

Middletown Messenger

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Saving Lives With Cooking & CPR by Barbara Hagele

Dozens of attendees at the Vegetarian Taste Fest in March expressed interest in attending cooking classes to learn how to make more healthy dishes to add to their family's menu. In response to that interest, we have been hosting monthly vegetarian cooking classes since April.

Dishes demonstrated so far include scrambled tofu (a healthy substitute for scrambled eggs), oven-roasted hash browns, oat burgers, hummus, an Indian dish, and vegan carob cake (a healthful

knock-off of German Chocolate Cake). Each attendee watches a demonstration of the food being prepared, samples each item, then receives copies of the recipes. One especially enjoyable bonus has been attendees seeing all sorts of kitchen gadgets being used. Each class includes a short health talk and at least one door prize such as cookbooks or take-home servings of a demonstrated dish.

On June 24, we offered a CPR class in addition to the vegetarian cooking class. Attendees practiced

the procedures taught on dummies provided by the Start the Heart Foundation. Each participant received a certificate verifying that they'd received hands-on CPR training and are ready to save a life.

Come enjoy the fun at one of our upcoming events—a fitness class where you'll learn stretching exercises as well as how to begin an exercise program, our July Vegetarian Cooking Class, and "Super Foods of the Bible" coming in August!

Kids Explore God's Mighty Power!

The annual Vacation Bible School was held June 18-22 with VBS Sabbath on June 23. This year's theme was "Everest: Conquering Challenges With God's Mighty Power". At least 38

children enjoyed the Bible lessons, crafts, music led by over 20 volunteer staff.

Enjoy the photo highlights below from the event, and check out

the full Vacation Bible School 2018 photo gallery on the Middletown Seventh-day Adventist Church Facebook page (@friendlychurch!)



EVENTS

JULY

7 | Fellowship potluck

17 | Vegetarian Cooking Class

22 | Women's Belle of Louisville Brunch

AUGUST

4 | Fellowship potluck

9, 16, 23, 30 | "Superfoods of the Bible"



Middletown Seventh-day Adventist Church

125 N. Watterson Trail, Louisville, KY 40243

502.244.6997

ChurchOffice@FriendlyChurch.com

www.FriendlyChurch.com



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

Men On A Journey Of Self-Discovery

by Pastor Marius Serban

Jim Morrison once said, "The most important kind of freedom is to be what you really are." The problem? Many people do not know themselves.

On May 11-12 and June 8-9, several members of Joshua's Men met to willingly and humbly embark on a journey of self-discovery. For the May retreat, seven men convened at the future site of Thrive Ministry in Stanton, KY, only minutes away from the Natural Bridge State Park.

We looked at our core values that make up our worldview and thus who we are and how we see life. It was fascinating to get to know each other at a very deep, intimate level.

The best part of this journey was getting in S.H.A.P.E. to become servant leaders by



L to R: Chris Godinez, Lloyd Graves, Tony Moore, Curtis Tucker, Pastor Marius Serban

considering our **S**piritual gifts, **H**eart's desires, **A**bilities, **P**ersonality type and strengths, and **E**xperiences (our past).

As we took several tests and shared with the group, we came to know our similarities as

well as our differences. We did all this with one purpose in mind: to serve God and others and thus become servant leaders. As Jim George wisely said, "Serving others prepares you to lead others."

We're just halfway through the program, and the progress and potential of these wonderful men is exponentially grand. Middletown is blessed to have such men of faith and integrity in its congregation. May God continue to bless Joshua's Men!



L to R: Lloyd Graves, Chris Godinez, Pastor Marius Serban

Kicking the Habit & Finding Freedom

by Betty Clark

Our six-week Freedom From Smoking clinic was a success with three people completing the program which began April 17!

The first participant was able to stop smoking completely and still remains smoke-free as of late-June.

Another client had a brief "slip-up" during the month of June but was able to get back to being an ex-smoker. She also hopes to attend classes during the next clinic to receive extra reinforcement.

The final participant had been smoking four

packs of cigarettes per day before the clinic and now smokes only one or two packs per day.

Quitting smoking is a process, and sometimes it takes several attempts before one becomes completely smoke-free. Success is measured at various levels, and each participant was successful in coming closer to reaching their goal. They have greater insight, more resources, and hopefully more inner strength. I also hope they will continue to claim the promise of Philippians 4:13: "I can do all things through Christ which strengthens me".

