Dear Lexie,

"Wired for Worry"

Have you ever had the feeling that you were "wired" for worry? What I mean by that is that despite all of your efforts to the contrary, you just can't keep from falling into this trap called worry. Well, if that's the case, then you, my friend, are not alone. I recently came across some statistics on worry that really blew me away. Dr. Walter Cavert conducted a study on the worry habits of Americans, funded by the National Science foundation. His findings were quite alarming. Dr Cavert discovered that:

Read more>>

The Blessed Hope, a gift to share
This Sabbath:

May 28, 2013

Speaker:

First Service
Pr. Debbie Eisele, "Come What May"

Second Service
Pr. Maurice Battle Jr., "You Have Something To Say"

Special Musical Guest:

Takoma Academy String Ensemble, Director, Marcia McIntyre
Takoma Academy Chorale, Director, Lulu Mupfumbu,
Marilyn Dimas, mezzo soprano,

Memorial Day Weekend feature

The last Monday of May is Memorial Day when we remember the men and women who died while serving in the United States armed service...

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ACS Response to Okla. Tornados

Oklahoma Disaster Response

On, Monday, May 20, an EF-5 tornado touched down in the town of Moore, Oklahoma. The tornado devastated an...

Learn more>>

Becoming Children

Reflection by Berry Casey

Most of us have heard this comparison, that we should be more like children when it comes to faith and that children somehow have insights...

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Have you ever had the feeling that you were “wired” for worry? What I mean by that is that despite all of your efforts to the contrary, you just can’t keep from falling into this trap called worry. Well, if that’s the case, then you, my friend, are not alone. I recently came across some statistics on worry that really blew me away. Dr. Walter Cavert conducted a study on the worry habits of Americans, funded by the National Science foundation. His findings were quite alarming. Dr Cavert discovered that:

40 percent of the things we worry about never happen, 30 percent of our worries concern the past, 12 percent of our worries are needless worries about our health, 10 percent of our worries are about insignificant or petty (things that will really not make much of a difference in our lives one way or another), which means that we have spent 92 percent of our emotional energies over things that won’t happen or things we can’t change.

That being the case, then why do so many of us spend so much time worrying about things that are for the most part out of our control? And by the way, that includes those who profess to have a belief in God. Alarming as it may sound, just because you believe in God does not automatically exempt you from the dreaded habit of worry. There are many of us who profess to have a belief in God, but yet for some reason, we still find ourselves spending the precious commodity of time on worrying. Could it be that although we possess a belief in God, when it comes to His promises that remind us to “take no thought for tomorrow” and “not to become anxious about anything”, that’s a different ballgame altogether? Could worry for the Christian be considered an insult to God?

Worry has been defined as what takes place when we allow our minds to dwell on difficulty or trouble. So, if our goal is to begin to eliminate worry from our lives, then it would only make sense that we should shift our focus from our problems to something else; and what better thing for the child of God to focus his or her attention on than the precious promises found in God’s word. In other words, instead of “wiring” our minds to worry by focusing our
attention on our problems, how about rewiring them to begin trusting in God by daily redirecting our minds to His Word. I doubt if the change will take place over night, but I believe that it’s a good start in the right direction.

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The Blessed Hope, a gift to share

The last Monday of May is Memorial Day when we remember the men and women who died while serving in the United States armed service. We honor their sacrifice in defending our freedoms. One of the great advantages of living near the nation's capital, is the ability to sense the heart and soul of the nation captured through its national monuments. Here on monuments and buildings, are etched testimonies that reverberate down the corridors of time. Quotes and poems that reflect our aspirations and hopes can be found everywhere.

The latest monument has a riveting quotation given the times in which we live.

Out of the mountain of despair, a stone of hope

It takes us though a nation’s challenging days of civil rights based on the all important element of hope, yes hope in a nation to live up to its moral aspirations.

- Yes hope is the gift of God that is the source of our strength and determination.
- Hope is the element that keeps us going forward when we are tempted to quit.
- Hope is the courage we possess when the illness lingers and the pain is chronic.
- Hope is the voice that says you are of value to the unemployed.
- Hope is the element to wait in patience and trust that a better day is coming.

Fellow believer, we are so grateful for the gift of hope. Hope has been such a difference maker in our lives. Just think about it: We have:
• Confidence in God’s promises
• Comfort of His abiding Holy Spirit
• Community with His people, the church

The smile on our faces and the courage in our hearts make our lives peaceful even in uncertain days.

We clearly live in a day and time where hope is in short supply. Uncertainty, unemployment, terrorism, wicked weather are just a few of the hope vacuums sucking this life giving source from many lives. Too many live lives of quiet desperation!

As a people of hope, we can be difference makers to a society in despair. Through simple, everyday gestures and engagements, we can change the direction of a life today. The delightful thing is that you do not need to be a Dr. King to make an eternal difference!
Popular author Max Lucado stated it well when he said

Hell’s misery is deep, but not as deep as God’s love.

We the people of hope, feasting on God’s love and have a treasury of life lifting resources that folks are hungering for. We would gladly share a cup of water, but would we be also generous with a cup of the blessed hope?

Living Lord, on this week-end our hearts are filled with gratitude for the sacrifices of men and women to preserve our freedoms. You have given us the gift of the blessed hope. Fill our cup Lord and may it overflow into the lives of our neighbor and friends. May we serve you with eager hearts. Thank you for your grace, which is our only hope. We pray in the mighty name of Jesus, amen!

By: Chris Daley
On, Monday, May 20, an EF-5 tornado touched down in the town of Moore, Okla. The tornado devasted an estimated 30 square miles, including two elementary schools. See how the Adventist Community Services Disaster Response Team has responded and read ways that you can help and become involved.

Sligo Seventh–Day Adventist church also joins in supporting those affected by this tragedy. The Sligo Prayer Guardian team has prepared and sent a special package for our brethren in the area, showing our support and sharing words of hope and comfort in this time of need.

If you would like to know how you can help too, please read the following message from Adventist Community Services:
Pray for the thousands of individuals who have been affected by and will be responding to this tragedy and consider giving a financial donation to ACS to support their efforts. To donate:

Visit www.communityservices.org | Call 1-800-381-7171

Mail a check to ACS, 12501 Old Columbia Pike, Silver Spring, MD 20904

Place a donation in your church offering plate marked “ACS Disaster Response”

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“Truly I tell you: whoever does not accept the kingdom of God like a child will never enter it.” — Mark 10:15

“. . . babies and young children are like the research and development division of the human species.” — Alison Gopnik

Most of us have heard this comparison, that we should be more like children when it comes to faith and that children somehow have insights into the mysteries of the kingdom that the rest of us just don’t have. I’ve wondered what that meant. Do I wipe out the years of study, conjecture, listening to others, idle speculation, fervent longing and moments of insight? Are children blessed because they simply accept at face value what adults say? But anyone who knows little children also knows, with a sigh sometimes, that more often than not they decidedly do not accept, without question, what they are told. Well, perhaps it means that they trust implicitly, without wavering. Sometimes this is true, but they can also be wracked with doubt and fear—just like the rest of us. Perhaps it means that they are innocent of evil, unaware of what lurks in the heart of darkness in all of us, but if that were true we are still left with the memory of pain such evil instills.

I got a glimpse of another way to imagine this through a TED talk I recently saw by Dr. Alison Gopnik in which she asks, “What Do Babies Think?” She describes her research with four–year–olds who work their way through rather complicated experiments, making calculations and assessing probabilities on the fly. What she found is that young children are much better than adults at coming up with unusual hypotheses to solve unusual problems. They aren’t afraid to try out this and that, see what works and what doesn’t, and keep at it until they get someplace. In other words, they’re pretty good little scientists and experimenters.

Gopnik found that babies and young children don’t think like adults do. Whereas adult thinking is like a spotlight that focuses on one thing and excludes everything else,
children’s thinking is like a lantern that casts its glow on everything around it. Young children don’t exclude—they include—and they’re very good at taking in a lot of information from many different sources at once. Their brains are flooded with neurotransmitters that stimulate learning and that don’t inhibit what comes in. “So when we say that babies and young children are bad at paying attention,” says Gopnik, “what we really mean is that they’re bad at not paying attention. So they’re bad at getting rid of all the interesting things that could tell them something and just looking at the thing that’s important.”

It’s like falling in love, says Gopnik, or being in a place you’ve never been to before. The brain is sparking, taking in all this information, neurons and synapses firing, all senses on high alert—a veritable learning organism that experiences life in all it’s buzzing, blooming confusion and can’t get enough of it.

As we grow and develop our brains learn to filter and focus. We screen out the things that throw us off or distract us. We learn to concentrate, pay attention, get the job done. Gopnik reassures us that there’s nothing wrong with this: it’s all part of filling our place in the world as adults. But she likens babies and children to one stage in the process of the species and suggests that they are the butterflies, flitting from one idea to the next, open, creative, and filled with wonder. Adults, in a curious turn, are the caterpillars, inching along their prescribed paths.

That’s what it usually requires to do what must be done. “But,” says Gopnik, “if what we want is to be like those butterflies, to have open-mindedness, open learning, imagination, creativity, innovation, maybe at least some of the time we should be getting the adults to start thinking more like children.”

Adventists, like many Protestants, are a cerebral lot. We want evidence, lots of it, preferably from the Bible, for what we should think and do. We are long on reason, but rather short on imagination. Both are needed for the spiritual life. Reason eliminates the unsound and the dubious; the imagination kindles our emotion and our compassion. Would we dare to open ourselves fully to God’s love without the flame of desire for God? Would we believe in grace, an element that is delightfully unreasonable, so that our lives could be lifted and freshened, were it not for this childlike openness to all that God has for us?

Ellen White, no stranger to the realms of glory, urged us to take up “experiential religion.” No other form, she suggested, would be enough to open our eyes, free us up, shake us around, and follow Jesus. If babies and young children are the research and development branch of the species, says Gopnik, then adults are the sales and marketing division of the
enterprise. To put it in religious and spiritual terms: if you're tired of selling it why not do some R & D for awhile? You just might see the kingdom in a whole new light.

Barry L. Casey, a long-time Sligo member and a co-leader of the Believers and Doubters Sabbath School class, teaches philosophy and communications at Stevenson University, Trinity University DC, and Washington Adventist University.
VACATION BIBLE SCHOOL 2013

By Darius Thibodeaux On April 12, 2013 - Add Comment - In Children's Ministry, Events

SLIGO ADVENTIST CHURCH

VACATION BIBLE SCHOOL

JULY 14 – 19, 2013

6:00 – 8:45 P.M.

Kingdom Rock is filled with incredible Bible-learning experiences kids see, hear, touch, and even taste!

Kingdom Rock is great fun for your children, ages 1 – 12; your teenageers can serve as volunteers who help the younger children.