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# Middletown Messenger

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## MARCH EVENTS

- 2 & 3 | International Weekend
- 25 | Vegetarian Taste Fest

## APRIL EVENTS

- 7 | Monthly fellowship potluck
- 8 | Dinner With A Doctor
- 14 | Sing & Celebrate Spring Musical
- 17 | Vegetarian Cooking Class
- 17 | Freedom from Smoking Clinic

## 8 Weeks to Wow! by Marilyn Matherly

For the past two months, about 20 people have faithfully braved the Ohio River Valley's unpredictable weather to attend the 8 Weeks to Wellness™ health class held in Middletown's fellowship hall. The participants have been introduced to how to use the information obtained from four major health studies to live and enjoy healthier lives.

The topics that have been discussed include the benefits and types of exercises most conducive to a busy lifestyle while obtaining optimal health; the benefits of good fats and carbohydrates; maintaining a healthy weight; the mind body connection; and what happens to your body with good stress and bad stress.

Several participants were asked to share statements about how 8 Weeks to Wellness™ has impacted them:

"Participating in the program has encouraged me to develop a healthier lifestyle through increasing

activity, changing the way I eat, and maintaining a positive attitude. Healthy living is not only physical, but emotional and spiritual as well."

"This wellness class has been a very informative update on current ways to optimize my health. I especially appreciate the samples. These have inspired me to branch out even more in my food prep!"

"I learned that, so unfortunately, not all Seventh-day Adventists are vegetarians (too bad). I learned that a vegan diet is the one God created us to eat. No animal products! Thou shall not kill."

"8 Weeks to Wellness™ has been very educational. It has given me the tools to be successful in my weight loss program. I've learned the importance of balancing my lifestyle through making healthier food choices, exercising regularly, drinking plenty of water along with getting enough sleep—7 to 8 hours nightly. I feel that with these tools and support I've received from this



program, I can finally be successful in managing a healthy weight (and making better choices for life."

"I have enjoyed the 8 Weeks to Wellness™ health classes. Things that I already do, it has just reinforced it more and made me more aware of what I am not doing or need to be aware of: more sleep, water, and also eliminate some things."

"This class was good for me to refresh my healthy thoughts (and) to get them all back on track once again. I'd like to learn more so I can share with others."

"This class has been an eye opener. It has helped me to understand why foods are good or harmful for me. I have become more mindful of the food I buy for my family."

"I've attended this class at least five different times and have learned something new each time and have used the new concepts to improve my and my family's health."

## Sporting to Serve by Lou Oms

This year our Men's Ministry set homeless outreach as one of their goals. Since 2008, Jesus Cares At Exit 0 has ministered to the needs of the homeless in Louisville and Clark and Floyd counties in Indiana. In the past, the faculty and students of Louisville Adventist Academy and a local SDA church youth rally have volunteered with Exit 0 (as it's usually called) to serve meals, so they seemed like the natural choice for the men's outreach initiative.

About 40 people showed up on Saturday, February 17 to support Men's Ministry's first ping pong tournament and fundraiser to benefit Exit 0 and LAA. After a feverish ping pong battle between 24 competitors, Martin Lalnunsanga emerged as the champion ahead of first runner-up Sam Asamoah!

The tournament raised \$280, \$140 each for LAA and Exit 0. LAA's 8th-grade class earned \$50 in concession sales of pizza, nachos, soda, juice, and ice cream.



**L-to-R: Sam A. and Martin L.**

Men's Ministry co-leader Lloyd Graves reflected: "It was really fun and well-attended by all ages. We got to have fun while serving two causes. Men's Ministry plans to have more social gatherings throughout the year that will always be tied to service."



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

# Canvassers Spread Love in Our Community

For five weeks in January and February, a group of energetic young adult canvassers sold Christian literature and took surveys for Bible studies and other interests in residential neighborhoods and business districts in the Middletown area. Here are final greetings and testimonies from several of them:

**RJ Gamboa** "Honestly, I never experienced anything like this before. Praise God for His providential leadings in bringing me here. Being here has led me to pray, study, become more studious, and just overall become a better person for the Lord. This work requires literally everything we have, mentally, physically, emotionally and physically because you are co-laborers with the Creator of this universe in laboring for souls. This canvassing work has brought me face-to-face with my Savior in a more deeper experience, and I just thank and praise God for His provisions. Maranatha!"

**RODRIGUE Victor** "I was canvassing in a low-income housing neighborhood. I knocked at a door, and a sweet lady opened it who had lost one of her eyes in an accident. I canvassed her on "Steps to Christ", and she told me she'd like to have the book, but she couldn't afford it. She then showed me her wallet which contained six quarters, one nickel and three pennies. She told me the quarters were for the bus to go to the hospital, and all she had left was the eight cents. I told her that I would gift her the book. She emphatically replied, "No, sir! I really want to give Jesus all I have. Please take this eight cents." I received a lot of big donations from people during the canvassing program, but that nickel and three



pennies was the most memorable for me."

**ZIPPORAH Akuma** "It's been quite an amazing experience, and one I wouldn't trade for anything. Seeing the faces of these broken souls smile and seem content was worth every chill I got on the cold days. I remember one particular woman who I met at a flower shop. She was very surprised to see me and seemed adamant about what I was sharing for she didn't believe in God. But thanks to our Heavenly Father for the privilege of prayer and the Holy Spirit working upon hearts; she ended up accepting the book 'Steps to Christ' that talks about the love of God for us. We talked, we cried, and we laughed! I believe that on that memorable day sometime in January, she saw a glimpse of Jesus during our encounter. And somehow, that was everything!"

**LARISSA Creelman** "We truly became like a close-knit family who love and care for each other. I do not want to leave! It is so amazing to have a loving, kind family atmosphere! We always enjoyed worship together in the morning and evening, and we always ate together. No one was ever left out! We also encouraged one another when one was feeling a bit down."

**ROGER Nitunga** "One experience really touched and encouraged my heart. I knocked at one particular house on a really cold day, and a young girl came out. She looked like she was in her teens. I canvassed her with about four books, and she chose 'In Search of Peace' ('Steps to Christ'). Then I shared with her a quote on the chapter 'The Privilege of Prayer' which says 'Prayer is the opening of the heart to God as to a friend'. I saw her face light up with a smile!



What encouraged me was her willingness to come outside in the cold wearing just a tiny top and tights. She did not mind the cold like other people did. I believe the Lord was working on her because He knew that she needed that book; she needed peace in her life."

**ROMONE Gibbs** "We had great times together, and God blessed mightily in reaching out to the people. We experienced divine appointments on a daily basis, and we saw God's hand moving to bring light to a world in darkness. One special experience was meeting a lady who started crying as soon as I showed her the book 'Christ Object Lessons'. She said, 'God sent you'. She was going through a lot, and I was able to encourage her. She then signed up for Bible studies, and we are currently studying the Bible together! What a blessing it was also to receive such hospitality from the church. From gifts from various ones to a potluck every Sabbath, truly God showed us great tokens of His love. Would I do it again? Absolutely!"



Please pray for Romone as he continues serving as Middletown's Bible worker for the next several months leading up to our fall evangelistic series when he will also be the guest speaker. Commit now to do all you can to invite your friends, family, and community to participate with you in all of the exciting events being planned for 2018!