Inverness Healthy Living Supper Club Presents...

**HOW TO PREVENT AND CORRECT HYPERTENSION, DIABETES AND OTHER LIFESTYLE DISEASES**

Featured Speaker

Dr. Abner Gabaldon comes from a missionary family, he finished his studies at the Antillean Adventist University in 1990. He worked as a pastor in several districts in Puerto Rico, he continued his studies in Baja California School of Medicine, carrying out their medical Missionary work in the Caribbean and the southeastern part of the United States.

Dr. Gabaldon has served as medical director of emergency care facilities. He is currently the medical director of a medical missionary institution: Quality Life Health Center, providing services in the diagnosis, prevention and treatment of chronic degenerative diseases.

On April 12th, 2016 at 6:00 pm in Mitchel Hall Dr Abner Gabaldon will be discussing how we can prevent and correct hypertension, diabetes, and other lifestyle diseases. There are also recipe demonstrations and tastings planned.

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Happy 50th Anniversary
by Tatiana Kohlweg

Some are naturally asking who is Nathalie Vasiliou? So we would like to ask you a few questions to help us get to know you better.

Nathalie, I’ve heard that you speak German. Are you from Germany?

No, I was born in Athens, Greece, to a German mother and Greek father.

Were you raised Adventist or how did you come to know the Adventist message?

Yes, I was so blessed to be raised by Adventist parents. I chose to be baptized when 16 years old, and thank God for His longsuffering with me over the years to continue to seek to help me learn of and in His truths. The older I get the more I see there is to know of what really counts and the more growing is needed!

Are you musical? Do you play an instrument?

I appreciate music, but am not particularly gifted. As a child I took piano lessons for a few years, later played clarinet/bass clarinet, and have enjoyed singing with different choirs.

Have you ever been married?

No, but the most precious husband I could ever have is Jesus!!!

We’ve notice you like to gone door-to-door a lot passing out our flyers. Do you like doing this and meeting people?

Yes, it is a blessed opportunity and one that I am encouraged to do by God’s words.

Where did you work before coming here?

Most recently at Wildwood Lifestyle Center & Hospital, then some home health care, outdoor work, and a bit of canvassing.

You obviously have a burden for healthful living. Have you always had that?

No, not especially, but am so thankful for God blessing me to grow up with many healthful benefits and His patience in trying to help me learn and grow as the years go by in His beautiful plan for life more abundant!

What drew you to become a Bible Worker/Health Evangelist? Have you done this before?

I have thought often that it is so critical/valuable to be more involved with God’s Word, both in sharing and personally, and health is so precious for everyone. When we have something truly good to share, it’s a privilege and joy to do so! But since I have no formal experience in this work, it is a new challenge and opportunity, above all to reach out to God for help and inspiration.

What attracted you to our church?

There is an interest in health for soul, mind, and body, both personally and for outreach. And certainly the church family here is very friendly and welcoming.

What can we do to help you get started and support you in your ministry?

Earnest prayer, for one another, the church, the outreach ministries, ourselves, and that each one seeks God for what He has for them to do in loving partnership with Him!

What quality or personal trait matters most in your life? In other’s lives?

To really have Christ ruling in my heart- every other good starts and comes with this!!!

We are happy that you are with us Nathalie. We will be praying that God will richly bless your efforts to share the truth with those you meet in Inverness.
Are You Thankful for Your Pastor
by Bob Baker

Let me start out by saying, Pastor, we thank you for your years of service here at the Inverness church. We know you put in many long hours driving back and forth to Spring Hill and often times it was just to conduct a prayer meeting or vespers then turn around and drive home. We've appreciated that and many other things. We've noticed that you were always prepared for whatever event you were conducting. That took time and that showed you cared. You've certainly studied more about Elijah the any man I know. You were always willing to do the difficult tasks that no-one else was eager to do. That was really appreciated, especially by the elders.

We must admit that we aren't the most perfect church in Florida and probably not the easiest to work with. But maybe we're not alone. Consider the following statistics I read on the internet:
• An estimated 1,500 pastors leave the ministry each month due to burnout and conflicts in their church.
• Only 1 in 10 last until retirement • 50% don't last 5 years
• 80% of pastors believe that pastoral ministry hurt their family. • In fact many pastor’s children do not attend church because of how the churches treated their parents.
• 70% of pastors fight depression
• 70% have no one they can call a close friend

Well I know our pastor, Pastor Sabo, has escaped at least one of those statistics. He is actually retiring from the ministry. He and Kathy made it all the way! Congratulations! He could probably tell us about some Seminary buddies and others who have long since dropped out. We won't ask him if he has become a statistic in any of those other items. We hope not. In any case I’m sure that the difficulties of pastoral leadership have made their upcoming retirement all that much sweeter. Just two more days!!!

Wow! It makes some of us want to retire too! But let's be fair. The ministry has many positive sides too! Who's heart doesn't thrill when they think of the words of Jesus welcoming his tried saints with the words, “Well done, good and faithful servant; thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord.” (Matthew 25:23). And then there is the joy of meeting those who are there, at least in part, through your labors.

“Oh there'll be joy when the work is done
Joy when the reapers gather home,
Bringing the sheaves at set of sun
To the New Jerusalem.” p.430
It makes you want to sing.
Yes, it is really the eternal realities that keep any pastor going. The great love of God, the tireless example of His son Jesus and the sacrifices He made for us. The thought of living forever in heaven. The tender mercies of of all the inhabitants that will be there. Pastor, the mean spirited, the fault finders, the gossips and complainers will then be nowhere to be found. All will be love and perfect harmony. Now that is true retirement, when we all retire from this old sinful world to a better place.

But until then it is our wish that the two of you have a wonderful retirement. It is our prayer that the Lord keeps you healthy and helps you find enjoyable and useful ways to spend your days. We know your desire to be a blessing will continue and we pray that God helps you find interesting and pleasant ways to minister to others and spread the fragrance of God’s love wherever you go. God bless you both.

We can't fail to mention Kathy's service to the Lord here either. Kathy has been gifted with a beautiful voice and musical ability and has always been willing to share that with us. Whether it was a musical program you planned and conducted or a solo you performed we were blessed. It was so pleasant to hear her superb music on the piano, on the organ and from her well trained voice. In addition to sharing your musical talents you also often taught the Sanctuary Sabbath School class. You were always well prepared and did an excellent job. I thank you for helping with that responsibility.

So we thank you both for the years of service you have given to the Lord and to the Inverness church.
Dr. Lester Carrero
*by* Nathalie Vasiliiou

What is the underlying cause of many of today’s common diseases? Dr. Lester Carrero of Orange City, FL, addressed this critical question at the March 2016, Inverness Healthy Living Supper Club meeting. We were blessed with the 100+ guests from the community who came to hear his presentation, which featured interesting lifestyle tips and nutritional topics.

Of course, it’s best not to just see and hear, but to taste for oneself, the enjoyable possibilities of healthier living! And so one of our seasoned (with nutrients and love!) cooks, demonstrated a couple easy-to-prepare but delicious dishes, with samples for all to try. The finished goods? Savory garbanzos sautéed with onions and red peppers, and creamy "mac-n-cheese" without the cheese! Served with a fresh salad, the recipes provided a nicely balanced meal complete with excellent protein, healthy, delicious, and cholesterol-free fats, and carbohydrates. Dr. Carrero emphasized the problem of inflammation, and in his engaging presentation offered us food for thought on the benefits of a balanced, largely plant-based diet, methods of food preparation to improve tolerance and digestion of grains and beans, benefits of various herbs, and more. To close the evening, delicious freshly-home-baked wholegrain bread loaves were given to happy guests.

We hope you can join us for the Supper Club’s next meeting, Tuesday, April 12th at 6 pm, when guest speaker Dr. Abner Gabaldon will share how we can prevent and correct hypertension, diabetes, and other lifestyle diseases. We will demonstrate and sample tasty healthy recipes, and enjoy more home-baked bread!

Emanuel- God With Us!
Submitted by Ken Hodges

*Desire of Ages 19* – “His name shall be called Immanuel, ... God with us.” “The light of the knowledge of the glory of God” is seen “in the face of Jesus Christ.” From the days of eternity the Lord Jesus Christ was one with the Father; He was “the image of God,” the image of His greatness and majesty, “the outshining of His glory.” It was to manifest this glory that He came to our world. To this sin-darkened earth He came to reveal the light of God’s love,—to be “God with us.” Therefore it was prophesied of Him, “His name shall be called Immanuel.”

“By coming to dwell with us, Jesus was to reveal God both to men and to angels. He was the Word of God,—God’s thought made audible. In His prayer for His disciples He says, “I have declared unto them Thy name,”—“merciful and gracious, long-suffering, and abundant in goodness and truth,”—“that the love wherewith Thou hast loved Me may be in them, and I in them.” But not alone for His earthborn children was this revelation given. Our little world is the lesson book of the universe. God’s wonderful purpose of grace, the mystery of redeeming love, is the theme into which “angels desire to look,” and it will be their study throughout endless ages. Both the redeemed and the unfallen beings will find in the cross of Christ their science and their song. It will be seen that the glory shining in the face of Jesus is the glory of self-sacrificing love. In the light from Calvary it will be seen that the law of self-renouncing love is the law of life for earth and heaven; that the love which “seeketh not her own” has its source in the heart of God; and that in the meek and lowly One is manifested the character of Him who dwelleth in the light which no man can approach unto.”

Philippians 2:5-8

5 Let this mind be in you, which was also in Christ Jesus:
6 Who, being in the form of God, thought it not robbery to be equal with God:
7 But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men:
8 And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross.

Sabbath morning, April 9th, 2016 Inverness SDA Church will be hosting a Communion Service. Prepare your hearts now and plan to join us.

Inverness Healthy Living

**SUPPER CLUB**

Let’s continue to learn and experience personally our Loving Creator’s promise to give us life more abundantly and truly taste and see that the Lord is good!! *John 10:10; Psalm 34:8*
The Last Day of Prophecy Seminar
by Helen Crall

An American reporter wrote: In a rare departure from protocol, President Obama and Vice-president Biden and their families met the pope on his arrival to the United States in September 2015. The meeting underlined the huge expectations from a historic visit which included 18 speeches with addresses to the Congress, the United Nations, and to vast crowds in Washington DC, mass in Madison Gardens, New York, and Philadelphia. During his visit, a young girl was physically touched by the Pope and now says she believes she looked into the face of God and is being healed.

Who would have thought we would live to see the Pope welcomed by the United States leaders to address the Pope’s concerns for our nation and his mission to unite the world under him? The world has changed so much in such a short time. Prophecies we once thought would not be fulfilled in our lifetime now make headlines every day. Pastor Batchelor shared updated information on the beasts of Revelation while reminding us of the pillars of the Adventist Church and of our responsibility to the Lord and to our fellow man. It is urgent that we prepare our hearts and spread the 3rd Angels Message of Revelation to our loved ones and to those we come into contact with daily because the Lord will be here soon. Let us pray for one another.

The final, live episode of The Last Day of Prophecy produced by 3ABN showed this picture of the Inverness SDA Church. It was seen all over the world!

Rescue Dogs
by Sandra Caster

On Thursday, March 17th Brant from FOCCAS came and spoke to some of our church members about Friends of Citrus County Animal Society. He brought Shiloh and Beau with him to show the results of his love of dogs that need a home.

He also told us how to understand the behavior dogs have that is good and bad and how to modify it. One that was very interesting was for a dog that eats too fast you feed with a fork...they will slow eating as they do not like their teeth rubbing on the fork and then change back to a dish and they will continue to eat slowly...
We spent two hours of sharing, petting and learning......making us love dogs even more, is it possible that Norman and Crystal have been converted from cat people to dog people?????
Many Hands Make Light Work
by Bob Baker

It is indisputable that “many hands make light work”. One of the problems some of our pioneers suffered from was overwork. Some literally worked themselves to death. Ellen White wrote, “My husband died of overwork. Sometimes his fellow laborers appreciated him, and sometimes they were very dull and had no sense of his self-sacrificing life.” [Lt71a-1894 (September 30, 1894) par. 10]

She also wrote, “Do not lift the burdens they should bear. Overwork is hurtful, but indolence is much more to be dreaded.” [CTBH 133.1]

Overwork and indolence are very often closely related when it comes to doing the Lord’s work. Most churches have a class of people who excuse themselves from taking any responsibilities whatsoever and another class who feel a personal responsibility that the Lord’s work not be neglected. These agree to take on much more than they can do well. We have the following counsel from the Lord... "We are to bear only the responsibilities that the Lord gives us, trusting in Him, and thus keeping our hearts pure and sweet and sympathetic. [MYP 135.2] Now, Brother Haskell, I suppose that you are in California and that you will find much work to do. I hope that health will be granted to you, but be careful not to overwork. You know that your head will not bear much perplexity, therefore shun this, and do not load down with responsibilities that others should carry”. [RY 72.2]

Well, it is nominating time again. Sometimes people wonder why the same few people are always asked to do the same jobs each year and suggest perhaps it is time for a change. I agree! It is time for all hands on deck. We each need to step outside of our comfort zone and do what we can to help the living machinery of the church run smoothly. We need to resist the temptation to leave the burdens for others to bear.

Even if we are not asked to hold office, we can still volunteer our services to those who are. There is much work to be done.

Now, if you are one of those people that find it hard to say “no”, consider the above counsel. Evaluate your strengths and weaknesses. Ask yourself what type of work you can do best and avoid taking too much. Pray about it. Then take that which you can do without so overburdening yourself that it weakens your sweetness of disposition and Christian experience. As quoted above from the book, The Retirement Years, “do not load down with responsibilities that others should carry”. Then pray that others will accept the burdens they are called by God to bear.

What if your life outside of church is so filled with worldly interests and cares that you just can't bear the thought of taking on any church responsibilities? Some may need to cut away non-essential worldly interests if they would be servants of God. Ellen White speaks of those who... “...come short of perfecting Christian character, and do not meet the measurement of God. They make their temporal, worldly interests first, and rob God of the time which they should devote to His service. Such persons God marks, and they will receive a curse, rather than a blessing.” [2T 654] We are Christ's witnesses, and we are not to allow worldly interests and plans to absorb our time and attention.” [9T 53, 54]

If we all did our part, and only our part, nobody would be unduly burdened and we would have a much smoother functioning church. Many hands make light work for everyone.

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WEEKDAYS

Morning Prayer
Every morning Sunday through Friday at 6:45 AM in Sanctuary.

Thrift Store
Wednesdays from 9:00 AM until Noon.

Food Store
Wednesdays from 9:00 AM until Noon and after Prayer Meeting and after Vespers.

Outdoor Recreation
(winter hours) Wednesdays at 3:00 PM, weather permitting.

Soup Kitchen
Wednesdays from 5:00 PM until 5:45 PM in Mitchell Hall. Come and share a warm, homemade supper hosted by the Meal Ministry, with friends and loved ones, members and visitors! Donations are greatly appreciated.

Prayer Meeting
Wednesdays from 6:00 PM until 7:00PM.

Dorcas Circle
Thursdays at 6:00 PM in Mitchell Hall when other events are not scheduled there. Women can bring sewing, knitting, crocheting, etc. Projects they are working on for various outreach ministries and spend an hour of girl time together working on them.

Sing-a-long
Fridays at 6:00 PM.

Vespers
Saturdays starting 45 minutes before the sunset.

Have a nice Week!

Would you like to be part of our team? Contribute with a news story or photography? The News and Views of Eden Gardens welcomes you! Please, submit your newsletter articles to newsandviews@sdainverness.com by the 21st of each month. Please, limit your articles to 350 words or less.
**ANNOUNCEMENTS**

**April Birthdays**
1. Fred Heiney
2. Kya-Lynn Bricker
3. Kristi Sumner
4. Gordon Zacek
5. Michael Mazucci-Mambala
6. Pat Porter
7. Kurt Lovino

**April Anniversaries**
1. Fred & Shirlie Heiney
2. John & Lynda Otis '00
3. J. R. & Shirley Shaffer
4. Al & Lollie Signor '51

**We want to hear from you!**
Really, we do! Which stories do you most look forward to seeing in The News and Views? What photos or features made you want to sit down and enjoy a few more minutes with us? Do you have any story ideas, photos, announcements or just want to share your thoughts about something we published? Send a letter to the editor! You can email them to: newsandviews@sdainverness.com. Letters may be edited for space, but we really do appreciate hearing from you! Thanks!

**We’ll Miss You**
We extend our deepest sympathy to the family of Norma Baker, who died on Thursday, March 17th, 2016.

**Happy 50th Anniversary!**
by Sandra Caster

On Sabbath evening, March 26, Don and Christine Mayer thought they were going over too Mitchell Hall to have snacks and play games with their friends...HAHAHA...they were wrong! As they entered their three sons, Don, Todd and Darrell along with Pam and Elizabeth their two daughter-in-laws and Erica and Trevor their grandchildren and numerous friends shouted HAPPY 50TH ANNIVERSARY!!!

 Needless to say they were very surprised. Their was pizza and veggies and fruit drink and cake.

Don read a history of their wedding and life and Darrell and Elizabeth did a beautiful, romantic poem and then they were presented their gift of a 45 day 18 stop AM Track train ride that they have dreamed of for 5 years....... We were all so happy for them and wish them another 50 years. Also can hardly wait until they return next fall and share their train ride adventure.

**Bible Study and Discussion**
Every day except Saturday at 5:00 PM at 10338 E. Victory Ln. Inverness, FL 34450
All are welcome!

**April Vespers**
**Featured Speakers**
(one hour before the sunset)

**Life Testimony**
April 2, 2016 - Ken Hodges
April 9, 2016 - Ken Bowers
Please pray sincerely for the deliverance of the people of Northern Iraq from the terrible advancement of ISIS and its extreme Islamic goals for mass conversion or death for Christians across this region.

Do you have a burden on your heart? Do you have a pressing need? It would be our privilege to pray for your needs. Please let us know how we may seek the Lord on your behalf. Send prayer request for the Morning Prayer Group to morningprayer@sdainverness.com

“Bags of Love”

Wish List

Prayer
Monetary Donations
Soap & Body Wash
Deodorant, Diapers
Shampoo & Conditioner
Hair Brush / Combo
Socks & Slippers
Toothbrushes & Tooth Paste
Baby Toys & Baby Bottles
Baby Wipes & Beads
Baby Towels & Wash Cloths
Journals & Pens
Coloring Books & Crayons
New Toys & New Dolls
Craft Kits & Activity Kits
Toy Trucks & Cars
$5 phone card (teens)
Ponytail holders
Disposable camera (teens)
Small Flashlights
Devotional Books

If you would like to participate in this project, please contact Children's Ministries Director, Crystal Day (352)-726-2686 or email her at crystal.day@sdainverness.com with "Bags of Love" in the subject line.