

THE GOOD NEWS

College Drive Seventh-day Adventist Church Newsletter

Volume II, Issue I

September 2015

Our Vision

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

Prayer

*Enrich someone's life today
with a warm word of
praise. Both of you will be
better for it.*

Dear Father, open my eyes
and help me see the good in
others. I also ask Your help
to overlook the faults in
myself that others so
graciously overlook in me.

Amen.

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

Choose Health

Depression and anxiety:
Exercise eases symptoms

By Mayo Clinic Staff

“When you have anxiety or
depression, exercise often
seems like the last thing you
want to do.

Exercise helps prevent and
improve a number of health
problems, including high
blood pressure, diabetes and
arthritis. Research on
anxiety, depression and
exercise shows that the
psychological and physical
benefits of exercise can also
help reduce anxiety and
improve mood.” Read more
at <http://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>

The Women's Ministries



Thank you all for the opportunity
you have given me to serve our
Lord as Director of Women's
Ministries of the College Drive
Seventh-day Adventist Church.

The purpose of Women's
Ministries is to minister to women of all
ages, ethnicities, and abilities so that we can
share the best of our cultures and strengths.
Women will nurture women in the church
and outside of the church in their walk with
Jesus in order that they can grow strong in
the Lord.

For starters, let's remove any stigma that
Women's Ministries is a “Membership or a
Social Club.” What qualifies you to be in the
Women's Ministries for College Drive or
The Ridge Seventh-day Adventist Churches?
Simply stated, you are a female with a desire
to serve God by serving others. If you are
hungry for authenticity and vulnerability and
are drowning, suffocating, dying of thirst for
the cold water of real community and real
purpose, then this ministry is for you.

Women are smart. Women are brave.
Women want to change the world. Women
have much to offer the church—strategic
leadership, wisdom, compassion, counsel,
teaching, skills, and talents. Women want to
give and serve to make a difference. Women
want to be challenged. Women want to
worship. Women want to intercede for their
sisters and weep with those who weep and
rejoice with those who rejoice.

Consequently, I am deeply grateful for the
many women who have already stepped
forward to help launch our Women's
Ministries of College Drive Seventh-day
Adventist Church. Through a step by step
process which included much prayer, a
survey, a planning meeting, and most
recently a committee meeting,

we have identified the following ministries
and leaders for each:

- **Prayer Ministry**
Pat Roane
- **Hospitality Ministry**
Delane Lesh
- **Prison Ministry**
Grace Iacono
- **Out-Reach Ministry**
Evelyn Sampson
- **In-Reach Hospitality Ministry**
Marsha Areundo
- **Health Ministry**
Carol Frezza
- **Bible Study Ministry**
Michelle Whitaker

Please get involved with one of the
ministries listed above. We will pray with
you and for you to do as God leads. Let's
be a community of women, gathered
together to live more God-centered lives.
Let's sharpen, challenge, love, and inspire
one another to be women that love Jesus
and others more.

Please note, our first Prayer, Praise and
Worship Service is scheduled for Sunday,
September 13, 2015 at College Drive
from 1:00 p.m.–2:30 p.m. Refreshments
will be served in the Fellowship Hall after
the service. Plan to bring some friends
with you. The guest speaker will be Pat
Bruce with Pat Bruce Ministries. She will
share her message, “Because of a
Woman.” “From poverty, shame and
abuse to walking in miracles by the grace
and mercy of our Lord,” is Pat's
testimony.

**“Strength and dignity are her clothing,
and she smiles at the future. She opens
her mouth in wisdom and the teaching of
kindness is on her tongue.”**

Proverbs 31:25-26

By Janet Thomas, Director of Women's
Ministry

Valuable Moments ~ Time With Our Kids



September's Moment ~ Practicing Looking Good With Our Children

School begins earlier now in Mississippi. Advertising, the media and even a tax free weekend remind us to spiff up our wardrobes as a way to look good. Maybe we need to take a close, hard look at the real media messages bombarding us AND our children. As parents and grandparents our goal is to educate and protect our precious children. One way to transmit our values is by example.

Sam Leveson wrote the following "Time Tested Beauty Tips" for his grandchild. Audrey Hepburn collected and cherished the poem, practiced it and read it regularly to her children.

- "For attractive lips, speak words of kindness.*
- For lovely eyes, seek out the good in people.*
- For a slim figure, share your food with the hungry.*
- For beautiful hair, let a child run his or her fingers through it once a day.*
- For poise, walk with the knowledge you'll never walk alone.*
- People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; Never throw out anybody.*
- Remember, If you ever need a helping hand, you'll find one at the end of your arm.*
- As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others."*

We are reminded that God doesn't see things as man does, He looks into our hearts. 1 Samuel 16:7. In the Sermon on the Mount Jesus says, "Why are you anxious about clothing? Consider the lilies of the field. ..." Matthew 6:28. Jesus gives us a new command in John 13:34, "Love one another as I have loved you, so you must love one another." But whoever has the world's goods, and sees his brother in need and closes his heart against him, how does the love of God abide in him? Little children, let us not love with word or with tongue, but in deed and truth. 1 John 3:17-18.

Let's have the inner beauty conversations and practice looking good with our children.
By Kathleen Martin

Activities/Events/Ministries

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.

Women's Ministries: Ladies, come join us. Contact Janet Thomas at (601) 506-9750 or jthomas4951@Comcast.net.

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

Celebrate Recovery: Every Tuesday at 6:30 PM at the Ridge. Contact Melanie Womack at (601) 421-0177 for information about this ministry.

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 the month, information display table of 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: Family or friends looking for an excellent elementary school within a Christian environment, contact us at (601) 933-0990 or <www.collegedriveschool.com>

Back-To-School Word Scramble

lcpisne _____
 rppae _____
 sircoss _____

Answers in opposite column below

Money Management Tip

SOS (Stay Out of Stores)

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