

# NEWSLETTER



## “Camp Meeting”

By Pastor Steve Gibson

Life can get consumed by the routines of living. And while we know routines can be a healthy blessing, there can also be a blessing in breaking the routine occasionally. One great way to break the routine is to head for camp meeting in June.

What do I mean when I say ‘camp meeting’? In Adventist history, camp meeting is a time to get together with others who are interested in learning more from Scripture about certain topics. In Arizona for 70 years now, Adventists think of Camp Yavapines near Prescott, AZ as the place to go for camp meeting. The camp is just west of Prescott at: 2999 Iron Springs Road, Prescott, AZ 86305 Phone: 928-445-2162.

At camp meeting there are daily programs for kids of all ages, and programs for adults as well. Some of the meetings deal with issues such as stewardship, Bible study, health, and music.

There is an Adventist Book Center set up with most of what you would find at the Scottsdale location including new and used books, food, music, and resources for study or sharing.

Camp Yavapines has cabins, RV spaces, tent spaces and many friendly people. Most of the overnight lodging is reserved ahead, so don't expect to have availability unless you have made arrangements. For information: [www.azconference.org](http://www.azconference.org). Scroll down the page to the camp meeting section. By the time you read this hopefully there will be a schedule for the week posted as well.

Meals are available in the cafeteria and at a snack bar. This year the second Sabbath (June 15) will include a fellowship meal in the auditorium after the morning service.

While the lodging and meals are not free, parking and attending the meetings is free, so a day trip need not be a major expense. This year camp meeting begins on Friday evening, June 7, and continues through Sabbath evening, June 15.

Some of the speakers include: Dr. Neil Nedley from Weimar in CA, Jonathan Smith, John Stanton, Dan Matthews, and John Bradshaw from It Is Written. John Bradshaw will be leading the meetings at the Mesa Convention Center this September 27—October 26 which we will stream to Desert Cove Church for those of us on the west side of the valley.

If you need a cooler breeze for a few hours or days, why not make the trip up the hill to spend some time in the pines? It's an annual opportunity to learn and grow in your walk with Jesus.



## June 2019 Highlights

### Women's Ministry Meeting

June 1st after potluck

### Choir Practice

June 8th after potluck

### English Camp Meeting

June 7th-15th

### Spanish Camp Meeting

June 17th-22nd

### Community Service Meeting

June 15th after potluck

### Men's Ministry Breakfast

June 16th @ 8 a.m.

### Health Ministry Meeting

June 22nd after potluck

### Desert Cove Work Bee

June 23rd from 8-10 a.m.

### VBS Meeting

June 29th after potluck

### Prayer Group & Bible Study

Wednesday's from 7-8 p.m.

### Friday Bible Study

Friday's at 7 p.m.

### Gospel Worker Training

Each Sabbath after potluck

**Email:** [pastorstevegibson@hotmail.com](mailto:pastorstevegibson@hotmail.com) **Address:** 12400 W Desert Cove Road, El Mirage, AZ 85335

**Mailing Address:** 13954 W. Waddell Road, Suite 103 #616, Surprise, AZ 85379

# MINISTRY NEWS!

## Upcoming Events, Announcements & Inspirational Thoughts

### Rest—Medicine for the Soul

Resting is just as important as working out because it's an equal part of the total process required to build strength, endurance, and muscle. Working out, especially resistance training, breaks your body tissues down. Rest days allow your muscles, nerves, bones, connective tissue and brain time to re-build. The benefits of rest are having more energy throughout the day and adequate rest helps you avoid energy slumps during the day. Ensuring workouts are also more effective and efficient. Rest boosts brain function and allows for better concentration and focus. Rest also causes the body to release hormones that can slow breathing and relax other muscles in the body. This process can reduce inflammation and assist with healing. Recovery takes work and one needs rest for energy to work. It is best to let your body keep everything in proper alignment with a good night's rest. Physicians, athletes, philosophers, poets, religious leaders, and corporate leaders all tell us the same thing: take time to rest. It is absolutely essential for a balanced, healthy life. Rest is the best medicine anyone can have and it is like prayer, it is **FREE**. Most especially our **CREATOR** who is the authority on rest made one special day, the **SABBATH, to REST**.

**Come unto me, all ye that labor and are heavy laden, and I will give you rest. Matthew 11:28**

*Dr. Sylvia Hayashi Health Ministry Leader*

### Arizona SonShine Events

Prescott Valley—June 13-14

Mesa—August 23-25

They need volunteers for both events, both professionals and non-professionals. This is one of the ways you can be the hands and feet of Jesus and you will never be the same after. It is such a thrill to help others and show them what Jesus was like here on earth.

Go to [www.arizonasonshine.com](http://www.arizonasonshine.com) to register.

### Mortgage Principal Reduction

If you want to help pay down the principal on our church mortgage, remember to write 'mortgage principal' or 'principal' or 'mortgage' so it will go directly to the principal. We now owe just \$65,374.94.

### Vacation Bible School

Vacation Bible School is fast approaching. The next regular meeting will be **June 29th** after potluck. If you are interested in helping with VBS this year, be there at the meeting or contact Monica Salem at [salemmonica@gmail.com](mailto:salemmonica@gmail.com).

The theme of VBS this year is **"Plug In To Power"** where the children will learn how to "plug" in to Jesus in different ways. It is always fun and exciting to see what new crafts they will get to make, maybe some new songs to learn, awesome tasting food and always learning something more about our Jesus.

Set up will be Saturday night, July 20th and again Sunday during the day, July 21st.

**VBS dates are July 21-25, 2019**

### Vegan Avocado Brownies

1 T flax seed meal  
1/3 C organic granulated sugar  
1/2 tsp ground cinnamon  
3/4 C carob chips

3 T cold water  
1/4 C Carob powder  
1 tsp baking soda  
1/4 C maple syrup

1 C all purpose flour  
1/2 tsp salt  
1/4 cup smashed avocado  
1/4 C coconut oil

1. Create flax egg by mixing flax seed meal and water in a small bowl and set aside.
2. In a medium sized mixing bowl, whisk together dry ingredients
3. Cut/smash the avocado into the dry ingredients with a fork until pieces are very small.
4. Melt and stir maple syrup, coconut oil and carob chips together on the stovetop (or in the microwave for 30 sec.-1 min).
5. Add melted mixture and flax seed egg to dry ingredients and mix until dry ingredients are well incorporated.
6. Line 8 X 8 square baking dish with parchment paper and gently press brownie batter into it. Sprinkle with more carob chips on top if you want. Bake at 350 degrees for 18-20 minutes.

You may substitute cocoa for carob and chocolate chips for carob chips. You may use 1/4 cup coconut oil or mashed banana in place of the avocado if you don't have a ripe one. To make these gluten free you could probably use oat flour.