



# CENTRAL SDA MESSENGER

2201 Estancia NW, Albuquerque NM 87120 (505) 836-1845

[abqcentral@gmail.com](mailto:abqcentral@gmail.com)



## Where to Go, What to Do

by A Simple Seeker

School is out, and summer is upon us. There are so many options for activities and events that I you could plan your entire summer with a different place to see or activity every day and never do the same thing twice. It is certainly a blessing to spend more time out of doors, experiencing God's creation and all its beauty. But with warmer weather bringing us so many things to do, so many places to go, we can easily *over-schedule* our family and ourselves. The world does a very good job at making our lives crazy even if we are doing "good" things for the "right" reasons, if we are not careful.

And while it's probably true that some chaos is unavoidable these days, the only sustainable way to cope with the hectic pace of modern life is to find time, to make time, for God every day. It is only through a close and constant connection with Him that we have access to the patience and strength to endure this sinful world. We all probably know folks who are really struggling with issues in their lives, as well as their concerns about the state of our town, our nation, and our world. Maybe we are in that same spot in our own lives. God can help. He wants to help – He is waiting for us to invite Him into our lives more fully.

Paul provides us a formula to help us cope with

our lives in this world. In Philippians 1:6-7, he writes: "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

This may sound simple, but it is not always easy to put into practice. I worry too much and pray too little. But if we just start, and try to meet with God every day, it will get easier; it will become part of your daily routine and part of you. And the tremendous double blessing of both receiving God's peace and also having Jesus guard our hearts and minds will become more and more evident every day.

So take some time this summer to get out and enjoy Creation. Exercise, sunlight (without sunburn), water, and fresh air are also very helpful in dealing with stress. Plus, you feel better physically mentally, and spiritually. But as you enjoy the summer, commit yourself (this does not happen by accident!) to make more time for God in your day – every day. Build the habit; be intentional. When the cooler weather of fall begins to arrive, you can look back on the summer and maybe even be surprised by the many blessings God has brought into your life.

**Main Worship Service: Saturdays @ 10:50am**  
*Please join us!!*

[www.abqcentral.org](http://www.abqcentral.org)

# VBS 2019 – “Seek the Savior”



The kids enjoyed making Bible story themed crafts

Outdoor activities were such a blast!!



Bible Story time by the camp fire was awesome!!

Parents and friends got to have fun too with Peter and his tips on healthy diet and cooking!!



Another growing season has started at Albuquerque Central SDA Church, and the blessings and lessons are abundant. Our mission to serve both produce and Scripture to the less fortunate in our community remains

the same, but as with every garden new challenges arise. Weed control was our main project this spring, so the team members enlisted the Pathfinders to help with bringing gravel into the garden area to spread over landscaping cloth to help prevent the growth of weeds in the garden area. As a result of everyone's hard efforts, the garden area has become easier to maintain. When everyone works together to do God's will, the seeds and young seedlings planted will grow to produce the precious food needed to nourish those in need. When Jesus instructed the disciples to distribute the five loaves and two fish to the multitudes that had come to listen to Him preach, the lesson for the disciples was one of faith in Jesus to provide spiritual food for the souls as well as food for the hungry. Everyone hungers for food to nourish our body, as well as food to nourish our soul. Jesus is our bread of life and our living water, we represent the garden where seeds of love and salvation can grow, prosper and be given to all we encounter on our life path. Working in the garden teaches us to be humble servants to the Lord, and all He created. Tender seedlings need gentle and loving care, much like Jesus cares for each of us. The Garden Ministry is helping everyone to remember to be patient, kind and benevolent to plants, animals, and mankind. Our future depends on our ability to love with an open mind and heart to God's word and to one another. We welcome any and all type of contributions from all church members to the Garden Ministry, be it in the form of financial, labor, or prayer. We are here to serve, first to our Lord and Savior, and secondly one another.

## Question:

"How can we experience true freedom in Christ?"



## Answer:

Everyone seeks freedom. Freedom is the highest virtue, and it is sought after by all who are, or consider themselves to be, oppressed. Oppression can be many things such as poverty, discrimination, depression, chronic illness, lasting grief, abusive relationships, heavy financial burdens, drug dependency, workplace hardships, continual people pleasing, worry about ourselves and/or loved ones, and so much more. True freedom comes only through a real and meaningful relationship with and dependence on Christ. It is not the same as political or economic freedom. In fact, some of the most harshly oppressed people in history have had complete freedom in Christ. The Bible tells us that, spiritually speaking, no one is free. In [Romans 6](#), Paul explains that we are all slaves. We are either slaves to sin or slaves to righteousness. Those who are slaves to sin cannot free themselves from it, but once we are freed from the penalty and power of sin through the cross, we become a different kind of person, a servant, and in that servitude to Christ, we find complete peace and true freedom.

By Janet Van Why