

Middletown Messenger

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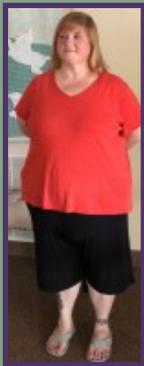
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E V E N T S

SEPTEMBER

1•Fellowship potluck

9•Women’s Outing at Derby Dinner Playhouse

14•Evangelistic series “Unlocking Revelation” begins (Fri-Sun/6 weeks)

29•Mary Grace Concert

OCTOBER

6•Fellowship potluck



“Diabetes Undone” Gets It Done! by Marilyn Matherly

Beginning Wednesday, August 8, Middletown offered to the community the 8-week “Diabetes Undone” workshop presented on video by Dr. Wes Youngberg and registered dietitian Brenda Davis. Dr. Youngberg, clinical nutritionist and lifestyle medicine specialist, has garnered numerous success stories of helping diabetics to eliminate some or all of their medications and even reverse their diabetes.

Facilitating the weekly workshop are Marilyn Matherly, RN, MSN and Bible worker Romone Gibbs. The first night, there were at least 20 students in attendance, which for the most part has remained consistent. Each week, participants

watch a video presentation, which is followed by commentary from Romone and Marilyn.

During the video presentation, the participants are divided into two groups where health partners Brenda Reynolds and Barbara Hagele work with them to answer questions in their workbooks. In addition, discussions are encouraged about healthy lifestyles and what has worked for them during the past week.

Following the video, attendees are given a nourishing sample of one of the recipes from the cookbook that they have purchased along with a study guide/workbook which they will use through their

journey in controlling diabetes.

One of our participants, Amy Crain (pictured at left), has already seen tremendous results from the program by lowering her blood sugar levels from the 250-300+ range down to 90-130s. She has accomplished this by following the program’s suggestions and adopting a whole-food, plant-based diet.

The program is currently in its fourth week and will continue until September 26, and we hope to have many more success stories such as Amy’s. In addition, we hope to host another “Diabetes Undone” workshop in 2019.

Ladies Love Cruising Together by Kristianne Roberts

On Sunday, July 22, a group of 30 women and young ladies from Middletown and Louisville First went on a Belle of Louisville cruise. The weather was cloudy, breezy, and cool, so it was a beautiful day to be outside.

The excursion began with a delicious brunch followed by musical entertainment and sightseeing along the Ohio River. The views of the Louisville skyline were breathtaking, and the DJ shared interesting facts about various parts of town as they cruised past.

Sounds of laughter and enjoyment were heard throughout the top deck of the historic steamboat as everyone enjoyed being together.

Sandy Hall reported, “It was a super day when the ladies joined each other for a cruise on the Belle of Louisville. We ate lunch, talked and just enjoyed cruisin’ down the river together. A BIG thanks to Kristi for coordinating this event.” Brenda Reynolds raved, “Great food and a very relaxing time to fellowship with other church ladies and a good time to invite friends.”





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"A safe environment... where people relationships become kingdom relationships"

Winning Ways to Witness by Pastor Marius Serban

Before he accepted the call to teach at Southern Adventist University, Elder David Hartman (then Kentucky-Tennessee Conference Ministerial Director) accepted our invitation to conduct our upcoming fall evangelistic meetings, and I planned to present a series of evangelism training sessions with him based on his newly-released book "Winning Ways to Witness". However, the call to Southern changed all that.

With Elder Hartman no longer available to conduct the meetings, we agreed that it would still be a good idea to use his book to train for this year's series. But whom would we train? Well, I thought it would be a good idea to share the information with the entire congregation, and that's how the sermon series was born.

I preached the four-part sermon series on Sabbaths, July 14, 21, 28 and August 4. The first sermon introduced the idea of witnessing based on God's desire to save us and save others. We as Christians also have a desire to be saved and see others saved, and when winning ways to witness are practiced effectively, they result in the salvation of many.

Part 2 of the series considered the question "What is a 'witness'?" and how witnessing is depicted in the Bible, in history, and in our society. We also looked at the advantages of being a witness, the highest being that by saving others, you yourself will be saved.

The next sermon introduced the first three witnessing styles: **intercessory prayer** (praying for a list of individuals whom we want to be saved as if their very life depends on us), **friendship** (making friends very easily as a powerful tool to attract people to Christ), and **service** (living a selfless life as Jesus did and serving people because we love them as God does, without any restrictions, limitations or conditions—service with no strings attached).

The last installment in the series presented the last four witnessing styles: **testimony** (sharing with non-believers what God has done for us and how knowing Him transforms our lives), **invitation** (the ability to muster the courage to invite our new friends to church events where the gospel is introduced in a non-offensive way), **conversation** (a gift God gave to some to turn every conversation from common to evangelistic, presenting the gospel in a very casual way), and **proclamation** (teaching or preaching the truth in a one-on-one Bible study or in a public evangelistic meeting).

The good news is that each of us is gifted with at least one, if not multiple styles of witnessing. The outcome of the series was simple: God provided us with a wide open harvest, and He also equipped each of us with a witnessing style. All we need is a willing heart to align with God's heart of saving people.

Many members never knew they had the ability to witness, so they were excited to discover after taking the Witnessing Assessment Inventory that God has already equipped them and start putting it to use. Mary Jean "MJ" Dietz (who is not yet a member of Middletown) was able to practice her conversational witnessing style by turning a casual conversation with a neighbor into an invitation to attend church. In fact, three of our current baptismal candidates signed their names to one of the witnessing style resource lists. It is refreshing to see how new people are so eager to share the good news they have found.

The "Winning Ways to Witness" series served as a motivational and encouraging platform where our members can engage

and get involved in the upcoming evangelistic series, knowing that God has already equipped them with what we need to reach many "unchurched" souls.

Winning ways to witness are just that: WINNING! There is not one higher than the other, so no one can boast for being better or doing more. All witnessing styles are designed by God to win souls into His kingdom.

Jesus said, "The harvest truly is plentiful, but the laborers are few. Therefore pray to the Lord of the harvest to send out laborers into His harvest" (Matthew 9:37-38).

Whether you can pray for, serve, or befriend someone; whether you can share your story, converse with them into the gospel, or invite them to the evangelistic meetings; ALL are equally important to build up God's kingdom!

