

# NEWSLETTER



## *“The Least”*

*By Pastor Steve Gibson*

February tips the scales as the littlest month. We might say it's the least of the months, but its importance can be measured only in light of eternity. Part of the significance of this month is the series of meetings beginning on February 23, Friday, at 6:30 p.m. at our church. This Pathway to Life series will be featuring CA Murray, General Manager of 3ABN's Proclaim channel. Meetings will continue each evening at 6:30 (except Thursdays) until the second weekend of March.

You can be blessed by participating in these meetings, but the series will take on a whole different dimension if you are able to invite someone to attend with you.

Luke 19 records the story of Jesus' visit to Jericho and His interaction with Zacchaeus. The tax collector was a little man. This word is often translated *least* in the New Testament. In many ways, Zacchaeus was the least. He seemed the least likely person in Jericho to be a candidate for salvation. He was a selfish, thieving, self-centered character. Who would think he had any interest in Jesus and a message of love to God and others? Zacchaeus seemed the least likely to be on Jesus' visit list for this trip to Jericho. Jesus was on His way to Jerusalem to be the perfect lamb slain for the sins of the world. Did He have time to hang out in Jericho with a self-absorbed tax agent?

While we might not have rated Zacchaeus high on the 'interest list', Jesus knew he was fruit ready for picking. Jesus reached out to him and gave Zacchaeus a personal gospel appeal.

So as you assess people and pray for wisdom in inviting them to the Pathway to Life meetings, remember that the one least likely to seem open to receiving the good news of salvation may be the one most feeling their need of a new beginning, a new start with God. The one we cross off the list almost without further thought, may be the one God is calling to Himself at this time, the least of the months.

The good news of the gospel is that if we are the least, we are on God's list. We are on His radar. While we may not be feeling significant or productive, we may be in the most usable condition for God's assignments. He is looking for ones who can serve Him and recognize that He is the One doing the work. He is the One able to do exceedingly abundantly above all that we ask or think (Ephesians 3:20). So why not ask Him to do an abundant work in this part of the valley as we invite people to follow Him this month? Then the glory will go to Him as God's power is revealed in a mighty way (Ephesians 3:21).

## February 2018 Highlights

### Women's Ministry Meeting

February 3rd after potluck

### Church Social

February 3rd @ 5:45 p.m.

### Daniel Series

February 5, 6, 12 & 13 @ 7 p.m.

### Elder's Meeting

February 8th @ 6:30 p.m.

### Church Board Meeting

February 8th @ 7 p.m.

### Adventurer's Club Meeting

February 10th @ 2 p.m.

### Health Ministry Meeting

February 17th @ 1:30

### Men's Ministry Breakfast

February 18th @ 8 a.m.

### Senior Link Event

February 21st @ Noon to 3 p.m.

### 3ABN Pathway to Life Series

February 23rd through March 10th  
6:30 to 8 p.m. Nightly  
(Except Thursdays)

### Deacon's Meeting

February 24th after church

### Good Samaritan Meeting

February 24th after potluck

### VBS Meeting

February 24th after potluck

### Church Work Bee

February 25th from 8-11 a.m.

### Adventurer's Club Meeting

February 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

This disorder can be either chronic or acute. One may describe acute anxiety that develops in the form of intermittent panic attacks. These types of panic attacks can last from a few minutes to at least a half hour. Individuals can experience an increase in their heart rate, difficulty breathing, dry mouth, chest pain, dizziness, shaking, nausea, difficulty thinking clearly, and feelings that something bad is going to happen. People who have this disorder become very fearful about being in public and have a habit of avoiding crowds. Usually individuals have a magnesium deficiency. Some causes are an adrenal imbalance, food allergies, poor blood sugar control, use of stimulants like caffeine, alcohol, nicotine, and drugs, nutrient deficiencies, hyperthyroidism, and depression. Avoid sugar and refined carbohydrates, as these raise blood sugar levels rapidly, followed by a slump when the adrenal glands kick in with stress hormones to bring levels up again. This can trigger a panic attack or feelings of anxiety. It is important to fill your diet with lots of anti-stress nutrients and eat regularly throughout the day, ideally six small meals. Eat whole grains such as brown rice, oats and quinoa. These nutrients supply the B vitamins and magnesium. Magnesium is vital for muscle and nerve relaxation. The **GREEN FOODS** such as **kale, chicory, broccoli, savoy cabbage, and bok choy** are great. Foods high in calcium and magnesium such as wheat germ soy products, lentils, nuts, leafy greens, celery, lettuce, sesame seeds, and steamed almonds calm the body down. Get regular exercise, moderate exercise, brisk walking, and swimming. Aim for twenty minutes a day. Remember GREEN Foods are the best to resolve the problem.

**“Let not your heart be troubled; you believe in God, believe also in Me. Peace I leave with you My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.”**

**John 14:1, 27**

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



*January 24, 2018 trip to the Museum of Musical Instruments.*

### 3ABN Pathway to Life Series

Desert Cove SDA Church will be the host for one of five locations in the Phoenix Valley for the Pathway to Life series by 3ABN. Our guest speaker will be CA Murray, General Manager of 3ABN's Proclaim channel.

The meetings will run nightly, with the exception of Thursday's, and will start at 6:30 p.m. and run until 8 p.m. There will be giveaways, a Health Nugget, song service and special music each evening leading up to the time CA Murray gets up to speak.

Please pray with us that the flyers we are sending out will find those who are searching for something more in their lives and will be encouraged to attend. Pray also for friends and family who you could invite to come and learn more about our friend, Jesus. Pray for the speaker, CA Murray, our pastor, the singers, the children's program, the greeters and ushers and anyone else involved in these meetings that they will be witnesses to those who attend.

### February Senior Link

February 21st from noon to 3. We will start with a group lunch (Dutch Treat in Surprise...location TBD). **A HOSPICE OF THE VALLEY** lecture will follow at Desert Cove SDA Church. An aging specialist of HOV will speak on the subject of "Health Care Decisions: Advance Care Planning". **FREE PROGRAM/ LOVE OFFERING ACCEPTED** (for Senior Link expenses).

Please respond to Carol Jones by **Monday, February 12** if you plan to attend. caroljones12001@gmail.com or call 602-818-2518.

### Vegan Broccoli Cheese Soup

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|------------------------------|---------------------------------|------------------------|
| 1/4 onion, diced             | 3 cloves garlic, pressed        | 4 cups broccoli pieces |
| 3 T Nutritional Yeast flakes | 4 cups unsweetened nut milk     | 1/3 cup potato buds    |
| 1 cup Daiya Cheddar shreds   | 2 tsp McKay's Chicken Seasoning | Salt to taste          |

Saute onions and garlic in a little water until clear in color. Add broccoli pieces and about 1 cup water. Let simmer until just tender. Add the milk, McKay's Chicken Seasoning and the Daiya Cheddar shreds. Cook until the shreds melt. Add potato buds and let simmer while it thickens. Salt to taste.

Recipe by Cathy Fields