

GLIMPSES

A Newsletter of the College Heights Seventh-day Adventist Church



PRESS TOGETHER!

Jeff Potts
Senior Pastor

Years ago, Ellen White penned these words, “soon grievous troubles will arise among the nations,—trouble that will not cease until Jesus comes. As never before we need to press together... God has not forsaken His people, and our strength lies in not forsaking Him.” (Welfare Ministry 136) **As never before we need to press together!** If it was true back then, how much more important it is today! We need to press together!

Over the past several months the pandemic has forced us to live life in isolation. The lack of community has caused many problems—loneliness, depression, spiritual lethargy, and so much more. Community is vital to our life in Christ. Without it, we’re prone to wander. The bottom line is this—we

need each other. We need to press together!

I appeal to the members of the College Heights Church to find creative ways of building community in these challenging times. Experts tell us that we’ll have at least another 6 months of physical distancing. Could be a year. This is far too long to put community on hold. It has already taken a serious toll on the church. Please, please, please find ways to connect with other Christ followers. If you’re comfortable with it, please join our worship gatherings. These gatherings will give you opportunity to connect with your church family, and to actually participate in worship. I’m so thankful for our livestream. However, I’m very concerned that a

steady diet of livestreamed worship services has turned us into spectators. We need to press together!

Join a Life Group this fall. Make it your cohort group, and meet each week in the same home with the

same people—your bubble. If its not possible for you to attend a group meeting in person, then join a Zoom group. But by all means join a group.

We need to press together!

There is no such thing as a “Lone Ranger” Christian. The church is the body of Christ. Each one of us is a part of that body. Our very life depends staying connected to the body. Please, let’s press together!

IMMUNE SYSTEM TIPS DURING COVID-19

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1. Proper **hand washing**.
2. **Physical distancing** (2 metres apart).
3. **Masks save lives.** Wearing is caring! My mask protects you & your mask protects me.
4. Focus on **healthy eating** rather than weight loss.
5. Eat enough **protein** (choose 3 servings daily of ¼ cup nuts or seeds, ¾ cup beans or tofu, 2 Tbsp nut butter, 1-2 eggs, palm size serving of fish/poultry/meat). Emphasize plant based protein sources for added benefits!
6. Stay well hydrated with **2 litres of fluid daily** (even small, older individuals should get a minimum of 1.5 litres unless a fluid restriction is medically advised).
7. Adults may take **1000IU of Vitamin D** every day unless otherwise advised by one’s doctor.
8. For **free/low cost food** dial 211, text INFO to 211 or check out www.ab.211.ca to live chat.
9. **Be kind** to yourself and others!

COVID-19 & MENTAL ILLNESS

Henry Leong
Church Member

Many individuals with mental illness such as depression and anxiety often struggle with difficulties in socializing with people. With the pandemic, their struggles are amplified, with excessive worries and fear.

Yet interestingly enough, they feel worse for different reasons than one would anticipate. They are not usually bothered by the physical distancing, masking or lack of contact with people. If anything, many would feel as though the world has come to

them, with the lockdowns and social isolation.

These are things many individuals with mental illnesses are familiar with, as some people experience a hard time going to public places and relating to unfamiliar people.

Some even find a new sense of purpose, as they can be helpful to the elderly and vulnerable. Even though they may have limited capacities due to their disabilities, they are capable

of contributing in important ways, particularly in an “impaired world.”

With the gradual opening of the economy, many, including me, cannot wait to pick up where we left off and to feel “normal” again.

I do wonder about those with mental illness, though. Will they lose their purpose? Will they again be left to their own and to suffer silently? I wonder how we, as Christians, can be helpful.

On that note, I have tried many things that are not helpful, such as giving unsolicited advice, minimizing their sufferings, being judgemental or urging bible reading and prayers.

What has worked for me is praying for them and with them, ministering to their needs, showing a willingness to understand, listening with intent, being patient and kind, and validating their experiences.

As revealed in the parable of the Good Samaritan (really a true story),

we are God’s ministering agents where the question of our duty to our fellow men is forever settled.

If you have ideas and suggestions on how we can be helpful, please share with me and with one another.



A MINISTRY OF FLOWERS

Candi Rajah
Church Member

For 38 years Marj Dubuc made sure that the College Heights Church beautiful. She was always part of the “early bird” crowd each Sabbath morning, coming in the West door with two new arrangement of flowers, one for the pulpit, and one for the greeter’s table—often thematic. In the summer, the church was fragrant with flowers fresh from Marj’s extensive garden. “Sweet peas are my favourite,” states Marj, “but you can’t do much with them for arrangements. My favourite flowers for church were gladiolas. Once I made an arrangement six feet long for the podium—I didn’t have enough vases, so I added a couple of bread pans!”

Gladiolas made her heart glad—as do other flowers. “Oh, I plant sunflowers because they are so cheerful, but what do you think of my petunias?” Marj’s eyes twinkle. Petunias. Pink petunias. They encircle her garden, brighten the yard, and hang from baskets from the porch and gazebo. “A friend showed me how to propagate from cuttings. I planted 600-700 petunias this summer—and they all came from two original plants. That’s the grandmother,” she says, pointing to a plant on her picnic table. “I like finding ways to make things beautiful—and to save money.”

Making things beautiful and saving money—Marj has done that for years

for the College Heights community. Not only did she bring flowers for church, but she also decorated for graduation, weddings, funerals, potlucks, and banquets. "I really liked making centrepieces," Marj confides. "I'd use flowers and other things, like bells if teachers were being honoured. In the summer, I'd visit garage sales to find decorative items or artificial flowers I could use during the snowy months." Marj had a barn full of possibilities, and she used them to bless others.

Many years ago, a friend gave Marj a few pointers about flower arranging,

so she tried her hand at it. She looked at books and experimented some more. "And then I asked Anne Ilchuk, who was the church secretary, if I could bring flowers for the coming Sabbath, even though we never had flowers in church." Anne was reluctant but agreed to Marj's suggestion—and the College Heights Church has been more beautiful ever since.

"When I think of Marj," states former pastor Ron Sydenham, "I think of the Rock of Gibraltar. She's steadfast, reliable, committed, and trustworthy. People could always count on her—for flowers, for support of the church

and A Better World, and to bring her friend Beth Dunlop to church each week."

Marj smiles about her contributions: "Oh, it's just been fun," she states, but others know that her work is a ministry, filling lives with steadfast, bold, fragrant love. Her life reflects 2 Corinthians 2: 14-17: "Through us diffuses the fragrance of His knowledge in every place."



HOMEMADE VEGAN RANCH DRESSING

Bonnie Goulet
Church Member

Ingredients:

1 1/2 cups raw cashew pieces
1 cup water
2 Tbsp rice vinegar
Juice from 1 large lemon (approx. 3-4 Tbsp.)
1 tsp salt
1 1/2 tsp garlic powder
1 1/2 tsp onion powder
1/4 cup fresh dill or 2-3 tsp dried dill

Directions:

Soak the raw cashew pieces in hot water for 5-10 minutes. Drain the cashews and add to your blender. Add the remaining ingredients, except the dill, and blend until very smooth. Add dill and pulse a few times to combine. (Do not blend or dressing will end up green!) Serve on salad or with fresh vegetables for dipping. This will keep for up to a week in the fridge. It will thicken in the fridge, just thin out with water until it reaches the consistency you prefer.



CHILDREN'S MINISTRY

Mildred Weiss
Church Member

The College Heights Adventist Church Children Ministries found innovative ways to get together this summer by doing Sabbath School in backyards, going on nature walks, hosting outdoor picnics, and providing activity bags for kids. Sabbath School Coordinators and Leaders provided families with materials through a Facebook page where they posted videos of the lesson and an audio

version of the Bible story. Families were challenged to memorize Bible verses, do word searches and participate in other activities together. Check out the Facebook group College Heights Children Ministry and join us! Thanks to our Sabbath School Children Division Leaders for keeping our kids engaged and ensuring them that Jesus Loves Them!

FOCUS ON STEWARDSHIP

Marcia Hill
Church Member

Q: When I contribute to the church budget, where does the money go?

A: As shown in the chart on the next page, the majority of the funds cover salaries/administration and the CHCS subsidy.

Q: When I contribute online, why are there so many other line items, in addition to the church budget?

A: There are actually 32 other line items. This gives individuals an opportunity to contribute additional funds to specific ministries/projects even though some may be funded

through the church budget as well.

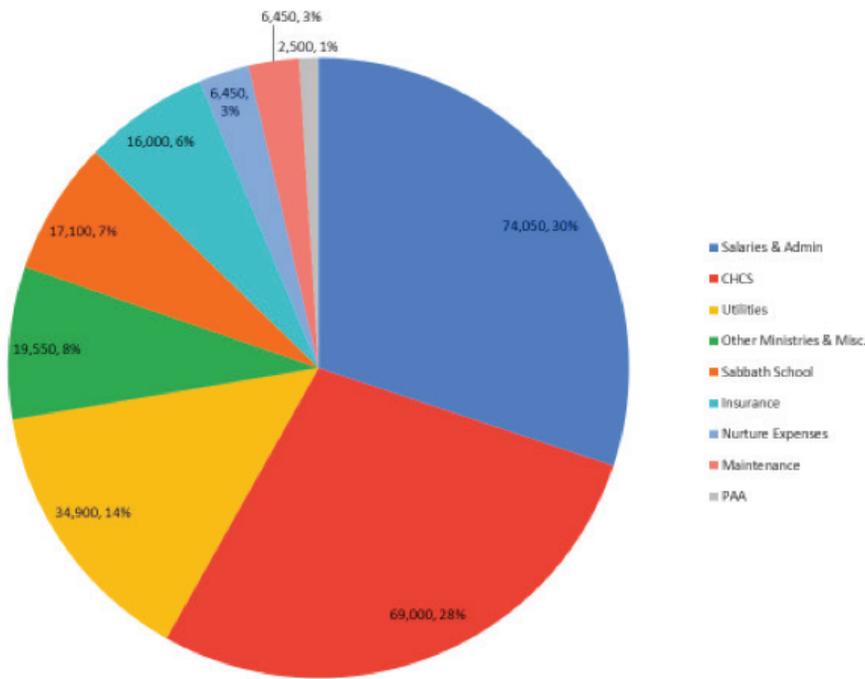
Q: If the church budget gets completely funded, where do any extra funds go?

A: Any monies over and above the budgeted amounts are set aside for the Reserve Fund. Our goal is to have a balance in this fund that is equal to the budget for one year.

Q: Does the church get charged a merchant fee when I donate online using a credit or debit card?

A: There is a merchant fee for point

CHSDA Church Family Budget 2020



of sale donations at the church, and also for donations made online via AdventistGiving. The Alberta Conference pays for transaction fees associated with our point of sale terminal. AdventistGiving is a ministry of the North American Division IT Services Department and negotiates the lowest possible fees for online giving. The costs are shared by the local conference (70%), union conference (10%), NAD (10%) and General Conference (10%). Debit Card donations cost 10 cents each, regardless of the amount of the donation. Credit Card fees average 1.19% (Visa) or 1.23% (Mastercard) of the amount donated. The most cost-efficient means for giving are e-transfers and cheques as the church does not have to pay any associated service charges.

KIDS' CORNER

adapted from sermons4kids.com

When someone does something nice for you, what do you do? You say, "thank you," don't you? Sometimes that just doesn't seem to be enough. Has someone ever done something for you that was so nice that you wanted to do more than just say, "thank you?" When that happens, you might send them a thank-you card.

Another way you can show your thanks when someone does something really nice for you is by doing something nice for them in return. For example, if someone invites you to dinner and you have a really good time, you could return their kindness by inviting them to have dinner at your house. It's important to show our appreciation when someone does something for us, isn't it?

Who has done more for us than God has? God provides food when we are hungry and water when we are thirsty. He heals us when we are sick and he comforts us when we are sad. The Bible tells us that he is an ever-present helper in times of trouble.

Because of all God has done for us,

we say, "thank you." But somehow that doesn't seem to be enough. We could write him a thank-you card, but I think the post office might not know where to deliver it. Could we somehow do something nice for him in return?

Jesus told us how to do it. Jesus, said, "whatever you do for one of the least of these brothers of mine, you do it for me." That means when we feed someone who is hungry, it is the same as doing it for Jesus. When we visit someone who is sick, it is the same as doing it for Jesus. When we give clothes to those who are in need, it is the same as doing it for Jesus.

There's a fun way to remember this way of saying, "thank you,," think of it as "thanks-living." Thanks-living is when we show our thanks by the way we live. Thanks-living is when we look at the many ways God has blessed us, and we thank him by being a blessing to others around us.

Let's all practise Thanks-living!

Give thanks to the Lord, for he is good; his love endures forever.

Psalm 107:1



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ABOUT GLIMPSES

Glimpses is a quarterly newsletter publication of the College Heights Seventh-day Adventist Church. Views expressed in the articles are those of the individual contributors and do not necessarily reflect the official views of the College Heights Adventist Church.

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