

# THE GOOD NEWS

## College Drive Seventh-day Adventist Church Newsletter

Volume I, Issue VIII

April 2015

### Our Vision

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

### Prayer

It isn't the load that weighs us down—it's the way we carry it.

My grace is sufficient for you, for my power is made perfect in weakness.

*II Corinthians 12:9 NIV*

Thank You for this promise, Lord. I need to be reminded of Your power because it is so hard to keep my eyes off my weakness. Help me remember that Your grace is sufficient. *Amen.*

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

### Choose Health

#### A Testimony

I was telling Katie Dearborn that I was having trouble getting the amount of water recommended. She suggested that I use the "quart jar method" each day: So I found a quart jar: I fill it up each morning, start drinking my water, and then take my meds. I drink water throughout the day, and when the jar is empty, I fill it up again. I read somewhere that water helps dissolve medicine, and I didn't know that. I feel better since I have been drinking my water. I can't tell you how—I just know that I feel better than I use to feel, and. I know that water helps.

*By Joyce Whitaker*

### Fearfully and Wonderfully Made

#### Part 1

(All scripture is taken from the NIV)



In Psalm 139:14, the Psalmist praises the creative work of God saying, "I praise you because I am fearfully and wonderfully made; your works are wonderful . . ." Additionally, in Genesis 1:26, 27, God said; "Let us make man in our image and likeness . . . So God created man in his image . . . male and female He created them." Are we really fearfully and wonderfully made?

Have you ever wondered why you resemble some distant relative, or why elephants give birth to little elephants and not a giraffe? Recent scientific and technological advances have shown that the answer lies in a remarkable molecule called Deoxyribonucleic acid (DNA). DNA is a winded double-stranded structure which contains coded biological instructions that are passed from parent to offspring. The biological instructions are stored in chemical form called nucleotides; and are denoted by the letters **A** (Adenine), **C** (Cytosine), **G** (Guanine), and **T** (Thymine). In total, there are 3.1 billion of these letters that make up over 20,000 genes in the human genome, which is the complete set of human genetic information. If you were to read them all at a normal pace, A C G T and so on, 24 hours a day, 7 days a week, it would take you approximately 31 years to finish— isn't that amazing?

The Human Genome Project which was completed in 2003 provided a complete and accurate sequence of the 3.1 billion DNA bases (ACGT) and helped to set the stage for identifying the 20,000-25,000



human genes. This project formed the foundation for understanding the connection between genes and human traits such as height, eye color, complexion, temperament, and diseases such as cancer, diabetes, and so on. Up till that time, scientists thought one or only a few genes directly influence particular human traits, but recent findings have shown that human traits are influenced by intricate and complex interactions between genes and the environment. Important environmental factors that modulate gene effects include: nutrition, toxins, sunlight, life experiences, learning, and so on.

With this in mind, we can now understand how humans undergo physiological and behavioral changes in order to be comfortable under varying conditions. For example, equatorial populations developed dark complexion to protect against ultraviolet radiation, while people in the northern latitudes developed light complexion to better produce vitamin D from sunlight. In this and many other similar examples, we not only relate to the Psalmist's assertion in Psalm 139:14, but also understand God's command in Genesis 1:28, " . . . be fruitful and multiply, and fill the earth and subdue it . . ." So in the human genome, God embedded the human the capacity to reproduce after its own kind and adjust to its surrounding (such as ultra violet protection). Consequently, scientists are able to predict the likelihood of a disease occurrence long before symptoms appear by using genomic data; and thereby formulate early treatment strategies.

And so I declare with the Psalmist that, I am indeed fearfully and wonderfully made.

*By Solomon K. Musani, PhD*

## Valuable Moments ~ Time With Our Kids

### April's Moment ~ Singing with Our Kids

Recently, I was reminded of the importance of grandparents in our lives, and the positive and eternal impact we, as grandparents, can have on the young. Mamma Johnson, the grandparent I remember best loved music. Singing had been an integral part of her home and church all of her life. One of her most requested spiritual songs, "Precious Memories," alludes to the fact that family and spiritual connections can be strengthened by music, even "in the stillness of the midnight." We can support that tradition by taking time with our kids to sing and make musical memories.

Hymn #288 in our current hymnal, "I Am Going to Calvary," is appropriate for children during this season of the year. Written in 1972 by Brian Wren, it is set to a traditional British melody. In the text, Jesus is telling the crucifixion story Himself and inviting us to come along and play "follow the Leader." Read the four verses. Even if playing the tune is not an option, the simple text gets the point across and helps us all to understand Jesus' words in Matthew 16:24 (KJV): "If any man will come after me, let him deny himself, and take up his cross, and follow me."

"I am going to Calvary, Would you like to come with Me All the way and back again? You must follow the Leader. You must follow the Leader, You must follow the Leader, All the way and back again, You must follow the Leader.

If I wear a thorny crown, If the soldiers knock Me down, Can I really be a king? Love will answer everything If you follow the Leader, If you follow the Leader, Love will answer everything, If you follow the Leader.

When I go along the road, I shall lift a heavy load. I will carry a cross for you. You will learn to carry it too When you follow the Leader, When you follow the Leader, You will learn to carry it too, When you follow the Leader.

I am going to stretch My hands, Reaching out to all the lands. Can I really be a king? Love's the lord of everything, When you follow the Leader, When you follow the Leader, Love's the lord of everything. When you follow the Leader."

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

## Jackson Evangelism Plan:

MAY 2-9, 2015 WE ALL HAVE ~~PROBLEMS~~ EVANGELISTIC SERIES

# HOPE

**Managing Editor**  
Pastor Richie Halversen

**Editors**  
Katie Dearborn  
Teri Spracklen

**Writers**  
Kathleen Martin  
Solomon K. Musani  
Joyce Whitaker

### 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)  
[www.collegedriveschurch.com](http://www.collegedriveschurch.com)