

Month At A Glance

"Fathers"

By Randy Fields

We all have a father. Our relationship with our father may be different for each of us. Some of us may have a very loving father. Some of us may have a strained relationship with our father. Some of us may have a father who let us know we were never good enough. Some of us may have had a father who praised us often.

Isn't it awesome to know that ALL of us have a heavenly Father who loves us so much that He came to this earth and endured so much for us just so that we could have eternal life if we choose to. We cannot choose who our father is here on earth but we CAN choose our heavenly Father. He is always there to watch over us and lead us if we want to be led. He always has our best interest at heart. He loves us no matter what and encourages us when we get discouraged. All we need to do is choose Him and have that relationship that He so desires.

Father's day is coming up in just a couple weeks. If you are fortunate enough to have a father who is still alive, make sure you check in with him on Father's day. Even if you have not had a great relationship with him in the past, he will appreciate hearing from you. It is never too late to work on that relationship.

Recently I had a patient who passed away. I was talking with his son on a bereavement call and he relayed to me that his younger brother had gone quite a few years without speaking to their father or having a relationship with him. In just the last few years, they started talking again and had a fairly good relationship up until his passing. It made the dad so happy.

I'm sure Jesus feels very happy when we want to have that relationship with Him. Let's remember to keep that relationship with Jesus each day and remember your father on Father's Day this year.

Happy Father's Day



June Calendar

Women's Ministry Meeting
June 5 after church

Drop-In Baby Shower for Baby Smith
June 6 from 2-4 p.m.

Elder's Meeting
June 10th @ 6:30 p.m.

Church Board Meeting
June 10th @ 7 p.m.

Father's Day
June 20th

Church Work Bee
June 27th @ 8-10 a.m.

Sabbath School
Adult in person 10:15-11:15 a.m.
Adult Via Zoom 8:45 a.m.
Primary and Junior via Zoom
10:15-11:15 a.m.

Church Service
In person and Live Stream
11:30 a.m.

Bible Study & Prayer Group
In Person at the church
Wednesday's 7-8 p.m.
if you cannot make the prayer in person
Call 1-971-224-6616 Code: 278589

Great Controversy Reading
Sabbath afternoon @ 3:30 p.m.
Look for an email with Zoom information.

Tithes & Offerings
Below are a couple of ways you can give your offerings:

Mail to: **Cathy Fields**
P.O. Box 15332
Scottsdale, AZ 85267

Go to www.desertcovesda.com and click on 'Online Giving' and follow the prompts to give that way.

Email: elderrandy56@yahoo.com **Physical Address:** 12400 W Desert Cove Road, El Mirage, AZ 85335

Mailing Address: 13954 W. Waddell Road, Suite 103 #616, Surprise, AZ 85379 **Website:** www.desertcovesda.com

CLOVES

Cloves is a handy medicine cabinet staple. There are many benefits of Cloves for example, they help with everyday aches and pains. Cloves can also improve your mood which help keep stress levels down on busy days. Research has identified that a mouth rinse with the following ingredients of tea tree oil, cloves, and basil was as effective against plaque and gingivitis as a commercially available mouth rinse. Cloves can also decrease the number of harmful bacteria. This little herb is powerful. It soothes bloating and stomach problems. For example, 6 cloves and 1 Tbsp. of fennel seeds in a large saucepan and add 3 cups of water, bring to a boil, then reduce heat and simmer 30 minutes, cool 15 minutes, strain, and drink 1/2 cup after each meal will really help the bloating. Chewing on one clove with a sore tooth can temporarily numb pain. One can also dab clove oil on a cotton swab and apply to the affected tooth and after 20 minutes, rinse with warm salt water. Again, cloves can help your mood. For example, making an air freshener by blending 4 cloves and 1/2 stick of cinnamon in a spice grinder, add 1/4 tsp ground ginger and mix. If you like a stronger scent just double the ingredients. Place everything in a beautiful jar and place the jar in a space where everyone will enjoy the beautiful aroma.

And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. Acts 2:3

Dr. Sylvia Hayashi, Health Ministry & Prayer Ministry Leader

PRAYER FOR A NEW PASTOR

We have started our prayer group again and will meet immediately after the church service each Sabbath to pray for God to send who He wants us to have as our next pastor. Anyone who wants to join this prayer time, we will be meeting in the last room on the right at the end of the hall (Cradle Roll Room).

ARIZONA SONSHINE

The Prescott Valley Arizona Sonshine event still needs volunteers. If you feel impressed to help at this event, please go to www.arizonasonshine.com, find the upcoming events and click on the Prescott Valley one to sign up.

BIBLE STUDY & PRAYER

Don't forget we have Bible study each Wednesday at the church from 7—7:30 p.m. and then prayer from 7:30—8 p.m. If you want to join the prayer via phone, dial: 1-971-224-6616 Code: 278589

Summer Salad

1 bag edamame, steamed and shelled
2 cups frozen corn, thawed and drained
4 Roma tomatoes, seeded and diced
2-3 avocados, cubed
1/2 cup roughly chopped cilantro
salt to taste

1 can black beans, drained and rinsed
1 English cucumber, diced
1 cup Jicama, diced
1 red bell pepper, diced
1/4-1/3 lime juice

1. Put all your ingredients into a bowl, add the lime juice and salt.
2. Gently stir and let cool in the refrigerator for about 1/2 hour before serving.