

*the*Will

July 2017 | Monthly Newsletter of God's Will Christian Church

Mark Your Calendar

All Month

Service time: 10:00AM

7.2

Communion Sunday

7.17

Pastor Clarke's Birthday

**Interested in becoming a member of GWCC?
Please see Sis. Vanessa Hawkins.**

The Dangers of HFCS by Pastor Adgerson

"Praise God again for wisdom and understanding. I'd like to share some interesting facts about an ingredient in the foods we are eating and how it is destroying our health.

The bible asks us a serious question, "Know you not that you body is a temple of the Holy Spirit?" High Fructose Corn Syrup (HFCS) is destroying our family's health. Research has shown HFCS contributes to weight gain. It does this by hijacking the brain and shutting down the hormone that tells us we are full, which causes us to eat more. HFCS can be found in diet products as well as cereals, sodas, health bars, and energy foods. Please stop feeding this poison to your kids. We all need to reduce the amount of sugar in our diet. If you must have a sweetener, use real sugar it's is healthier.

Why are manufacturers pushing this poison? Simple, it's cheaper than sugar. It is also important to know HFCS is banned in Canada and China. The incidence of obesity is

Continued on page 2...

HFCS cont'd

much lower in these countries as compared to the US.

One of my favorite drinks is sweet tea. I noticed when my daughter purchases tea she buys Pure Leaf Tea. I wondered why, particularly because it costs more. I realize Pure Leaf Tea is made with real sugar making it healthier than some of the other brands. Food and drink are suppose to be medicine for our bodies.

There are two main points to remember. We are consuming HFCS and sugar in quantities never before experienced in human history, 140 pounds a year versus 20 teaspoons a year in the past.

High Fructose Corn Syrup is always found in poor-quality foods that are nutritionally vacuous and filled with other disease promoting compounds, fats, salt,

chemicals, and even mercury.

Don't believe the hype! The corn industry attempts to assure the public that HFSC is safe. The biochemistry of real sugar and industrially produced sugar from corn are not the same, nor is it safe. Throw the poison away now!

Here are some foods with HFCS that you may have never expected to contain the ingredient, foods you may be eating every day.

1. Yogurt
2. Breads
3. Frozen Pizza
4. Cereal Bars
5. Cocktail Peanuts
6. Boxed Macaroni and Cheese
7. Salad Dressing
8. Tonic
9. Applesauce
10. Canned Fruit

* information gathered from Dr. Mark Hyman - Reasons HFSC is killing people.

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own...”

1 Corinthians 6:19

REMINDER:

Please remember to download our App in the App Store or Google Play!

Member's Corner

Recipe Corner: Real Fruit Slushies



This month, we shine the spotlight on Dawnita Gilmore. Dawnita joined GWCC with her fiancée, David, and daughter Shawna in 2016. Dawnita was raised in the church and spent many years singing for the Lord with her family before joining our congregation. Dawnita jumped into several ministries shortly after joining the church and has been a tremendous blessing to GWCC.

Who introduced you to Christ?

My parents introduced me to Christ at a very young age.

What ministries do you participate in?

I participate in the Hospitality ministry and the Praise & Worship ministry.

What do you do for a living?

I am a Researcher for a national union. I am also a part-time wedding and event planner.

What are your hobbies?

I love all things live music and dance! I grew up participating in both so I enjoy performing or watching an artist perform their craft. I also enjoy arts and crafts. Anything from knitting to paper crafts; I like the challenge of new craft tasks. I also enjoy traveling and sightseeing.

What have you found most rewarding about being a member of GWCC?

As a member of GWCC, the best part has been the family atmosphere. I enjoy coming to church and receiving nothing but loving smiles and encouraging words. From the first day that my daughter and I arrived, God's love has shined through the members of GWCC and warmed our hearts ever since.

What advice would you give a new Christian?

Learn the concepts of God's grace and God's mercy as soon as possible. When curve balls show up in life and I make wrong decisions, knowing that God's grace and mercy is available helps me not to be as hard on myself when I fail. Knowing these two things has helped me to not get in my own way as much. I can now get up, ask for forgiveness, repent, and then try to do better. I now understand that God is able to grant these things to me and therefore I should show myself and others the same grace and mercy in my daily walk.

INGREDIENTS

- 1 Cup Fresh or Frozen Fruit
- 1 1/2 Cups of Ice
- Splash of Water or Coconut Water
- Raw Honey or stevia (optional)
- Peppermint Leaves
- Citrus Rind
- Fresh Grated Ginger

DIRECTIONS

It's best to start with cold fruit.

1. Pour 1 cup of fruit into your blender and add 3/4 cup of ice. Blend the fruit and ice together until it's smooth. Add more ice as needed. Frozen fruit needs less ice than the fresh fruit. You can freeze coconut water in ice-cube trays and use instead of regular ice. The coconut water adds more sweetness and electrolytes to your slushie!
2. Taste your slushie. If you want it to be a little sweeter add 1/2 teaspoon of raw honey or a drop of stevia.
3. Flavor it up by adding peppermint to the watermelon slushie and grated orange zest to the blueberry slushie.

God's Little Devotional

The trouble with the guy who talks too fast is that he often says something he hasn't thought of yet.

Tom Kelly managed the Minnesota Twins to a World Series title in 1987, his first full season as their manager – and then to their second world championship in 1991. Yet to watch him at work, critics have wondered if his vital signs have been stolen. Asked one sports writer, "How has T.K. managed all this, while lowering his blood pressure to the equivalent of the water pressure in your first apartment? He doesn't chew on fingernails or Roloids or tobacco or his players. How?"

One of Kelly's trademarks is that he is a man of few words. He

enjoys throwing during batting practice every day, in part because he believes that every minute he is throwing, he doesn't have to speak to the media. "I'm not really intelligent," T.K. claims. "I have a year and a half of college, but I have enough common sense to realize that I'm not intelligent. I realize that if I keep talking, I'll eventually say something dumb. So I don't give myself a lot of opportunities to open my mouth and stick my foot in it."

Tom Kelly is far from dumb. So is any person who is smart enough to limit what he says.

Be not rash with thy mouth, and let not thine heart be hasty to utter anything before God: for God is in heaven, and thou upon earth: therefore let thy words be few.

Ecclesiastes 5:2

Weekly Activities

Morning Prayer Conference Call

Daily 7:00AM

Weekly Bible Study Conference Call

Wednesday 7:00-8:00p

Men's Bible Study Conference Call

Tuesday 7:00-8:00pm

Conference Number:

712-775-7031 Access Code: 443-268-839

Women's Bible Study Conference Call

Monday 7:30-8:30pm

857-232-0158 Access Code 262390