

# NEWSLETTER



## *“Labor Days”*

*By Pastor Steve Gibson*

This month is the one we associate with Labor Day, a day that ironically many people have a break from their regular work. It tends to mark the end of the summer travel season and the transition to the season of autumn.

We recognize some institutions from the Garden of Eden, especially those of marriage and the Sabbath. Both of these we trace back to our Creator as special gifts to us, demonstrating a facet of His love for humans. Yet one of the valuable gifts from the hand of the Creator in Eden is labor/work. This important gift from God is designed to be a blessing to all of creation.

Does God work? Genesis 2:2 makes it clear that God works, as well as rests. He designs that we should work as well as rest, since He desired for us to be made in His image. Jesus indicated that His Father works (John 5:17) and Jesus joined Him in His work. Eventually there would come a point where one phase of Jesus' work was completed and He knew when that time had come (John 17:4).

Does God want us to follow His example in work? We read in the Ten Commandments that the Lord made heaven and earth and sea in six days (Exodus 10:11). Apparently this was His way of demonstrating how He intended us to live, because He directs us to labor for six days and do all our work (Ex. 20:9)

Then, not only are we to work as God did for six days, but we are to rest as He rested on the Sabbath (Ex. 20:10). If everyone followed this admonition, we would live to a far better world.

As with most things, labor or work needs to be kept in balance. Some can get so caught up in work that they attempt to keep going seven days a week instead of pausing to accept the Creator's invitation to rest on the Sabbath (Exodus 20:10; Matthew 11:28) Others can be unable to find the job they are looking for or be in a situation where their ability to work is compromised. But as a general principle, it's healthy to be laboring. Paul set an example of being diligent in work. He believed people should work if they were wanting to eat (2 Thess. 3:8-10).

Having meaningful work is a great blessing. At this season we give thanks for the work/jobs that we do have. Whether we get paid or not, the benefits to us still remain. And we remember the appeal given by Paul in 1 Corinthians 15:58...Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain (NIV).

God bless as you are employed by Him this Labor Day and the days that follow. He's a wonderful One to work for and His plan for rest is unsurpassed.



## September 2018 Highlights

### Women's Ministry Meeting

September 1st after potluck

### Freedom From Smoking

Sept. 5, 12 & 19 @ 7 p.m.

### Social Committee Meeting

September 8th after potluck

### Adventurer Registration

September 8th after church

### Adventurer Leader Meeting

September 8th after potluck

### Prayer Vigil

September 8th @ 7-10 p.m.

### Elder's Meeting

September 13th @ 6:30 p.m.

### Church Board Meeting

September 13th @ 7 p.m.

### Health Ministry Meeting

September 15th @ 1:30

### Men's Ministry Breakfast

September 16th @ 8 a.m.

### Deacon's Meeting

September 22nd after church

### Church Work Bee

September 23rd from 8-11 a.m.

### Men's Retreat

September 28-30th

### Prayer Group & Bible Study

Wednesday's from 7-8 p.m.



# MINISTRY NEWS!

## Upcoming Events, Announcements & Inspirational Thoughts

### Eat Right to Sleep Well

A recent study was done in the Journal of Obesity, that a good night sleep helps to reduce stress, lose weight and function at a more optimal level. According to the American Psychological Association the research indicates that most Americans would be healthier, happier, and safer if they would sleep 60 to 90 more minutes every night. Going to bed at the same time whenever possible, shutting down the Internet, email and text messaging at least an hour before bedtime, and limiting intake of any type of caffeinated beverages can also help in getting a good night sleep. Another important practice is eating foods that help a person relax and fall sleep, as well as stay asleep. Vitamins and minerals like tryptophan, magnesium, calcium and Vitamin B6 which are naturally found in foods can help promote a restful sleep. These vitamins and minerals produce melatonin, the hormone responsible for regulating the body's sleep/wake patterns called circadian rhythms. Serotonin which carries nerve signals and relays messages in the brain is related to mood and sleep. Eating two **Kiwi** fruits one hour before bedtime can help one sleep longer. Soy helps to have a deeper, more sustained sleep. Soy also helps regulate the sleep/wake cycle. Drinking two eight-ounce servings of **tart cherry juice** daily, one in the morning and one at night will help to have a more moderate sleep. **Fish** like salmon, halibut mackerel and tuna help boost the production of Vitamin B6. **Fiber-rich foods** such as chia seeds, nuts, and whole grains help promote a more restorative "slow-wave sleep." **Calcium-fortified yogurt** helps the brain use the amino acid tryptophan to manufacture the sleep-inducing substance melatonin. **Bananas** promote good sleep due to the rise in melatonin. Eating **walnuts** an hour before bedtime provides fiber-supporting, restorative, and also a "slow-wave sleep." **Dark leafy greens** like kale, spinach and collard greens help destress therefore allowing one to go to sleep. Eating **almonds and dates** for breakfast help produce melatonin for later in the day. In summary, eating these rich foods result in a restful sleep.

"It is vain for you to rise early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep." Psalm 127:2

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

### Adventurer Club

The Desert Cove SDA Adventurer Club will be starting up again soon. Registration is September 8th after church. If you have a child interested in joining Adventurers or if you want to help out as an adult, please see Liz Perla.

### Adventist Youth

This is a program that we will be starting soon. It's format is centered around young people from fairly small to young adults. Adults are welcome to come also but just know that it caters to the younger generation.

### Men's Retreat

Men's Retreat is September 28-30th at Camp Yavapines. For more information or to register call 480-991-6777 Ext. 127. There is also a poster on the bulletin board in the church.

### Upcoming Socials

Our next church social will be here before you know it. Our next one is scheduled for Saturday evening, October 6th. If you could not make it to the last one, plan to attend this next one.

### Angel Hair Pasta Salad

1 lb. package angel hair pasta  
3 carrots, grated  
1/4 cup fresh basil, chopped  
1/2 cup balsamic vinegar  
Salt to taste

1 red bell pepper, julienned  
2 large tomatoes, de-seeded & chopped  
3/4 cup grated vegan parmesan cheese  
1-2 cloves garlic, pressed

1 green pepper, julienned  
1/2 red onion, julienned  
1/2 cup olive oil  
1/4 tsp smoked paprika

1. Cook pasta until done. Drain, rinse and cool.
2. Prepare all the vegetables and toss with cooled pasta.
3. Mix the oil, vinegar, garlic and smoked paprika and salt until well blended. Mix into the salad.
4. Garnish with a little more fresh basil and some tomato wedges.