

THE EPHESUS EXPERIENCE

.....Father in heaven (will)give the Holy Spirit to those who ask him! “Luke 11:13

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

PRISON MINISTRY

Ministering, Mentoring, and Fellowshiping

FROM THE PASTOR’S DESK

The Perfect Gift



Dr. Robert Norwood

Black Friday, Cyber Monday, and Amazon holiday Prime shopping have passed. Many individuals took time out of their busy schedules to find that Perfect Gift online or in a store. They may have stood in a line or spent many hours online searching for a gift to put under a Christmas tree or to give to someone they love. However, we often forget that these man-made gifts are thoughtful, sentimental, and heartfelt, and are temporary. For example, clothes and shoes, for many, will be outgrown. Some gifts will be lost or even stolen. Some gifts will get old and no longer work. Some gifts will be returned.

However, there is a gift that will not get old. I dare say that the longer you use this gift the better you will become. This gift will help you on tne job, at scoool, and at cnurch, and will follow you wherever you go, this gift will help prepare you for the soon return of Jesus Christ. If you receive this gift your life will never be the same. I am talking about the gift of the Holy Spirit. Out of all the gifts you could receive or think you should receive; the most important gift is the gift of the Holy Spirit. When you receive the gift of the Holy Spirit; you will have fruits of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control; found in (Galatians 5:22-23), Gifts of the Spirit. You will have gifts of the Holy Spirit including wisdom, knowledge, faith, gifts of healing, working of miracles, prophecy, and discerning of spirits. You will receive these gifts and so much more. All we have to do is ask!



PRISON MINISTRY

Members of the prison ministry team ministering, fellowshiping, and praying with inmates. A time was had as the Holy Ghost showed up and showed out with singing, praising, and shouting.

Contact Bro. Milton Johnson for more details and how to get involved with the prison ministry

Quick Healthy Meal - Vegetarian Taco Skillet



- 1 tablespoon [olive oil](#)
 - 1 onion *chopped*
 - 1 red bell pepper, *stemmed, seeds removed, and chopped*
 - 3 cloves [garlic](#), *chopped*
 - 1 cup [quinoa](#), *rinsed*
 - 2 cups [vegetable broth](#)
 - 15 oz [fire roasted tomatoes](#)
 - 4 oz [mild green chiles](#)
 - 3 teaspoons [chili powder](#)
 - 2 teaspoons [ground cumin](#)
 - 3/4 teaspoon smoked paprika
 - 1/2 teaspoon [dried oregano](#)
 - 1 teaspoon [kosher salt](#)
 - 1/4 teaspoon [black pepper](#)
 - 15 oz [black beans](#), *rinsed and drained*
 - 1 cup frozen corn
 - 1/4 cup chopped cilantro
 - 1 1/2 cups shredded Mexican blend or cheddar cheese
 - Optional toppings: sliced green onions, *avocado, cilantro, tomatoes*
 - Tortilla chips, salsa or pico de gallo, *for serving*
- In a large skillet, heat the olive oil over medium high heat. Add the onion and bell pepper; cook for 5 minutes or until tender, stirring occasionally. Add the garlic and cook for one minute.
 - Add the quinoa, vegetable broth, tomatoes, green chilies, chili powder, cumin, paprika, oregano, salt, and pepper. Stir until combined and let come to a boil. Reduce heat to low and cover with a lid. If your pan doesn't have a lid you can cover with a baking sheet. Simmer for 15 to 18 minutes or until the quinoa is cooked.
 - Remove the lid and stir in the black beans, corn, and cilantro. Top with shredded cheese and put the lid back on for 3 to 5 minutes or until the cheese is melted.
 - Top with green onions, avocado, cilantro, and diced tomatoes. Spoon onto plates and serve warm with tortilla chips and salsa or pico de gallo. Season with additional salt and pepper, if necessary.

December Challenge **BE KIND**

1. Let someone ahead of you at the supermarket
2. Donate non-perishables to a [food bank](#).
3. Bring in a neighbor's garbage cans.
4. Forgive someone ... and tell that person about it.
5. Pray ... for others.

What's Happening at Church?

DECEMBER EVENTS

- 7th/8th-Stewardship Sabbath
- 13th-15th: SWRC Singles Ministry
- 14th - AYS at 5pm
- 16th-Church Meeting at 7pm via zoom
- 22nd-Outreach at Antioch Village Apts at 3pm
- 28th-Women's Ministry Prayer Circle after divine hour
- 29th-Women's Ministry End of Year Tea/Brunch
- 31st-Candlelight Communion Service at 5:30pm

DID YOU KNOW?

Most people think that the flower of December is the poinsettia. It is actually the holly!

SOUTHWEST REGION CONFERENCE

SOUTHWEST REGION SINGLES' MINISTRY PRESENTS

Moving
FORWARD BY FAITH

DECEMBER 13-15, 2024

FOREST HILL CHURCH & DOUBLE TREE BY HILTON FORT WORTH, TEXAS

REGISTRATION AND HOTEL INFORMATION
VERA RAGLAND 214.830.8121
WWW.SOUTHWESTREGIONSDA.ORG

Guest Speaker:
Pastor Darriel Hoy

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