

# CENTRAL NEWS AUGUST 2018

STOCKTON CENTRAL SDA CHURCH  
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## INFORMATION/HEALTH, ETC.

### Good Morning & Happy Sabbath

It is hoped that each of us has come here today to receive a special blessing—that being “feeling the presence of the Holy Spirit.” Further, you will leave with a smile on your face and a song in your heart.

## CHRISTIAN WOMEN'S MINISTRY

### Christmas in July

On Sunday, July 22<sup>nd</sup>, Christian Women's Ministries sponsored an event, “Christmas in July”. With optimism, the tables were set up to accommodate 96 prospective attendees, but a mere 30 attended to enjoy this delicious spaghetti dinner that was served. The tables were adorned with festive colors of Christmas—with wreaths, pine cones, colorful balls, and poinsettias. Even though it was a free event, attendees were asked to bring an article of new clothing (unwrapped), which would be donated to needy children. The outpouring of love from our church members was overwhelming.

Many women baked their favorite recipes for an auction to raise money for these children who often-times get caught up in domestic violence and human trafficking.

Phil Dickinson did a great job as auctioneer and \$300.00 was raised as a result the generosity of our church.

The donation of clothing, money, and two (2) gallons of left-over pasta was delivered to the Women's Center Youth and Family Services, who ironically was celebrating “Christmas in July” also.

Thanks to our CWM team, the generosity of church members, and security, for their participation and help in making a difference in the lives of young people in need.

Contributed by: Cookie Bowden, CWM



## HEALTH MINISTRY

### Health Haven

“When patterns are broken, new worlds emerge.” -Tuli Kupferberg

### Protein Without Meat

There is no doubt that meat provides protein, but so do a lot of wonderful meatless foods! The following are some examples:

- Nuts and Seeds (4 – 10 grams per 1 oz. serving)
  - Walnuts, cashews, pumpkin seeds, pistachios, sunflower seeds, almond butter, hemp, chia, and flax seeds
- Beans and Legumes (7 – 10 grams per half cup)
  - Black beans, white beans, lentils, chick peas (garbanzo beans), green peas
- Grains (5 – 8 grams per cup)
  - Quinoa, brown rice, oats, millet, and barley
- Soy (9 – 16 grams per ½ cup)
  - Tofu, tempeh, and edamame
- Fruits and Vegetables (examples below):
  - Avocados (4 grams per cup)
  - Dark leafy greens (5 grams per cup)
  - Broccoli (4 grams per cup).

The following recipe represents a food dish that was among the delicious, healthy foods enjoyed at the Monday evening health class on July 30<sup>th</sup>;

### Zucchini Hummus

#### Ingredients:

- 1 Large or 1 ½ medium Zucchini, peeled and chopped (2 ½ to 3 cups)
- 2 Tbsp. Lemon Juice
- 1 Small Clove Garlic, peeled
- ½ Tsp. Agave Nectar
- ½ Tsp. Sea Salt
- ¼ Tsp. Ground Cumin

#### Instructions:

Combine all ingredients in a high-speed blender or food processor and blend until smooth. Makes 2 ¼ cups

TRY IT—YOU MIGHT LIKE IT !!!

Contributed by: Opal Chavis, HMC

## ANSWERED PRAYER

Every Sabbath during Sabbath School, members of the Prayer Ministry pray in the room behind the organ. Among the things for which they have prayed is for the Youth/Young Adult Sabbath School Class that had been decreasing in attendance for quite some time. Another of their prayer concerns was regarding the purchase of a new organ. The present organ is not in the best condition, and there was fear that it may one day no longer function. The price for a new one had increased since the initial decision was made to purchase one. The prayer was for the price of the organ to be lowered to a price more reachable for the church. Both prayers have been answered. The attendance of the youth class has increased from Sabbaths with one, two, or none to 8-10 most Sabbaths. The youth who are attending are participating and seem to enjoy being there.

At a recent board meeting, Dr. Vance and the board members learned that a slightly used organ like the expensive one that the church desired could be purchased for a considerably lower price that would make possible getting the organ much sooner. A down payment has been made for the purchase of this organ, and with funds on hand along with willing donations being made to make up the balance, the organ should soon be installed in our church.

Praise God for these two amazing answered to prayers that show God's love and concern for Stockton Central SDA Church!

Contributed by: Charlotte Holmes, SS Teacher, etc.

*If there is anything you would like to contribute to the newsletter, please contact Dr. Bobbie Berry-Sanford at [bobbiejwb@copper.net](mailto:bobbiejwb@copper.net) or 209.451.1818.*