

THE EPHEBUS EXPERIENCE

“For as lightning that comes from the east is visible even in the west, so will be the coming of the Son of Man.” Matthew 24:27

SABBATH SERVICE

Saturdays at 11:00 a.m.
Ephesus SDA Church – San Antonio
4123 E. Houston Street
San Antonio, TX, 78220

TALK TO US

Ephesus4123@gmail.com

PATHFINDER AND ADVENTURER MINISTRY

Building Young Minds
With Director Isaac Trotman and
Kayla Nellums

FROM THE PASTOR’S DESK

It has been a few months since Nicole and I arrived at Ephesus Seventh-day Adventist Church, located at 4123 E. Houston Street in San Antonio, Texas. Each time Nicole and I arrive at the church, I am reminded of the goodness and greatness of God. I see the hand of God moving in supernatural ways. I see God doing miracle after miracle as we worship, fellowship, and pray together but more importantly; as we prepare men and women, boys and girls for the soon return of our Lord and Savior Jesus Christ.

I am overwhelmed and inspired by what God is doing here at Ephesus, and I know this is just the tip of the iceberg; I am confident that through the power of the Holy Spirit, the ‘best is yet to come’! How can I describe all of this in one phrase? I can only say, it’s “The Ephesus Experience”. To fully understand what I mean, one would have to come to Ephesus and experience it for themselves. So, I would like to prayerfully encourage you to think about family, friends, coworkers, and even strangers you can invite to church so they can be part of this dynamic worship experience. May God Bless you and keep you in my prayer!!!



Quick Healthy Meal



Ingredients

- 16 oz spaghetti dry spaghetti
- 3 tablespoon olive oil
- 5-6 cloves garlic minced
- 1/4 - 1/2 teaspoon red pepper flakes based on your heat tolerance
- 1/2 teaspoon black pepper crushed
- 16 oz baby spinach
- 1/4 cup parmesan freshly grated
- 32 oz Marinara sauce
- salt and water to cook pasta

Instructions

Add salt to water and bring it to a boil. Add the pasta to it and let it cook for about 7-8 minutes or according to package instructions.

16 oz spaghetti, salt and water

While the pasta is cooking, heat some olive oil over medium high heat and add minced garlic and crushed red pepper flakes to it.

3 tablespoon olive oil, 5-6 cloves garlic, 1/4 - 1/2 teaspoon red pepper flakes

Sauté until the garlic is no longer raw and then add the baby spinach. This will take about a minute or so.

16 oz baby spinach

Sauté till spinach wilts. Add a little pepper to season.

1/2 teaspoon black pepper

Pour in the marinara sauce from the jar and mix well. Let it warm up.

32 oz Marinara sauce

Now, add the cooked and drained pasta to this pan and mix it up.

Serve with some freshly grated parmesan on top.

Your October Challenge

Try these 5 things for the month

- Drink 8 glasses of water
- Take a 30 minute walk
- Stretch for 10 minutes
- Prepare a healthy meal
- Take a relaxing bath or shower

What's Happening at Church?

OCTOBER EVENTS

- 2-Soup Kitchen at Ephesus
- 2-5-Oakwood Live-College Days
- 5,6-Women's Ministry Retreat
- 5-Men's Retreat-The Dallas Project
- 11-Movie Night-Chosen
- 12-Bowling Night Out
- 18-Food Pantry
- 20-Church Meeting
- 22-Food Pantry
- 28 -Nov 2 Youth Ministry Week of Prayer

