New Life SDA Church

Volume 2, Issue 1 January- February 2018

Inspiration Corner

*To Whom Much is Given*

I had a tough day one day.  It felt like the pressures of all my responsibilities and assignments were pulling on me all at one time.  I was truly feeling overwhelmed.  When I finally got a moment to myself from all of the “activity”, I begin to pray.  Then the Lord said to me, “To whom much is given, much is required”.  It was a simple way to remind me the weight of my responsibility was God’s way of getting the “much” out of me.  I found a sense of immediate peace when I heard this scripture play in my spirit over and over again.  Isn’t it wonderful how God’s Word carries this power for the believer?

You can take away from that musing that you must challenge yourself to change how you think about your life and you must change today.  Yes, sometimes life can feel weighty and we will no doubt find ourselves at one point or another asking, “Why me, Lord,” but allow that to show you some things.  Allow it to show you that God is requiring so much of you because He has blessed you with so much.  “Blessed Me?”  You may ask to yourself.  Yes, He has blessed you.  You must train your attitude that everything that takes place in your life has its purpose.  I opened with Ecclesiastes 3:1.  As soon as you allow yourself to understand that everything has a purpose and every purpose requires something from you, you will be better able to handle the weight of life. **By Jerome Tripp**

Adult Spotlight: Gail DePriest

I would like to take this opportunity to give my church family a long overdue **THANK YOU** for your kindness, thoughtfulness and prayers that was shown. During my graduation ceremony it was so wonderful to look up into the crowd and see you all sitting there smiling and supporting me. For 20 years, I worked so hard to obtain my GED and that was such an important day for me, and I’m so glad you were there to share it. Every time I think about my graduation day, it reminds me of everyone who has touched my life. The gift of your presence and acknowledgement was truly appreciated and it will never be forgotten.

Sincerely,

Gail DePriest

What’s new @ New Life

**Calling all members!**

Bible Study Marriage Series

New Life will have its first bible study marriage series coming soon. This seminar will be presented by the married couples at New Life. So invite everyone you know. This study is not just for the married couples, but also for the singles. Please come out and support each couple as they share with you biblical principles on marriage. Stay tuned for more details about this upcoming event.

**Happy Anniversary to the Omari’s and the Daniel’s!**

Health Corner: Shared by Charlene Times

**Guard the Appetite**

The sin of gluttony is placed in the same category s the sin of drunkenness. Overeating, like alcohol, dulls the mind, resulting in impaired discernment and faulty judgement. **(Ecclesiastes 10:17)**

SDA Fundamental belief # 3:

God the eternal Father is the Creator, Source, Sustainer, and Sovereign of all creation. He is just and holy, merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness. The qualities and powers exhibited in the Son and the Holy Spirit are also revelations of the Father.

Gen. 1:1; Rev. 4:11; 1 Cor. 15:28; John 3:16; 1 John 4:8; 1 Tim. 1:17; Ex. 34:6, 7; John 14:9

**Youth Spotlight: James Perkins**

**James Perkins is 13 year who:**

* **Honor Roll Student**
* **Foot Ball Player**
* **Great Son**
* **Great Grandson**
* **Awesome big brother**

James is a young man who New Life adores. Keep up the good work James.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

. "Children are not things to be molded, but are people to be unfolded."
  — Jess Lair, author

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**NEWSFLASH**: \*\*\*\*\*\*\*\* The 2018 Youth Program will be the 3rd Sabbath on February 17, 2018…..please come out an support!

INSIDE THIS ISSUE:

1. NEW: Wednesday Night Bible Study Marriage Series …..Coming soon
2. Youth Spotlight- James Perkins
3. Adult Spotlight –Gail DePriest
4. Health Tidbit by Charlene Times

continued from page 1

**The Importance of Quality Time with God and Your Spouse**

There isn’t a lonelier place to be than married and feeling alone. Real true connection doesn’t come from wishing and hoping for a fulfilling, passionate, devoted marriage. An authentic marriage comes first from God being No. 1 (in your life and in your marriage), quality, undistracted time with your spouse, and a whole lot of grace. The key ingredient to our marriage (and we believe, in any successful marriage) is God’s being at the center.

He was No. 1 before either of us came into each other’s lives and He was No. 1 on our wedding day. Having consistent, devoted, undistracted, un-rushed time with our Savior is necessary for us to understand Him, to be reminded of the depth and sincerity of Christ’s love for us. The same goes for marriage.

How many times have you and your spouse arrived at the end of a busy week and neither of you feel like you’ve had a real conversation? Being busy with daily tasks is a part of life, don’t get me wrong, but when it starts consuming every aspect of your focus, your marriage and your life — it’s time to rethink priorities. It’s not easy setting boundaries. You may even face criticism from friends, possibly family and yes, even ministry leaders. But at the end of the day, you will answer to God about how you steward your marriage. Now, I’m NOT saying that you blow off your commitments and become a flake. What I AM saying, is that, if you find yourself in a place where you and your spouse feel more like roommates rather than husband and wife, it’s a good sign that you need some quality, devoted and undistracted time.

**Quality Time at least once a week together**: It was a time where we were simply together; dreaming, talking, laughing (sometimes arguing), and just absorbing time with each other. At different seasons in our lives, it meant a cheap dinner at home; other times it meant coffee. Many times it’s been driving in the car (we LOVE driving! BTW).

**Quality v. Quantity:** One of the things I love most about our Creator is that He can do more in moment, than we can in 10 years. For marriage, it’s all about quality. There’s no magical amount of time that you should spend together to make life’s difficulties disappear, but spending time together (in prayer, over morning coffee) can make all the difference. Sometimes Ryan and I share a simple glance, and it melts me. As we continue about our day, completely in love, fully confident, and excited to get home to see each other again – our marriage grows.

**Love Letters**: in the digital age, there is no replacement for a hand-written letter hidden in your spouse’s briefcase, lunch, etc. Let them find it as a surprise and maybe even allude to your QT together that you’ve set aside. Anticipation is just as exciting as the time itself.

**No Phones**: This is a personal rule that Ryan and I have applied to many outings – I think it’s pretty self-explanatory.

**God Talk**: We have found that questions like: “What have you learned about God this week?” or “What is God teaching you?” and “How can I pray for you?” are the most rewarding and bonding conversations you’ll have as a married couple.

Your marriage is worth fighting for! It’s worth, ignoring a call/text/email for a short time in order to grow your marriage. Trust God, lean on Him, work out your salvation together and love fiercely as Christ loved the church ([Ephesians 5:22-27](https://biblia.com/bible/esv/Eph%205.22-27)). Give it what it takes…TIME.

Frederick, S. (2017, December). *The Importance of Quality Time with God and Your Spouse*. Retrieved from Fierce Marriage: https://fiercemarriage.com/time-the-importance-of-quality-time-with-god-and-your-spouse

January & February Birthdays and Anniversaries

**Happy Birthday from your New Life Church Family!**

***January***

**Katrina Small – 12th**

**Je’Maria Bass-25th**

***February***

**Conrad Small -5th**

**Mario Price- 6th**

**Wayne & Stella Daniels 7th (Anniversary)**

**Shirley Cunningham- 9th**

**Charlene Times 10th**

**Claudell& Maxine Cobbs 14th (Anniversary)**

**Naeem & Maime Omari 15th (Anniversary)**

**Our Birthday prayer for each one of you:**

May God richly bless you all as you celebrate your birthdays this month and the years that follow.

 The greatest gift each of you could ever receive on your birthday is the gift of Jesus.

May you all have a real sense of God’s hand upon your life leading you and guiding you as you walk every day hand in hand with Jesus Christ.

For by me your day shall be multiplied, and the years of your life shall be increased. (Proverbs 9:11)

The Lord bless you, and keep you: The Lord make His face shine upon you, and be gracious unto you: The Lord lift up His countenance upon you, and give you peace. (Numbers 6:24-26)

Wishing each you, a day filled with precious memories and a year filled with numerous reasons to be thankful about. Happy Birthday New Life Celebrants.

May God Bless Each of You…….We love and appreciate you all!

**Vegan Lentil Loaf**

**Ingredients**

2 cups cooked French lentils (I used vacuum packed steamed lentils from the produce section. Be sure your lentils aren't too wet from cooking.)

1/2 yellow onion, diced

2 carrots, diced

2 celery stalks, diced

1/2 cup diced red bell pepper

1 ¼ cup diced crimini mushrooms

2 cloves garlic, minced

2 tablespoons tomato paste

1 tablespoon bbq sauce

2 tablespoons flax meal

1 tablespoon dried parsley

¼ teaspoon salt

¼ teaspoon pepper

½ cup quick oats

½ cup breadcrumbs

3 bell peppers, halved and seeded (optional)

1/3 cup ketchup

pinch brown or coconut sugar

 INSTRUCTIONS

1.Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper. In a large skillet over medium heat, saute onion, carrots, celery, pepper, and mushrooms with a pinch of salt and pepper until softened. Add the garlic and saute another minute longer.

2. In a food processor, pulse together the lentils, cooked vegetables, tomato paste, bbq sauce, flax meal, parsley, salt, pepper, oats, and breadcrumbs. You may have to work in batches if your food processor is small. Do not puree, but blend into achunky dough. You want some bits of veggies for texture.

Form the dough into a ball and place on the prepared cookie sheet. Form into a "loaf" shape as shown in the pictures. Alternatively, fill bell pepper halves with the lentil mixture and place in a baking dish. Bake for 35 minutes. Remove from the oven and spread the ketchup on top. Sprinkle with sugar to help caramelize the topping. Bake for another 10 minutes. Let the lentil loaf cool at least 10 minutes as it firms up during this.