



Williamsport SDA and MVCS connections

Pastor's Corner

It was thirty-five years on the first week of January in 1989. My father helped move Laura and I and our very young children ages 14 months and three years of age to my hometown of Vienna, New York. Dad and I were going into business together by starting a Radio Shack that would sit inside the family furniture store known as Weeden's Furniture. Our grand opening would be in just a couple of weeks. So much pre-work had gone into establishing this new store. Dad and I would talk for hours on the phone while I was still working for Radio Shack in Chattanooga, Tennessee. There were so many details. So many moving parts to this newly burgeoning enterprise. I was 25 years old. Excitement and nervousness fueled my adrenaline.

As the days marched on, the store was operational but we were missing the bulk of our ordered inventory. We had set a date for the grand opening. I was growing impatient by the day. Dad was concerned. I was about to reset our grand opening date when I got the call that my inventory was on the way and would arrive in four days. Just two days before the grand opening. The inventory arrived and I worked for nearly 30 hours straight to be ready to go on that grand day. It was a well-attended event.

Looking back, I realized that I had to learn at least a couple of lessons of life. First, no matter how much you plan, life seldom goes as planned. And second, be careful for setting arbitrary limits that bring you stress. I should not have planned my grand opening so close to my arrival at home. The Williamsport Seventh-day Adventist Church has been out of its former home for nearly three years. It has taken some grit to hang together as a congregation hoping that we can be in our new home at any time during these past three years. Now, it's 2024. We will be in our new church home this year. But it's still so hard to wait while a thousand items, small and large are being completed. We're almost home. Realize that God has this project and always has. Today is the day we should be praying about what role each of us will play in our new ministry center. For our building is the tool and we are the family that uses this great tool for God's glory. Praise God! The end of this building project is in sight.



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Recurring happenings:

- Sabbath School for all ages each Sabbath at 9:30 AM (church school)
- Worship services each Sabbath at 11:00 AM (church school)
- Choir practice every other Sabbath starting 1/13; 3 PM—4:30 PM at the church school
- Pathfinders each Wednesday from 6-8 PM at MVCS
- Prayer meeting Wednesdays at 6:30 PM (Rich & Joan Fulmer's home)

Pathfinders Corner

The Pathfinders organized a food drive to help meet the needs of our local community. The Pathfinders learned valuable lessons knocking on doors and interacting with our neighbors. Many individuals were very receptive and we were able to collect several bagfuls of food. All of the food collected was taken to the Jersey Shore Love Center. The folks at the Love Center were genuinely surprised by the amount of food our club collected for them, and they were very grateful.

The Pathfinder club meets every other Wednesday from 6pm-8pm at MVCS.



My wonderful body:

The Harmful Effects of Fructose: Dr. Lustig's Insights

Dr. Robert Lustig, a renowned pediatric endocrinologist, has been a vocal advocate in highlighting the detrimental effects of excessive fructose consumption on human health. Fructose, a natural sugar found in fruits, vegetables, and honey, is often added to processed foods in the form of high-fructose corn syrup (HFCS). Dr. Lustig's research has shed light on how the overconsumption of fructose, particularly in the form of added sugars, contributes to various health issues.

Metabolic Impact:

One of the primary concerns raised by Dr. Lustig is the impact of fructose on the body's metabolism. Unlike glucose, which is metabolized in various tissues, fructose is primarily processed in the liver. Excessive fructose consumption can overwhelm the liver, leading to the production of harmful substances such as triglycerides and free radicals. This metabolic strain is linked to the development of insulin resistance, a precursor to type 2 diabetes.

Weight Gain and Obesity:

Dr. Lustig has extensively studied the correlation between fructose consumption and obesity. High levels of fructose intake, especially in the form of sugary beverages, are associated with an increased risk of weight gain. Fructose does not suppress appetite in the same way as other sugars, leading to overeating and a positive energy balance. This imbalance contributes to the obesity epidemic prevalent in many societies.

Non-Alcoholic Fatty Liver Disease (NAFLD):

The liver's role in fructose metabolism becomes a critical factor in the development of Non-Alcoholic Fatty Liver Disease (NAFLD). Dr. Lustig's research highlights how excessive fructose intake can lead to the accumulation of fat in the liver, contributing to the onset of NAFLD. This condition, previously associated with alcohol consumption, has become a growing concern due to the prevalence of high-fructose diets.

Cardiovascular Risks:

Elevated levels of triglycerides resulting from fructose metabolism in the liver are not only linked to insulin resistance but also contribute to cardiovascular risks. Dr. Lustig emphasizes the role of fructose-induced metabolic dysregulation in the development of hypertension, dyslipidemia, and other cardiovascular conditions.

Conclusion:

Dr. Lustig's work has significantly contributed to our understanding of the harmful effects of excessive fructose consumption. While fruits and vegetables contain naturally occurring fructose, it is the added sugars, especially in processed foods and sugary beverages, that pose a significant health risk. As individuals and societies grapple with rising rates of obesity, diabetes, and cardiovascular diseases, acknowledging and addressing the impact of fructose on metabolic health becomes crucial for promoting overall well-being.



Principal's Corner *Mr. Dale Walker*



We are launching into a new year! The year 2023 has seen successes and supernovas, setbacks and speed bumps for our school and for members of our school family. God has been there for each one, and we know He will be right with us in all of 2024. He promises in Deuteronomy 31:8, "The Lord is the One who goes before you. Do not be afraid or worried." God is eternal, and He has already been in 2024. Nothing will surprise Him. During each trial of 2024, we will thank Him for taking us through it. With each triumph of this new year, we will lift praise to our God!

The year 2024 will see new beginnings. Right now it is the start of our second semester and third quarter. Soon (Yes, it will be soon!) we will be at the genesis of a new school year. Somewhere along the journey we will be experiencing all the positive and pleasant realities of operating in a new school building. There are just a few of the new adventures that await Mountain View Christian School in 2024.

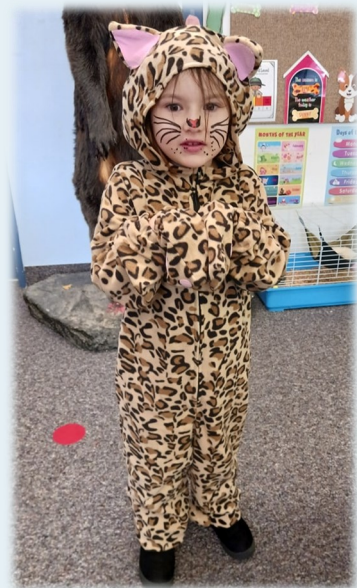
A major emphasis is being placed on new growth for our school. You can help by telling others about what a great school this is and by sharing the exciting news that we are moving into a brand-new, modern facility. When you are sharing information, be sure to explain the advantages of a multi-grade setting. For people who are not familiar with the format, this is often a primary area of inquiry. Materials are being developed, so be sure to spread them like the new leaves of spring. Did you know our school now has a QR code? Share this new QR code far (well, maybe not too far!) and wide.

As we ponder anew what God can and will do for our school, we also anticipate the day when God will make all things new (Rev. 21:5). In the earth made new, we will continue our schooling for eternity. We know one topic will be the great story of redemption and salvation. It is wonderful to consider that our school can have a significant role in this because we introduce children and young people to Jesus our Savior and help guide them in developing a relationship with Him. As exciting as a new year can be, new life in Jesus is even more thrilling! When we declare Jesus to be our Savior, we can also affirm that we have nothing to fear (Psalm 27:1).

Follow us on Facebook!

Spirit Day

Dress Like An Animal



Building project!

With our need to evacuate the facility in which we have been congregating for worship and fellowship for the last couple of years by the end of January, the push is on to perhaps acquire a temporary occupancy permit to our new Church and School building by then. It may be a long shot, but if we don't make it maybe it will happen shortly thereafter. Let's hope and pray the Lord will bless the men doing the construction with synergy that the goal will be achieved. The plan is to meet in the old school gym should our goal be delayed with the additional option, for those who prefer to attend one of our sister churches in Lock Haven or Watsonstown.

As you can see from the photos, the dry wall work is complete in the sanctuary as it is in the rest of the building. Painting is scheduled for next week. The cherry wood ceiling and beams are complete in the narthex and nearly so in the sanctuary. The sanctuary stage should be constructed within the next couple of weeks. The rest rooms are being tiled and the kitchen and classroom cabinets are being constructed and installed. The trim around the windows and other parts of the building is in progress. At any rate, it shouldn't be too much longer before we can utilize this new resource the Lord has provided.



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 NATURE OF HUMANITY

Man and woman were made in the image of God with individuality, the power and freedom to think and to do. Though created free beings, each is an indivisible unity of body, mind, and spirit, dependent upon God for life and breath and all else. When our first parents disobeyed God, they denied their dependence upon Him and fell from their high position. The image of God in them was marred and they became subject to death. Their descendants share this fallen nature and its consequences. They are born with weaknesses and tendencies to evil. But God in Christ reconciled the world to Himself and by His Spirit restores in penitent mortals the image of their Maker. Created for the glory of God, they are called to love Him and one another, and to care for their environment. (Gen. 1:26-28; 2:7, 15; 3; Ps. 8:4-8; 51:5, 10; 58:3; Jer. 17:9; Acts 17:24-28; Rom. 5:12-17; 2 Cor. 5:19, 20; Eph. 2:3; 1 Thess. 5:23; 1 John 3:4; 4:7, 8, 11, 20.)

WHERE DID HUMANITY COME FROM?

The first step in understanding who we are as human beings is understanding where we came from. If we turn to the first two chapters of Genesis, we get the full picture.

It is the sixth day of the creation week, and God had just finished crafting the world. He made the sun and the moon, the sea and dry land, and had filled the earth with all sorts of plants and animals. Now He was ready to create His masterpiece.

Genesis tells us exactly where we come from: dust. Unlike the rest of creation which God spoke into existence, He formed man with His own hands from the dust of the ground and breathed life into us.

This tells us a couple of things about human nature.

First, we are created beings who owe our very existence to God. It is He who made us. We are no more a result of random chance than a beautiful sculpture is a result of a bunch of rocks being knocked together.

Second, we are unique individuals in that God was personally involved in the creation of humanity.

God cared enough to make us unique individuals, each one infinitely precious to Him. He made us in His image.

WHAT DOES IT MEAN TO BE CREATED IN THE IMAGE OF GOD?

Humans possess specific capabilities other living beings on earth do not. These characteristics are also qualities God expresses.

WE WERE CREATED WITH CONSCIOUSNESS.

We not only sense our surroundings, we are also aware of them. We can process things voluntarily and make decisions based on the sensory information we take in.

WE WERE ALSO MADE TO BE CREATIVE.

God created the earth and gave us the ability to create things within the earth. Though God is the provider of every material we can use, He made us able to express ourselves through the work of our own hands.

WE WERE CREATED TO EXERCISE AUTHORITY.

While ultimate authority belongs to God, He also gave humanity responsibility. He asked Adam and Eve to care for the earth.

WE WERE GIVEN THE ABILITY TO CHOOSE.

While no one can choose the life they're given, we can all choose what to do with what we're given. We can choose what we give our attention, our love, our allegiance. God didn't want us to be programmed to follow Him. He only wants our hearts if we willingly give them to Him.

But something changed. Something that shattered their relationship with God and brought unspeakable trouble upon the world. Trouble that has changed the nature of humanity ever since.

HOW DID HUMANITY BECOME CORRUPT?

The broken world we live in today is a long way from the perfection of Eden. So how did it all fall apart?

The answer lies in our ability to choose. It was the abuse of the free will God granted us.

If God wanted humans to truly love Him and accept love from Him, they must be able to choose Him. And to be able to choose, choices must exist.

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IF THEY WERE TO CHOOSE GOD, THEY NEEDED TO KNOW WHAT THE OTHER CHOICE WOULD BE.

God provided our first parents with a choice by way of the Tree of the Knowledge of Good and Evil. The presence of the Tree of the Knowledge of Good and Evil in the Garden of Eden wasn't a trap. It wasn't even much of a temptation since they had so many pleasing food options. But this tree showed that human beings were not God's slaves.

If they wanted to, they had the choice to turn from Him and walk a different path. A path that, since God is the creator and sustainer, would lead them to death.

Unfortunately, Adam and Eve allowed themselves to be talked out of obeying God's warning. They were tricked by the devil, deceived by his fancy words, and lured in by the idea of being "like God, knowing good and evil" (Genesis 3:5 ESV).

They fell for Satan's deception. And by eating the forbidden fruit, they committed the first sin: choosing self over God. This act of sin introduced evil and death into our world.

HOW OUR HUMAN NATURE AFFECTS US TODAY

With that single decision, the stable connection between God and humanity was severed. Once God's presence was removed, sin swept in, like darkness filling a room when you turn off the lights.

And without God in their hearts, sin and selfishness consumed humankind. This quickly led the world into disaster.

That's the way it's been ever since. Each of us is born with the blot of selfishness inside us. This selfishness can lead us to hurt other people, the world around us, and ultimately ourselves—all misleadingly thinking we're serving ourselves.

God knew what choice Adam and Eve would make and He had already come up with a way to redeem us and restore the lost connection we once had with Him. He did this through His only son, Jesus Christ. Jesus is the only truly perfect person Who has ever lived on this earth by taking the punishment for our sins on the cross, and because Jesus is fully human and at the same time fully God, He can provide His righteousness for all of us, restoring our relationship with God the Father.

There is nothing human beings can do under our own power to restore the perfection we lost in the Garden of Eden. All we can do is turn to the God who is perfect and accept the free gift of grace He offers us.

That is the only way we can repair our broken relationship with God. That is the only way we can escape the selfish impulses inside our hearts and receive a place in God's kingdom.

God wants to be part of our lives. He wants us to accept His grace and live with Him in Heaven. But we have to invite Him in. We have to make a daily choice to bring God into our lives so He can help us fight the selfish, sinful nature we all carry inside us.

We understand we can never "cure" our sin on our own, so we seek out Christ, the one and only answer to our broken nature. He is ready and waiting to repair our damaged relationship and lead us back to Him.



STAY CONNECTED

Thank you for visiting our site! We invite you to look around, read more about us, register for an event, keep up-to-date via our blogs, check out our ministries and submit a prayer request.

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Visit our Vimeo page for videos sharing stories from across the conference of how people are Revealing Jesus, Making Disciples.



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Please note PA Conference events listed in this color.
 MVCS events listed in this color.
 Williamsport SDA events in black.

January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1  Happy New Year!	2	3	4	5	6
7	8	9	10  PA Conference 10 Days of Prayer	11	12  Report cards issued	13  Choir Practice 3-4:30
14  Family & Women's Ministries Training Event 10-2	15  School holiday—Martin Luther King Jr Day	16	17	18	19	20 
21	22	23	24	25	26  100th Day - School Celebration	27  Choir Practice 3-4:30
28	29	30	31			

February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3  Choir Practice 3-4:30
4	5	6	7	8	9	10  Education Sabbath
11	12	13	14	15	16  Marriage Retreat—Gettysburg	17  Choir Practice 3-4:30
18	19  School Holiday—President's Day	20  Elders Zoom Training 7:00 PM	21	22	23	24
25	26	27	28	29		



To see more pictures of what is happening at Mountain View Christian School, visit www.mvchristianschool.com, click on "current students" and then "gallery".

MVCS CHRISTMAS PROGRAM



Mountain View Christian School 2025
Christmas Program

Welcome.....Mr. Walker
 Opening prayer.....Ms. Stoica
 "Joy to the World".....Grades K-8
 "There's More to Christmas"
 Mayvyn Gordon and Carmine Montgomery
 "Christmas Lights".....Ricky Cole and Kalon Pearson
 "Puppies are Presents".....Grades K,1
 Isaiah 9-6.....Grades K,1
 "The Meaning of Christmas".....Grades 4-8
 Luke 2: 10, 11, 14.....Grades 4-8

The First Christmas
 Narrator: Mr. Walker
 Director: Ms. Stoica
 Joseph: Carmine Montgomery
 Mary: Kalon Pearson
 Soldiers: Mayvyn Gordon and Ricky Cole
 Innkeepers/citizens: Aralynn Hall, Jaide Snyder, Serenity Carson
 Shepherds: Sage Merkel, Joseph Welch, Jahzwil Cole, Myla Bower
 Wisemen: Mayvyn Gordon, Carson Giese, Jax Merkel
 King Herod: Ricky Cole
 "Joy to the World".....Congregation
 Closing Prayer.....Mr. Walker

Thank you to Tom, Diane, and Joan Fulmer for their help with the singing and the refreshments.
 Thank you each one for coming. May each of you be blessed this Christmas season, and may you take God's peace with you through all of 2024.

Merry Christmas and Happy and Blessed New Year!!

