



Garden Grove Seventh-day Adventist Church Pastor Dan's Newsletter



August 12, 2016

Dear OC Grace Church Family—

Happy Sabbath to you all! I assume most of you are watching at least some of the Olympics these two weeks. For a preacher there are all kinds of illustrations. I'll just share one—when they are standing on the medal stand, and they bend down, and the official places the gold or whatever medal around their neck—and they stand back up, and their face just lights up and they wave to the world. For one night—they are the best in the world, the whole stadium cheering, the rest of the world watching, their flag up on the hall behind them, their national anthem playing. Every lap they've had to swim, every weight lifted, every party not gone to—is worth it—for that moment.

Someday, we will all be on the medal stand, and we will bend down, and God Himself will give us our reward. And all of heaven will cheer, as we walk into the gates. Everything—will be worth it—for that moment! And your face will light up on the video screen all heaven can see—as the angels sing “Amazing Grace”! And Jesus Himself will say, “Welcome Home!”

Pastor Tony is speaking for **OC GRACE FIRST** in the morning, and I am speaking for **SECOND SERVICE**. We are dedicating Sabrina and Chris' little boy Hunter, Ralph and Darleen's first grandson, and we have our favorite trumpet player, Jay DuNesme coming to play. We have some miracle props you will never forget—AND we will start working on some answers for all the questions, like—“Why Don't We See More Miracles?” The key miracle story tomorrow is Elisha and the axhead that floated.

AND there is **CHILDREN'S CHURCH** in the Youth Chapel at 11:30.

And there will be **ICE CREAM** for everybody after Second Service!

Filipino Fellowship at 2:30 in the Youth Chapel, and **Vietnamese Fellowship** at 4:30.

Evangelism Committee Will have a potluck upstairs at 1:00 to plan for the **ONE-DAY REVELATION SEMINAR** with Dr. Jon Paulien September 17.

UPDATES: Circle that One-day Revelation Seminar, September 17. 4 messages—First Service, Second Service, white-tablecloth lunch for those who sign up, and then two messages in the afternoon, with time for Q & A. You will get a good handle on the whole book—in one day, with probably the greatest expert on Revelation in the Adventist Church, Dr. Jon Paulien.

OTHER UPDATES: If you want Tuition Aid this school year, get the form from the Concierge Desk and fill it out TOMORROW!
International Banquet, Oct. 8. If the Basketball Court gets the final vote this Tuesday night, construction will begin. We believe the money is on hand! Money has also come in to finish the Water Filter and X-ray machine in India, and to finish the two main church and Media Center projects in Thailand. Thanks for praying for these great projects!

WELLSTART PROGRAM: Our church is being given an outstanding opportunity to be part of a pilot, beta-testing program from Loma Linda. There will be two tracks—those who get some special features because you have some health issues you would love to get under control, and others who just want to do most of the same program and get into tip-top shape. There will be more information given out over the next 3 weeks, and it will begin in early September. This will be very expensive once they finish these pilot programs. One of the individuals working with it has been coming to our church from Loma Linda and is offering us this golden opportunity, coordinating with Danielle Wuerfel, our new Family Ministry leader. There will be announcements tomorrow, and a sign-up table after church.

Thank you Kimberley Paulien Slater for helping make this happen!

“If you are between 18-65 years of age, own a smart phone, a non-smoker, not pregnant, and meet at least 3 of the following criteria: · Body Mass Index (BMI) above 25 (visit: <http://www.bmi-calculator.net/> to calculate) · Systolic blood pressure equal to or greater than 125 or on blood pressure medication · Diastolic blood pressure equal to or greater than 85 or on blood pressure medication · Triglycerides equal to or greater than 150 or on triglyceride lowering medication · Total cholesterol equal to or greater than 175 or on cholesterol lowering medication · LDL cholesterol equal to or greater than 120 or on cholesterol lowering medication · Fasting blood sugar \geq 100 or hgb a1c \geq 5.7 or on blood sugar lowering medication then the WellStart program might be right for you.

You can plan on spending a total of about an hour a week on the program, over 12 weeks (plus the time you make for physical activity.) Short bursts of program-related activities fit very easily into a busy lifestyle. Here's what you get: · 12 week lifestyle management program · 3 televisits (phone or video chat) with a preventive medicine physician · 4 televisits with a registered dietitian · Daily text support/motivation from a health coach · Group support through an (anonymous) online discussion group made up of participants · Comprehensive lifestyle and nutrition education delivered daily via email.

Contact us today to see if you qualify: Olivia@wellstarhealth.com 310-770-3362”

God bless!
Pastor Dan