

NEWSLETTER



“Family”

By Pastor Steve Gibson

Most of us can relate to being part of a family. Usually being part of a family involves having a few responsibilities or duties. Families that function well have an idea of what needs to be done and who can participate to make it happen. Growing up I had times when I was part of the clean-up after a meal. I had vacuuming to do, watering to do, and when we had outside projects occasionally, we would all help in cleaning up the yard.

Our church is a type of family. We develop relationships that can help us to grow up. We meet in a church facility which is hopefully like a home. In that respect, it needs care. There are chores that need to be done.

For instance, who cleans the church? Do we have an automated system that makes the church self-cleaning? **No.** There are volunteers who take responsibility to clean the church. The more cleaning teams that exist, the less the work falls on a few. Would you like to help?

Who maintains the church grounds? Do we have a landscaping crew that comes regularly? **No.** Volunteers aim to keep the weeds under control and do some trimming. Would you like to help? One opportunity to do that is to participate in the monthly work bee the fourth Sunday of each month from 8 a.m. to 10 a.m.

Who makes sure there is a Sabbath School program or a fellowship meal or a sermon or a children’s story? Who arranges for people to pick up the offering or play for song service or give someone a ride to church? Who buys grape juice so there is some for communion Sabbath? Who orders Sabbath School quarterlies or buys paper towels for the bathrooms? Operating a church takes a team, a family.

This month we will be reviewing what we can do to involve our church family in really being part of the family, which for most people involves participating in some way. We talk about nominating committee and church offices and duties and leadership. You recently received a piece of paper inquiring how you might like to serve in our church in the near future. Thanks for responding.

If you should be asked to take on a specific duty or church office, please know it is not expected that you know all about what to do. There are opportunities to learn. Usually a request is for you to serve for a year. If you find the serving to be meaningful, you might be like many who are willing to continue taking a responsibility for much longer. Or you might be wanting to try something else. Thankfully when you volunteer you have the right to change your mind. There is understanding and cooperation in a healthy family.

Thank you for taking time to pray about what you might do to actively participate in making our church a better family. God is honored when we have a facility that looks maintained and a program that looks planned. Feel free to contact me at 602-680-8976 to learn more about how you can get involved. Or talk to Randy Fields or one of the other elders. We are here to help you find a meaningful role to play in this family.

April 2018 Highlights

Women’s Ministry Meeting

April 7th after potluck

VBS Sewing Meeting

April 8th @ 10 a.m.

Elder’s Meeting

April 12th @ 6:30 p.m.

Church Board Meeting

April 12th @ 7 p.m.

Adventurer’s Club Meeting

April 14th @ 2 p.m.

Health Ministry Mini Retreat

April 13th to April 15th

Health Ministry Meeting

April 21 @ 1:30

Men’s Ministry Breakfast

April 15th @ 8 a.m.

Senior Link Event

April 25th from 9 a.m.—12 p.m.

Deacon’s Meeting

April 28th after church

Good Samaritan Meeting

April 28th after potluck

VBS Meeting

April 28th after potluck

Church Work Bee

April 29th from 8-11 a.m.

Adventurer’s Club Meeting

April 29th 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

Brain Food

Oops, I forgot what I was going to write about! If you're forever losing your keys, your cell phone, your handbag, forgetting people's names, or losing the plot halfway through a simple recipe, you need brain food and probably a vacation! Your brain thrives on plenty of essential fatty acids, antioxidants, zinc, B vitamins, and good protein. You also need the steady brain fuel provided by complex carbohydrates and the best nutrient of all **WATER**. Tofu, avocados, spinach, peas, pulses, beans, kelp, berries, brown rice, wheat germ, whole grains, quinoa, amaranth, millet, buckwheat oats, rye, barley, nuts and seeds, and turmeric are excellent complex carbohydrates. The following herbs and supplements can also help with the problem. Choline, known as the memory vitamin, choline enhances brain function, mental acuity, and neurological systems. Food sources of choline included soybeans, nuts and fish. Two tablespoons of lecithin granules sprinkled in your cereal or salad is the easiest way to restore creativity to your thoughts. Plant foods, seeds, grains, legumes, soybeans, and nuts are foods rich in lecithin. Now foods that are **Destructive** to your brain are caffeine, sugar, chocolate, alcohol, and trans fats—vegetable fats that have been hardened by hydrogenation; avoid all foods that list hydrogenated or partially hydrogenated fats or shortenings on their labels. They are often found in margarines, vegetable shortenings, low-fat spreads, and baked goods. Remember eat healthy, read labels, and drink plenty of **WATER** for your **BRAIN FOOD**.

“Thou wilt keep him in perfect peace, whose mind is stayed on thee; because he trusteth in thee.” Isaiah 26:3

Health Ministry Leader/Servant of God, Sylvia Hayashi

DESERT COVE SDA/APRIL SENIOR LINK EVENT

The Senior Link event for April will be at the WHAM Art Center in Surprise, AZ on April 25th from 9 a.m. to noon. It is a Paint Party with Heidi Brown as the instructor. There is a \$25 fee and no previous art experience is necessary. We will have a Dutch Treat lunch afterwards. For more information or to sign up, please contact Carol Jones at 602-818- 2518 or you can email her at caroljones12001@gmail.com

COMMUNITY SERVICE

Community Service needs help sorting clothing for their next Homeless Outreach on May 6th. They will be sorting every Tuesday and Friday I April from 10 a.m. to 12 p.m. They are also collecting donations the entire month of April. Please check your bulletin in April for a list of items needed.

HEALTH MINISTRY MINI RETREAT

April 13th-15th here at Desert Cove we will have Lorraine Daniel-Palmer, who is an International speaker and Neuro Life and Leadership coach. You won't wat to miss this series.

Friday, April 13th at 7 p.m.

Sabbath, April 14th from 4 p.m. to 6:30 p.m.

Sunday, April 15th from 10 a.m. to 2:30 p.m.

SOULS WEST

Souls West will be arriving late in the afternoon on April 15th and will be staying at our church through May 6th. They will be using the classrooms, kitchen and sanctuary during the week. If you have any questions, please contact Randy Fields at 602-818-0914

VEGAN TOFU/KALE STIR FRY

1 pkg. Extra Firm Tofu, frozen & thawed
1 inch piece ginger, diced very small
3 cloves garlic, minced
3 T Nutritional Yeast flakes

1 small carrot, grated or sliced thin
1 bunch Kale, stemmed & chopped
1 T olive oil or more if needed
1 tsp. Tumeric

1/2 green pepper, diced small
1/2 onion, diced small
2 tsp McKay's Chicken Seasoning
Salt to taste

Dice all veggies, except Kale. Heat wok or large skillet on medium heat and add the oil. Add veggies (except Kale) and a little salt so they sweat out. While the veggies are cooking, cut Tofu in quarters, squeeze out excess liquid. When veggies are just tender, crumble Tofu into skillet and add seasonings. Let this cook for about 2 minutes while you are cutting up the Kale. Make sure all the liquid is cooked out. Add the chopped Kale, stir, cover and simmer for about 5 minutes, stirring once or twice. The Kale will wilt down. Add salt to taste. Serve over warm rice if desired.

Recipe by Cathy Fields