

# NEWSLETTER



## *“Ask the Lord”*

*By Pastor Steve Gibson*

What are you asking the Lord for this spring? Zechariah 10:1 suggests we should ask for rain in the time of the latter rain. The former rains came in the fall of the year and gave the seeds planted in the field a good start in the growing process. The latter rains came in the spring of the year to boost the crops that last stage toward the harvest. So this is the season for the latter rain.

Why would we ask the Lord for rain? Wouldn't He send it anyway? Does my prayer change the amount of rain that God sends?

If we reflect on the experience of Elijah after the flash of God's glory on Mount Carmel, there was a decisive shift in the popular sentiment toward serving God. After three and a half years of no rain, the people and their land were desperate for rain. Yet Elijah took time to pray specifically that God would send rain, even though God had clearly promised already to send rain (see 1 Kings 18:1; 42-22). If God had given His word, why pray? If God sends rain on the good and the evil, the just and the unjust, why ask the Lord for rain in the time of the latter rain?

We are in the midst of an evangelistic outreach in our community. We have prayed about these meetings with CA Murray for some time now. Is it vital to keep praying? Would my prayers make any difference in the outcome? Won't God bless them regardless of my participation?

There's a story told from the time of Alexander the Great. His treasurer was approached by a citizen who claimed to be entitled to a great sum of money. Being a diligent official, the treasurer went to Alexander to see if the claim was valid. He just couldn't imagine such a payout had been authorized, so he ran it past his boss. What did Alexander say to his treasurer?

My suppliant treats me like a king. He thinks I am generous. And so I am. Grant his request.

We serve a Great King! The Greatest King. He is generous. He invites: Ask, ask, ask (Matthew 7:7-11; John 14:13). Especially ask for the gift of the Holy Spirit (Luke 11:13).

Wouldn't it be fitting then, at this season when we are invited to ask the Lord for rain, that we ask for the gift of the Holy Spirit. Right now is a season when God longs to pour out all we can hold, with plenty to overflow.

Would you join in asking the Lord for what He so eagerly wants to give us right now?

## March 2018 Highlights

**3ABN Pathway to Life Series**  
February 23rd through March 10th  
6:30 to 8 p.m. Nightly  
(Except Thursdays)

**Women's Ministry Meeting**  
March 3rd after potluck

**Adventurer's Club Meeting**  
March 10th @ 2 p.m.

**Women's Mini Retreat**  
March 11 from 9-4 at Desert Cove

**Elder's Meeting**  
March 15th @ 6:30 p.m.

**Church Board Meeting**  
March 15th @ 7 p.m.

**Health Ministry Meeting**  
March 17th @ 1:30

**Men's Ministry Breakfast**  
March 18th @ 8 a.m.

**Senior Link Event**  
March 21st from 11:30 a.m.—3 p.m.

**Deacon's Meeting**  
March 24th after church

**Good Samaritan Meeting**  
March 24th after potluck

**VBS Meeting**  
March 24th after potluck

**Church Work Bee**  
March 25th from 8-11 a.m.

**Adventurer's Club Meeting**  
March 25th from 2-3:30 p.m.

**Prayer Group & Bible Study**  
Wednesday's from 7-8 p.m.

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# MINISTRY NEWS!

## Upcoming Events, Announcements & Inspirational Thoughts

### Anxiety Disorder

Insomnia is characterized by a general inability to sleep through the night. It can be divided into two sections: the inability to fall asleep and waking up after a short amount of sleep. Some individuals have a combination of both. As we all know sleep is one of the principle laws of a healthy life. Much repair and rejuvenation occur in our bodies while we sleep. Lack of sleep can lead to infections, concentration and brain function decline, and blood sugar imbalances. There are many potential factors that can cause insomnia; blood sugar imbalance, stress, nutrient deficiencies, hyperthyroidism, stimulant chemicals like caffeine, alcohol, and nicotine. Other causes can be pain and cramps, indigestion, breathing difficulties, snoring, being too hot or too cold, depression, jet lag, restless leg syndrome, anxiety, and medications. It is vital to address the underlying cause behind the insomnia in order to resolve the problem. There are some tips that can help with insomnia, for example eating lettuce in the evening is helpful. The milky sap in the lettuce contains an opium like substance called lactucin that can help to induce sleep and relaxation. Chamomile tea before going to bed is also helpful. Green vegetables contain magnesium which relax the muscles and nerves. Complex carbohydrates like brown rice, quinoa, buckwheat, oats, millet, barley, and sweet potatoes lead to the release of insulin which is needed to carry tryptophan into the brain where it converts to melatonin. Other helpful tips are exercising, establish regular bedtime routine, do not expose yourself to bright lights, avoid watching television or using the computer late at night, get up the same time every morning and last learn relaxation techniques. Remember these helpful tips and sleep well.

**“I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.” Psalm 4:8**

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

### DESERT COVE SDA/MARCH SENIOR LINK EVENT

**CELEBRATION OF FINE ART** is our next Senior Link event. **March 21 from 11:30 a.m. to 3 p.m.** Ride share will leave Desert Cove church at 11:30 a.m. and arrive at the big white tents in Scottsdale at 12:15 p.m. We will have a ‘Dutch Treat’ lunch (under the Big White Tent) followed by a self-guided tour of the West’s premier art show and working studio of 100 acclaimed and emerging artists from across the US. This is a show where art lovers and artists connect. In its 28th year, this show has come to be known for its interactive atmosphere—feel free to chat with your favorite artists as you tour!!

This is a leisurely experience where you can walk at your own pace and rest, then walk some more ——— all under cover of the big white tents. Ample parking adjacent to venue.

**\$10 admission (plus Dutch Treat lunch)**

RSVP to [caroljones12001@gmail.com](mailto:caroljones12001@gmail.com) or call Carol at 602-818-2518 on or before Wednesday, March 14. Please let her know if you are willing to be a driver.

### BIBLE STUDY INTERESTS

We are asking for help with Bible studies. We have over 40 interests from Pathway to Health and we need help getting studies to all of these people. If you are willing to help with the ones that need to be put in envelopes and mailed or take studies to the door, please contact Emilio Rodriguez SR or Randy Fields. We don’t want these people to get discouraged and go away because nothing was ever done and no contact was ever made.

We talked a while back about Total Member Involvement (TMI). There is something for everyone to be involved with in our church. Bible studies are not for everyone but there is always something to do. If we all work together in the Lord’s Work then it will go faster and we can soon go to our heavenly home where we will no longer have pain and sorrow.

**“And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.”** Revelation 21:4 What an awesome promise we have been given. I’m looking forward to that, how about you?

### Mom’s Vegan Bran Muffins

1 1/2 cups oat bran  
1 cup wheat bran

Mix these ingredients in a medium sized bowl and set aside.

1 cup flour  
1 T baking powder

1 cup flax seed meal  
1/2 tsp salt

2 oranges, peeled and torn into chunks  
1 T lemon juice  
1 tsp baking soda

1/2 large ripe banana  
1/2 cup oil

1 cup brown sugar  
2 egg replacer

Blend these ingredients in a VitaMix or very strong blender until well blended. Add to the dry ingredients and stir. Then add the following: 1/2 cup chopped dates and 1 1/2 cups raisins. Fill muffin cups almost full and bake in a 375 degree pre-heated oven for 18-20 minutes. Makes about 20 muffins.