



THE BRIDGE

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

AUGUST 2022



Praise the Lord! We have reached and exceeded our Operation Occupy (Building Fund) goal for the Month of August! God is showing up and showing out! Hallelujah! He is worthy to be praised.

We continue to thank all of our dedicated members, visitors, friends, and supporters - Thank you for your faithfulness and sacrifice.

Kudos to our Treasurer, Brother Darrell Sumpter, for keeping us updated on our progress each month and helping to keep our eyes on the goal. Thanks to our Elders and leadership team for pushing us onward. It's been a collective team effort.

One more month Church Family!

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

Stewardship Prayer

Almighty God, I give thanks for all that have and all that I am. Most of all, I give thanks for the greatest gift of Your Son, Jesus. I pray that through a personal relationship with the risen Christ, my heart will be open to continued conversion in my life.

I pray that I may be a good steward: that I will follow faithfully, serve joyfully, give generously, live responsibly and possess sensibly.

In gratitude for the abundant gifts you have so graciously given to me, I return to you the first fruits of these gifts, through acts of service and by generously sharing all that you have entrusted to me.

Heavenly Father, by Your Holy Spirit, help me to be a gift to others. In Your name I pray, Amen.



From the Adventist Review:

Why attend Sabbath School?

Sabbath school:

- builds faith through Bible study and helps unify members worldwide.
- provides fellowship with like-minded believers in a small-group environment.
- provides a “safe place” to express views and ask questions without fear of ridicule.
- has a consistent world mission focus and helps finance missions.
- reminds us that mission is also found in our own backyard. Class members often find it easier to reach out as small groups to the community as well as to inactive members.
- helps members gain insights into the Bible from others’ viewpoints and knowledge.
- helps us become more disciplined in personal Bible study.
- provides opportunities to discuss practical applications of Scripture.
- connects people with the source of true authority—the Bible.

James White wrote the first Sabbath school lessons in 1852, publishing the first four in the initial issue of the Youth’s Instructor that same year. The concept of Sabbath school grew from there. It seems it was the Lord who led White to begin this most effective method of teaching, likely because He knew His people would benefit from regular group Bible study as well as personal study.

So what about this week’s Sabbath school—will you be there?



3 David Patterson
10 Pastor George Thornton, Sr.
10 Julie Cary
11 Amanda Mitchell
11 Tara Mitchell
11 Christopher (C.J.) Scholz
13 Justus McLean
15 Lyra Legall
15 Sandra Foster
16 Noah Patterson
16 Shalem Prince
17 Isaiah Martin
24 Chandler Marchi
24 Judith Khonyongwa
25 Sarah Khonyongwa
28 Kate Kiarie
29 Jenine Patterson
31 Danielle Johnson

Volunteer Services Ministry

Do you have a passion for service?
Do you need volunteer hours to graduate?

Please reach out to Amanda at a.s.hagerman@gmail.com for more information.

Health Nugget

John 4:13-14



7. Energizing Water (The Use of Water)

Our bodies are composed of approximately 70% water, and is the vehicle which the cells of the body need to carry out all of life's processes. Energizing pure water quenches thirst, increases endurance, lubricates our joints, regulates body temperature and provides a medium through which pollutants are expelled from the body through our waste, breath, sweat and urine. Research indicates drinking lots of energizing pure water is an important factor in improving heart health and preventing coronary heart disease.

Of all the gallons of water used by humans today, we sometimes forget to take a drink. At least seven or preferably eight glasses of energizing, pure soft water, full of free, life-giving ions, should be taken into the body every day. The amount of water your body needs is recorded in this formula: $\frac{1}{2}$ oz. water for each pound of body weight. (example: A person weighing 150 lbs. would require 75oz. of water each day) That's over 9- 8oz. glasses of water. That may sound like a lot of water but some of it could include herb teas, juice, milk, and other liquid foods such as soup.

Many diseases that exist today, would be reduced, and more easily controlled in the body, if more pure soft water was used internally and externally. Water is a universal solvent. In addition to cleansing the body internally, the skillful use of water applied externally, would relieve pain and improve health. Water treatments such as: simple foot baths, hydrotherapy, fomentations, steam baths, etc., have an important place in assisting the body to recover from many ailments. The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood.

Drinking 7 to 8 glasses of pure water on arising and between the meals, as well as bathing frequently, assists nature in her efforts to rid the body of daily impurities.

"In health and in sickness, pure water is one of heaven's choicest blessings. It's proper use promotes health..." E. G. White, **Ministry of Healing** p. 237



Upcoming Events

August 10 - 14
Pathfinder Camporee

September 17
International Day

October 15
Pastor Anniversary
Celebration

Oct. 29
Hallelujah Night

Oct. 31
52nd Church Anniversary

Questions? Email us at
GetSocial@Woodbridgesda.org

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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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1) Jesus did it.

Since Jesus is our example of manliness and the representation of unreserved devotion to the Father's will, it's important that we use him as the model of masculine social interaction and ministry.

2) Older men's duty to raise up younger men.

Repeatedly and forcefully the bible gives direction with regard to multi-generational fellowship and ministry. The last analysis arrives at the conclusion of older men having the duty to model godliness for the younger men and the younger men having the duty to give respect, remain humble, and honor the older men. (1Tim5:1, Tit2:2,6-8).

3) Men don't like to admit need for help.

If we're involved in men's ministry, and actually listen to and engage honestly with brothers and exhibit no judgment, we will become safe in our fellow men's eyes.

4) Men need accountability.

The defensive barriers of American masculinity can only be broken if the first step of humble and sincere honesty starts with our own bravery in Christ. We must first move past the shame of our past activities and be ready to counsel those about to make the same mistakes.

5) Men need reassurance of their gifts.

If a regular man, aware of his daily shortcomings (1Jn1:8), compares himself to the innocently smiling and seemingly perfect model of a man in his pastor, he may begin to think there is something wrong with him. He may realize that he cannot pray as well, derive as much joy from serving, or speak as eloquently as the church leaders. Subsequently, most men will shut down out of guilt or shame rather than press through and earnestly desire the higher spiritual gifts (1Cor14:1).

6) Men need time away from their family.

There are simply some things that your wife cannot understand about being a man - we can choose either to repress those concerns or talk about them with trusting brothers.

7) Men need real fellowship with Jesus.

It is an undeniable fact that you cannot achieve your spiritual goals if you're not walking in accordance with God's will. The will of God is clear: to love him with your whole being and to love your neighbor as yourself. If you're not even attempting to minister to your neighbor, or even to engage in fellowship, are you walking in the will of God?

Read the full article [here](#).

Family Life Presents:

Combatting the Back to School Blues

There are many reasons why children may not be excited about returning to school. Each child's learning style, academic needs, social and emotional development, and prior school experiences contribute to how he or she views the arrival of another school year. Kids may be concerned about getting a teacher they don't want. If they've struggled in the past, the prospect of another school year filled with struggle may be foremost in their mind.

For kids, the transition is often tainted with trepidation, and the transition from summertime to the school routine is no exception. Children adjust to change according to their own temperaments and levels of resiliency. Parents, however, can play a major role in how well kids adjust to change. Following are a few insights that can help you equip your child to face this back-to-school season.

Acknowledge the Change

Going back to school is really more than just a one day event. The back to school blues can start to creep in well before the first week of school arrives. This type of transition is about the forming of a new habit. Brain researchers agree that the forming of a new habit also includes the breaking of an old one.

Getting up early after three months of sleeping late requires both the dismantling of the old sleep pattern and the creation of the new pattern. A consistent bedtime and rise time will build more structure back into Nick's schedule. Also, this new habit will help him to embrace routine as he anticipates the structured environment of a traditional school day.

Habits are patterns of behavior built on prior experiences. How a child responds to a difficult teacher, a difficult classmate or a difficult learning experience is often a habitual response. If your child has had a challenging or traumatic experience at school, it's crucial that you acknowledge this issue and help your child separate the past from the present.



Deal with One Habit at a Time

Even if you and your child have a laundry list of concerns about the new school year, choose to work on only one at a time.

Instead of your child saying, "I am going to get up one hour earlier, do my homework as soon as I get home each day and introduce myself to one new person each week," redirect her to focus on one of those goals. "I am going to get up one hour earlier each morning." How do you decide which new habit to focus on first?

Consider which one is keeping your child from feeling positive about going back to school.

When building a new habit, frequency is key. Help your child understand that the more often he repeats a behavior, the stronger the connections in his brain will become. Encourage your child to stay focused and committed to his new way of thinking or acting.

Nurture a Positive Self-View

Help your child understand that hurtful memories need not define her view of current experiences. Just because Bree felt ill-equipped to deal with difficult personalities last year doesn't mean she can't learn how to deal with them this year. Stressful classroom situations are opportunities for our children to practice — with our support and supervision — the life skills needed to get along in this world. School is a great place to prepare for life!