



Lacombe Church Newsletter

Love Matters Most Part 6

Love is Not Self-Seeking

I have a friend who wears a t-shirt that says, “I have gone to find myself. If I get back before I return, please keep me here.”

To me, that’s a clear picture of how confusing the journey of self-discovery can be, which, as a society, we’re pretty obsessed with. We go off backpacking through Europe or take up basket weaving in search for clarity (like the basket’s gonna show you who you are).

But Scripture shows us a different way. Paul writes in 1 Corinthians 13:5, “Love is not self-seeking.”

I always took that verse simply to mean that if I have God’s love in my life, I should live to bless other people, which, I think, is an accurate interpretation. However, it occurred to me the other day that maybe Paul is also informing us of the way we should relate to the search for identity and the quest for fulfillment in life. Love is not self-seeking also means when God’s love comes into my life, I give up trying to find myself.

*“...look for Christ and you will find Him,
and with Him everything else thrown in.”*

The crazy thing is, when we do this, that is actually when we find our real, true selves.

As C.S. Lewis famously wrote, “Look for yourself, and you will find in the long run only hatred, loneliness, despair, rage, ruin, and decay. But look for Christ and you will find Him, and with Him everything else thrown in.”

I have this book on my shelf titled *Steal Like an Artist* by Austin Kleon. It’s written for anyone who wants to create more in their life, and it’s all about ridding yourself of the need to be original when you create, because, in reality, nothing is original, and if you think something is original, you probably just don’t know the sources.

The point is: good art isn’t made in isolation or by avoiding others so I can showcase my own originality. Good artists find themselves as they discover others.

Living in God’s love is like making good art. You have to check your ego. The idea that my originality—me, my needs, my desires, my plans, my fears, my ideas of what works in life—is the star of the show must die. I have to die. I find myself when I quit looking for myself and start living for Him and for other people.

Anneliese Wahlman, Creative Writer at Light Bearers



Anneliese Wahlman

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For more information about [ARISE](#) visit lightbearers.org

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The Health Page

Comprehensive Health Ministries

Where did the title “Comprehensive Health Ministries” come from? Is it just a fancy title for a “health club” in the church? Are we truly “called” to be “health ministers”? And if so, who is called, and for what purpose? Comprehensive Health Ministries is defined as, “meeting people’s needs in a practical way by demonstrating God’s love and compassion”.

If you have ever been challenged with a health issue you would agree that good health is a precious gift of God and should be appreciated. Many times we take health for granted until we are faced with a health crisis. Health is best preserved by choosing the most healthful lifestyle possible, empowered by the Grace of God. The principles of health reform are found in the word of God. We are told, “The gospel of health is to be firmly linked with the ministry of the word”. Ellen White wrote, “no line is to be drawn between the genuine medical missionary work and the gospel ministry... they are to be joined in an inseparable union... they are to be “men” who understand and know God and the power of His grace.”

It is the Lord’s design that the restoring influence of health reform shall be a part of the last great effort to proclaim the gospel message! Wow! Powerful!! I believe we all long to be a part of this great movement! The condition of the body affects the condition of the soul. Both must be cared for in a healthy manner. God calls us to give attention to His requirements and avoid dishonoring Him by dwarfing the physical, mental and spiritual capabilities. Courage, hope, faith, sympathy and love, promote health and prolong life. “A merry heart doeth good like a medicine.” Proverbs 17:22.

Instead of looking upon an observance of the law of health as a matter of sacrifice or self-denial, we are to regard it as it truly is.... an inestimable blessing! Each gospel worker (that’s you and me!) should feel that to teach the principles of healthful living is a part of his appointed work. Of this work there is great need, and the world is open for it!

Health programs such as Cooking classes, Depression Recovery Programs, Relationship seminars, Veggie Dinner Clubs, Health Expos, Forgiveness seminars, exercise support groups (and the list goes on!) are wonderful avenues to reach the community. You may think, “oh that’s not my skill or passion”... but, don’t forget the Bible text that reads: “There are many plans in a man’s heart, Nevertheless the Lord’s counsel – that will stand.” Proverbs 19:21. We are all called to spread the joyful message of Christ’s return and how much more personal can you get than to reach a person in regards to their health? A willing heart and prayer can open doors and opportunities that you may never expect!

So, what does the picture of Comprehensive Health Ministries really look like? There are four basic markers of this special initiative:

1. When put into practice, it appears as if Jesus is among us. The sick are cared for, the hungry are fed, the naked are clothed, and sympathy, love, and inclusivity abound.
2. It’s not merely a method but rather a ministry and a mission—extending the healing ministry of Jesus Christ “to make men and women whole.”
3. It’s concerned as much with wellness and wholeness as with the treatment of disease. Preventive lifestyle initiatives are vitally needed.
4. The continuum of care addresses the “wholistic” being in every aspect, including physical, social, mental, and spiritual.

As every church member embraces comprehensive health ministry, each church becomes a health center for health promotion in the community. We maintain relevance in our communities by practicing Christ’s method of mingling, sympathizing, meeting needs, winning confidence, and sharing timeless spiritual truths of salvation and eternal life.

No single ministry in the church is sufficient to the task of comprehensive health ministry. Instead, we are called to work together, regardless of our roles, to reach out to a broken planet. As Paul says: “The body is not made up of one part but of many” (1 Cor. 12:14). We need each other to fully accomplish God’s mission!

The Seventh-day Adventist Church has been blessed with a message, not just about eternal life in Jesus, but also about having a more abundant life now. We must live and practice this message, and reach outside the church and into the lives of other people so they too may enjoy and experience “Total Health”.

Direct them to the True Healer.... JESUS!

Jesus summarized well comprehensive health ministry when He said, “I have come that they may have life, and have it to the full” (John 10:10). We can be the ones God will use to help give people—even now—the more abundant life that Jesus promised!

Darlene Blaney, PhD, NCP, CFT
(Health Director for the Alberta SDA Conference)

FEBRUARY 2021

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| Sun | Mon | Tue | Wed | Thu | Fri | Sabbath |
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| DATE | SPEAKER | BIRTHDAY |
|-----------|---------|--|
| MONDAY | FEB 01 | |
| TUESDAY | FEB 02 | SHANNON MURPHY ESTHER YACEYKO |
| FRIDAY | FEB 05 | DEISY AMAYA-HARRY |
| SABBATH | FEB 06 | GEORGE MAINVILLE JEAN WOOD |
| MONDAY | FEB 08 | INEZA NDAGIJIMANA EDUARD SCHWARZ |
| WEDNESDAY | FEB 10 | SYDNEY BOLIG |
| THURSDAY | FEB 11 | SHATRYCE BOLIG |
| SABBATH | FEB 13 | PASTOR HALVORSON ALVIN CHERNEY SHIRLEY UNRUH |
| SUNDAY | FEB 14 | RUTH ROWE TINA VAN ENGEN |
| WEDNESDAY | FEB 17 | FRED LENNOX |
| THURSDAY | FEB 18 | AJ CAMPO |
| FRIDAY | FEB 19 | NATHAN BLANEY |
| SABBATH | FEB 20 | GARFIELD MORRIS |
| SUNDAY | FEB 21 | CHRIS O'DELL |
| TUESDAY | FEB 23 | TEDDY JOSEPH |
| FRIDAY | FEB 26 | GUY BOURDEAU |
| SABBATH | FEB 27 | PASTOR HALVORSON EPHIGENIE BULLIS |
| | FEB-29 | OSCAR HALVORSON |