

June 8, 2018

Hello Church Family,

Due to inspired insights God has given our denomination: *“Seventh-day Adventists... live an average of ten years longer than the American life expectancy of about 79 years.”*

https://www.huffingtonpost.com/2014/07/31/seventh-day-adventists-life-expectancy_n_5638098.html

Dr. Larry Beeson, an epidemiologist at Loma Linda University, has been involved in researching the health of Seventh Day Adventists for the last 50 years. “Adventists have approximately the same proportion of people who die of cancer or heart disease or stroke, but the age that they get diagnosed is much later,” he said. “They strongly adhere to the belief of respecting the human body as the temple of the Holy Spirit. That means no alcohol, no tobacco, and following a plant-based diet”:

<http://www1.cbn.com/cbnnews/healthscience/2015/february/secrets-to-longevity-revealed-in-denominations-lifestyle>

Please understand that our health message was not developed by a group of our pioneers reasoning from the Scriptures alone to arrive at our health message. As a matter of fact, thirteen years before Ellen White was given her health message vision in 1863 that has shaped Adventist philosophy of health, S.N. Haskell shared the Biblical message about clean and unclean foods with the Whites. Here was Mrs. White’s response to Haskell at that time: *“If God requires His people to abstain from swine’s flesh, He will convict them on the matter. He is just as willing to show His honest children their duty, as to show their duty to individuals upon whom He has not laid the burden of His work. If it is the duty of the church to abstain from swine’s flesh, God will discover it to more than two or three. He will teach His church their duty.”* --Testimonies Vol. 1 p. 206

It was *after* Mrs. White’s vision that James and Ellen embraced the Biblical message regarding clean and unclean foods. We are a people who hold the Bible as the foundation of our faith. But the Bible we believe teaches that God uses prophets to help his church grow up into Christlikeness, be prepared for works of service and be protected from false teachings (See Eph. 4:11-15). The Bible also teaches that this gift can function till Jesus returns (1Cor. 1:7) and specifically that this gift would be an identifying marker of “the remnant” of His true church. (Rev. 12:17; 19:10).

While it is true, *“The visions can have no weight with those who have never seen them and know nothing of their spirit. They should not be referred to in such cases.”* -- Testimonies vol. 1 p. 119 It is also true, *“The Lord designs to warn you, [those of you who have weighed the evidence regarding inspiration of Ellen White] to reprove, to counsel, through the testimonies given, and to impress your minds with the importance of the truth of His word. The written testimonies are not to give new light, but to impress*

vividly upon the heart the truths of inspiration already revealed.” --Testimonies vol. 2 p. 605

The Whites had difficulty accepting certain elements of Bible truth until the Lord stressed in vision the importance and application of a Bible truth they were resistant to. But since they had tested Mrs. White’s visions, had confidence in them that they were of God, and had found a blessing in believing and applying the messages given, the visions tipped the balance in their minds regarding the Biblical message about diet even though they were not previously inclined to accept it. Have you tested “the visions” and found them to be of God? If not, I would urge you to read them and become settled in your beliefs regarding the visions. The visions given regarding health have a very important purpose for the advantage of God’s people.

It’s nice to have longer life expectancy and a greatly reduced risk of many diseases as the result of following the Adventist health message--this ought to help us fully believe they are of God. Where would we be as a church today if we had decided to wait for science to confirm the counsels given to Ellen White in vision? Would we be living an average of ten more years than the general population?

I now want to call your attention to what is really a much more important matter than longevity. It is the sensitive relationship between the mind, the body, and spiritual life. The apostle Paul addresses the connection between our thinking and our bodies and their relationship to worship in the following passage: *Romans 12:1, 2 (NLT)* “*And so, dear brothers and sisters, I plead with you to give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice—the kind He will find acceptable. This is truly the way to worship Him.*” **[b] 2** *Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”*

It was not only popular in Paul’s day to engage in “behavior and customs” that affected the body in ways that hindered clear thinking-- it is still popular today and I’m sure there are even more behaviors and worldly customs to tempt us than Paul ever imagined. Notice how the inspired counsels emphasize this mind/body principle so clearly. This is the very foundation of why our health message is so important: *“Anything that lessens physical strength enfeebles the mind, and makes it less capable of discriminating between right and wrong. We become less capable of choosing the good, and have less strength of will to do that which we know to be right.” -- Counsels on Diet and Foods p. 48}*

Notice again the emphasis on the mind--body-spiritual life connection. This is the *primary* reason for the health message. When it comes to our health message emphasized in “the visions”, there are categories of things we need to consider. There are some things recommended that are ideals we can benefit from, but they are not matters of sin. But there is another category of counsels that the Holy Spirit has made plain are in the category of sin and are to be presented as such: “*Tea, coffee, tobacco,*

and alcohol we must present as sinful indulgences. We cannot place on the same ground, meat, eggs, butter, cheese, and such articles placed upon the table. These are not to be borne in front, as the burden of our work. The former--tea, coffee, tobacco, beer, wine, and all spiritous liquors--are not to be taken moderately but discarded. The poisonous narcotics are not to be treated in the same way as the subject of eggs, butter, and cheese.” --Selected Messages Book 3 p. 287

“Satan is taking the world captive through the use of liquor and tobacco, tea and coffee. The God-given mind, which should be kept clear, is perverted by the use of narcotics. The brain is no longer able to distinguish correctly. The enemy has control. Man has sold his reason for that which makes him mad. He has no sense of what is right.” -- Evangelism p. 529

“Tea and coffee, as well as tobacco, have an injurious effect upon the system. Tea is intoxicating; though less in degree, its effect is the same in character as that of spirituous liquors. Coffee has a greater tendency to becloud the intellect and benumb the energies. It is not so powerful as tobacco, but is similar in its effects. The arguments brought against tobacco may also be urged against the use of tea and coffee.” -- Counsels on Diet and Foods p. 426

I realize that these counsels are considered outdated or that Ellen White was simply influenced by “reform” movements of her day or that these were simply ideas of her own. I also realize there are a number of our pastors and administrators who do not follow this counsel and that weakens other’s convictions regarding this message, but these opinions and poor examples don’t change the message God has given.

Some feel that since we have modern science today we are in a better position to understand that tea and coffee and other caffeinated products are not really harmful but in moderate use are actually beneficial for health. Numerous studies seem to indicate that moderate use of caffeine is beneficial.

Must we really have scientific “proof” when the Holy Spirit communicates a message to the church? Remember when the Lord gave our church light regarding tobacco being a poison at a time when some doctors were recommending smoking for certain health ailments. Have no doubt-- there is much advice and even medical treatment today supposedly based on “science” that in a decade or two will be regarded as primitive and erroneous. I believe one of these days science will eventually recognize the damaging effects of even “moderate” use of caffeinated products. The question is will you wait till that time comes or will you trust what the Lord has revealed in advance of modern science. Where is our faith? God gives enough evidence to confirm the prophetic gift but don’t wait for proof before you believe everything.

I will leave you with a proof that deserves some more research but will probably be the avenue through which caffeine is finally recognized as an enemy instead of a friend. Watch this interesting demonstration: <https://www.youtube.com/watch?v=gfntvRGwpvs>

See you soon,
Mike

Here's a quick look at a lot of Chapel Oaks information. Have a fabulous Friday and a satisfying Sabbath!

SABBATH, June 9

9:30 a.m. – Sabbath School

10:45 a.m. – Worship Service, followed by Fellowship Lunch

1:45 p.m. – H.O.P.E. (House Of Prayer Everywhere prayer meeting)

3:00 p.m. – Worship Service at Trinity Nursing Home

SUNDAY, June 10

3:00 to 6:00 p.m. – Strawberry Festival at Garrett Park



Chapel Oaks Strawberry Festival and Family Fun Day Sunday – June 10, 3:00 to 6:00 p.m.

Join us at Garrett Park, 22325 West 47th Street (north of the church on Monticello to 47th then turn west ½ mile) for strawberry shortcake, ice cream, and games for every age. See Fred Lucky for more information.

Sea of Miracles VBX is coming to Chapel Oaks! Food is needed!

If you would be willing to help provide snack food for this year's VBX program, please visit <https://www.signupgenius.com/go/8050449a9ad2da20-vbxfood> or contact Norma Jean Mohr.



Empathize with today's young people:

“Teenagers and emerging adults want to be known. As we seek to become more empathetic, knowing their name is low-hanging fruit. Every time you show up to church for the next month, make an effort to learn the name of one new young person, with a goal of saying it to them the following week. Bonus points if you remember their name two or three months from now.”

Powell, Kara. Growing Young: Six Essential Strategies to Help Young People Discover and Love Your Church (p. 120). Baker Publishing Group.



Personal Evangelism Training

Sunday June 24, 9:30 a.m. to 2:00 p.m. SMMC Rogers Conference Center.

Dinner in the Park.

Join us for the SEE* Second Annual Dinner in The Park at 5:00 p.m. on Sabbath, June 16, at Black Hoof Park; 9053 Monticello in Lenexa. Spend a relaxing Sabbath evening with family and friends, food, fellowship, and fantastic entertainment! If possible, please bring your favorite Mexican food, or any favorite food, to share. Have it at the Oak Shelter by 4:30 p.m. Also, bring a lawn chair or blanket. If you have difficulty hearing, please bring an FM radio or boom box and headphones. Please make a special effort to invite any new members and bring them to this event! This will be an opportunity to celebrate their decision for Christ and introduce them to some of their new church-family members! *SEE stands for Sabbath Excursions for Everyone. "Everyone" means YOU! We can't wait to see you there! For more info contact Coco Strawbridge at 913-375-3645 or at strawbridgemarilyn180@gmail.com.

Refugee Awareness Day

Mark your calendar for the Reach KC city-wide event and concert at KC Central Church (14651 Peterson Road in Kansas City, Missouri,) on June 23 at 7:00 p.m. as we join our fellow Reach KC churches to celebrate World Refugee Day.



Discoveries in Daniel Seminar

Chapel Oaks: Tuesday Evenings 7:00 p.m.

Pastor Mike will lead a chapter by chapter study of the book of Daniel each Tuesday night. Our next study will be Daniel, chapter 6.

Praying Together with H.O.P.E. (House Of Prayer Everywhere)

Join us for H.O.P.E on Wednesdays at 6:30 p.m. and each first Sabbath after potluck. The Wednesday night format has changed. We spend several minutes in Bible study before we pray. This week our study is John 2:12-25

“You need not go to the ends of the earth for wisdom, for God is near. It is not the capabilities you now possess or ever will have that will give you success. It is that which

the Lord can do for you. We need to have far less confidence in what man can do and far more confidence in what God can do for every believing soul. He longs to have you reach after Him by faith. He longs to have you expect great things from Him. He longs to give you understanding in temporal as well as in spiritual matters. He can sharpen the intellect. He can give tact and skill. Put your talents into the work, ask God for wisdom, and it will be given you."

--Christ's Object Lessons p. 146

Next Steps for Your Circle of 8 you are praying for:

Why not invite them to the Chapel Oaks Strawberry Festival and Family Fun Day?!

Adventist Radio for Kansas City: Reach KC Radio

102.9 FM from 6:00 to 9:00 p.m. nightly

You can tune in from the Web here: <http://www.kcxl.com/>. There is the possibility of purchase of FM 99.3 with the major dollars coming from outside of our conference. Please pray about this! You can now give to support *Reach KC Radio* through Chapel Oaks. Just mark your donations *Reach KC Radio*.

Please keep us updated on your contact information! We want to keep you informed through email, texts or calling-posts. The easiest way to keep us updated is to click on this link: chapelooks.org Then click "Member Info. Update"

How are contributions to Chapel Oaks church budget allocated?



Note: Tithes do not support our local church budget, but God's message continues to be proclaimed and our world church exists and is growing because of tithes!

Did you know you can return your tithes and offerings online?

Click this link: chapelooks.org, then click on the tab "Offerings (Adventist Giving)".

"Adventist Giving" App

You can find it at the Google Play store or the App Store on your Apple device. Simply type "Adventist Giving" into the search bar.

Adventist Giving blog provides giving information to members. You can check it out at: AdventistGivingNews.com.

Need More Information?

Bulletin Attached

Visit the Chapel Oaks website at: chapelooks.org

Firearms at Chapel Oaks

If you conceal and carry a firearm, the same state laws apply inside our church as any other public building. However, if you are an employee or elected officer of the church you are completely independent in your liability for use of your weapon. Conference policy explicitly states that you are not covered under their policy for liability.