

the Will

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

Mark Your Calendar

Service Time: 10AM

11.5
Communion Sunday

**We are going to see Sight
and Sound's production
of Jesus on June 2nd.
You may secure your spot
with a \$25 deposit by
12/16.**

Adults: \$125
Kids (3-12): \$70

**Please see Sis. Jeania for
more details.**

Pastor's Corner by Pastor Adgerson

My recent health challenges have taught me how important it is to monitor what I put in and use on my body. So many health challenges we face are directly connected to what we eat, drink, and use. There are a lot of people who focus on eating the right things, exercising, drinking lots of water, and getting plenty of rest. All good practices, but those same people never think about what they are putting on their body. Our skin is the largest organ in our body and it is critical for good health to monitor what we put on it.

Here's an article by Britta Aragon

7 Signs You Have Too Many Toxins In Your Life

1. Consistent fatigue
2. Stubborn weight gain
3. Bad breath
4. Constipation
5. Sensitivity to scents

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Pastor's Corner

6. Muscle aches and pains
7. Skin reactions

Solutions

If you find yourself suffering from any of these 7 symptoms, here are a few tips that may help:

- Support your liver with things like dandelion tea, parsley, cilantro, and milk thistle.
 - Drink more water — it helps flush toxins out of your body.
 - Exercise at least 30 minutes a day. Exercise gets the circulation moving, helping to move toxins along.
 - Get a good daily supply of digestion-supportive probiotics, found in kefir, yogurt, sauerkraut, Kombucha tea, miso soup, tempeh, and kim chi.
- Always brush your tongue — even better, use a tongue scraper—when brushing your teeth.
 - Practice deep breathing — we get rid of a lot of the toxins in our bodies through our lungs.
 - Use only natural skin care products that are free of fragrances, sulfates, phthalates, parabens, and other potentially toxic ingredients, and always read labels.
 - Choose clean, whole, and organic foods whenever possible!

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



This month, we shine the spotlight on Leading Lady Carol Adgerson. Leading Lady Adgerson has been married to Pastor Adgerson for 40 years. She helped Pastor plant GWCC in 2005. She currently serves as the Executive Assistant to the Pastors. Leading Lady has been involved in many ministries and has been a great blessing to the body of Christ.

Who introduced you to Christ?

My friend, Pauline Hughes introduced me to Christ. Although I went to church before I met Pauline, it was sporadic. At 8 years old Pauline and I become friends. I received Christ and was baptized at Unity Baptist Church. I started going to church with her and her family every Sunday until we moved when I was 11.

What ministries do you participate in?

I serve in the Administration Ministry.

What do you do for a living?

I am a serial entrepreneur.

What are your hobbies?

I love shopping. I enjoy reading and like traveling.

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

I love the fact GWCC is a small, but growing ministry. The most rewarding thing is having a part in the beginning of the ministry.

What advice would you give a new Christian?

I would advise a new Christian to focus on developing a relationship with God and make that their number one priority.

Recipe Corner: Chipotle Chili

INGREDIENTS

1 tablespoon extra-virgin olive oil
1 cup chopped red onions
2 cloves garlic, minced
2 cups Vegetable Broth or water
1 (15-ounce) can black beans, rinsed and drained
1 (15-ounce) can cannellini beans, rinsed and drained
1 (15-ounce) can dark red kidney beans, rinsed and drained
1 (15-ounce) can pinto beans, rinsed and drained
1 (14.5-ounce) can diced tomatoes
1 tablespoon lime juice
1 teaspoon chipotle chile pepper seasoning
1 teaspoon salt

DIRECTIONS

Heat olive oil in a large, deep skillet or saucepan.

Add onions, and cook until soft and translucent. Stir in garlic, and cook for one minute, stirring constantly so garlic doesn't burn.

Add broth, black beans, cannellini beans, kidney beans, pinto beans, tomatoes, lime juice, chipotle chile pepper, and salt. Bring to a boil.

Reduce heat, and simmer, covered, for 30 minutes.

God's Little Devotional

Authority makes some people grow—and others just swell.

Everybody knows of Isaac Newton's famed encounter with a falling apple, and how Newton introduced the laws of gravity and revolutionized astronomical studies. But few know that if it weren't for Edmund Halley, the world may never have heard of Newton. Halley was the one who challenged Newton to think through his original theories. He corrected Newton's mathematical errors and prepared geometrical figures to support his discoveries. It was Halley who coaxed the hesitant Newton to write his great work, *Mathematical Principles of Natural Philosophy*. And it was Halley who edited and supervised its publication, financing its printing even though Newton was wealthier and could better afford the cost.

Historians have called Halley's relationship with Newton one of the most selfless examples in science. Newton began almost immediately to reap the rewards of prominence; Halley received little credit. He did use the principles Newton developed to predict the orbit and return of a comet that would later bear his name, but since Halley's Comet only returns every 76 years, few hear his name. Still, Halley didn't care who received credit as long as the cause of science was advanced. He was content to live without fame. Sometimes just the reward of what we are doing far outweighs the recognition we often think we need to have.

He that is greatest among you shall be your servant. And whosoever shall exalt himself shall be abased; and he that shall humble himself shall be exalted. Matthew 23:11-12

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