

# 31st Annual Christian Men's Retreat

Michael O'Haver and Steve Nicola, shown to the right, were treated to a dynamic speaker Michael Kelly, shown below, at the Christian Men's Retreat the weekend of May 3-5, 2019. Michael Kelly is Head Pastor at Mt. Rubidoux SDA Church, Riverside, CA.



His topic for the weekend was *Conformed to Transformed*. His stated goal was to change us into men who wanted to be transformed to be like Jesus. We are told in the Bible we must be conformed to this world but not be of this world. What this means is we should not be so comfortable in our conformation that its easy for us to fit in.

When people are looking for *The Right Church*, they want to see something better, something different than the norm. If we are to be the right disciples of Jesus, we must show our differences. SDAs have a reputation for being more odd and quirky than the kind of difference most people are looking for. So, they see little reason to join us.

God wants us to be a true reflection of Himself. To be this we have to be transfigured, not just conformed. He wants his divinity to shine through our humanity. We should remember that our light (Jesus' Divinity) can't shine bright in the light. It shines best in the dark places.

A preacher's duty is to create an atmosphere where his congregation can experience transfiguration. This must occur from the inside out. Jesus will not transfigure anyone into somebody that they don't truly want to be.

Pastor Kelly reminded us that everyone is anointed by God, and equipped to their anointing. Our anointing is more than what we are called to do, it is who we are called to be. Some things to consider when determining what your anointing is, came from the small group discussions:

- ◇ You have to keep good communication with God to truly know your ministry.
- ◇ Don't assume an open door is God's leading.
- ◇ Ask if your ego is involved in your decision.



- ◇ True anointing touches more people than false anointing.
- ◇ In your anointing ask is God leading or are you leading. God can't save anyone who isn't authentic. A crisis in our life often triggers transfiguration.

All men should have an accountability group of 3-5 trusted men, that knows everything about them. If you don't have such a group, it is hard for anyone to trust you. The devil loves secrecy. These men must want to value holding you accountable more than just keeping your friendship.

There are only certain places in your life when you need this type of accountability. God knows everything about each of us but still loves us anyway.

The Holy Spirit will make you—self-aware, perform self-examination, and self-regulation.

Ellen White said if we had preached Salvation by Faith in our church from the start, Jesus would have returned already. The SDA church emphasized the laws over a personal relationship with Jesus.

**Jesus wants His divinity to shine through our humanity, and it shines the brightest in the dark.**

Pastor Kelly sees a repeat of what happened to our church in 1888. Women's Ordination is splitting our church, not so much because of the issue, rather because of the attitude of the debaters.

A survey was taken to determine why our youth are leaving the church (Not necessarily leaving God): 47% See the church as anti-science.

- 37% Feel the church is repressive (too many do nots)
- 36% See the church as over protecting.
- 34% See the church as exclusive.
- 29% See the church as shallow.
- 28% Say they doubt if there is a God.

**We should put Christ in the center of everything we do personally and our whole church will be transfigured.**

The Men's Choir Entertains

Pearls of Wisdom from Pastor Pavel Goia:

- \* Before God makes you He has to break you.
- \* You learn life's lessons best with a crisis.
- \* We aren't here to live for now, we are here to live for heaven.
- \* When you fully surrender to God, He'll give you the power.
- \* Spend more time knowing God and less time asking for favors.
- \* When God calls you the Devil gets busy and things go bad.
- \* If you get a calling and things don't open up for you, give up and God will make it happen.
- \* We need to stop fighting, the battle belongs to God.
- \* We must learn to trust in God's leading.
- \* When we put God first He'll make the way to meet your needs.
- \* Don't focus on your problems, witness for God.
- \* What keeps you awake at night, is what you worship.
- \* Treasure Jesus, not your earthly possessions.
- \* Make prayer the breath you breathe.
- \* You don't have to change to be good enough to do God's leading, just surrender all and He'll change you.
- \* Whatever you focus on is what you are on fire for.
- \* You must spend time in the Kingdom in order to be saved in the Kingdom.

Pastor Pavel Goia

June 2019 Issue

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A full house enjoys the Prayer Weekend

Seven Steps to a Great Prayer Life:

1. Start your prayer by complementing God.
2. Thank God for you many blessings.
3. Ask Him for specific things.
4. Pray for God's will not yours.
5. Be patient, He'll answer in His own time.
6. Be prepared for a "No".
7. Understand prayer is not an event, it's a process.

How to keep new converts:

1. Have them do a Bible Study before they are baptized.
2. Follow up and support new members.
3. Find them a ministry, put them to work.
4. Pray for them.

Keys to a Powerful Ministry:

1. Study the Bible & other relevant literature.
2. Pray without seizing
3. Surrender all to God.

Cast all your prayers on the Lord.

The battle belongs to God.

There will be miracles done by the Devil at the end times.

We need to be in this world but not of this world.

When you give things up, like money or earthly possessions God often gives you what you lost and sometimes even more.



## Poem

### Thank You God

Thank You God for Him  
That He could erase our sin  
By taking all our place  
And save the human race

Thank You God so great  
It is time to end the hate  
Thank you for this season  
For giving us all a reason

A time to remember  
We all need a reminder  
Of the one who saved us  
A time away from the fuss

Thank You God the Father  
For using that innocent mother  
To send us your only son  
To be the redeeming one

Thank You God the Son  
We know it was far from fun  
Giving your life for all of us  
It was more than courageous

So that we could be saved  
To walk those streets paved  
With gold and live forever  
Basking in your favor

Thank You God the Spirit  
You made our hearts hear it  
Without your soft entreatments  
Impossible to make commitments

Thank You Spirit, Son and Father  
For this time of fun and laughter  
When the whole world can gather  
And instead of making war, rather

Remember your redeeming grace  
That saved the whole human race  
Thank You from everyone who  
Will be there to celebrate with you

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## Prevention Not Cure

### OVER 40? EAT MORE & LOSE MORE

If you're like so many women over 40, life may feel like a constant battle of eating less...only to weigh more. It's maddening, to say the least. But there's a better way.

Sarah Mirkin, R.D.N., a celebrity nutritionist and personal trainer teamed up with Prevention to create *[Fill Your Plate, Lose the Weight](#)*, a breakthrough new 21-day eating plan tailored to the needs of women over 40. Here's the deal:

#### EAT MORE FOOD, MORE OFTEN

Yes, you read that right. Hearty meals help nourish metabolism. Bigger portions also dampen the cravings that tend to derail most dieting efforts, says Mirkin.

Mirkin recommends 3 meals and 1-4 snacks a day to keep blood sugar steady.

**You want to fill your plate with carbs, protein, and healthy fats.** For real: When you consume the perfect balance of carbs (yes, carbs!), protein (at every meal), and healthy fats, satisfaction and energy go up while cravings and hunger go down.

Try the *Fill Your Plate, Lose the Weight* Plan at:

[https://order.hearstproducts.com/subscribe/hstproducts/252739?source=\\_ed\\_&utm\\_campaign=\\_ed\\_&utm\\_content=a27153754&utm\\_medium=referral&utm\\_source=prevention.com](https://order.hearstproducts.com/subscribe/hstproducts/252739?source=_ed_&utm_campaign=_ed_&utm_content=a27153754&utm_medium=referral&utm_source=prevention.com)



## Coming Events

**June 5:** Kindergarten Graduation

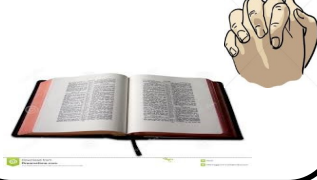
**June 6:** 8th Grade Graduation

**June 7-9:** PHAA Graduation

**June 11-15:** Rollins Lake You Families Campout

**July 5-6:** SALT (Soul Winning & Leadership Training) Sacramento Central SDA Church, 7 PM Friday, continues Sabbath, Potluck, Free

## Sermon



**June 1:** Pastor Mel Baga  
**June 8:** Pastor Walt Groff  
**June 15:** Steve Holm  
**June 22:** Pastor Dana Rae  
**June 29:** Brian Toppel

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## Jan's Healthy Recipes

### Broccoli and Orzo Casserole

By Daphney Oz of the Chew

Broccoli and Orzo Casserole Recipe: Shaped like a grain of rice, orzo is actually a short-cut pasta that works in soups, casseroles, or on its own.

#### Ingredients:

- 1 package Green Giant Broccoli Steamers
- 2 cups Cooked Orzo (about 1 cup uncooked)
- 1 Yellow Onion (chopped)
- 3 Garlic cloves (chopped)
- Olive Oil
- Salt
- freshly cracked Black Pepper
- 2 tablespoons Flour
- 2 cups Vegetable Stock
- 1/4 cup Milk
- 2 1/2 cups Parmesan Cheese (divided)
- 1/2 cup Panko Bread Crumbs
- 3 tablespoons melted Butter
- 1/2 teaspoon Paprika
- 1/4 teaspoon Cayenne
- 1/4 teaspoon Chili Powder

#### Step 1

Instructions: Preheat oven to 375 F. Combine the broccoli and cooked orzo in 9x9 baking dish.

#### Step 2

Instructions: Heat a sauté pan over medium-high with a few tablespoons of olive oil.

#### Step 3

Add the onions and cook for 2 to 3 minutes, until translucent. Add the garlic, season with salt and cook until fragrant.

ingredients 2 tablespoons Flour  
2 cups Chicken Stock  
instructions Sprinkle with flour and stir to coat onions and garlic. Cook for 1 minute to toast flour. Whisk in the chicken stock and cook for 3 to 4 minutes or until the mixture thickens slightly.

#### Step 4

ingredients 1/4 cup Milk  
2 1/2 cups Parmesan Cheese (divided)  
freshly cracked Black Pepper  
instructions Add milk and 2 cups of cheese and stir together. Adjust seasoning to taste. Pour over the broccoli.

#### Step 5

Instructions: In a medium bowl, combine the remaining ingredients and stir. Sprinkle over the baking dish. Bake for 30 minutes until bread crumbs are golden. Serve warm.

#### Helpful Tip:

Use equal parts flour and oil for the roux. The darker the roux, the richer the flavor. Stir the roux as you go to avoid lumps.

## CHURCH BIRTHDAYS

Campbell Rose .....Jun 01  
Claire Ludwig.....Jun 01  
Maxine Mehner.....Jun 05  
Jake Brower.....Jun 06  
Gina Wallace .....Jun 08  
Michael Sutter .....Jun 08  
Christopher Hao .....Jun 11  
Richard Price.....Jun 11  
Lisa Allington.....Jun 12  
Andrew Vargas.....Jun 13  
Victor Ibarra .....Jun 14  
Rose Horsman .....Jun 15  
David Van Zant .....Jun 16  
Edward Rouse .....Jun 16  
Julie Baga.....Jun 17  
Nikki Wehtje .....Jun 18  
Lorelie Krussow.....Jun 20  
Edward Jackson .....Jun 21  
Kellan Jackson.....Jun 21  
Mark Husse.....Jun 21  
Sherri Gerking .....Jun 21  
Sandee Crane.....Jun 22  
Jennifer Gee.....Jun 23  
Stephen Holm .....Jun 23  
Marilyn Cuccia.....Jun 24  
Shawn Wallace.....Jun 24  
Adrienne Brower.....Jun 28  
Alanna Jackson .....Jun 30

A spiritual definition of **GRACE**:  
Submitted by Marilyn Herron

The divine influence which operates in humans to regenerate and sanctify, to inspire generous impulses, and to impart strength to endure trial and resist temptation, and as an individual excellence of divine origin.

Bill Gothard comments: God's Grace gives us the desire and the power to do His will.

