

THE GOOD NEWS

College Drive Seventh-day Adventist Church Newsletter

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Our Vision

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

Prayer

*The man who does not read
good books has no
advantage over the man
who can't read.*

Mark Twain

*I have hidden your word in
my heart that I might not
sin against you.*

Psalm 119:11 NIV

*Source: Bless Your Heart (series II),
Heartland Samplers, Inc (February 12).*

Choose Health

**Bible Principles of Cure
Ministry of Healing, p. 246.**

For those who would regain or preserve health there is a lesson in the words of Scripture, "Be not drunk with wine, wherein is excess; but be filled with the Spirit." Ephesians 5:18. Not through the excitement or oblivion produced by unnatural or unhealthful stimulants; not through indulgence of the lower appetites or passions, is to be found true healing or refreshment for the body or the soul. Among the sick are many who are without God and without hope.

They suffer from ungratified desires, disordered passions, and the condemnation of their own consciences; they are losing their hold upon this life, and they have no prospect for the life to come. Let not the attendants upon the sick hope to benefit these



Broken Promises

By Billy Bishoff

When I was six and my brother Bobby was five, we were staying with our

grandmother and her husband who we called, Uncle Harve. My Uncle Harve was one of the most important people in our lives. We loved him because he would take time to explain things to us.

It was blackberry season and Uncle Harve knew where there were a lot of berries. We would beg him to take us with him to pick berries. We would beg and cry and hang onto his legs to get to go berry picking. He kept saying that we wouldn't keep up. However, he finally broke down and said we could go.

We promised him faithfully that we would keep up. The day arrived and grandmother gave each of us a syrup bucket to use for picking. We loaded up into his old Model-T truck with no doors and no muffler, but we loved to ride in the old truck. Down the road we went laughing and having a grand time.

After a time, we arrived at the berry picking field. We followed Uncle Harve to the blackberry bushes. We promised Uncle Harve not to worry about us because we would follow him. This field had a lot of berries and we started picking. We would pick a berry and put it in our little buckets and the next berry would go in our mouths. The berries were as big as your thumb and full of juice, and were so good to eat!

I would call Bobby and say, I had found another bush with a lot of big berries. Then

patients by granting them frivolous, exciting indulgences. These have been the curse of their lives. The hungry, thirsting soul will continue to hunger and thirst so long as it seeks to find satisfaction here. Those who drink at the fountain of selfish pleasure are deceived. They mistake hilarity for strength, and when the excitement ceases, their inspiration ends, and they are left to discontent and despondency.

Bobby would call me over where he was because he had found another good bush. It wasn't long before we both had our buckets full of berries. Wouldn't Uncle Harve be proud of us for our berries?

All of a sudden, we looked around and we could not see Uncle Harve, and we panicked! We started running and crying and we fell down, spilling all of our berries. It seemed like an hour had passed before we heard the most welcoming sound, the sound from the old truck horn, "aooga"!

Uncle Harve had filled his buckets with berries, and couldn't find two little boys that had promised to not lose sight of him. We knew it would be no use to holler for Uncle Harve because he was so hard of hearing that thunder had to be close for him to hear it!

He kept on sounding the horn and we kept running toward the sound. It was not long before we ran over the top of the hill and saw the old truck. All the way home, two little boys were quiet and sorrowful because we had broken a promise to a person that we loved so much. Even though Jesus loves us always, it should be just as important, or even more important that we don't break a promise to our LORD.

Abiding peace, true rest of spirit, has but one Source. It was of this that Christ spoke when He said, "Come unto Me, all ye that labor and are heavy-laden, and I will give you rest." Matthew 11:28. "Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you." John 14:27. This peace is not something that He gives

Continued . . .

Valuable Moments ~ Time With Our Kids



May's Moment ~ Care with Our Kids

By Kathleen Martin

The following story made the internet circuit years ago, and still bears

repeating.

“During my second month of nursing school, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions, until I read the last one: ‘What is the name of the woman who cleans the school?’

Surely, this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50’s, but how would I know her name? I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade. ‘Absolutely,’ said the professor. ‘In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say hello.’ I’ve never forgotten that lesson. I also learned her name was Dorothy.”

Sharing that story with our kids could be a springboard for questions, thoughts and actions. Who are the people we see regularly that we could meet? Start with a smile and one person. Pray for that person. Think of ways to connect.

Philippians 2:4 “Let each of you look out not only for his own interests, but also for the interests of others.” (NKJ)

apart from Himself. It is in Christ, and we can receive it only by receiving Him.

Christ is the wellspring of life. That which many need is to have a clearer knowledge of Him; they need to be patiently and kindly, yet earnestly, taught how the whole being may be thrown open to the healing agencies of heaven. When the sunlight of God's love illuminates the darkened chambers of the soul, restless weariness and dissatisfaction will cease, and satisfying joys will give vigor to the mind and health and energy to the body.

Protect Children From Predators

Talk to kids kindly, softly, and lovingly; and listen to kids intensely, quietly, and respectfully. Always keep your eyes and ears open. Report any suspicious happenings to the proper authorities.

Activities/Events/Ministries

Visitors' Lunch: Immediately following Sabbath service. Consult the church bulletin for details/changes. Please contact Delane Lesh at (601) 668-9728 to sign-up to host a visitors' lunch.

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.

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 each month, free water and handouts. Contact Katie Dearborn to help, (601) 954-2652.

Hospital Ministry: Once a month, contact Pat Roan to help with this ministry (601) 214-4648.

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

Christian School: Looking for an excellent elementary school with a Christian environment, contact us at (601) 933-0990



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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