

IMPORTANT TIMES

Service Times

- Sabbath School
Sabbath 9:20 AM
- Worship Service
Sabbath
10:50 AM
- Bible Study
Wednesday
7:00 PM

Sunset Times

- Sep 2: 7:49 PM
- Sep 3: 7:48 PM
- Sep 9: 7:38 PM
- Sep 10: 7:37 PM
- Sep 16: 7:27 PM
- Sep 17: 7:25 PM
- Sep 23: 7:16 PM
- Sep 24: 7:14 PM
- Sep 30: 7:04 PM



Oak Grove News

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A Link Between Nutrition And Health

By Debbie Triplett

An exhaustive 40 year study and research between what we eat and the degree of health or illness finally proves what God had already told us in Leviticus chapter 11, so long ago.

The China Study, a book written by T. Colin Campbell, PHD and his son Thomas M. Campbell II is about the findings from the most monumental study ever conducted regarding the relationship between diet and the risk of developing disease. It produced more than 8,000 statistically significant associations between various dietary factors and disease! The book sites some 750 references that point to less cancer, less heart disease, fewer strokes, less obesity, less diabetes, less autoimmune diseases, less osteoporosis, less Alzheimers, fewer kidney stones and less blindness, all this by eating a healthy, low to no animal protein diet. Some of these findings have shown that dietary change can enable diabetic patients to go off of their medications. Heart disease can be reversed. Breast

cancer is related to female hormone levels in the blood which is directly determined by the foods we eat. Consuming dairy foods can increase the risk of prostate cancer. Antioxidants found in fruits and vegetables are linked to better mental performance. Kidney stones can be prevented.

Over and over again, the studies, research and laboratory results showed startling implications that a diet of eating animal protein versus plant protein proved to be a powerful determiner of health risks. Those who ate more animal protein (ie. meats, eggs and dairy) were more likely to develop disease. These foods tend to increase the acidity in our bodies, which wants to be in a more neutral to alkaline state (The more acidity, the more inflammation, the more illness). Our SAD – Standard American Diet is composed of more than 20% animal protein a day and get more chronic illnesses. Those eating 5% or less in animal protein and more plant protein foods were healthier, stronger,

taller, lived and retained mental clarity longer. Therefore, meeting one's genetic potential. Didn't we read about this very same discovery in Daniel chapter 1? Daniel and his friends were given the chance to eat the "Diet of Affluence," but they chose God's prescribed diet and fared better. The book also reserved a few paragraphs to mention The Adventists and their noted healthier standard of living.

So what to eat?..... Complex carbohydrates such as whole grains, fruits and vegetables. Plant based proteins - legumes, nuts and seeds, alfalfa, soybeans, clover, peas, beans and wheat gluten. Carotenoids - broccoli, carrots, spinach, collard greens, winter squash, sweet potatoes just to name a few.

It was determined that trying to take supplements did not result in the same desired outcome; the body requires the "whole food" with all of its components to give us health.

Upcoming Events

Sept. 3rd - Come be a part of the Prayer Team in our church that is lead by Connie & Gary Maasen.

The team will meet in the sanctuary after the hospitality meal. All are welcome to become a part of planting seeds for the Holy Spirit to water. The blessings await you.

Sept. 10th - Sabbath School Council meeting after the hospitality meal

- Baby shower at 7:30pm for Tara (Dana Herron's daughter, Terri Cromwell's niece). Tara is having a baby girl.

Sept. 11th - VBS Picnic. Location to be announced.

Sept. 13th - Board Meeting at 6:00pm

Sept. 17th - Communion Service

Sept. 18th - Dorcas meeting at 1:00pm

September Birthdays

Alan Donovan - 9/7

Connie Maasen - 9/7

Louie Milam - 9/8

Pam Reaves - 9/9

Amanda Raybourn - 9/12

Diann Wikander - 9/12

Preston Laddusaw - 9/13

Doc White - 9/16

Christa McLaughlin - 9/17

Flo Reed - 9/17

Karen Epperson - 9/20

Valerie Wikander - 9/20

Margie Ring - 9/23

Tera Bradbury - 9/25

Helen McGinnis - 9/25

George Henderson - 9/26

From The Pastor's Pen by Pastor Chaviano

Dear Church Family,

The last days of this planet are characterized by confusion and great distress. We are told that the work which was neglected in times of peace would have to be done in time of war. But, don't panic, victory is on the Lord!

Certainly the challenges are going to be great, but let us not lose our vision, especially now that the Amazing Facts Crusade is around the corner. Let's renew our enthusiasm.

Remember: **Enthusiasm** is a good witness. Cultivate it, it is contagious.

Be **Enthusiastic**, you can't start a fire with the wood all wet. Warm water does not generate steam.

Without the fire of **Enthusiasm**, which propels the human machine, your witness will be ineffective.

The prizes of life are for the **Enthusiastic** dead-in earnest person. The world has a taste for **Enthusiasm**.

Knowledge and skills have never been a match for **Enthusiasm**.

Enthusiasm multiplies man's power and raises his ability to its highest point.

One talent with **Enthusiasm** behind it is worth more than ten without it.

Enthusiasm is the power that drives the bullet home to its mark.

Always keep your **Enthusiasm** at high tide, for when it ebbs you are in danger.

Enthusiasm is a stimulator for Vigor, Push, Courage and Energy.

Enthusiasm will help you to overcome indifference and laziness.

Enthusiasm compels lost souls to listen to you.

Enthusiasm is the genius of sincerity, Truth accomplishes no victories without it.

Without **Enthusiasm** you are headed for sure failure.

Enthusiasm increases the quality, as well as the quantity of your witnessing.

Let's all PRAY FOR **ENTHUSIASM!** and we will see the results in souls won for the Lord.

Enthusiasm starts the race and perseverance wins it.

Remember, with the Lord Jesus Christ all things are possible!

Love, Your Pastor