Dear Lexie,

Prosper and Be in Good Health

The Apostle John connects our physical health with a prosperous soul in 3 John 2. Seventh-day Adventists believe the Bible repeatedly expresses the idea that we are whole persons with body, mind and spirit in balance and in connection within our being. God desires our well-being and wholeness. He designed and made our bodies in a marvelous way and gave us our "owners' manual," the Bible. Science has endorsed the benefits of what Adventists know as the "divine remedies" for health, easily remembered by the acronym New Start: Nutrition, exercise, water, sunlight, temperance, (fresh) air, rest/sleep, and trust in His divine power.

Read more

Upcoming Events
This Sabbath:
September 19, 2015

Speaker:
Pastor Richard Martin
"The Family Reunion"

Special Musical Guests:
Columbia Collegiate Chorale 
(James Bingham, director)
The New England Youth Ensemble of WAU
Mark Di Pinto, pianist
Matt Daley, organist

Future events include:

- **Children's Choir** will be meeting after services on Sabbath at 1:15 in the Choir room. We will meet briefly for registration and to distribute the 2015-2016 choir schedule. If you'd like your children to be a part of this great ministry please have them to the choir room on time.

- **Children's Church** is September 19th in the Memorial Chapel. Look forward to a fantastic spiritual experience for the kids as they have fun and get to know Jesus and the Bible at a level they can easily understand.

- **Friends and Family Day** is October 3rd. Invite all your friends, family, and neighbors to come and join us as we celebrate Sabbath and fellowship together.

- **GLOW** is the new Young Adult Sabbath School meeting in the Memorial Chapel every Sabbath Morning at 9:30am. It stands for God Lighting Our World. There will be refreshments served for Young Adults and a program designed to bring our young adults closer to Christ. Follow the Young Adults on **Facebook** and **Instagram**

- **Sabbath School Training** will be held on September 19th at 8:45am in Fellowship B. A special speaker will be on hand to deliver inspiration and training for our Sabbath School teachers and leadership. Please make plans to be there.

- **CONCERT LINE-UP!** We have a line-up of great concerts for you to invite your friends and family to at Sligo Church: National Christian Choir Sept 26, Jaime Jorge Oct 10, **Sandi Patty Nov 15**!

- **Prayer Gathering** (every Wednesday night @ 7PM)
Missed Last Week's Sermon?

Watch Live or OnDemand:
Sligo WebTV

Sermon Audio Archive:
Audio Archive
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To the extent Adventists and others have embraced these "remedies" God has given us, we and others have shown a level of health higher than the general population. (See Blue Zones by Dan Buettner.) Studies indicate that Seventh-day Adventists live at least an average of 7 years longer than the general population. The Adventist lifestyle has repeatedly shown positive benefits.

Trends in nutrition and lifestyle in the last 30 years, such as increased restaurant eating, lengthy work commutes, long work days, super-sized meals, fast food, and increased computer time and other sedentary activities have contributed to increased rates of overweight and obesity. We live in a country where large numbers of our population struggle with many health challenges, including widespread obesity. In the US only 33% of the population is at "normal weight", 34% are overweight and 33% are obese. Related to obesity is Diabetes Mellitus, a disease which significantly raises our risk for heart disease, stroke, high blood pressure, blindness, kidney disease and other ills.

We are not without hope. Our bodies are responsive to positive health changes and are very forgiving. A plant-based diet coupled with proven strategies have been shown to promote weight loss. Several times we have held the Full Plate Living program, which features a plant based diet and proven strategies for weight loss. Also, there is NO weighing in or questions about how much weight one has lost!

Authors of Full Plate Living (FPL) have created a simple easy-to-follow plan which is built on an abundance of grains, fruits, and vegetables. The high fiber content of these foods and high nutrient value promote our feeling full and satisfied rather than craving more food which is often devoid of nutrients, high in simple carbohydrates, fats, and sugar.

The program also involves well known strategies that we can use in forming better eating habits, such as having a weight loss “buddy" for support on the weight loss journey. Goal setting for positive change is key, especially when goals are SMART: specific, measurable, achievable, realistic, and time limited. In setting goals and working on positive health changes, we have access to God's immeasurable power, His "resurrection power" that Sligo's senior pastor, Charles Tapp, has repeatedly mentioned. His mercies indeed are new every day! Each day we can start over, forge new habits, and leave the old behind. We can be of great support to one another in small groups. Small changes made over time do add up and multiply our efforts and ensure success.

Watch the church bulletin during the coming months for announcements about health topics and programs which may help you in reaching your health goals, whatever they may be.

I wish you good health and wholeness through and by Him! To God be the glory!

(by Sharon Ford)