

# THE GOOD NEWS

## College Drive Seventh-day Adventist Church Newsletter

Volume I, Issue II

October 2014

### Our Vision

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

### Prayer

I still find each day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see.

—Johns Burroughs

LORD, thank you for the love of life that you have put within me. Help me make wise choices this day as I have the privilege of choosing how to spend an hour. May I do all to Your glory.

Amen.

### Food for Thought

Words break no bones, but they do break hearts.

(Source: *Bless Your Heart (series II), Heartland Samplers, Inc.*)

There is that speaketh like the piercings of a sword: but the tongue of the wise is health.

—Proverb 12:18 KJV

### Choose Health

Dr. Dean Ornish's landmark study showing that low-fat (sparing use of oils), whole foods (not processed), plant-based (no animal products) diet high in fruits, vegetables, whole grains,

### From the Pastor

Remember the Sabbath day, to keep it holy.

*Exodus 20:8 (ESV)*

Have you ever thought, "I don't know what I would do without the Sabbath?" I know I have. God certainly knew what He was doing when He created the Sabbath. It's something we all need.

So why are those who keep the Sabbath misrepresented as Pharisees, or legalists.

Is it more legalistic to trust in God by obeying Him and resting in the Sabbath, or to trust in our own logic and say that it doesn't matter?

Often, when people speak against the Sabbath they say things like: "I am saved by Grace and not the Law."

This is true; however, obedience to God's law is a reflection of our faith in Him. The principle of Sabbath rest is Grace. It is a weekly reminder that I'm not the center of the universe. When I stop working the world continues moving. It tells me that I do not have to do in order to

beans, along with walking, stress management, and support could not only reverse heart disease, open up arteries without drugs and surgery, and potentially reverse the progression of early-stage prostate cancer,



be. We are children of God, created by his hands, redeemed by his blood. We can rest in his grace every day, but in a special way on the Sabbath.

I encourage each of us to honor God's Sabbath. Allow it to be a day like no other, because it is. Trust in God, rather than in your works. The world will continue to move, the sun

but was the first intervention ever shown to increase telomerase activity, the enzyme that builds and maintains these caps at the tips of our chromosomes called telomeres which appear to slow the aging of

will continue to rise, and gravity will continue to work, even if we don't.

Trust in God, and rest in His love on the Sabbath.

Blessings,  
Pastor Richie Halversen

our cells. Yes, this new finding was exciting and should encourage people to adopt a healthy lifestyle in order to avoid or combat cancer and age-related diseases ([nutritionfacts.org](http://nutritionfacts.org)).  
By Carol Frezza

## Valuable Moments ~ Time With Our Kids

### October's Moment ~ Play Ball OUTSIDE

Current research in education supports conventional wisdom. Playing outdoors is good for your child. Children learn better while moving. Outdoor play builds their immune system, provides them with vitamin D, stimulates imagination, promotes problem solving skills, and of course provides exercise in the fresh air. Some of our most cherished memories with our multi-generational family include playing kickball in the front yard using old red potholders as bases.

Here are two websites with additional outdoor ball activities:

<http://www.fungameskidsplay.com/haveaball.htm>

<http://www.education.com/magazine/article/summer-games-ball/>

So, add to your prayer, reading and to your reading outdoor ball play.

As Moses suggests early in Deuteronomy. "Set out now and cross....." the threshold, go outside, with a child of any age, and a ball or several. "Only be careful, and watch yourselves closely so you do not forget the things your eyes have seen or let them slip from your heart as long as you live. Teach them to your children and to their children after them."

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.

**Annual Bishoff Hayride:** Saturday, October 25th at 5:30 in Florence. See the church bulletin for the details.

**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. Contact Katie Dearborn to help with this ministry (601) 954-2652.

**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 Groups Meetings:** Sign-up sheets are in the foyer.

**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](http://www.collegedriveschool.com)>

### Jackson Evangelism Plan: November 1, 2014

"Preparing the Harvest"  
Jesse Wilson

Berean SDA Church  
1150 Woodrow Wilson Avenue  
Jackson, Mississippi 39213

## Health Fair

On Saturday, September 27, 2014, the Health Ministries Committee, in conjunction with Blaire Bishoff, 10 Hinds Allied School of Nursing students and their instructor, held a Health Fair at College Drive Seventh-day Adventist Church.



The health fair was held to encourage people to know their blood sugar and blood pressure readings. Since high blood pressure usually does not have any



precursor to underlying health problems such as diabetes or hypoglycemia.

This collaborative effort was very successful: 43 people attended the health fair for blood pressure and blood sugar checks. Thirty-five of those participants enjoyed a delicious breakfast (including Bishoff's famous "homemade plum jelly") prepared by Blaire's dad, Monte.

Blaire Bishoff is enrolled in Hinds Allied School of Nursing, and is also a

Respiratory Therapist at Mississippi Baptist Hospital. Blaire's father, Monte, is a Registered Nurse for the Mississippi Department of Corrections

in Brandon, MS. Blaire's mother, Janet, also worked in the medical field as a Medical Research Librarian for seven years. With the support of Blaire's parents, she not only blessed the community with timely health information, but with a tasty breakfast as well.

Blaire, along with her classmates would like to thank everyone for their support and participation during the Health Fair.

By Janet Bishoff

### Managing Editor

Pastor Richie Halversen

### Editors

Katie Dearborn

Anita Ray

Brittney Halversen

Teri Spracklen

College Drive Seventh-day Adventist Church

110 College Drive

Pearl, MS 39208-8949

Phone: (601) 664-1408

Email: [rhalversen@me.com](mailto:rhalversen@me.com)