



Lacombe Church Newsletter

Here's a story

There once was a girl named Crystal, she grew up always wanting to be a model on Instagram and all the other social media. She knew that it would cost her a lot of time and money into her makeup and jewelry. She would also have to put time into traveling to different places to get good photo shots and staying healthy to keep her body shape. When her followers started to go up super fast, she started to get thousands of comments. Saying how good she looks, how beautiful she is, like after like, comment after comment. She would entertain people and make them laugh when she could. A large number of guys that followed her on Instagram wished to be her boyfriend and wanted her number. But she kept to herself, she had so much energy. She got along with almost everyone. Being the life of the party, she was never seen in an outfit twice. Buying boxes and boxes of clothing from Amazon. She was the girl on Instagram that had the perfect world, with the perfect life, getting all the perfect guys. But nothing is perfect, right? Accept God of course. It seemed as though she was always having the best times of her life when she hung out with her friends. Always traveling and having fun experiences. Having so many great stories to share. But people started to notice, they thought she lived 2 lives, no one really knew her inside. She had everyone to text but no one to talk to, everyone to follow but no one to walk with, when her phone was up, her world was a stage but when it was down, her reality came, she had every invite to so many events but she still felt lonely, as everyone saw, she was happy on the outside but suffered loneliness and anxiety on the inside feeling hopeless. As she was struggling with her mental health people were too busy admiring her physical appearance.

What kind of lesson can you learn from that part of her life? Crystal had a dream set on a life people around her said was happiness. And once she got to that dream, it ended up like pain.

When God created you and me, I would think he wants you to start your life based around His, when we look into the bible "Direct my footsteps according to your word; let no sin rule over me." Psalms 119:133

If we value God like we value technology what do you think would happen to your life?

Is technology harming us? It hurts our relationship with others, especially God, it causes anxiety, stress, and majority of the time depression. Why? Well, the virtual world has this thing of sucking our time up and making us undependable when we don't have technology around us.

I was visiting a church a couple of years ago and sitting in the back I see in front of me a boy sitting at one far end and a girl sitting at the other far end, noticing they were texting. Seeing their expressions on their face was like they were in a deep conversation, and not paying attention to what the sermon was about of course. Soon after church, I came to realize they were texting each other. I thought to myself, why has technology taken our lives so far away from God and seeing that our sense of face to face appearances has become more awkward.

A study has been made explaining that the average person unlocks their smartphone at least 90-120 times a day.

People are becoming more sensitive about what others say on social media and what they say themselves than in the face to face, we tend to not care about what others think when you behave inappropriately but you care a lot about your identity and how you talk in the virtual life.

Technology can be useful in finding scripture or learning things worldwide, opening our minds, expressing and increasing our knowledge. But is there such thing as knowing too much is a bad thing? Technology offers so many good benefits but it also offers sinful searching that the bible does say not to read or look at. So in general, technology can lead to a bad thing. (too much of a good thing can be a bad thing) Finding a balance in life is super hard when we have sin on earth.

My punch line or question ending is If we lose our phones or any kind of technology will we feel hopeless or lost or emotionally hurt? And If we break our relationship with God, will we feel hopeless, lost and emotionally hurt?

Research has proven that time can be a type of religion and if we spend our majority time on our phones or with other technology than do we worship technology?

My last comment on this topic is, instead of following models or following a bunch of women or men and liking all that they do on the physical appearances on Instagram, why don't we start following God and liking what He has done for us and for others and using His life as an example and commenting on the miracles He has done. And follow His physical and emotional appearances, living a happy life and being an example for others.

When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." John 8:12



We can all say that technology is part of our lives fully. If we lose our phone or computer, maybe an Xbox or any kind of technology it's like we are emotionally hurt and if not then we feel as though we're lost or in trouble. If I was to say that if we treated God like that would we truly be lost? Should we maybe aim our time and focus on our relationship with God?

"Since we live by the Spirit, let us keep in step with the Spirit."
Galatians 5:25

This article was written by
Josiah Blaney

Editor: Arnetta Bolig

The Health Page

Let's talk about health and how we look after ourselves. It's a tough subject and can carry a lot of guilt with it, especially for those of us that "know better". If you are new to the health message, I encourage you to continue in the walk, it is most beautiful. For those who practice and succeed, thank you for your kind encouragement. As for the rest of us....

We have been blessed to have a health message that has been shared with us for so many years, if only we wouldn't keep getting in the way. Our human nature can be so frustrating at times; when we know better but just can't, when we want to but don't, when we need to but won't. I have struggled for years to look after myself properly. I have been blessed with talents and a deep lifelong interest in matters of health. I've been amazed by the wonders of God and yet I struggle. I struggle as a sinner of this world and only the mercy and availability of my Savior lets me begin again.

That's one of the beautiful things about Christ; He washes us clean and reawakens in us the desire to start over – with ourselves, our families our health and in our relationship with Him and others. I'm so thankful that he never leaves us empty, He provides knowledge, council, encouragement and so much more for us to work with. If, like me, you find yourself at square one again and could use some tactics, here are some that others have shared.

Reduce or Increase

- **Food** – Reduce refined and white foods; sugar, flour, rice, salt and deep fried foods.
- **Water** – Increase by 1 8oz. glass per week while reducing 1 8oz. glass of soda/juice per week.
- **Walk** – Even 5-10 minutes a day to start with. The biggest thing about starting isn't how long the walk is but how long you do it for. Remember 21 days makes a habit. It's easier to increase the length of the walk once it is a daily, recurring habit.
- **Sleep** – Using the same habit principle, get to bed 5 minutes earlier each night until you reach 9:30 -10:00 p.m. (Watch youtube.com coronavirus epidemic update 16. It's by Medcram and covers some early coronavirus statistics/information at the beginning, but fast forward to 6.21 where it talks about the importance of proper sleep as one of our most beneficial defenses).
- **Spiritual Time** – Its tough finding enough time in any given day to accomplish what we must, should or like to do. Trying to carve out some quiet time with God often doesn't make it to the top of the list. The only thing I can say here is that it doesn't happen by itself. Again, using the "habit" practice, add 5-10 minutes per day to what you are currently giving until you are spending enough time to:
 - ◇ *Speak to Jesus in prayer, asking Him to lead you in the Word to see Him,*
 - ◇ *Read scripture from the bible as you feel directed, or as referenced in the daily lesson study, devotional or other study plan that you are following,*
 - ◇ *Close with a prayer requesting baptism of the Holy Spirit and His leading in your day. Allow enough time here that you can "be still and know that He is God". It is in these quiet moments that we make room to hear Him.*

Giving over our guilt through the victory of intentional choices, will allow us to appreciate the power of Christ through the encouragers that he sets in our path; those that have lived the struggles before us, that share an understanding of our walk, that love us enough to pray for us.

Reminder:

Take in Heart Health, a Healthy Choices presentation by Darlene Blaney, on March 8, 2020 at LCSDA Church from 2:30 to 5:00 p.m. Please pre-register by calling Esther at 403-782-5258.

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Date	Speaker	Birthday	Anniversaries	Event
Thursday Mar 05		Mabel Harder		
Friday Mar 06		Sonja Wallace		
Sabbath Mar 07	Pastor Brian Hawes		Brian & Sonja Wallace Steve & Mary Marshall	Healthy Choices 2:30 PM
Sunday Mar 08				
Monday Mar 09		Vera Bouz Jillian Mullin		
Tuesday Mar 10		Margaret Corbet		
Wednesday Mar 11		Sylvester Riffin		
Thursday Mar 12		Mathy Jeffrey		
Sabbath Mar 14	Paster Oscar Halvorson			
Sunday Mar 15				Memorial Service Leo Saylor 2 PM
Sabbath Mar 21	Steve Marshall	Wally Schwarz		
Sunday Mar 22		Trish Cox Carolyn O'Neill		
Thursday Mar 26		Viktor Schwarz		
Sabbath Mar 28	Pastor Oscar Halvorson			Baby Dedication Eliel Halabas
Sunday Mar 29		Silvana Lepori Les Saylor		
Tuesday Mar 31		Lyndene Hansen		