

Desert Cove SDA Church News

“What If You Really Knew?”

From Hope of Glory Devotional by John Bradshaw

“When thou goest out to battle against thine enemies, and seest the horses, and the chariots, and a people more than thou, be not afraid of them: for the Lord thy God is with thee, which brought thee up out of the land of Egypt.” - Deuteronomy 20:1

What if you really knew that God was with you in your toughest moments? When three young men found themselves in a fiery furnace, Jesus stood with them in the heat of the flames. When Daniel was cast in a lions’ den, an angel sent from heaven shut the mouths of the lions. While it isn’t likely many people will find themselves in a den of lions or a furnace of fire, people do lose jobs or receive bad diagnoses. It isn’t uncommon for someone to have their car stolen or not be accepted to the school of their dreams.

So notice what Moses told the Israelites: “Be not be afraid of them; for the Lord Thy God is with thee” (Deuteronomy 20:1). God assured His people He was with them in their battles. And while the danger of finding yourself targeted by horses and chariots is low, there will likely be times you will find yourself in a conflict with a neighbor, a colleague, or a fellow student. It can be uncomfortable, and it isn’t always easy to see a way out. But God enters into those moments to provide you with heaven’s presence and support.

Deuteronomy 20:4 says, “For the Lord your God is He that goeth with you, to fight for you against your enemies, to save you.” Sometimes your enemy is pride or covetousness or anger. Who fights that enemy for you? God does. He’s with you in your conflict with others and with you in your battle against dishonesty, lust, or fear. The God of heaven isn’t a faraway God. He is present with you, and He steps into your weak moments and contends for you. When you find yourself in a spiritual struggle, remember God fights for you. Rely on His strength. God is strong enough.

March Calendar

Women’s Ministry Meeting
March 2nd after the service

Men’s Ministry Brunch
March 3rd @ 10 a.m.

Outreach Group
March 3, 17 & 31 at 10 a.m.

Small Group Training
March 4, 11, 18 & 25 @ 6:30 p.m.

Health Ministry Meeting
March 7th @ 6:30 p.m. via Zoom

Elder’s Meeting
March 14th @ 6:30 p.m.

Church Board Meeting
March 14th @ 7 p.m.

Church Work Bee
March 17th @ 9 a.m.

Food Pantry
March 20th from 10-noon

Sabbath School
Adult 9:30-10:40 a.m.
Kindergarten, Primary and Junior
9:30-10:40 a.m.

Revelation Verse by Verse
Each Wednesday at 7 p.m.
2nd & 4th Sabbaths after lunch

Prayer Call
Tuesday’s at 7:00 p.m.
Call 1-971-224-6616 Code: 278589

Great Controversy Reading
Sabbaths @ 3:30 p.m. via zoom

Tithes & 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.

The Benefits of Good Nutrition

Nutritious food is the lifeline of a strong body and a sharp mind. The right balance of nutrients contributes significantly to better physical and mental health, making **healthy food** a cornerstone of your overall well-being. A healthy diet plays a substantial role in your **mental health**. It can help regulate your mood, improve brain function, and alleviate symptoms of depression and anxiety. Specific nutrients like Omega-3 fatty acids—found in fatty fish, flax seeds, and walnuts—boost brain health and help combat mental health issues. Proper nutrition—a diet full of fruits, vegetables, whole grains, and lean proteins—provides your body with the energy it needs to function at its best. These essential foods carry vitamins and minerals that strengthen your immune system and support your health. The **benefits of good nutrition** include:

Lowering the risk of heart disease, type 2 diabetes, and some cancers.

- * Keeping skin, teeth, and eyes healthy
- * Strengthening bones
- * Promoting longevity and overall well-being

The **benefits of nutritious food** is important but there is also the spiritual food that your body does not need but your soul needs. Spiritual food is consumed by praying, reading the Bible, and spending time with God. While food gives you a healthy body, the spiritual food gives you a healthy soul and a loving beautiful relationship with God. While the world might identify healthy food as a cornerstone to overall well-being, the word of God tells us that there is something greater—that is, Jesus is the **CORNERSTONE** and how could we go wrong with that? We can't.

“Man shall not live by bread alone, but by every word that proceeds from the mouth of God.” Matthew 4:4

Dr. Sylvia Hayashi, Health/Prayer Ministry Leader

Sonoma Fettuccini Alfredo

8 oz. dried fettuccini noodles	1 jar (8 oz.) Sonoma Marinated dried tomatoes, undrained
1 1/2 cups heavy whipping cream, divided	1 cup grated, fresh Parmesan cheese
Salt and pepper to taste	3 T chopped fresh chives
1/2 tsp ground nutmeg	

1. Cook pasta in a large pot of boiling, salted water for 5 to 8 minutes or until just tender; drain well.
2. Drain tomato marinating oil into a large skillet; snip tomatoes in half and reserve.
3. Add 1/2 cup of cream to the skillet. Cook over high heat, stirring constantly, or about 3 minutes until slightly thickened.
4. Reduce heat to medium; add cooked pasta and mix gently.
5. Add 1/2 cup cheese, 1/2 cup of remaining cream and reserved tomatoes.
6. Lift and mix pasta gently. Repeat with remaining cheese and cream; mix again.
7. Season with salt and pepper.
8. Transfer to warmed individual pasta bowls or large platter.
9. Sprinkle with chives and nutmeg. Serve immediately.

Outreach Ministry

The outreach group went out in February and reached 141 homes. They left a bag of mixed books at 121 doors, gave away 22 Great Controversy books and had contact with 53 people. If you want to join them they will go out March 3rd, 17th and 31st. They meet at the church at 10 a.m.

Bible Studies

Eva has five adult Bible studies going right now. Keep these people in your prayers. There are many out there who are searching for the truth right now.

Community Service

We had a new lady come for the food pantry on the third Wednesday of February. We have helped the Mobile Ministry with some clothing for the homeless they are feeding.

Mobile Ministry

The Mobile Ministry was able to serve 399 meals in the month of February. A big thank you to all who have helped with this ministry.