

NEWSLETTER



“Independence Day?”

By Pastor Steve Gibson

Do you give thanks for being free? Do you savor liberty? What a blessing that there were people who had a dream for this nation to be a place where we could worship God as we choose. And they acted on their dream. We still benefit today from the efforts they invested in valuing freedom.

We celebrate independence for our nation. What about our own lives? Are you independent? Of course we value being able to drive to the store or to church, or to have the physical ability to tie our shoes or take a shower. But do we really want to be independent?

Jesus addressed this in John the 15th chapter as He used an illustration to represent our relationship to Him. ‘I am the vine’, He said, ‘and you are the branches’ (v. 5). Based on this illustration, we are not at all independent. We can accomplish nothing on our own (v. 5).

As the chapter progresses, it becomes clear that to be separated from the Vine means death (v. 6).

Thankfully, most of us want to live. As we are attached to the vine we find life and recognize that we are loved (v. 9). When we recognize God’s love for us, we will know what joy really is (v. 11).

When we experience God’s love and receive His joy, then we are able to share love with others (v. 17).

So it’s no wonder that in the last days, there are many who do not love others. How could they love if they haven’t experienced being loved? Of course God loves them, but they refuse to acknowledge it or fail to recognize it. In the end, there are two groups left in this world. Those who abide in Christ and have learned to love are one group. The others are the haters, who never experience love or chose to reject it. In Matthew 24, Jesus spoke of those whose ‘...love grows cold’ (v. 12).

Where do you want to be? Among the branches savoring the life and love available in depending on the vine? Or do you prefer to not depend on anyone and lose out on life?

It’s the choices we make day by day that determine our outcome. Have you taken time today to thank God for the privilege of living in a nation with freedom to worship Him openly? Have you spent time in prayer, savoring the love that God pumps through your system? Are you getting nourishment from His Word? Are you learning to depend on His power, His motivation instead of your own?

If you are making those choices, your life will be marked by His joy, regardless of the difficulties you are facing. His joy can persist even alongside other emotions that aren’t so welcome. And you can be a blessing to someone in your world who urgently needs an invitation to sample the life of a dependent branch.

So as you celebrate independence day this month, consider celebrating dependence day as well.



July 2018 Highlights

Elder’s Meeting

July 5th @ 6:30 p.m.

Church Board Meeting

July 5th @ 7 p.m.

Women’s Ministry Meeting

July 7th after potluck

Men’s Ministry Breakfast

July 8th @ 8 a.m.

Because there was not one in June

Health Ministry Meeting

July 21st @ 1:30

Deacon’s Meeting

July 28th after church

Church Work Bee

July 29th from 8-11 a.m.

Prayer Group & Bible Study

Wednesday’s from 7-8 p.m.



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MINISTRY NEWS!

Upcoming Events, Announcements & Inspirational Thoughts

Powerful Fruits

Raspberries are a full-body detoxifying fruit. They are rich in antioxidants that eliminate by product and toxic debris created by the invader that causes thyroid problems. They tend to bind onto and remove impurities delivered to the intestinal tract by liver burdened by this invader. **Wild blueberries** assist to restore the central nervous system and lush viral neurotoxins out of the liver. They help repair your thyroid's tissue and reduce the growth of nodules. They also help remove toxic heavy metals from the brain and liver. Wild blueberries stop a shrinking brain and a shrinking thyroid. **Bananas** are a powerful antiviral food—so powerful that they have the capacity to repel growth of the retrovirus HIV. High in tryptophan, bananas can help soothe sleep disorders, create calmness, reduce anxiety and alleviate depression. They are also the ultimate fungus destroyers, removing unproductive bacteria while feeding beneficial microorganisms in the intestinal tract. Enjoy this **Raspberry and Lime Chia Pudding Parfait Recipe**.

Cook Time: Five minutes plus two hours in the fridge.

Chia Pudding: 1 cup raspberries, fresh or frozen, 1 cup unsweetened almond milk or coconut milk, 2 T maple syrup or raw honey, 1 t. lime zest, 1 T chia seed.

Topping: 1/2 banana thinly sliced, 1/4 cup fresh raspberries, 1/4 cup fresh or defrosted wild blueberries or regular blueberries.

1. Place the raspberries in a bowl and mash very well with a fork. Stir in the milk, maple syrup or honey, lime zest and juice and chia seeds.
2. Set aside to soak for 2-3 hours, until thick and jelly-like.
3. Divide the chia pudding between two jars or bowls and serve with bananas, raspberries and blueberries. Serves two.

Health Ministry Leader/Servant of God, Sylvia Hayashi

Praying but Not Believing

It is very normal for individuals to pray in their mind but doubt in their heart. It is very true that one can be "a person of prayer" and yet not have faith? If one is praying for revival, how are you preparing for its coming? One should have faith that God will answer prayer. Ask God to increase your faith, and then begin living a life that reflects absolute trust in Him. Do not miss the JOY of praying in faith. 1 Thess. 5:17 "Pray without ceasing."

VBS Update

I hope many of you were able to be at church on June 30th to see the culmination of our VBS this year which focused on the Sanctuary. It was a wonderful week following many nights with very little sleep while preparing for the presentation this year. What a blessing to all who participated and to the many children who came and joined in for the week. We look forward to our VBS program next year!!

Vegan Broccoli Quiche

1 pie crust of choice
1 green pepper, chopped
1 pound firm tofu, patted dry
1 T dried basil

1 T olive oil
1 cup chopped broccoli
pinch of nutmeg
1/2 tsp salt

1 onion, diced
1 cup fresh mushrooms, sliced
1/2 tsp turmeric
1/2 cup soy milk

1. Preheat the oven to 425 degrees.
2. Heat the olive oil in a medium saucepan over medium heat and saute the onion, green pepper, broccoli and mushrooms until cooked, about 8-10 minutes.
3. In a blender or food processor, blend the tofu, nutmeg, turmeric, basil, salt and soy milk until smooth. Stir the vegetables and the tofu mixture together and add more salt to taste if needed.
4. Pour the batter into the pie crust. Bake for 30 minutes, or until a knife inserted just off-center into the quiche comes out clean.

You may saute the veggies in a little bit of water for a lighter dish. I have also cut the basil down to just one tsp and used a couple tsp of curry for a different flavor.