



MARCH 2018

My Boring Reborn Story

BY EDDIE SOMERS

What's the most inspiring story you've ever heard? Christians love a good total transformation story; you know, the one about the drug dealer, the Satan worshiper, or the atheist who finds Jesus and now their whole life looks totally different. I had an amazing transformation, but, no, it wasn't the stuff movies are made of. Most would not be intrigued by my story. But please continue reading for what many would consider the most boring transformation story ever told.

I grew up a Christian, went to church every Sabbath, and was baptized at the ripe age of 12 like all my friends at my Christian school. I was a good kid. Never got in trouble. In fact, I once had a teacher who tried to persuade me to get in trouble just once to get my classmates off my back about being a "goody goody."

When I got a little older I attended public school. I was still the "good kid," though now they were calling me "straight edge." I said no to drugs. When my friends started going to parties and getting drunk, I was the one that tried talking them out of it. I still went to church every Sabbath up to my senior year of high school. That's when the lines began to blur.

Maybe you're thinking, "okay, this is where the story takes a crazy turn."

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**Help support our
Mission Trip to Haiti**

Please prayerfully consider how you can support our group of 7 heading to Haiti Apr. 12-23. You can put an offering in your envelope at church marked "Haiti Mission Trip" or donate online at:

<https://adventistgiving.org/#/org/AN4MEB/envelope/start>
Under Local Church, choose Foxboro Mission trip.

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Managing Editors Design/Layout
Eddie Somers Eddie Somers
Paula Vogler
Photography
Copyeditor Kerri Vogler
Paula Vogler



FOCUS ON REVIVAL & RENEWAL

The Word

Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God.

John 3:3

Inspiration

It is not theoretical knowledge you need so much as spiritual regeneration. You need not to have your curiosity satisfied, but to have a new heart. You must receive a new life from above before you can appreciate heavenly things.

The change of heart represented by the new birth can be brought about only by the effectual working of the Holy Spirit. . . . Pride and self-love resist the Spirit of God; every natural inclination of the soul opposes the change from self-importance and pride to the meekness and lowliness of Christ. But if we would travel in the pathway to eternal life, we must not listen to the whispering of self. In humility and contrition we must beseech our heavenly Father, "Create in me a clean heart, O God; and renew a right spirit within me." Ps. 51:10. As we receive divine light, and cooperate with the heavenly intelligences, we are "born again," freed from the defilement of sin by the power of Christ.

The mighty power of the Holy Spirit works an entire transformation in the character of the human agent, making him a new creature in Christ Jesus. . . .

Is not this, the renewal of man, the greatest miracle that can be performed? What cannot the human agent do who by faith takes hold of the divine power?

EGW, *Our Father Cares*, p. 73, 74

DEAR READER

March not only brings us the third edition of our revived newsletter, it also brings us closer to the time of rebirth and renewal that Spring offers.

With that in mind, the Newsletter Staff presents you with uplifting pieces on the topic of revival and renewal. It is our hope you will be touched by the stories and testimonies from your fellow church members, encouraging each of us to seek renewal in Christ.

It's easy to be discouraged by all that is going on in this world around us. We may even be tempted to doubt the character of God. After all, the age-old question still exists, "If God is all-loving, all-powerful, why does He allow all that is wrong in this world to happen?"

It is often the unrenewed heart that allows turmoil, sin, unrest, and life's frustrations to give rise to doubt and skepticism.

Spring offers the opportunity to see how good can root up and flourish amidst a world that is seemingly cold and dead all around us. May Christ take root in each of us, and spring up new life today and ever day.

-Newsletter Staff



Drawing In New Church Members

When you consider what brought you into the church you currently attend, what comes to mind? Were you drawn in by the pastor’s meaningful sermons? Perhaps it was the familial atmosphere in the church community? Was it an active children’s ministry? For each of us, there is likely something very specific that first drew us to the church we attend.

In 2013, the General Conference Office of Archives, Statistics, and Research supervised a survey of church members around the world. The study was designed to assess church members’ experiences and attitudes regarding different aspects of their spiritual lives and their participation in the Seventh-day Adventist Church. Survey respondents were also asked to share what factors initially drew them into their current congregations.

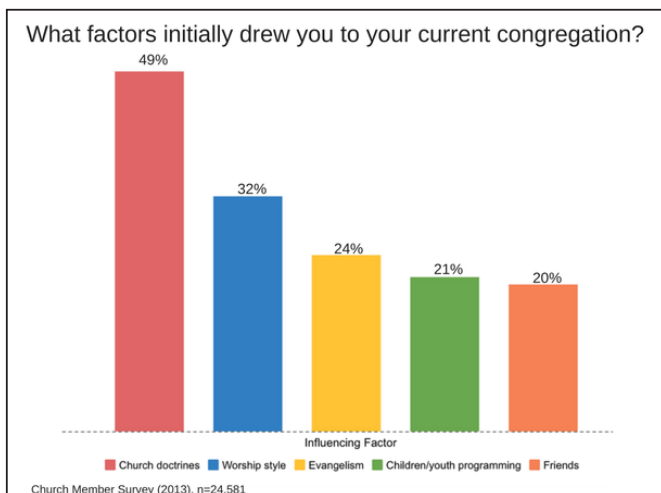
Globally, church members reported strong church doctrine as the biggest factor (49%) that drew them into their current congregation; in this case, the phrase “strong church doctrine” refers to incorporating the fundamental Adventist beliefs not only into sermons and Sabbath school lessons, but teaching congregates to apply these beliefs to their personal relationship with Jesus, as well as their lifestyle. When pastors and church members emphasize and practice ideals that the Church—as a whole—values, new church attendees take notice. Thus, church

doctrines are instrumental to bringing new faces into the local churches.

Church members around the world also ranked worship style (32%) and evangelism (24%), as well as children’s and youth programs (21%) and friends (20%) as factors that strongly influenced their decision to begin attending their current church.

In regards to how different divisions responded when asked what originally attracted them to their current congregation:

- One in five (20%) members in the South Pacific Division and nearly half (48%) of members in the Trans-European Division indicated that proximity to the church was a big pull.
- A strong music program ranked highly in several divisions, including East-Central Africa Division (28%), Southern Africa-Indian Division (28%), and South American Division (26%).
- Nearly one in four (24%) of respondents in the North American



What keeps YOU coming to church?

Joey G: "What keeps me coming is the desire to learn, to strengthen my faith, to fellowship with like believers and to try to strengthen the church we have here."

Cindy D: "To reconnect with my family and God. It's different. When we're together praise seems bigger, the way we love the Lord seems bigger because it's my whole church family."

Meg Q: "The community brings me, having the community to help refocus and reroute into my faith."

Daniel M: "It feels like home. I miss my church whenever I'm away, my friends, the atmosphere, the message. It's really positive. Even though I'm not a kid I really enjoy Cindy's children's stories."

Clayton B: "The fellowship. I feel at home here. There are a lot of people I feel very close to."

Frank P: "The reason we come to church is to worship the Lord with His people. It's amazing. Pastor preached on the book of Jonah and I read it five times. It's amazing that in that little book what I thought I knew and didn't know."

Jean Francois M: "I started by coming with Mariluz (his wife). I knew nothing about Seventh-day Adventists. I like the message, I like the people and I like what I'm learning. I had no clue what the Bible was about."

Vanusa S: "The fellowship. You can be a Christian by yourself but other people can strengthen your faith. Your burden sometimes feels easier because you can share. It's a spiritual family giving you support."

Division indicated that the minister was an important factor in bringing them to their current church.

- In the West-Central Africa Division, one in five (20%) of survey respondents shared that the church's reputation initially brought them in.

As you can see, it is the practices that makes our congregations distinctly "Adventist" that attract new people into our church. Biblical teachings, worship style, evangelism, friendship, and tending to the next generation are things that the Adventist church truly values at a leadership level, but as you can see, on a personal level, as well. Data suggest that congregations that focus on these aspects will win new people.

In Romans 12:1-2, Paul writes, "Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" [emphasis added]. If we want to distinguish our church clearly, we must continue to invest in Biblical preaching and in the practices that make us stand out and draw new people into our churches. And we must not forget the vital roles that church worship, children and youth programs, and friends play for newcomers when they choose a church.

Taken from the Seventh-day Adventist Office of Archives, Statistics, and Research, <http://www.adventistresearch.org/blog/2018/01/drawing-new-church-members>





FAQ about the Flu and You

The Flu Season is wreaking havoc this year, now responsible for 84 child deaths, and we're just now at the peak of it. To help you stay healthy, here are some facts and questions about the flu from Mike Oxenford, Director of Emergency Services at Adventist Healthcare Shady Grove Medical Center.

I heard this year's flu shot is not 100 percent effective. Why should I get one?

It's important to remember that when it comes to the flu shot, it's not about you. The flu can be particularly dangerous to babies, the elderly and individuals with compromised immune systems. By getting the flu shot, you're helping them stay healthy.

Of the four strains in the flu shot, one of them is only 10 percent effective; the other three are more than 70 percent effective. That's normal, and the shot is definitely worth getting.

What can I take for the flu?

The symptoms of the flu – sore throat, fever, aches, congestion, headaches – can make you feel miserable. The best solution is lots of rest and fluids. If your fever won't

go away, you're having trouble breathing or you can't keep anything down, it's best to call your primary care physician [or go to the ER].

Will Tamiflu help me feel better?

Tamiflu reduces symptoms by an average of a day and a half, and it can have side effects. It's only effective if you take it within 48 hours of the onset of flu symptoms. Your doctor may offer it to you if you've tested positive for the flu, or he or she may recommend a different medication to treat your symptoms.

Will a Z-Pack work for the flu?

Because the flu is a virus, antibiotics like a Z-Pack, will not help you feel better.

Is it too late to get a flu shot?

It's never too late to get a flu shot! You can get one at one of our Urgent Care centers, your physician's office or at a local pharmacy or grocery store.

<https://blog.adventisthealthcare.com/2018/01/19/faq-about-the-flu-and-you/>

Tomato & Onion Quiche

Ingredients:

- 3 med. tomatoes, peeled, diced
- 3 med. onions, finely chopped
- 3 eggs, yolks separated
- 1 cup oil
- 1 cup milk (or substitute)
- 2 cups all-purpose flour
- 1 Tbsp baking soda
- Salt and pepper to taste

The Dish on Potluck

Directions:

Pre-heat oven to 350 F and coat any medium size baking pan with oil, then flour. Beat egg whites until fluffy, reserve. Mix all other ingredients except tomatoes, onions and baking soda, in a blender until blended well. Pour into a bowl, fold in tomatoes, onions and baking soda until blended. Add egg whites and mix gently until blended. Bake until fork comes out clean. Quiche will look brownish on the top.

Recipe coordinator: Merline Agenor. Recipe by Vanusa Sobrinho



WHAT DO YOU DO TO RENEW?

BY VANUSA SOBRINHO

Some of my earliest childhood memories ever are of my mom enthusiastically telling me the story of Joseph — my all-time favorite story — while I sat on the arm of the couch next to her. Those experiences and my mother's dedication to guide me onto the right path surely have been foundational to my faith. As I became older and sought my own ways, however, I had to learn how to daily renew my faith in God on my own, something that sometimes is easier said than done.

The Christian life is certainly filled with ups and downs. As King David experienced it himself, we may go "through the darkest valleys" at times. So, how can we make sure we stay connected to the Source of Life? How do we renew our commitment to the Almighty?

Praying. That's certainly something all of us can do and something that the Poolers, Nancy Crosby, Mike Vogler and my friends Anastacia and Andreza mentioned as their go-to action to draw closer to God. Mike summarizes it well: "I stop what I'm doing. Look for a quiet place and talk to God. It always works!"

Ellen White affirms, "By prayer and confession of sin we must clear the King's highway. As we do this, the power of the Spirit will come to us..." (Counsels for the Church, p. 326). Talk about a powerful renewal tool!

Reading the Bible. Many church members, such as Rose Agenor and Mariluz, use this tool to renew their faith and commitment to God. Truly, there is no easier way to listen to God's voice. Mariluz mentions that waking up earlier to commune with God helps her to stay connected with him throughout

the day and pray more often. "As the lessons of the Bible are wrought into the daily life, they have a deep and lasting influence upon the character." (Acts of the Apostles, p. 205). Thus, the more we dwell on the Word of God, the faster our faith will be renewed and strengthened.

Fasting. Merline and Julyann mention fasting as their way to renew. This might be unpopular nowadays, but the Bible is clear about its importance. Fasting was mentioned before the Ten Commandments were given to Moses in Exodus 34, and before the primitive church members scattered to preach the Gospel in Acts 13. God says, "Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning." (Joel 2:12).

Listening to (the right) Music. Many of our church members mention music as a way to get renewed. Kerri says listening to the right music during her work commute helps her to connect to God. Unfortunately, music is often perverted to serve Satan's purpose of distracting us from spiritual things, but, rightly selected, "it is a precious gift of God, designed to uplift the thought to high and noble themes, to inspire and elevate the soul..." (Child Guidance, p. 523).

Many other actions could be cited as tools to aid the renewal of our faith in God such as walking in nature, having fellowship and sharing our faith with others. Each person is unique and can be touched and inspired differently. No matter how it happens, "The angels of God will cooperate with you in your revival efforts." (Gospel Workers, p. 164) and you will be a beacon of light to others around you.



My Boring Reborn Story

Continued from cover.

Nope. I told you, this is the most un-incredible story ever told.

So yes, blurred lines. Small compromises leading to bigger compromises. First, I started coming to church less frequently. After all, I was a teenager, and we all know how much teenagers love their beauty sleep. I wouldn't work on the Sabbath day, but somehow I reasoned that working Friday night would be okay. The guy who was so dead against drinking finally caved and before I knew it, I couldn't wait for the next party where I could go get my drink on.

My mom, though she didn't know all the details, I could tell was concerned. But when she tried to correct me, I began to think she was weird, too strict, a religious zealot. Looking back, I am reminded of 1 Corinthians 1:18, "For the preaching of the cross is to them that perish foolishness, but unto us which are saved it is the power of God." In other words, I didn't want to hear that what I was doing was wrong, so I changed my views to ease my conscience. It would be another four years before I could admit this.

This was my life senior year and all throughout college. Yes I would party and drink, but not in excess. I never tried drugs. I still considered myself a Christian. "I'm a good person," and most onlookers would say the same. I was a nice guy. I may have watched some things I shouldn't, and I may have had conversations you wouldn't quite call wholesome. But I was kind. I tried not to use rough language. I may not have studied the Bible or spent any kind of time with God, but, hey, I

still found myself praying before meals. I even graced the church with my presence every once in a while. By the standards of this world, I was a stand-up kind of guy. I hadn't realized just how far from God I had become.

It's funny how our idea of what it means to be "good" can be so different from that of God. The world says "I'm a decent human being, I'm good enough." God says, "Be ye holy, for I am holy" (1 Peter 1:16).

What was the problem? I could still be "good" and still live the life I wanted to live, right? I could live with one foot in, and one foot out, couldn't I? Verses like 1 Kings 18:21 were there to stand in my way. "How long halt ye between two opinions? if the Lord be God, follow him: but if Baal, then follow him." Oh, and then there's Matthew 6:24, "No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon."

As strong and pointed as those texts are, they were of little use if I had given up reading my Bible.

Flash forward to graduation. I had earned my degree and not long after began my first "real job" as a freelance editor for an educational textbook publisher. Again, I bet you'd love to hear this is where things get interesting—the part in the story where some life event happened that shook me to the core, something drastic that got me to "see the light." Wrong again.

Being a newbie, I started off doing some pretty mindless work. I could do the grunt work part of my job and listen to internet radio at the same time. So as was my custom, I would switch through radio stations looking for something to keep me entertained. I mostly liked to listen to standup comic routines on the comedy station, but sometimes I'd switch it up and scan through the stations.

One particular day, in July of 2007,





while looking for some auditory pleasure to ease my eight dull hours of work, I landed on a Christian broadcast. I don't remember what made me linger long enough to not click on to the next station. I can't even say I recall what exactly the message was about. But for some reason I found myself stuck on this channel. I suddenly felt it—that I was out of harmony with God. I had to quickly get up and exit the building so my coworkers wouldn't see the tears welling up.

I was suddenly aware I was far from God, yet I distinctly felt Him calling me back. I took an early lunch and sat on the rock wall outside the building crying, praying, and wondering what was next.

This is the climax of the story. Yeah... this. No exciting event, no whirlwind—just a sudden realization that I was in need of God. Nobody would publish a book called the Eddie Somers Story; no, there would be no Hallmark original. Yet no matter how insignificant-seeming my experience, the Bible references it where it says "There will be more joy in heaven over one sinner that repents, than ninety-nine just who need no repentance." (Luke 5:7).

There are two things I want the reader to take from my story. First, there is no sin too small that is acceptable to God. Sin is sin. Sin cherished puts you out of

harmony with God, and yet still He looks at you and loves you and hopes you will respond to His calling, whether subtle or not so subtle. My overemphasis of my story being un-incredible is not to minimize but to emphasize how there is no "good enough" or "not that bad." We either stand firm for the Lord or we do not.

Secondly, no story is too boring or too luster-lacking to make a huge difference in the courts of heaven. And certainly, no testimony is too mundane to be shared for the glory of God. No story of giving your life to God is too dull or unexciting to God.

God calls us all to repentance and a life renewed. Your story might be as uninteresting as mine. Maybe you made bigger compromises. Maybe smaller. Maybe there's something now in this world that has a hold on you. Maybe you're at a standstill, not growing in Christ and His Word. Maybe you find yourself doubting God altogether.

A friend of mine said this, "If you're not growing, there's something wrong." That's why my story and yours does not end here! We must continue to grow. If we must die to sin daily, we must be reborn daily too.





Foundations of Faith

We believe in... **Being Born Again** As seen in the Experience of Salvation

When we accept God's grace and salvation, the Holy Spirit reveals our need for Jesus and recreates us. The Spirit builds our faith and helps us leave our broken lives behind. In infinite love and mercy God made Christ, who knew no sin, to be sin for us, so that in Him we might be made the righteousness of God. Led by the Holy Spirit we sense our need, acknowledge our sinfulness, repent of our transgressions, and exercise faith in Jesus as Saviour and Lord, Substitute and Example. This saving faith comes through the divine power of the Word and is the gift of God's grace. Through Christ we are justified, adopted as God's sons and daughters, and delivered from the lordship of sin. Through the Spirit we are born again and sanctified; the Spirit renews our minds, writes God's law of love in our hearts, and we are given the power to live a holy life. Abiding in Him we become partakers of the divine nature and have the assurance of salvation now and in the judgment.

Study: Gen. 3:15; Isa. 45:22; 53; Jer. 31:31-34; Ezek. 33:11; 36:25-27; Hab. 2:4; Mark 9:23, 24; John 3:3-8, 16; 16:8; Rom. 3:21-26; 8:1-4, 14-17; 5:6-10; 10:17; 12:2; 2 Cor. 5:17-21; Gal. 1:4; 3:13, 14, 26; 4:4-7; Eph. 2:4-10; Col. 1:13, 14; Titus 3:3-7; Heb. 8:7-12; 1 Peter 1:23; 2:21, 22; 2 Peter 1:3, 4; Rev. 13:8.

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

Your Questions Answered...

Q: How do I live and grow stronger as a Christian?

A: "In order to keep strong in our Christian life, there are three essentials. Just as in our physical life we must breathe, eat, and exercise, so in the spiritual life we must observe these three essentials to success and happiness..."

First, we must eat. What is the food for spiritual life? "The words I have spoken to you are spirit and they are life." (John 6:63) "When Your words came, I ate them: they were my joy and my heart's delight." (Jeremiah 15:16) Daily reading and studying of the Bible are necessary to spiritual growth and life. If we do not eat this food for the soul, we shall not grow, but shall finally starve spiritually.

Second, we must breathe spiritually. Prayer is the breath of the soul. I Thessalonians 5:17 tells us to "Pray

continually." And in Romans 2:12 we read, "Faithful in prayer." "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God." (Philippians 4:6)... Without prayer, the spiritual life will perish sooner than from the lack of any other essential.

Third, we must exercise or engage in Christian work... As we take Christ's name, we shall follow in His steps, doing what we can to help the needy, relieve the distressed, and encourage the down-hearted. Most of all, we shall do our utmost, losing no opportunity to point sinners to "the Lamb of God, who takes away the sin of the world!" (John 1:29) " ¹

1. <http://www.bibleinfo.com/en/questions/how-do-i-live-and-grow-stronger-christian>

PASTOR'S MESSAGE

BY PASTOR ROBERT ZEGARRA



Common Sense

The phrase "common sense" began as a belief that everyone possessed intuition, that is the ability to perceive understanding, much like our five physical senses of touch, taste, sight, hearing and smell are used for knowing our world today.

Later, the phrase evolved to mean a measure of wisdom or judgment that everyone possessed. Finally, the phrase took the meaning of truth universally accepted or acknowledged.

During the 18th century, Scottish Common Sense taught that knowledge intertwined with wisdom was intuitive. The Common Sense school of thought was directly against Descartes's Theory of Ideas which proposed that reality was only in the mind.

David Hume and others proposed that knowledge or truth could only be perceived through experience, was evidence based and that passion or sentiment was the drive for humans to know principles or truth.

This was the Age of Reason, the time when organized religion's pervasive influence throughout European and American culture

was waning in favor of 19th century humanism. Man became the center of his own experience, displacing God as the origin of truth.

Today you can still find pieces of many human philosophies in society. And yet, Ecclesiastes 1:9 states, "... there is nothing new under the sun." Malachi 3:6 says "I the Lord do not change ..." as a companion text.

God is changeless and the Bible is the source of absolute truth. The Christian must have God in the center of faith and worship or will like the ages past be lost in the sea of human reasoning. Without God and the Bible the Christian will become one more alloy of Godless philosophy.

Make certain you have a Biblical mandate for each decision and each decision reflects the character of God for the world to see.

Finally, "Salvation belongs to the Lord" found in Jonah 2:9 must be the means to our decisions, not decisions justifying our reasons.



Get To Know... Simeon & Luisa



BY PAULA VOGLER

Although Simeon and Luisa Miongo were born and raised in different countries, Simeon from Cameroon and Luisa from Cape Verde, they both grew up in Adventist families.

"When I was 4 my parents become Seventh-day Adventists," Luisa said. "They got a message from a missionary pastor that we had the privilege one day of being visited by. Since then my family and I have kept the faith."

Simeon left Cameroon when he was 19 to continue his studies in the Ivory Coast for three years. He then traveled to Cape Verde to do an accounting audit at the conference there where Luisa happened to be working as a secretary.

They have been married for 20 years and came to the United States 14 years ago with their daughter, Agnes and then had two sons, Bernard and Simeon, Jr.

Since that time their oldest son, David, married his wife, Ruth, and they now have a granddaughter, Naomi. They also helped raise nephews Simeon, Levi and Joshua.

Bernard and Agnes, Simeon's parents, moved to Massachusetts from Cameroon and became members of the Foxboro Church as well.

While Simeon now runs a small business related to AT&T/DirectTV and Luisa runs her own cleaning service, they make time for some favorite hobbies.

For Luisa that includes singing, listening to classical, inspirational, Christian and gospel music as well as cooking and

jumping rope.

Simeon enjoys many sports particularly tennis, racket ball, and ping pong because he enjoys playing them with his kids.

He said his favorite Bible character is Noah because while the world was lost he and his whole family found favor in the Lord's eyes.

"There definitely was something that Noah did as the leader of his family to keep them united in God until the end," Simeon said. "His story gives me hope that my whole family has the opportunity to be saved too."

He said his favorite Bible verse is Joshua 24:15, "as for me and my house we will serve the Lord."

"Why? Because I believe we're in a time that is no longer different than Joshua's time," Simeon said, "a time where most of the people are moved by the century and their opinion rather than God's will, a time where we have to choose God or the world."

Luisa said her favorite Bible character is Ruth.

"In midst of patriarchs, kings and apostles, you find this poor, widowed, immigrant woman," Luisa said. "In Leviticus 19:9-10 God told his people to take special care of people like her. She was the one who ended up setting the examples of how to serve and provided so much so that her book is named for her. Her life and her book are a breath of fresh air, (an example) of sacrifice, humility and godliness."

She counts Isaiah 41:10 as her favorite Bible verse. It says "So do not fear, for I'm with you; do not be dismayed, for I'm your God. I'll strengthen you and help you; I'll uphold you with my righteous right hand."

"I love this verse because in times of discouragement or worry the Lord assures us that we have no need to be afraid for he will be always by our side," Luisa said.

Is there someone you would like to get to know better at church? Send your suggestions to foxborosdachurch@gmail.com.



inREVIEW with Eddie C.

Book in Review:

STEPS TO PERSONAL REVIVAL

BY HELMUT HAUBEIL

BY EDDIE CARRERAS

The New Year begins and we are usually excited and commit to spiritual renewal and revival. As the days turn into weeks we may lose some of the fervor that we had in the beginning.

The book "Steps to Personal Revival" by Helmut Haubeil is a great book to help us understand the need for, as well as provide the tips to, personal revival.

The first part of the book is dedicated to differentiating between carnal Christianity and a spirit led Christianity. Carnal doesn't necessarily mean sinful but "living by normal human powers and abilities without the Holy Ghost or an insufficient quantity of the Holy Spirit."

The main obstacle to our spiritual life and in the church is that too often we try to do things on our own instead of relying on the power of the Holy Spirit. How can we receive that power?

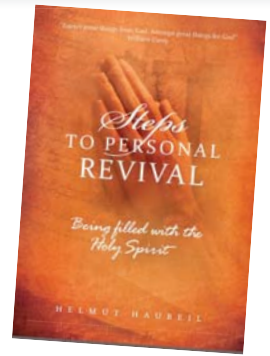
The book says to surrender to Jesus daily and experience a daily conversion. Haubeil states that we should daily surrender to God as well as daily ask for and receive by faith the outpouring of the Spirit. These are done through, prayer, bible study, personal worship and communal worship.

The second part of the book puts it all into practice. It shows us how it would look like in our lives if we lived by the Spirit's power instead of our own.

What would our marriages, health, jobs, church look like if we were really led by the Spirit?

There are several invitations throughout the book to live a Spirit filled life and the strength of the book is the overwhelming amount of scripture as well as Ellen White quotes to help us as we seek the Spirit. The book can be read devotionally or you can take a Sabbath afternoon and read through it.

It is my hope that it helps you receive the power of the Spirit to really experience the personal revival we all need.



Stay tuned for a new study group using this book.



CHURCH NEWS

Foxboro Missionaries head to Kenya

BY PAULA VOGLER

From Jan 24-Feb 5 two Foxboro church members were halfway across the world in a small country on the continent of Africa.

Renita Turner and Paula Vogler went on a mission trip through the Illinois Conference of Seventh-day Adventists to the country of Kenya to work, teach, meet people, and have fun in a country many only see images from on documentaries.

They were part of the team that built a second kindergarten classroom for the 170 kindergarten students at the Oloosinon Primary School, taught the 700 students in grades K-8 about health, nature and art and enjoyed the beauty of the area including the many birds and animals that call the Maasai Mara area of Kenya home.

"The people were so happy to see us and eager to meet us and welcome us," Turner said.

She said it was challenging to be eight hours ahead of the time back home and to not easily be able to communicate with family but the children and how they

hung onto the missionaries is something she will not forget.

Turner spent much of her time on the construction site moving and laying bricks while building the walls of the classroom.

The school community was so thankful and grateful for work on the new classroom that some fathers helped with construction and the kindergarteners even helped move and stack some of the heavy bricks.

Vogler was also able to help with construction but spent most of her time telling each grade about an animal they had never heard of, a moose.

The moose is the largest deer in the world, larger than any in Kenya. Students and teachers alike were amazed at cell phone videos of moose running through something they had never seen-winter snow.

"It was amazing how excited the students were to learn anything new especially about an animal they didn't know about and to do simple art projects like origami that are never part of their day," Vogler said.

There was also time to learn about the Maasai culture including visits to a small village. As in the United States some beliefs are changing; newer generations are not as apt to have multiple wives and



Kindergarten students excited about their new classroom help the team move and stack bricks.



King of beasts lion around waiting for prey. I'm not lion, this was an beautiful site to see.

the habit of pulling a lower front tooth or two in children older than 8 to easily give medicine is fading as well.

Mara West Camp, where the group stayed, is run by Andy Aho, a Seventh-day Adventist formerly from Massachusetts. His burden for building schools and churches in the Mara area is well known and he is respected and admired by the Maasai because as the people say, what he says, he does.

In order to lease the land to open his camp Aho had to agree to cater to the high end safari seeking tourists in addition to mission teams as that is a big business for the country.

That meant our group got the benefits such as wildlife only seen in U.S. zoos like zebras, giraffes, baboons, impala and more roaming freely close by but also upgraded facilities that included flush toilets, showers, and electricity with a generator that kicked in when the power went out.

It also meant two safari days when the work was finished as well as spotting over 100 new birds for Turner and Vogler, birders that love seeing new species on mission trips.

While people tend to think of mission trips as just helping people in areas of



Elephant and giraffes seen while on safari.

need, that is not totally the case.

"I want to share Jesus with them through our help and actions but I usually end up seeing just as much or more of Jesus in them," Turner said.

"I wish everyone would go on a mission trip to experience the love of others in cultures and circumstances so different than ours," Vogler said. "It's life changing not only for those being helped but for the missionaries doing the work, too."



Paula Vogler in yellow and Renita Turner in blue laying bricks on the first day of construction.



Vogler and Turner helping students with an origami project.



FROM THE
PEN OF

Inspiration



The Church's Greatest Need

BY ELLEN WHITE

A revival of true godliness among us is the greatest and most urgent of all our needs. To seek this should be our first work. There must be earnest effort to obtain the blessing of the Lord, not because God is not willing to bestow His blessing upon us, but because we are unprepared to receive it. Our heavenly Father is more willing to give His Holy Spirit to them that ask Him, than are earthly parents to give good gifts to their children. But it is our work, by confession, humiliation, repentance, and earnest prayer, to fulfill the conditions upon which God has promised to grant us His blessing.

A revival need be expected only in answer to prayer. While the people are so destitute of God's Holy Spirit, they cannot appreciate the preaching of the Word; but when the Spirit's power touches their hearts, then the discourses given will not be without effect. Guided by the teachings of God's Word, with the manifestation of His Spirit, in the exercise of sound discretion, those who attend our meetings will gain a precious experience, and returning home, will be prepared to exert a healthful influence.

The old standard bearers knew what it was to wrestle with God in prayer, and to enjoy the outpouring of His Spirit. But these are passing off from the stage of action; and who are coming up to fill their places? How is it with the rising generation? Are they converted to God? Are we awake to the work that is

going on in the heavenly sanctuary, or are we waiting for some compelling power to come upon the church before we shall arouse? Are we hoping to see the whole church revived? That time will never come.

There is nothing that Satan fears so much as that the people of God shall clear the way by removing every hindrance, so that the Lord can pour out His Spirit upon a languishing church and an impenitent congregation. If Satan had his way, there would never be another awakening, great or small, to the end of time. But we are not ignorant of his devices. It is possible to resist his power. When the way is prepared for the Spirit of God, the blessing will come. Satan can no more hinder a shower of blessing from descending upon God's people than he can close the windows of heaven that rain cannot come upon the earth. Wicked men and devils cannot hinder the work of God, or shut out His presence from the assemblies of His people, if they will, with subdued, contrite hearts, confess and put away their sins, and in faith claim His promises. Every temptation, every opposing influence, whether open or secret, may be successfully resisted, "not by might, nor by power, but by my spirit, saith the Lord of hosts" (Zechariah 4:6).

Excerpts taken from *True Revival*, p. 2, 3

You can find the full text online at
[https://m.egwwritings.org/en/
book/11974.2#2](https://m.egwwritings.org/en/book/11974.2#2)