



JANUARY 2018

New Beginnings

BY EDDIE SOMERS

Eight years ago a small group came together with an idea to form the Foxboro Church Newsletter. The monthly publication featured member-written articles, scripture analysis, testimonies, uplifting and motivating passages, and church news.

The idea came out of a perceived need for church nurturing. The newsletter was able to do so by provoking thought on current issues, promoting an inward look on the spiritual life of the reader, and encouraging each one of us to become active in serving our Lord.

Recently, this same need was sensed. After nearly five years of dormancy, a group has come together once again to bring a new beginning to the Foxboro Newsletter. The goal is much the same as originally, but with a renewed sense of ability to make an impact on our local church as well as the world around us.

The Foxboro Newsletter was well received and with much anticipation

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**Something
for your
new beginning**
Try Prayer Meeting
Wednesdays at 7pm.



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FOCUS ON NEW BEGINNINGS

The Word

If any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

2 Cor. 5:17

Inspiration

A genuine conversion changes hereditary and cultivated tendencies to wrong. The religion of God is a firm fabric, composed of innumerable threads, and woven together with tact and skill. Only the wisdom which comes from God can make this fabric complete. There are a great many kinds of cloth which at first have a fine appearance, but they cannot endure the test. They wash out. The colors are not fast. Under the heat of summer they fade away and are lost. The cloth cannot endure rough handling.

Christ's plan is the only safe one. He declares, "Behold, I make all things new." "If any man be in Christ, he is a new creature." . . . The patchwork religion is not of the least value with God. He requires the whole heart. behold, all things are become new. Jesus gave His life . . . for us, and shall we not give Him our best affections, our holiest aspirations, our fullest service?

EGW, Maranatha, p. 238

DEAR READER

Every year around this time people from all over do a funny thing. They make a New Years' resolution. Why? Something about the start of a new year seems to trigger a sense of reflection on self and areas of needed change. What's funny about it is that we are not limited to recognizing and making changes this time of year only.

Nevertheless, many people do take this "opportunity" to make a needed change, start fresh, start a new beginning. So why not take advantage of this time of heightened motivation to promote recommitting ourselves to Christ. And not just in a generic sense, but in the full sense—doing everything to the glory of God. Walking and talking with Him daily. Depending on Him for all things. Trusting. Obeying.

The Newsletter staff is happy to bring you the first edition of the revived Newsletter. It's been nearly six years since our last printing. In the Spirit of new beginnings, here is ours. We pray you will be thoroughly blessed, inspired, and empowered to walk closely with God.



Unconditional Love

BY VANUSA SOBRINO

It was a beautiful, warm summer morning. My sister and her baby son were coming from Brazil to be with me and I couldn't be happier! After countless FaceTime sessions, I was finally meeting my baby nephew. As I drove through the MassPike to the airport, I had a permanent smile on my face. If other drivers looked at me as I drove by, they probably thought I was a little weird. Feeling the warm breeze on my face, I kept talking to my son, still in my belly, that he could come out now if he wanted to. Mommy was ready or, at least, as ready as I was going to get, being pregnant for the first time and not knowing what really to expect.

We went to the beach, to the zoo and had a lot of fun together during that first week, but the weekend brought many Braxton-Hicks and, by Sunday afternoon, I suspected that they weren't really training contractions. Yet, I went to work that evening thinking it couldn't possibly be the real thing; after all, I hadn't even completed 39 weeks! Needless to say, I had to leave work early and Colin Maxwell was born the next day, as tiny and handsome as he could be, his eyes open wide and his head full of jet-black hair.

Those first days were a mix of bliss and exhaustion: Colin crying—as his father said—all the time, continuous feeds, uncountable diaper changes

and sleepless nights for me. During the first weeks, my sister helped a lot; otherwise I wouldn't have had a bite to eat that whole first month! I soon learned how to appreciate a cold meal that had once been warm; showers became a treasured moment and three full hours of sleep, a luxury. Things have since calmed down a bit. Soon my son decided he wanted to sleep through the night with absolutely no objections from me, I've learned his preferences and, overall, our new life is considerably normal. Ultimately, having a baby has taught me a few things about unconditional love.

Those first days were a mix of bliss and exhaustion.

Reflecting about my journey of becoming a mother, I feel really blessed for having a peaceful, healthy pregnancy and delivery. God had provided for me every step of the way with supportive friends and church family; great hospital staff and delivery nurse (to whom I will always be grateful); and making sure I had my sister and my husband to support me.

I can imagine the joy of women such as Sarah, Rachel and Hannah and many others of our time when





Proud new parents Andre and Vanusa with little baby Colin.

they found out they were pregnant, and especially when they finally held their son in their arms for the first time. Even today, almost six months later, I still feel overwhelmed with emotion just looking at my son's precious, smiley face. Watching him grow and develop has been a blessing and a joy beyond comparison. I've

“Can a mother forget her nursing child...”

learned that a mother's body tells her when it is time to nurse her child, even if they are apart from each other. This knowledge has allowed me to understand God's words in Isaiah 49:15 in a new, deeper level: "Can a mother forget her nursing child, can she feel no love for the child she has borne? But even if that were possible, I would not forget you!" (NLT) God will never forsake us. As His children, we can always trust and know that His love for us is indeed unconditional and eternal.





HEALTH beat

Tips to Improve Your Health and Your Weight

BY JOEY GIAMPA, BSN, RN

Losing weight can be difficult but there is hope with some slight eating modifications to improve your health without crazy diets or extreme exercise routines. Follow these simple tips.

1. Most people confuse hunger and thirst. Just check your urine! If it's light yellow or clear, you are hydrated. A good rule of thumb is to drink half your weight in ounces of water. For example, if you weigh 100 lbs. you would drink 50 oz. of water. This helps give you more energy throughout the day and prevent intake of unneeded calories destined to become that unwanted body fat.

2. One of the latest diet fads is eating 6-8 small meals per day. Though it sounds good, it is impractical and most of us don't have the ability to graze as

often as our cattle counterparts do. Instead, consuming three *balanced* meals nourishes while giving your digestive system a much needed rest in between. Be kind to your digestive system by giving it easily digestible, minimally-processed foods and not overworking it by snacking in between meals.

3. If you find you are having difficulty changing *what* you eat, it may be easier to change the *way* you eat instead. Follow this principle: Have breakfast like a king, lunch like a prince, and dinner like a peasant. This starts your metabolism first thing in the morning and by dinner your body has less work to do digesting a small amount of food, which helps prevent fat storage. Your last meal should be three hours before bedtime. This will give your body a break and further help prevent fat storage.

Potato Leek Soup

THE DISH ON POTLUCK

Ingredients:

- 3 leeks, chopped
- 3 potatoes, diced
- Vegetable broth
-
-
-

Directions:

In a large pot sauté the leeks until limp. Add potatoes and about 4 cups of vegetable broth. Add more water if needed to cover. Cook until potatoes are done. In small amounts, puree in a blender until creamy.

This delicious dish was shared at Potluck by Paula Vogler on 12/15/17.



Letting God Write My Next Chapter

BY KERRI VOGLER

When I left for Union college in Nebraska, I promised myself I would move back after I graduated. However, plans changed and even though my heart longed to move back to the east coast, I stayed.

I had a few different jobs after college, none of which I loved. In November 2016, I was very unhappy with my job and I decided I would only stay until the summer and then I'd move. That was until another job opportunity arose. In December, I applied for a position that I knew I would love. Everything lined up perfectly. The hiring committee sought me out and told me I was a great fit for the position, all I had to do was go through the formal interviewing process. I prayed about it and something in my mind kept saying "what about your plan to move east?". Stressed, I prayed and made a deal, "Lord, if you want me to move back to Massachusetts, let this job fall through, otherwise I will stay in Nebraska." A few days later I got the news they hired someone else. New England, here I come.

The next 6 months flew by. May rolled around and I started having second thoughts. I was scared of the big change even though I was moving somewhere familiar. I was scared to leave my friends and everything I'd known the last 6 years and I was dreading telling my employer I was quitting. Another thought crept in my mind, "I know I don't like my job, but I get to bring my dog with me to work,



Kerri Vogler and Meeko pack up and head home to MA from Nebraska.

would it really be that awful to stay here?" I argued with myself. I wished I would just get laid off so I wouldn't have to quit and would know for sure this move was what God wanted. One week later, there were layoffs at the company and several people were let go- including me.

Wow. Speechless. How could I not move after BOTH those prayers were answered? On July 1st my car was packed and with 3 of my friends I caravanned to Massachusetts. Not only did God bring me back to where my heart desired, He lined everything up. From letting me not get the job I thought I wanted, to laying me off and giving me an extra month free to spend with my friends, to leading me to a great job opportunity in Massachusetts. Pray and the Lord will answer.



NEW BEGINNINGS

Continued from cover.

each month. How could we have ever let it come to an end? Members would frequently approach me asking when the next issue would be released. One member would mail each newsletter issue to her brother in prison, which lead to Bible studies with Adventist Prison Chaplain Johnny Johnston. Others would pass the newsletter on to friends and neighbors once they were finished reading. What an exciting way to share God it was, and what great potential it still has with its new beginning.

The same can be said of the Christian believer, who may have once been super excited to live and share Jesus and flowing with ideas on how to do it, but perhaps, for some reason or another, has found him or herself in a state of dormancy. God still sees potential in you! God can give you a new beginning!

The same is also true of the church that may have once been on fire but perhaps now finds itself to be in a lull. I am reminded of the vibrant praise team of the Foxboro Church back in the mid 2000s, and one song in particular. The words—“breathe on me, breath of God, fan the flame within me.” God can and wants to breathe into His church a new beginning.

It’s easy to get in a rut, and even easier to stay in it. Worn down and burnt out we wonder “what’s the use?” Or perhaps the enemy is hard at work, repeating his lie that you are just too far from God to

**“THE ENEMY IS HARD
AT WORK, REPEATING
HIS LIE THAT YOU ARE
JUST TOO FAR FROM
GOD TO MAKE A
COMEBACK.”**

make a comeback. “You’ve done too much,” or “done too little.” Perhaps you’ve struggled with a sin that seems too powerful to overcome. The devil has a never-

ending rolodex of discouragements to whisper, bitterness to instill, and complacency to massage in.

Get thee behind me, Satan.

This newsletter renaissance has found me flipping through old pages of our treasured publication, and what do you know, our September 2010 edition was titled





“New Beginnings.” The cover story highlighted 1 Corinthians 5:17, which says, “If anyone is in Christ, he is a new creation; old things have passed away, all things have become new.” Why would God’s Word include this if there were no hope?

As I see such potential with our reborn newsletter, I see also potential in our church members, and our church as a body—to make a comeback. It is my prayer that 2018 brings about a revival as has never been seen, personal and corporate. I pray that 2018 sees overcomers of sin through victory in Christ, and a Foxboro Seventh-day Adventist Church coming together to continue and finish the work that was begun; committed to nurturing a world that desperately needs nurturing; provoked by an inward look at self to change our attitudes and actions; equipped to reach and touch the hearts of a cynical world by showing the unselfish love of Christ in us; and activated for service.

In closing, I leave us with the final words from the article by dear friend Paula Daniel in her 2010 “New Beginnings” article. They are as important today as they were eight years ago. “Each and every

day we are blessed, and with a new beginning. Each time we sin and ask forgiveness, and repent, God blesses us with a new beginning. ‘Who has despised the day of small beginnings?’ (Zechariah 4:10) A small blessing from God is greater than anything we can imagine. Thank the God of our creation for new beginnings! Amen.”

**“GOD STILL SEES
POTENTIAL IN YOU!
GOD CAN GIVE YOU
A NEW BEGINNING!”**

**“BEHOLD, I WILL DO
A NEW THING,
NOW IT SHALL SPRING
FORTH;
SHALL YOU NOT
KNOW IT?
I WILL EVEN MAKE
A ROAD IN THE
WILDERNESS
AND RIVERS
IN THE DESERT.”
-Isaiah 43:19**

More on **new beginnings**, see p. 4, 7.





Foundations of Faith

We believe in... The Holy Scriptures

The Holy Scriptures, Old and New Testaments, are the written Word of God, given by divine inspiration. The inspired authors spoke and wrote as they were moved by the Holy Spirit. In this Word, God has committed to humanity the knowledge necessary for salvation. The Holy Scriptures are the supreme, authoritative, and the infallible revelation of His will. They are the standard of character, the test of experience, the definitive revealer of doctrines, and the trustworthy record of God's acts in history.

Taken from the 28 Fundamental Beliefs of the Seventh-day Adventist Church.

Psalm 118:105

Your word is a lamp to my feet and a light to my path.

John 17:17

Sanctify them by Your truth. Your word is truth.

Hebrews 4:12

For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

Proverbs 30:5, 6

Every word of God is pure; He is a shield to those who put their trust in Him. Do not add to His words, Lest He rebuke you, and you be found a liar.

Isaiah 8:20

To the law and to the testimony! If they do not speak according to this word, it is because there is no light in them.

2 Timothy 3:16

All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.

1 Thessalonians 2:13

For this reason we also thank God without ceasing, because when you received the word of God which you heard from us, you welcomed it not as the word of men, but as it is in truth, the word of God, which also effectively works in you who believe.

2 Peter 1:20-21

Knowing this first, that no prophecy of Scripture is of any private interpretation, for prophecy never came by the will of man, but holy men of God spoke as they were moved by the Holy Spirit.

All scripture taken from NKJV.

Watch a video on this topic:

<https://www.youtube.com/watch?v=0capYfoNnII>



PASTOR'S MESSAGE

BY PASTOR ROBERT ZEGARRA



Tired

As a youth I was taught a song titled, "They that Wait Upon the Lord". This song is based on Isaiah 40:31. For many Christians, the sought after experience illustrated by the eagle in verse 31 is the desired experience. However, the preceding verses, Isaiah 40:27-28 are universal to us all, "... My way is hidden from the LORD, and my just claim is passed over by my God?"

Verse 27 states the question in two forms to emphasize the believer's perspective of God not answering prayers or needs, or not addressing current circumstances in life.

If we take a moment to reflect on all of scripture, nowhere is there any caveat or loophole in God's promises or defect in His character. The pressure of the culture may indeed conspire to convince believers that truth is relative and determined by the individual or that God's lack of action on our part opens the doors to doubt.

All things in life, whether fact, feelings or truths, must be tested by the Word of God (Isaiah 8:20). Even more so, God promised the presence

of the Holy Spirit in John 14, 15, and 16 to continue the instruction of truth, which couples well with the gift of the Holy Spirit as discernment (Heb 5:14; 1 Cor 12:10).

Believers may lose faith or act outside of God's will when God does not appear to be "working" in their circumstances. During the time of Isaiah, the people of God had allowed their circumstances to outweigh their faith in God.

So verse 27 is a rhetorical question that verse 28 is posed to answer, "The Creator of the ends of the earth neither faints nor is weary. His understanding is unsearchable." The believer, in the absence of the revelation of God through His Word and the Holy Spirit, must wait for God to work out the details.

We can choose to trust God with the details of our life or be burdened with our present circumstances and the unknown. And that is why Isaiah 40:31 is the sought after experience for the believer, to reach that moment of trust in God rather than living life in our own strength.



Get To Know... The Pierre Louis Family



BY PAULA VOGLER

Yvon and Nadine have known each other since childhood, growing up just three blocks apart from each other in a small town called Carrefour in Port au Prince Haiti.

In 2006, seven years after they had gotten married Yvon and Nadine moved to Florida in search of a better place to raise their children. At the time they had just two daughters and Nadine was pregnant with their third child.

"We decided to start looking for a state with a solid and renowned educational system," Yvon said.

After much advice and a number of recommendations the family relocated to Brockton, Massachusetts six months after moving to Florida.

"We had to start anew in a new land and a new language with less resources than needs," Yvon said. "We (can) testify of God's goodness toward us in many ways throughout that time of transition."

There were challenges as the little family saw the arrival of a third

daughter in this new land but Yvon said their favorite Biblical promise from God they held on to is "I will never leave you nor forsake you."

With their daughters now older, Normande, 17, Yvenarly, 12, and Nora, 10, the couple are working on degrees in education and health care management.

Nadine currently works in childhood education while Yvon is in customer service. Together they also run a micro art business with some partners.

On Sabbath the family enjoys eating together after services and sharing Biblical views among family and other relatives.

"We love spending quality time with family and friends as we have many common and long-time friends," Yvon said.

They said they love the book of Psalms profoundly particularly Psalms 127, 91, 29, 27, and 3.

The children have favorite Bible passages as well, centering more on stories. Normande's favorite is the story of Joseph, while Yvenarly likes Esther and King Egglon. Nora loves all the creation stories.

For the Pierre Louis family, God is at the center of their worship together.

"We believe in family worship as a way of expressing gratitude to God as we are committed to be together in heaven," Yvon said.



inREVIEW with Eddie C.

Book in Review: **TRUE REVIVAL** BY ELLEN WHITE

BY EDDIE CARRERAS

As we start the New Year, we are eager for new beginnings. Sometimes our spiritual life can get a little stale or mundane. How do we renew our spiritual energy? The book *True Revival* is a compilation by Ellen White's estate that deals with the question of revival and renewal.

There is a longing in the church for a real manifestation of the Spirit. Ellen White argues that for a genuine revival one must look in one's heart and seek God above all else. The book is very similar to *Steps to Christ* in that one can find the same themes throughout both books like the need for repentance, obedience to God's perfect Law, how to stay connected to Christ and avoid the snares of the Devil.

The book is fairly short, and would serve as an excellent little devotional book to start off the New Year with a renewed sense of spirituality. It's only 95 pages and can be read in a Sabbath afternoon. The book really shines in showing us that revival can only happen through the Spirit of God and our giving

up our self.

White says "Daily we need the fresh revealing of His presence. We need to follow

more closely His example of self-renunciation and self-sacrifice." It's a reminder that renewal and revival is a work that we should strive for every day and not just pray for it to happen without our effort. God is willing to bestow his Spirit should we ask for it.

It is important to remember that this is a compilation and if you would like to read Ellen White's thoughts on revival and spiritual renewal, *Steps to Christ* is a great companion book that should be read along with this one. I hope this book gives you the renewal and revival you are seeking in this New Year.



This book is available FREE online at:
m.egwwritings.org



CHURCH NEWS



Church members, friends, and community volunteers form an assembly line to package 18,000 meals.

18,000 meals packaged for hungry people

BY PAULA VOGLER

With the help of friends and neighbors from surrounding towns and communities, members of the Foxboro Seventh-day Adventist Church were able to make an impact on hunger around the world.

The church donated \$2,500 to the Outreach Program, an organization that supplies all the materials for packaging the dry meals and during six hours on Nov. 19 people came from all over to lend a hand.

Nine thousand meals were sent to Puerto Rico and 2,500 meals will go to St. Thomas, both islands where people are still in dire straits months after they was decimated by two hurricanes.

Another 3,500 meals were delivered to the New England Home

and Center for Veterans (NEHCV) in Boston and 3,000 meals headed to the United Way of Greater New Bedford.

Ray Guillette of NEHCV said the meals were greatly anticipated by both staff and the veterans living at the Center.

He said many of the veterans are on food stamps or food programs and having the pasta

meals when they need them means the veterans can use their money from those programs on other food.

After taking supplies to the island once before SNEC volunteer Frankie Vasquez said the east side of the island will be without power for months to come unless people are lucky enough to get a generator.

"These meals will make a big difference," Vasquez said. "You just add water. Providing this type of meal to families makes a difference because they don't need a refrigerator."

Hunger statistics in Massachusetts are shocking with over 700,000 people hungry, 25,000 of which are children according to Outreach Program coordinator Matthew Martin.

"When you live outwardly your life is better," Martin said. "It makes our lives more fulfilling."

Want to get involved?

Got an idea or a way to make an impact? Talk to Paula Vogler, Outreach Coordinator.

Bethlehem program shares the true meaning of Christmas

BY PAULA VOGLER

Centurions, shopkeepers, a story teller by the fire and more greeted visitors to the church's annual Walk Through Bethlehem program on Dec. 1-3.

Popular shops from each year include the sweet shop to learn about and sample Bible time sweets like dates, raisins, nuts, and pomegranates and the honey shop where visitors could taste a variety of different honeys.

Herbal tea served at the inn and stories by the fire kept visitors warm and all were encouraged by a disciple at the cross telling the rest of the story of Jesus, from His birth until He returns, to take a Signs of the Times magazine or book as they left.

Nearly 200 people from different towns and faiths came through the village this year and were invited inside the church at the end for snacks and hot drinks.

Some families said they had been coming to the program since it started as a way to kick off the Christmas season in a non-commercialized way.

The program was started in 1997 after a small group of church members had a vision to recreate what they read about in the Adventist Review regarding a similar program held at the General Conference.

Approximately 50 church members and friends have bundled up every year since, with the exception of a few years, and enjoyed presenting history, facts and information about Jesus' birth and the times He lived in.



Shepherds Al, Glio, Denzel, and Nate keep watch over flocks by night.



Nancy makes room for visitors at the inn.



By the fire town storyteller Mike recounts the stories of Jonah or David and Goliath.



FROM THE
PEN OF

Inspiration



Some Thoughts for the New Year

BY ELLEN WHITE

The old year, with its burden of record, is fast passing away. The new year, with all its possibilities, will soon be ushered in. What advancement have we made in the knowledge of Christ during the past year? Are we prepared to show, more decidedly than ever before, that we are on the Lord's side? At this time, when the nations of the world are wavering between infidelity and idolatry, are we prepared to stand as faithful ambassadors for Christ? Shall we not, at the beginning of this new year, give ourselves and all we have to God? Shall we not listen to His voice, which calls us to a renewed contest, to a more thorough consecration of ourselves and our intrusted capabilities to His service?

Through all the ages God has manifested for the human race a love that is without a parallel. He so loved man that He bestowed on him a gift that defies computation. That the abundance of His grace might be revealed, He sent His only-begotten Son to our world, to live a man among men, to spend His life in the service of humanity. In our behalf the Son of the Infinite God was numbered with the transgressors. Christ was the channel through which the Father poured into the world the rich stream of His grace. God could not give less than the fulness, nor was it possible for Him to give more. "Herein is love, not that we loved God, but that He loved us, and sent His Son to be the propitiation for our sins."

When we have given ourselves to God, we shall be willing to give Him what He

has given us. All we have and are is to be laid at Christ's feet. We have been bought with a price which can not be estimated, and we should count it a privilege to cooperate with God by denying self, by giving of our earthly possessions to make it possible for those in the darkness of error to hear the truth. Each soul saved is worth more than a world; for he is saved unto eternal life. Those who invest their means in this work double their talents.

"Are we prepared to show, more decidedly than ever before, that we are on the Lord's side?"

Whether or not we give mind, soul, and strength to God, it all belongs to Him. God speaks to each human being, saying: "I have a claim on you. Give me your zeal, your capabilities, your energy, your means." He has a right to ask this; for we are His, redeemed by His boundless love and by the agony of the cross of Calvary from the service of sin. On no account are we to devote our powers to self-serving. Day by day we are to return to the Lord that which He has intrusted to us. And we are to ask Him, not only for temporal blessings, but for spiritual gifts. He who asks in faith, believing that God will fulfil His word, and who acts in accordance with His prayer, doing God's will in all things, will receive rich blessings from on high. And as he receives, he is to impart to those who need help.

Excerpts taken from *Signs of the Times*, Jan 2, 1901.