

# THE GOOD NEWS

## College Drive Seventh-day Adventist Church Newsletter

Volume II, Issue X

June 2016

### Our Vision

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

### Prayer

*If you find a path with no  
obstacles, it probably  
doesn't lead anywhere.*

Lord, help me to see  
obstacles as stepping stones  
on the path to greater  
dependence on You. Amen

*Source: Bless Your Heart (series II),  
Heartland Samplers, Inc. (May 7)*

### Wisdom

*Well done is better than well  
said.* Ben Franklin

*His master replied, "Well  
done, good and faithful  
servant! You have been  
faithful with a few things; I  
will put you in charge of many  
things." Matthew 25:23 (NIV)*

### Choose Prosperity and Health

Mental, Physical, and Spiritual  
Activities Give Health/Prosperity

Come out on Sunday, June 12  
at 9:00 a.m. to be a part of a  
mission that will refresh you  
mentally, physically, and  
spiritually.

We will start the process of  
preparing a garden. Also, we  
will do some sprucing up  
around our church and school.  
It's a family affair so bring the  
kids, nieces and nephews,  
grandparents, cousins, aunts  
and uncles—the whole family.

There will be a potluck type  
lunch so bring sandwiches,  
water, veggies, fruits, and of  
course, your favorite snacks.



### Use It Or Stand To Lose it

*By Elvie Guthrie-Lewis*

The health message is the right  
arm of the Seventh-day Adventist  
movement; and studies have shown that  
adherence to the principles advocated in this  
message add seven to ten years to one's life.  
There is no denying that people everywhere  
want to live long, healthy and happy lives;  
but the real question is, at what cost?

We pay for good health either on the front  
end or the back end, and it is much more  
enjoyable when the right things are done on  
the front end. This is called prevention; and  
it leads to a better quality of life, even if it  
does not add years to our living. So, what are  
these teachings and why are they so  
beneficial? Seventh-day Adventists call  
them the Eight Principles of CREATION  
Health. Let us take a look at what they are:

**1. Making healthy Choices.** Everything we  
do begins with a conscious choice; and  
when we refuse to make healthy choices,  
we have made an unconscious choice for  
poor health.

**2. Rest.** God knew that we would need rest,  
so He instituted the Sabbath as a means  
of worship, fellowship and rest. He also  
gave us a twenty-four-hour cycle in each  
day, and seven to nine hours of sleep is  
recommended for the promotion of good  
physical and mental health.

**3. The Environment** is another gift from  
God. It blesses us, and we are  
encouraged to take care of it. Let us get  
out in nature and enjoy the sights,  
sounds, smells, tastes and feel of this  
amazing gift; which includes fresh air,  
pure water and sunshine.

**4. Activity** is something we can do alone or  
with others. It, too, is of great benefit to  
our physical, mental and emotional  
health. Get outside and enjoy activities  
with family and friends.

**5. Trust in God** produces amazing  
health benefits. Numerous studies  
have shown that people of faith  
recover more quickly from illnesses.  
Put this great benefit to the test and  
observe the positive results.

**6. Interpersonal Relationships.** God  
made us to be part of communities.  
"No man is an island; no man stands  
alone." Reclusiveness is unhealthy.  
No one part of the body can exist  
without the other. Just as each body  
part is interconnected, so too, we are  
all interconnected and function better  
when we are this way. In isolation,  
we do not flourish. So THANK  
YOU, for being an active part of the  
body of Christ. We are a blessing to  
each other.

**7. Our Outlook** on life very often  
determines the health of our mind and  
body. How do we view God, and  
those with whom we interact? Is the  
glass half full or half empty? Positive  
living is Godly living!

**8. Nutrition** is the fuel for our bodies.  
We value our investment in our cars;  
and we put the recommended grade  
of gasoline in them, plus the required  
maintenance on schedule. We do  
ourselves a great injustice to treat the  
temple of Christ, our bodies, any less.

Our church has members with knowledge  
and passion who are committed to the  
health message. They offer frequent  
programs for our benefit. Let us make the  
choice to take advantage of this  
wonderful message of health that we have  
and not lose it to a world that is  
embracing it.





**Valuable Moments ~ Time With Our Kids**  
**June's Moment ~ Listening Outside With Our Kids**

By Kathleen Martin


Buzz, chirp, trill, whirr, zing, zing, zing —frogs, crickets, mosquitos, katydid, cicadas—CICADAS!! This is the thirteenth year!


The Periodical Cicadas—Magicicadas are emerging AND communicating with each other. Can you hear them? It's a rapid, pulsing droning rasp. You've probably seen their empty exoskeleton on a tree or porch railing. Historically, their uniqueness has given them a special appeal in art and folklore. Jade cicadas were used for burial purposes in the Han dynasty and they were written about as early as the tenth century BC. Here are a few facts:


 Immature periodical cicadas develop underground sucking juices from plant roots for 13 years —or 17 in the north.


 2015 is unique. This is the only year in the 21st century when both a 13-year brood and a 17-year brood will emerge during the same calendar year.


Females are silent.

 Each species of periodical cicada—magi cicada-- has a distinctive song.

 Cicadas are NOT true locusts which are a grasshopper type.

 Cicadas don't bite or sting and they are not toxic.

 They don't harm annuals and perennials, however, they can do damage to young trees.

 The National Geographic reports that in China male cicadas are kept in cages in people's homes so that the homeowners can enjoy the cicadas' songs. "Cicadas are said to make good eating because they are low in fat and high in protein. They are considered a delicacy by many people around the world. The European settlers in North America observed the Indians eating them. During the emergence of Brood X cicadas in 1987, a number of people in Cincinnati and Illinois were reported to have tried deep-fried and stir-fried cicadas."

[magicicada.org](http://magicicada.org) will give you MUCH more information. Let's get outside and experience God's marvelous creation with our kids

**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 Ministry:** Ladies, come join us. Contact Janet Thomas at (601) 506-9750 or [jthomas4951@Comcast.net](mailto:jthomas4951@Comcast.net).

**Feeding the Homeless Ministry:** 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.

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

**Hospital Ministry:** Contact Pat Roan to help (601) 214-4648.

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

**Christian School:** Call (601) 933-0990 or visit the Website at <[www.collegedriveschool.com](http://www.collegedriveschool.com)>



LIFESTYLE  
MEDICINE  
INSTITUTE

**Coming to Area**  
**CHIP**  
Complete  
Health  
Improvement  
Program

- Many CHIP participants that are hypertensive at the start of the program dramatically reduce and sometimes eliminate their need for medication.
- 19.8% reduction in average total cholesterol in 30 days for those with baseline cholesterol of higher than 280mg/dl (7.24 mmol/l).
- 19.9% reduction in average fasting plasma glucose in 30 days for those with baseline fasting plasma glucose of higher than 125mg/dl (6.94 mmol/l).
- Participants report reduced BMI by the average of 3% within just 30 days and with long term adherence to the lifestyle resulting in achieving ideal body weight.

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