



# Williamsport SDA and MVCS connections

## TEACHING A WHOLE LIFE FOR A LIFETIME

**GREEK PHILOSOPHER ARISTOTLE ONCE SAID, “EDUCATING THE MIND WITHOUT EDUCATING THE HEART IS NO EDUCATION AT ALL.” FOR SEVENTH-DAY ADVENTISTS, EDUCATION EXTENDS EVEN FURTHER—IT REACHES THE SOUL.**

When it comes to learning, our multifaceted lives require a multifaceted approach, and Adventists aim to provide the complete package. Education is not only about learning for the sake of intellectual growth. Adventists believe in developing physically, empathetically, socially and spiritually, too. Ideally, education should change and cultivate every aspect of our lives, bringing us that much closer to what God originally planned for us to have and to be.

Educational consultant Joe Harkin said, “Education systems reflect the nature of the society in which they exist . . . In answering [the question on what constitutes a ‘good’ society] we cast light on what we would take to be a ‘good’ education.”<sup>1</sup>

The Adventist education system reflects the heavenly “society” God intended for us. It gives us tools and resources to become wiser and healthier. It provides us opportunities to look beyond ourselves and to serve others. It connects us as friends, as partners and as a community. Most importantly, it helps us fulfill our potential of being “good” citizens, eagerly anticipating an eternity with the God who created us.

Adventist education is about teaching a whole and complete life, for a lifetime.

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**Recurring happenings:**

- Sabbath School for all ages each Sabbath at 9:30 AM (church)
- Worship services each Sabbath at 11:00 AM (church)
- Fellowship meal—2nd Sabbath of each month after the worship service .
- Pathfinders each Thursday at 3:00 PM at MVCS
- End time events meetings on Sabbath evenings at the church at 6 PM
- Prayer meeting Wednesdays at 6:30 PM (church)

## Pathfinders Corner

In early May, The Williamsport Bald Eagles took part in the Pathfinder Parade/Fair at BMA. They participated in several events and sold food to raise funds for the club. They also enjoyed various foods from other clubs. The Bald Eagles joined forces with the Watsontown Warriors for all competitions and both clubs went home with several awards, including overall first place ribbons.



### Pathfinder Pledge and Law:

By the grace of God, I will be pure, and kind, and true. I will keep the Pathfinder Law. I will be a servant of God and a friend to man.

### The Law is for me to:

- Keep the morning watch
- Do my honest part
- Care for my body,
- Keep a level eye
- Be courteous and obedient
- Walk softly in the sanctuary,
- Keep a song in my heart,
- Go on God's errand.



## Principal's Corner Mr. Dale Walker



As we prepare for a new school year, there are various concepts that can be the framework for how to approach the new beginning. One acronym I like to use is developed from the word T-E-A-M.

The T is for teaching. Many would exclaim, "How obvious!"; after all, this is a school. However, there is much more to teaching than just the academics—as important as the curriculum is. As educators, we have to teach social skills, time and resource management, conflict resolution techniques, and other competencies that will help the students be successful in life. In an Adventist Christian school, there is an additional layer of significance. The truths of the Bible and the aspects of Christian living will provide the foundation for the ultimate success of living for eternity.

The E is for excellence. Always included with my rule chart is, "Do all to the glory of God". (I Cor. 10:31). Excellence in work habits and quality of workmanship is paramount. Developing habits of respect and cooperation are also necessary as one pursues excellence of character. As school staff, we are to lead by example in placing the emphasis on excellence. This excellence is essential to positive public perception. It also brings honor to God.

The A is for affirmation. The art of appreciation is a key component of excellence and a successful school year. If students are expected to achieve excellence, they need to be affirmed for their diligence and efforts toward character development. Studies have clearly shown that being appreciated and commended is one of the greatest motivators. Students also need to learn the skills of showing others appreciation—particularly their parents or those who care for them. Time is also taken to praise God and to express gratitude for His blessings.

The M is for Making God first, last, and best in all things. Okay, so this is not one word, but it is the primary element for a successful school year. "Do everything with enthusiasm, as to the Lord." (Col. 3:23) Students are to develop an understanding that all of their work is not just for an education, not just for affirmation, and not even just to achieve excellence. The goal is doing everything to the best of their ability because God loves them, and they love God.

Let the excitement build and the enthusiasm escalate! God has great things in store for Mountain View Christian School in the 2023-2024 school year!

## Conference Call Prayer Time for MVCS

*You are receiving this newsletter, and announcement, because of your connection either through our church or student attendance at Mountain View Christian School. We realize this is God's school and we need and value His guidance in all that is said and done in the school. It is easy to become so busy that we don't focus on the importance of prayer for our school and for those who are a part of it. Realizing that, we are setting aside time each month to come together on a free conference call number to focus on uplifting the school and all who are a part of it. The times will be the first and third Sunday evenings of each month at 7:30 PM. All are welcome and you don't need to feel you need to offer prayer to be part of this. Even joining the others with your silent prayers and "Amen's" is appreciated by us and by God.*

*The first call will take place on Sunday, August 6th, in preparation for all that needs to be done in the building, in our hearts, in homes, and in all ways to be ready for the upcoming school year. If you are interested in being a part of this, please email Sandy at [sjspencer620@gmail.com](mailto:sjspencer620@gmail.com). You will then receive a calendar invite with all of the information to join the call.*

*Thank you for your prayerful consideration,  
In His love,  
Sandy*



## My wonderful body:

Do all to the glory of God

*"Whether therefore you eat, or drink, or whatsoever you do, do all to the glory of God." 1Cor 10:31*



Chia seeds are an excellent source of vitamins, minerals, and powerful antioxidants.

**Reduced Free Radicals:** Antioxidants found in chia seeds can help to fight free radicals in your body. Free radicals cause oxidative stress and cell damage.

**Better Heart Health:** Chia seeds contain quercetin, an antioxidant that can reduce your risk of developing several health conditions, including

heart disease.

**Improved Blood Sugar Levels:** Chia seeds are high in fiber. Studies show that fiber may help to reduce insulin resistance and improve blood sugar levels, reducing your risk of metabolic syndrome and type 2 diabetes.

**Reduced Inflammation:** Chronic inflammation can lead to health conditions like heart disease and cancer. Caffeic acid, an antioxidant found in chia seeds, can help to fight inflammation in the body. Eating chia seeds regularly may also help to reduce inflammatory markers, which often indicate the presence of an inflammatory disease.

**Healthier Weight Management:** A 1-ounce serving of chia seeds has 39% of your recommended daily allowance of fiber.

**Better Bone Health:** Chia seeds have several nutrients that are vital for bone health, including magnesium and phosphorus. When compared gram for gram, chia seeds have more calcium than dairy products.

**Nutrition:** Chia seeds provide many essential nutrients, including:

Calcium, Manganese, Magnesium, Selenium, Copper, Iron, and Phosphorus. Chia seeds are also an incredible source of alpha-linoleic acid (ALA), an omega-3 fatty acid.

### Things to Look Out For

Although chia seeds offer a variety of health benefits, eating too many may lead to complications: Digestive issues - Because of their high fiber content, eating too many chia seeds may cause constipation, diarrhea, bloating, and gas. Chia seeds may also cause flare-ups with inflammatory bowel conditions such as Crohn's disease.

Interactions with medication - Chia seeds help to reduce blood sugar and high blood pressure. If you're already taking medications for diabetes or hypertension, eating too many chia seeds can cause severe dips in blood sugar levels and blood pressure, which may lead to other health complications.

### How Many Chia Seeds Can You Eat in a Day?

It's best to start small. At first, try just a 1-tablespoon serving. From there, you can gradually add a little more chia seed to your diet. Store chia seeds in a cool, dark place.

### Some ways to prepare them include:

Mixing them with milk or fruit juice to make a chia pudding, which you can top with cacao nibs or fresh fruit.

Creating an egg replacer to use in baked goods such as cakes or breads: 1T seeds mixed with 3 T water equal 1 egg.

Mixing them into muffin batter or pancakes.

Making a chia gel to add to homemade soups or smoothies.

Sprinkling raw seeds on oatmeal or a salad.

Soaking them to make chia sprouts.

Adding them to homemade energy bars.

Add to salad dressings.

Unlike flax seeds, chia seeds do not have to be ground to receive full benefit.



**Seventh-day Adventists accept the Bible as their only creed and hold certain fundamental beliefs to be the teaching of the Holy Scriptures. These beliefs constitute the church's understanding and expression of the teaching of Scripture.**



In this issue of our newsletter, we'll look at the doctrine of:

## THE SON

God the eternal Son became incarnate in Jesus Christ. Through Him all things were created, the character of God is revealed, the salvation of humanity is accomplished, and the world is judged. Forever truly God, He became also truly human, Jesus the Christ. He was conceived of the Holy Spirit and born of the virgin Mary. He lived and experienced temptation as a human being, but perfectly exemplified the righteousness and love of God. By His miracles He manifested God's power and was attested as God's promised Messiah. He suffered and died voluntarily on the cross for our sins and in our place, was raised from the dead, and ascended to heaven to minister in the heavenly sanctuary in our behalf. He will come again in glory for the final deliverance of His people and the restoration of all things. (Isa. 53:4-6; Dan. 9:25-27; Luke 1:35; John 1:1-3, 14; 5:22; 10:30; 14:1-3, 9, 13; Rom. 6:23; 1 Cor. 15:3, 4; 2 Cor. 3:18; 5:17-19; Phil. 2:5-11; Col. 1:15-19; Heb. 2:9-18; 8:1, 2.)

Let us keep in mind that Jesus is the Son not in the sense of having been created, but because He partakes of the same divine nature as God the Father. Adventists embrace the belief that Jesus is the eternal Son of God, and is also fully God Himself and part of the Godhead. He was sent to earth to minister to us, live as our example, and ultimately bear the eternal punishment of our sins. He is now our advocate, our High Priest, the relatable link between us and God the Father.

Adventists believe Jesus was co-existent with God from "everlasting to everlasting" (Psalm 90:2). Jesus, the same "Word" that "became flesh and dwelt among us" (John 1:14), is the eternal God who "inhabits eternity" (Isaiah 57:15, NKJV).

The Godhead worked together on a plan to create our world and mankind. Their conversation is recorded in the Old Testament book of Genesis, "Let Us make man in Our image, according to Our likeness..." (Genesis 1:26, NKJV).

John, the New Testament disciple, confirms Jesus Christ was the acting member of the Godhead in creation. "All things were made through Him, and without Him nothing was made that was made" (John 1:3, NKJV). Jesus was God in human flesh. Jesus, our Savior, was fully God, yet fully man. God, His Father, the Holy Spirit and Mary, His mother, brought together divinity and humanity for the purpose of saving the human race.

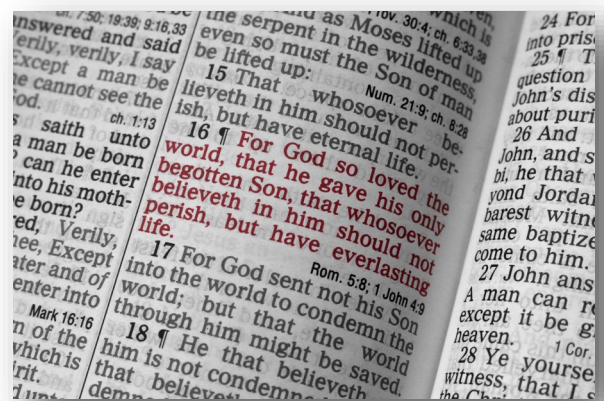
Jesus came to pay the penalty of transgression, and to offer mankind a way of salvation. God loved humanity so much that He could not leave us to suffer the consequences of sin. In His great love for us, Jesus volunteered to give His life so we could be reunited with God, and have eternal life.

"We have an Advocate with the Father," the apostle John writes, "Jesus Christ the righteous. And He Himself is the propitiation for our sins, and not for ours only but also for the whole world" (1 John 2:1,2, NKJV)

When our record of life comes up before the Father, Jesus pleads His sacrifice in our behalf. Revelation 1:5 tells us that Christ has "loved us and washed us from our sins in His own blood."

We don't have to be afraid of the judgment, because Jesus has already paid the price for our sins. If you make the choice to accept His sacrifice for your sins and claim His power to live for Him, you have an Advocate. He has never lost a case!

Those who have chosen Christ from all ages of history will receive the promise of eternal life at His second coming. Seventh-day Adventists have faith that Jesus Christ will come again soon. He has promised He is preparing a place for those who follow Him. A place where there is no more death, no more suffering, No more sin. He has promised He will come again and "...receive you to Himself" (John 14:3, NKJV).





## Building project....

The classrooms are painted and will receive a final coat after the drop ceiling grids are installed, which should happen in July. The gym is being taped. The carpeting is on order. The hallway floors will be epoxied. The sanctuary stack stone and wood ceiling should be delivered for installation soon. The pews are scheduled to be installed in October if the sanctuary is ready by then. The Sabbath School classrooms are being insulated before the sheetrock is hung. Stay tuned as we near completion as we are over the halfway mark.

### LAUREL LAKE CAMP

So happy to share that several of our church family attended this year. Looks like fun!






School's Out!

Pictures from the end of the 22-23 MVCS school year.

# July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8 Fellowship meal
9	10	11	12	13	14	15
16 Lay Bible Worker Training	17 Church Board meeting	18 School Board Meeting	19	20 Laurel Lake Family Camp with Dr. Eric Walsh	21	22
23	24	25	26	27	28	29
30	31					

# August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 School workbee from 9 AM – noon (tentative)	7	8	9	10	11	12 Fellowship meal & International Path- finder Camporee
13 	14 <b>FIRST DAY OF MVCS!</b>	15	16	17	18	19
20	21 Church Board Meeting	22 School Board Meeting	Oshkosh, WI 23	24	25	26
27	28	29	30	31	"Grit & Grace" women's retreat at Laurel Lake Camp is September 8-10.	

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