

GLIMPSES

A Newsletter of the College Heights Seventh-day Adventist Church



THEY'VE CANCELLED CHRISTMAS!

Jeff Potts
Senior Pastor

"They've cancelled Christmas!" my wife exclaimed with a tone of disdain. She was, of course, referring to the December 8 announcement made by Alberta Premier Jason Kenny, in which he banned all social gatherings for the next four weeks. Many are feeling the pain and frustration of not being allowed to gather with family and friends this Christmas. If you're feeling sad about this, you're not alone.

The truth is this governments may ban social gatherings, but they cannot actually cancel Christmas. Our celebration of Christ's first advent transcends government decrees. Interestingly, it was an unpopular government decree that placed Joseph and Mary in Bethlehem on that first Christmas...

"At that time the Roman emperor, Augustus, decreed that a census should be taken throughout the Roman Empire... All returned to their own ancestral towns to register for this census. And because Joseph was a descendant of King David, he had to go to Bethlehem in Judea, David's ancient home. He traveled there from the village of Nazareth in Galilee. He took with him Mary, to whom he was engaged, who was now expecting a child. And while they were there, the time came for her baby to be born. She gave birth to her firstborn son. She wrapped him snugly in strips of cloth and laid him in a manger, because there was no lodging available for them." (Luke 2:1-7 NLT)

Bethlehem, which means "house of bread," became the birthplace of

the One who is the Bread of Life (John 6:35 NLT). Bethlehem, where shepherds tended flocks for the sanctuary services, became the birthplace of the Good Shepherd (John 10:11). Bethlehem, the town of King David, became the birthplace of Jesus, the King of Kings (Revelation 19:16).

The decree of Caesar Augustus was not convenient. It was not popular. But in God's providence, this very decree fulfilled the prophecy that Jesus would be born in Bethlehem (Micah 5:2). That first Christmas was very simple. Maybe it's okay that this Christmas will also be very simple.

My 3-year-old granddaughter, Sadie, recently prayed, "Thank you for Christmas. Jesus, we are going to make a birthday for you." Well said, Sadie. Well said. After all, it is all about Jesus.



LEMON SNOW BALLS

Bonnie Goulet
Church Member

INGREDIENTS:

1 cup dried pineapple pieces
1 cup golden raisins
 $\frac{3}{4}$ cup raw cashews
 $\frac{1}{8}$ tsp lemon extract
 $\frac{1}{4}$ tsp salt
 $\frac{1}{4}$ cup fine coconut

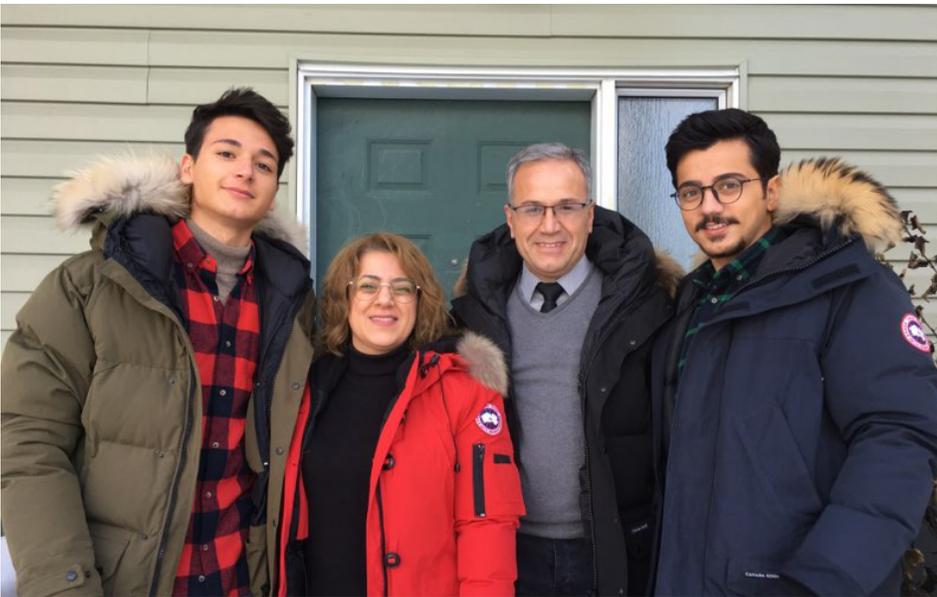
DIRECTIONS:

Put all ingredients except coconut in food processor. Whizz for about one minute. At first the ingredients will remain crumbly and separate; then they will begin to stick together in a ball. Continue whizzing for about 25 seconds to chop and blend together. Place fine coconut in a bowl. Scoop out fruit mixture and shape into a ball with your hands, then roll in coconut and place balls in a flat storage container. Chill before serving. Makes 16 balls.

CORRECTION NOTICE

In our last issue, the article "A Ministry of Flowers" was incorrectly attributed to Candi Rajah. The author of that article was Denise Herr.

Glimpses staff regret this error and apologize to both Denise and Candi for the mistake.



WELCOME MOKRY FAMILY

Shelley Agrey
Co-Editor

Warren Kay
Church Member

The Connect Sabbath School Class is very excited to introduce the Mokry family to our community. It has been a long journey for our new friends, who were sponsored to come to Canada as refugees by the Connect Class. Safa and Esther Mokry and their two sons, Dhiar and Zhiar, arrived amidst a snowstorm and treacherous roads on November 10. What a typical Canadian welcome!

And also typical of Canadians, we welcomed them with open arms and a quarantine-style parade. We trust that the Mokry family will find our little community peaceful and warm-

hearted. We already love you, our new neighbours.

Thank you so much to the Connect Class for volunteering your time and resources to sponsor the Mokry's and to set up a lovely home for them, fully furnished and well-stocked. Thank you to the Lacombe Baptist Church for your mentorship. Last, but not least, thank you to everyone who helped with furnishings, appliances, bedding, food and money so that the Mokry's can have a good start here..Watch for the full story by Warren Kay coming up in Alberta Adventist News.



MEET PASTOR MARC

Marc Andrade
PAA/CHCS Chaplain

BACKGROUND

I was born in Winnipeg, Manitoba and was baptized along with my family at the age of 9. I attended Red River Valley Junior Academy (RRVJA) and was a member of West Park Adventist Church. After graduating high school, I travelled out to Lacombe where I graduated with the Pre-Professional track from the BA Religious Studies degree and then stayed on for a further two years to complete the after degree in Secondary Education with a minor in Biology. From there, I went on to teach at Chinook Winds Adventist Academy in Calgary for four years. It was there that I truly found my passion and mission: to help teach young people about the true character of God and how to have a real relationship with Him.

I enjoy playing and coaching a variety of sports including basketball, volleyball, and tennis. I also have a passion for playing and teaching music and using it to further God's work. I've spent 7 summers working at Camp Whitesand and Foothills Camp serving and ministering to young people.

QUESTIONS

What's the most special place you've ever visited and why?

The most special place I've visited has to be Cuba where I got the opportunity to preach a ShareHim series as a theology student. It

was an amazing opportunity to see how different the culture was and witness the reaction to the gospel they had. It really helped me realize how ministry must change depending on the society we live in and the differences in generation and culture.

If there was someone who inspired you to become a school chaplain, what did he or she do for you?

Among many, one person who really inspired me in my ministry at school was my principal at Chinook Winds Adventist Academy. She allowed me to look past my insecurities and see how God had equipped me for this specific ministry. She was also an amazing example of a leader who allowed people to feel valued and loved by God.

Describe your favourite meal (or car or outfit).

I love a clean pair of comfortable sneakers, Volkswagens and oat fudge brownies.

If you could go on a one day adventure, what would it involve?

I'd take a canoe out onto a river with a bag of snacks and spend some iso time with God.

What Olympic sport would you like to win a medal in?

Basketball of course!

Your most beloved Bible passage is?

Deuteronomy 30:19-20. "I have set before you life and death, blessings and curses. Now choose life..."

In Heaven, which activity or educational field will you pursue first?

I'd love to sit before Jesus and ask him every question I could possibly think of and then go and test it all out. In my opinion, that is education at its finest!



FAREWELL TO PASTORS

Selections compiled by
Shelley Agrey
Co-Editor

MATTHEW PIERSANTI

Pastor Matthew and Amy Piersanti and their three little boys, Evan, Aiden, and Lucas, have moved to Spencerville SDA Church in Silver Spring, MD, where Pastor Matthew is the new Youth and Young Adult Minister. We have been so blessed by Pastor Matthew and his lovely young family, and it is our loss and the Spencerville church's gain to have the Piersanti family join their leadership team. We wish them God's blessings as they begin this new chapter in their ministry.

JUDITH WALTERS

During my time as Pastor, I found great joy in the opportunity I had getting to know people on a deeper level. Seniors often shared their life experiences with me, and I am wowed by their faith in God, especially after enduring difficult things. I often think that I go to bless them, but I leave blessed and encouraged. A couple of hymns my seniors would request I sing them are: "Does Jesus care?" and "I Come to the Garden Alone." These hymns speak to a relationship with their friend Jesus, who cares about every details of their lives.

I have great respect for women in ministry, especially our own Pastor Massiel and Pastor Jordane, whom I have had the greatest

pleasure working alongside. My encouragement to women is to be true to your calling and let no man steal your crown. Put on your oxygen mask first before helping someone else. Love yourself through Psalms 139:14: "I Praise you (God) because I am fearfully and wonderfully made, your works are wonderful, I know that full well." I love the intentionality of Jesus in the story of the Samaritan woman in John 4:4-26. He not only crossed social barriers, but spiritual barriers to reach this lost, hurting woman. Jesus wants to save us all no matter who we are and what we have done. He loves us so deeply.

In my new role, I really miss the seniors, but I am gaining confidence now to share my life experiences with young people! Although I don't sing as much, I still get to share Jesus and pray with and for others.

As we reflect on His birth during this Christmas season, I would like to encourage us to seek a new birth experience with Jesus as we look forward to the blessings He longs to lavish on us in 2021!

TED DEER

Pastor Ted also left our pastoral staff in 2020. Please watch for a farewell note and photo for the Deer family in our next newsletter.

WHAT'S YOUR SYSTEM?

Darrel Huether
Church Member

According to research done from 2006 to 2012 by Dr. Robert K. McIver, a seminary professor at Avondale College in Australia, as reported in The Compass Magazine in the article "The Tithe Conundrum: What Percent of Adventists Actually Tithe?" survey results showed the most common reason for not tithing was "I forgot."

It is important to have your own system to meet your commitment to return tithe and give offerings on a regular basis. It really doesn't matter what the system is, providing you have one that works for you.

Some systems to consider:

- **Simple** - Every time you receive a pay stub return your tithe and offerings and make a note on the pay stub.
- **Set It and Forget It** - If your income is consistent, set up a recurring donation on the Adventist Giving app.
- **Tickler** - Set a reminder in your calendar to process your tithe and offerings at the end of each month.
- **Spreadsheet** - Use this spreadsheet to record your income every time you receive a pay stub and personalize the calculation settings so it calculates your tithe and offerings automatically for contribution each month. Two side benefits of this method are that each time you receive a pay stub you will easily see what the differences are from the previous pay periods, and at the end of the calendar year you have all your information compiled to plan for tax purposes before you receive even your T4.

If you have a different system that works for you, we would like to share it. Maybe others would find it useful. Call or email (office@chsda.ca) the church office to share your system.

"You can give without loving. But you cannot love without giving."

–Amy Carmichael

DA-EL LEWIS'S BAPTISM

Shelley Agrey
Co-Editor

Praise God for young Christians like Da-el Lewis, who was baptized on October 31. He recently moved here from Jamaica, where he enjoyed warm sunshine and beaches. Da-el has been learning about Jesus all his life, and since the age of 8, he has longed to be baptized. He explains that he was encouraged by seeing others get baptized, and Jesus touched his heart to also be baptized. His dad helped him study the Bible and understand what it means to follow Christ. If Da-el could have one wish, it is for Jesus to come. If you haven't met Da-el yet, say hi and give him a warm welcome.





EXERCISE IS MEDICINE

Ron Schafer
Church Member

As COVID-19 nears the one year anniversary (it is called 19 because the first cases were identified in December 2019), we are all suffering from the effects of being cooped up, socially separated, and stressed out. Will it ever end? How can we endure?

When life becomes stressful, we all find different ways to cope. One method that should always be part of our arsenal in fighting stress is exercise - specifically aerobic exercise. Aerobic (meaning with oxygen) exercise comes in many forms, but today, most exercise experts will tell you that walking is the best overall one exercise, if you only plan to do one type of exercise. If you can, add other exercise forms such as weight training, stretching, individual sports, and team sports to name just a few. You will receive even more exercise-induced benefits and you will likely have more fun. When you exercise or play a sport with a friend, you will also get social and mental benefits which are so critical for your mental health.

How does aerobic exercise improve your health? Here is a short list of some of the benefits.

- It increases the efficiency of your breathing
- It improves the distribution of blood to all your muscles



The Mokry boys enjoying some ice skating

- Increases stroke volume - the amount of blood expelled from the heart on each contraction
- Decreases resting heart rate therefore giving your heart more time to "rest" between contractions.
- Improves your body's ability to burn fat.
- Decreases your risk of developing heart disease, diabetes and cancer
- Helps to decrease stress and anxiety
- AND it makes you feel better

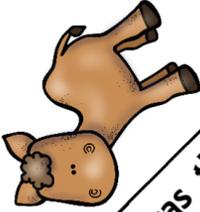
So don't stay indoors all day. Get outside, go for a walk, get fresh air and strengthen your immune system. A strong immune system is so critical in defeating COVID-19.

The Burman Physical Education Centre and outdoor rink must follow government restrictions for Covid 19. At present the Fitness Centre is closed until January, but the outdoor rink is open subject to restrictions. You can reach the front desk at 403-782-2822 for updates on reopening as government regulations are updated. We hope to welcome you back in 2021 and continue to provide you opportunities to exercise and have fun.

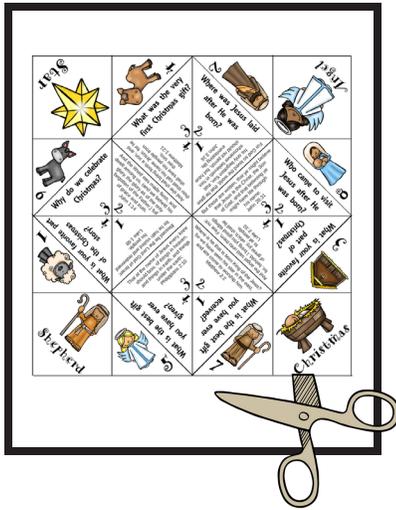
Remember: if you're movin' you're improvin'! So keep movin'!

KIDS' CORNER

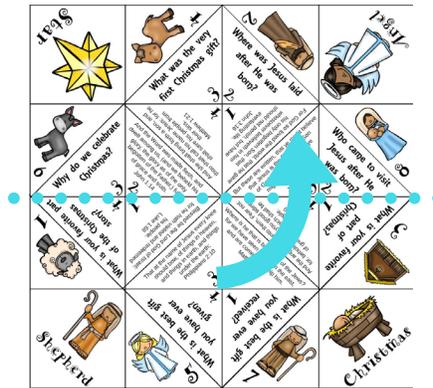
Print out this page and follow the assembly instructions on the next page to build a fun Christmas quiz game that you can play on your own or with a friend.

 <p>Star</p>	 <p>What was the very first Christmas gift?</p>	 <p>Where was Jesus laid after He was born?</p>	 <p>Angel</p>
 <p>Why do we celebrate Christmas?</p>	<p>She will give birth to a son, and you are to give him the name Jesus, because he will save his people from all their sins. Matthew 1:21</p> <p>The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth. John 1:14</p>	<p>For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. John 3:16</p> <p>But these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing in his name, you may have life. John 20:31</p>	 <p>Who came to visit Jesus after He was born?</p>
 <p>What is your favorite part of the Christmas story?</p>	<p>Praise be to the Lord, Israel, because and on earth to his people and redeemed them. Luke 1:68</p> <p>That at the name of the Lord, the God of Israel, in heaven and on earth, and under the earth, should bow, in heaven and on earth, and under the earth, and worship him. Matthew 2:2</p>	<p>But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people. Luke 2:10</p> <p>"There is the one who has been born king of the Jews? We saw his star when it rose and have come to worship him." Matthew 2:2</p>	 <p>What is your favorite Christmas?</p>
 <p>Shepherd</p>	 <p>What is the best gift you have ever given?</p>	 <p>What is the best gift you have ever received?</p>	 <p>Christmas</p>

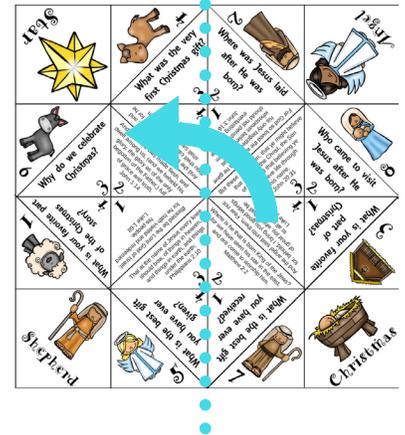
1. Cut out the square along the outer lines. Do not cut any interior lines.



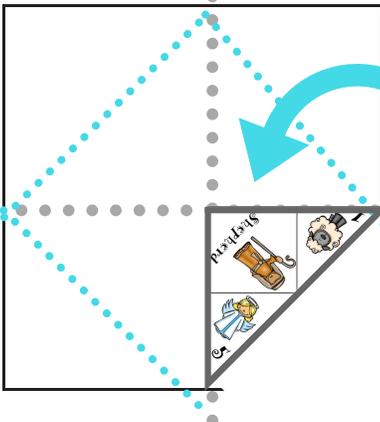
2. With picture side up, fold square in half. Unfold.



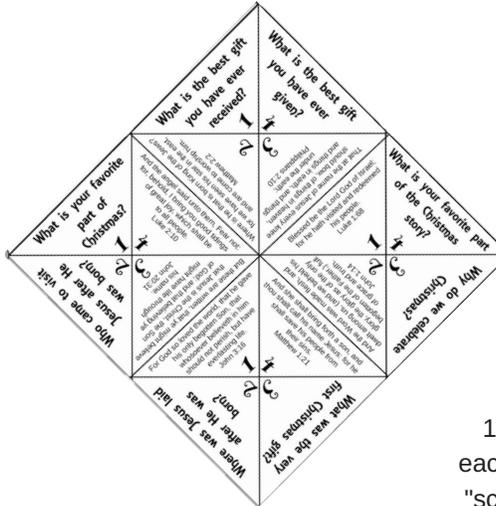
3. Fold in half the other direction. Unfold.



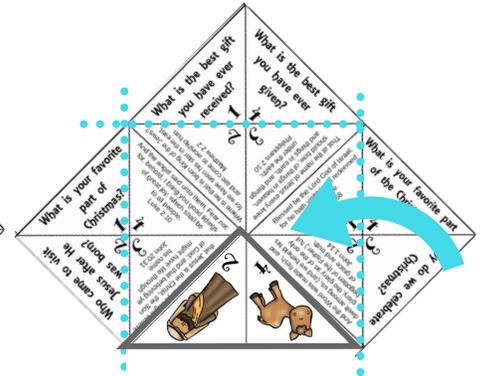
4. Flip paper over, picture side down. Fold the corners up and toward the center.



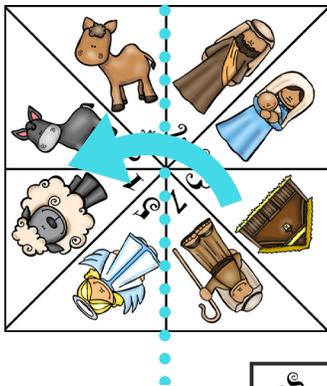
5. Flip the page over again so that the word side is up.



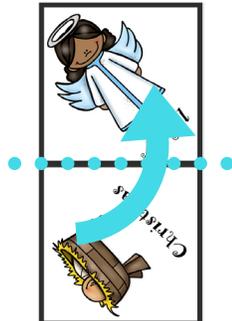
6. Fold the corners up to the center of the square.



7. You will now have a square with pictures up. Fold square in half.



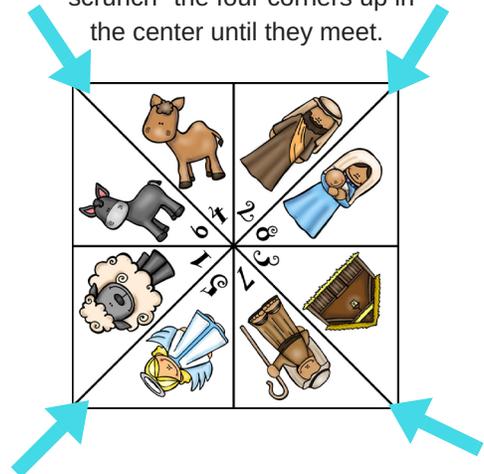
8. Fold rectangle in half.



9. You should have a tiny square. Unfold until you have 8 pictures looking up at you again.



10. Place your fingers under each of the flaps in the back and "scrunch" the four corners up in the center until they meet.



11. After the corners are lifted to the center, you should see this image, but 3-D. You are done!





PHOTOS IN THIS ISSUE WERE CONTRIBUTED BY THE FOLLOWING PHOTOGRAPHERS:
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COLLEGE HEIGHTS
 SEVENTH-DAY ADVENTIST CHURCH

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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.

To learn more about our church community, you can visit us online at www.chsda.ca.

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