



THE BRIDGE

W O O D B R I D G E S D A C H U R C H

J U L Y 2 0 2 2

PRAISE REPORT



Praise the Lord & Hallelujah! We have reached our Operation Occupy (Building Fund) goal for the Month of June - \$25,000 dollars!!!!

In fact, we exceeded our goal for the month. The total as of June 30th was \$26,326.93. Look at God!!! Won't He Do It!!

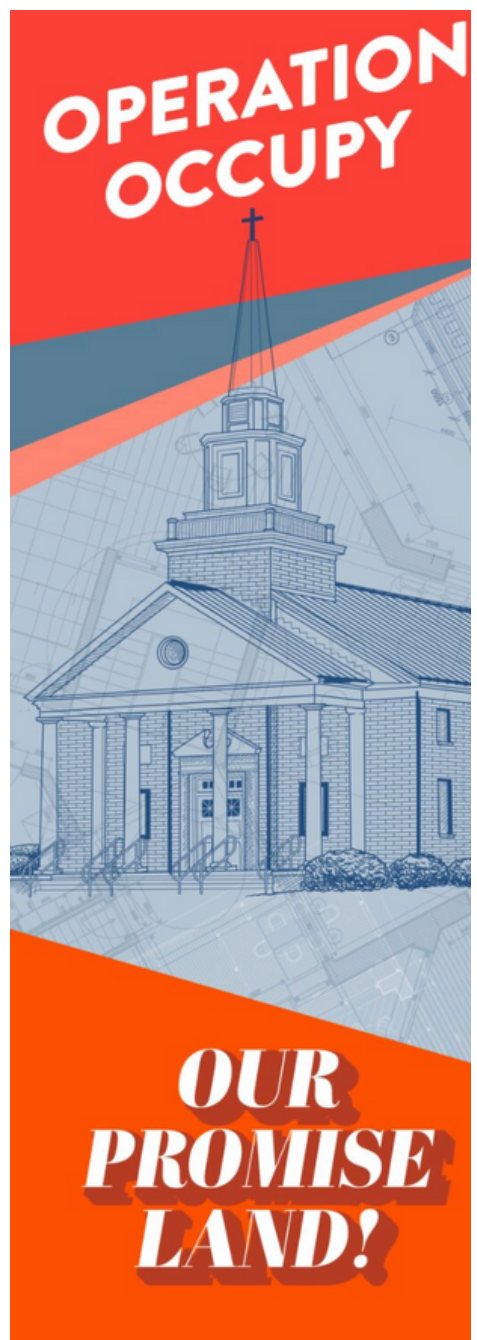
Shoutout to all our faith partners and supporters, (Friends of Pastor Thornton) outside the Woodbridge SDA Church Family, who donated over \$1300.00 dollars by donating a one-time donation of \$135.00 dollars. Some doubled that amount! Praise the Lord & "THANK YOU!" We couldn't have done it without your generosity.

To our Church Family, we "Thank You" for your faithfulness and sacrifice in giving. There is no greater formula than Divine Power and Human Effort.

Kudos to our Treasurer, Brother Darrell Sumpter who kept us updated on the figures and kept our eyes on the goal. Thanks to our Elders and leadership team for pushing us onward. It's been a collective team effort.

Now, on to the months of July and August! To God Be the Glory!

Pastor George E & 1st Lady Carolyn Thornton, Sr.♥



Usher's Ministry



SABBATH SCHOOL

About Sabbath School

God's Mission Ground Zero

God's calling and encouragement

Since the beginning of time, God sought to commune with men to teach and reveal Himself. It is no different now here at ground zero in Sabbath School. As it says in Psalm 25:8 and 9 "Good and upright is the Lord: therefore will he teach sinners in the way. The meek will he guide in judgment: and the meek will he teach his way." And Philippians 1:5 and 6 "For your fellowship in the gospel from the first day until now; Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ."

Please join us each week for Sabbath School.

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Reminder

Continue to pray for all those on our sick and shut-in list as well as for our missing members.

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Youth & Young Adults

Youth Prayer Line

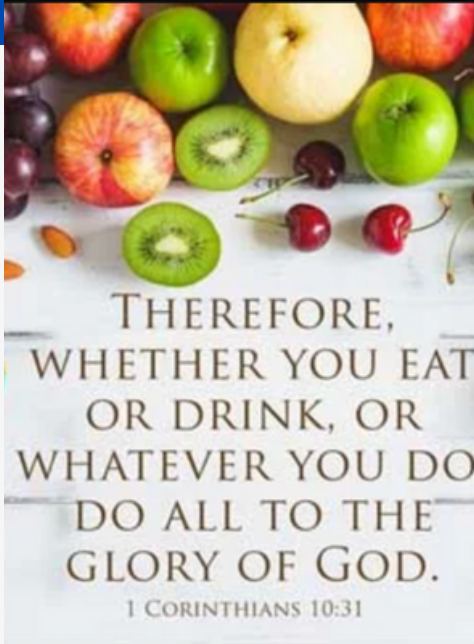
Every Friday at 7:00 pm

Parents, we need your support!

Youth Ministry on Your Knees

1 Timothy 4:12

Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.



2 Sakeema N. Joseph
 2 Philip Baker
 3 Hope Kiarie
 6 Diane Parker
 10 Don McReynolds
 9 Lourdes Lilly
 12 Savannah Patterson
 12 Olivia Patterson
 13 John Woodall
 15 Brunett Jeanglaude
 17 Lana Gosine
 19 Jean R. Joseph
 19 Joshua McNeil
 19 Mary Warren
 22 Jordan Wilson
 23 Susan Scholz
 28 Michael Montgomery

Health Nugget

Temperance is moderation in the use of that which is good, and the total abstinence from that which is harmful to our health. Temperance also includes the habitual moderation of the appetites and passions, including our thoughts, feelings, and actions, and the exercise of our willpower even in the restraint of some good things. "More is not always better." For example, overeating, even the best kind of foods, is injurious to our health. Also, too much exercise, work, sunshine, or rest, which are good and essential, can be harmful in excess.

Anything or any habit that harms the body is counterproductive to good health. Research and various studies support why we should abstain from taking into our body addictive substances such as alcohol, tobacco, drugs, tea, coffee, and popular sugar-laden caffeinated drinks.

"Tea, coffee, and tobacco are all stimulating and contain poisons. Tea and coffee do not nourish the system ... Tea and coffee whip up the slugging energies for the time being, but when their immediate influence has gone, a feeling of depression is the result." E. G. White, *Temperance*, pages 75-76.

"By the use of tea and coffee, an appetite is formed for tobacco, and this encourages the appetite for liquors." Harmful habits also include eating between meals. Regularity in eating should be established, to promote healthful digestion and assimilation of foods." Ibid, page 80. The history of Daniel in the bible gives us a true picture of the positive results of practicing temperance in both lifestyle and eating habits. Read Daniel 1: 8-16 One of my favorite author's comments on this saying: "The erect form, the firm, elastic step, the fair countenance, the undimmed senses, the untainted breath, - all were so many certificates of good habits, - insignia of the nobility with which nature honors those who are obedient to her laws." E. G. White, *Diet and Foods*, p 28.

Eat and fill yourself, but don't overeat and kill yourself.
 "LET YOUR MODERATION BE KNOWN UNTO ALL MEN."
 Philippians 4:5 *Excerpt from Ten Talents Cookbook*



Upcoming Events

July 17 - Kings Dominion
Youth Trip

July 24-28 - Vacation Bible
School

July 30 - Youth Council's
Disability Awareness Sabbath

August 6 - Back to School
Bash & Bonfire

August 10 - Pathfinder
Camporee

September 17 - International
Day

October 15 - Pastor
Anniversary & Bowling

Oct. 29 - Hallelujah Night

Oct. 31 - 52nd Church
Anniversary

Questions? Email us at
GetSocial@Woodbridgesda.org

Women's Ministries

Freedom in Jesus

You may have heard the saying “live free in Christ” at church or from your Christian friends. But have you ever taken the time to understand what it truly means to live free in Christ? Does it mean we do anything we want? No. Does it mean we live as willless robots to God?

Freedom is defined as “the power or right to act, speak, or think as one wants without hindrance or restraint” by the Oxford language dictionary. We see this definition has two parts: one: I can do what I want, and two: I have no restraints or hindrance preventing me from doing what I want.

What we have to realize is that God does not force us to follow Him. Instead, He gives us free will to choose if we will follow Him or not. In Deuteronomy, He says:

“I call heaven and earth to witness against you today, that I have set before you life and death, blessing and curse. Therefore choose life, that you and your offspring may live, loving the Lord your God, obeying his voice and holding fast to him, for he is your life and length of days, that you may dwell in the land that the Lord swore to your fathers, to Abraham, to Isaac, and to Jacob, to give them.” (Deuteronomy 30:19-20 ESV)

Freedom in Christ is receiving the power from God to choose life. So Beloved, choose well.

Family Life Presents: Communication Killers

What is it that kills communication in so many relationships? Is it boredom? Ignorance? Indifference? Genetics? While these may be legitimate excuses for a lack of communication, they don't solve the problem of a relationship that is growing more distant with every passing day. You see, you'll never grow closer without communication.

If you find communication between you and someone you care about dwindling, here are a few steps you can take to reverse the trend and begin the journey of growing closer.

1. **Talk about your communication patterns.**

Is the person with whom you want to draw closer mutually interested in growing the relationship? If so, discuss areas that may need work and how you can both intentionally take steps to improve your communication patterns. Chances are, the conversation alone will spark new life in the relationship, which will allow you to build on this foundation.

2. Learn to ask the right questions. To increase chances of quality communication, you'll need to make sure that your questions are specific and non-threatening. The question, "How was your day?" is too broad to initiate any kind of real conversation. Some parts were probably good; some were probably bad. Average them together, and you'll likely get the ever-popular "Fine" as a response. The more specific you are with your questions, the better chance you have of getting a substantive response—one that can evolve into a full-blown conversation. Curiosity is the catalyst for growing relationships.

3. Look for common interests. Maybe communication is lacking because you don't have enough to talk about. If your personal interests differ significantly from the person you care about, you may not have enough common ground between you to support frequent communication. If you can't find common ground or interests, look for areas you can take upon yourself to develop some. Make an effort to learn about the things they are interested in. Not only will it give you things to talk about, but it will also demonstrate to that person the lengths you are willing to go in order to improve your communication.

If starting a conversation is challenging for you, below are a few books that may help—[101 Conversation Starters for Couples](#), [101 More Conversation Starters for Couples](#), and [101 Conversation Starters for Families](#). Each book is filled with easy-to-use prompts that will spark fun and lively conversations at the dinner table, in the living room, or even in the car.



ICYMI

In Case You Missed It



USHER'S MINISTRY DAY

GRADUATION CELEBRATION



CHURCH SOCIAL

