

THE GOOD NEWS

College Drive Seventh-day Adventist Church Newsletter

Volume I, Issue IV

December 2014

Our Vision

College Drive SDA Church:
at the Intersection of Serving
God and Changing Lives.

Prayer

"As with gladness men of
old Did the guiding star
behold, As with joy they
hailed its light, Leading
onward, beaming bright, So
most gracious Lord may we
evermore be let to Thee.

As with joyful steps they
sped To that lowly manger
bed, There to bend the knee
before Him whom heaven
and earth adore, So may we
with willing feet Ever seek
Thy mercy seat.

As they offered gifts most
rare At that manger rude and
bare, So may we with holy
joy, Pure and free from sin's
alloy, All our costliest
treasures bring, Christ, to
Thee our heavenly King.

Holy Jesus, every day Keep
us in the narrow way; And,
when earthly things are past,
Bring our ransomed souls at
last Where they need no star
to guide, Where no clouds
Thy glory hide."

—(Seventh-day Adventist
Hymnal 123).

From the Pastor

Wash and Be Clean

Naaman had a big problem with God's solution to his problem. Then, Naaman's servants went to him and said, "My father, if the prophet had told you to do some great thing, would you not have done it? How much more, then, when he tells you, 'Wash and be cleansed'!" (2 Kings 5:13, NIV).

Surely it can't be that easy. There must be something else I need to do. Naaman struggles with what we all struggle with... we are bent on trying to save ourselves. If Elisha had told him to go back to Syria on his hands and knees, one hundred and fifty miles, he would have done it and thought it was all right. Why? Because it would have made sense to him. But, because the remedy seemed too simple, he gets angry, and almost leaves without being healed: We do the same thing.

How often do people walk out of the church thinking, "it can't be that simple?" We can handle checklist morality: it makes sense to us, it is something measurable, and it is something that enables us to trust in our logic rather than in His grace. We, like Naaman, prefer to trust in self rather than having faith to trust in God.

It took an incredible sacrifice to save and heal you, just not your sacrifice. Someone did have to crawl on his hands and knees, just not you. Jesus did. He did it for you. So that the King of the universe who became a servant might look at us as the servant did



Naaman, and say, 'Wash and be cleansed'!" It's when we step into His river of Grace that we will come out clean and our natural response will be a continuous flow of good works. We will declare as Naaman did, "Behold, I know that there is no God in all the earth but in Israel; so accept now a present from your servant." (2 Kings 5:15 ESV). And, we will give God the only present He has ever really wanted from us...our hearts.

By Richie Halversen

Choose Health

Can High-Fructose Corn Syrup Make You Hungrier?

Alan Mozes (HealthDay News 2014) said that, "fructose--a kind of sugar found in a wide variety of foods and beverages--may encourage overeating, new research suggests. Fructose may be best known to consumers in

the form of high-fructose corn syrup, which has long been added to manufactured foods from sodas to cookies.

Distinct from sugar known as glucose (produced by the natural breakdown of complex carbohydrates), fructose is also a "simple" sugar and a natural component of fruit.

However, "in a series of studies we have

found that when compared to glucose, the simple sugar, fructose, is a weaker suppressor of brain areas that help control appetite and the motivation to eat," said study co-author Dr. Kathleen Page..." Read the full article at <http://www.webmd.com/diet/news/20141210/does-high-fructose-corn-syrup-make-people-hungrier?page=2>

By Katie Dearborn

Valuable Moments ~ Time With Our Kids

December's Moment ~ Fold, Think, Share With Our Kids

Folding a Paper Star

Stars are a powerful symbol at this time of year. Stars can remind us of their Creator, and of the prophecies of His birth. Stars can bring to mind their guiding properties especially for the shepherds and the wise men in the Christmas story. Stars can represent those with insight and a heart for mission that Daniel speaks of, "Those who have insight will shine brightly like the brightness of the expanse of heaven, and those who lead the many to righteousness, like the stars forever and ever." Daniel 12:3

With these, or other instructions from the internet, you can fold or make simple paper stars with your children. The resulting stars can then decorate your home and bring happiness to others that you share them with.

<http://www.ushistory.org/BETSY/flagstar.html>

<http://www.origami-fun.com/origami-stars.html>

By Kathleen Martin

Announcements/Activities/Events

Visitors' Lunch: Immediately following Sabbath service. Consult the church bulletin for details and changes.

Fellowship Dinner: Second Sabbath of the month. See the church bulletin for details and changes.

Men's Ministry: *Get involved. Contact Manuel Recinos or Enrique Guzman.*

Feeding the Homeless Ministry: Third Sabbath of the month—please join us. Contact Dan or Joann Mitzlaff to help (601) 824-9776.

Food Pantry: Please continue to bring non-perishable food items to stock our food pantry. Remember to label them—for the food pantry.

Health Ministry: First Sabbath of each month. Visit the health information display table for free water and handouts. Donations accepted.

Hospital Ministry: Once a month Ms. Pat or Ms. Joyce visits Riveroaks and Crossgates Hospitals. Contact Pat Roan to help with this ministry (601) 214-4648.

Small Group Meetings: Check with Teri Spracklen to get the details.

Prison Ministry: Every Friday night. Contact Nick Lesh to help with this ministry (601) 668-9727.

Christian School: If you have friends or family looking for an excellent elementary school within a Christian environment, please tell them about College Drive School. Contact us at (601) 933-0990 or visit the school website at <www.collegedriveschool.com>

Jackson Evangelism Plan: January 3, 2015—4-7PM

"Capturing the Heart"

Ben Jones

South Jackson SDA Church

5125 Robinson Road

Jackson, Mississippi 39204

Investment: A Testimony

When my Mother became feeble and developed dementia, there were many months I was unable to come to church. I was more or less home-bound. I was restless to do something that mattered, and at the same time contribute to the Lord's work. Looking around for something to occupy my time, I found a bag of yarn and wondered if I could still comprehend crochet pattern instructions

and create something useful. Maybe I could make some things to sell for an Investment project and then donate the proceeds to charity. I enthusiastically started making a "ton" of things from baby afghans to infinity scarves, hats and headband/ear warmers. I even printed up some business cards on my computer to distribute at a craft fair in Richland. I was happy that the fair was scheduled for a Thursday instead of the usual Saturday.

us of another craft fair on Saturday, December 13 and invited me to come because I had "some very nice things to sell" she said. I told her I couldn't attend because that was my church day. "Well, couldn't your friend come and tend your booth for you?" she asked. Before I could respond, my best friend (who is not of my faith) retorted: "She is a Seventh-day Adventist and doesn't work on Saturday." There are times when our non-Adventist friends witness for us better than we do for ourselves. They know more about us than we think.

The day arrived and I was prepared. I had prayed about the whole affair and had asked the Lord to help me be a witness in addition to selling some things. I was happy to have been assigned a table near the door, so I was the first person people passed when coming in and the last when leaving. It was a ho-hum sales day for all participants; there wasn't much walk-in traffic. However, I did better than I had expected.

I don't know where my Investment project will lead or if it will be successful, but aren't we supposed to partner with God and use our talents for good? To that end I am willing to keep working because inspiration can come from many sources.

The lady who organized the fair apologized for the slow day, but informed

By Barbara Adams

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