsules containing a total of 15 milliliters of walnut oil a week which is the amount of oil obtained from 4 to 5 servings of nuts. The participants experienced significant drops in total cholesterol, low-density (LDL) which is the “bad cholesterol” and triglycerides after 90 days. This study was done by Iranian researchers at the Shiraz University of Medical Sciences. **Camelina oil** from the Camelina sativa plant, also called false flax, lowered LDL levels in 79 men with pre-diabetic symptoms, whereas diets high in either high or low fatty fish did not, according to the University of Eastern Finland. The men consumed 30 milliliters of the oil for 90 days. In summary, the various healthy oils that decrease or may even prevent heart problems are **olive oil, virgin coconut oil, walnut oil, and camelina oil**.

“O taste and see that the Lord is good: blessed is the man that trusteth in Him.” Psalm 34:8

*Health Ministry Leader/Servant of God, Sylvia Hayashi*

### It’s Been A YEAR!!

WOW! It’s been a year since we got our new pastoral couple, Steve and Angela Gibson. We really appreciate their involvement in visitation, church, Bible study and prayer, socials, Vacation Bible School, work bees, fellowship lunch and the other activities they participate in. We look forward to a new year with them as they continue to support and lead our Desert Cove SDA Church in its church growth and ministry.

*By Randy Fields*

### Freedom From Smoking

This program helps smokers quite smoking. If you know of someone who wants to quit smoking, let them know about it.

Every Wednesday evening from August 8th through September 19th PLUS Monday, August 27th. All classes run from 7 to 8 p.m.

The classes will be held at Desert Cove SDA Church in one of the classrooms.

### Summertime Zucchini Bake

3 medium Zucchini  
1 clove garlic, pressed  
Salt to taste

1 cup Pasta Sauce  
1 cup Gardein the Ultimate Beef Ground  
3/4 cup grated cheese\*

1/2 medium onion, diced  
\* 1 tsp Italian Seasoning

1. Saute onion and garlic until tender with a little water. Add Gardein crumbles and Italian seasoning and a touch of salt and cook another minute.
2. While onion mixture is cooking, clean your zucchini and slice into about 1/3 inch thick rounds. Place a layer of rounds in bottom of an 8X8 or 9X9 casserole pan. Lightly salt. (Do this to each layer.)
3. Spoon on 1/3 of the pasta sauce, 1/3 of the onion mixture and 1/3 of the cheese. Place another layer of zucchini, another 1/3 of the pasta sauce and 1/3 of the onion mixture and 1/3 of the cheese. Add one more layer and finish off with just a sprinkling of Italian seasoning.
4. Place in a preheated 375 degree oven and bake covered for 30-40 minutes until zucchini is tender, then uncover for another 10 minutes.
5. Let cool slightly before serving.

\*You may use any type of burger crumbles. I have also used the Morning Star seasoned chicken strips chopped into very small pieces. You can use regular cheese or vegan cheese.

Try it with Mozzarella cheese topped with a little Parmesan.

*Recipe by Cathy Fields*