

# THE EPHEBUS EXPERIENCE

*For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. John 3:16*

## 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](mailto:Ephesus4123@gmail.com)

## CHILDREN'S MINISTRY

Helping children to develop their faith in a supportive environment.  
Held 2nd and 4th Sabbath

## FROM THE PASTOR'S DESK

In 1993 Tina Turner turned the world upside down with her life's story, "What's Love Got to Do with It". The movie tells the story of Tina Turner's tumultuous relationship with her ex-husband Ike Turner while she was becoming a singing legend. The iconic Angelia Bassett stars as Tina Turner to bring to life the toxic relationship between Tina and Ike. In the song with a similar title, she sings - What's love but a second-hand emotion? Who needs a heart when a heart can be broken? Unfortunately, many individuals in church can sing the same song because they have also gone through similar experiences. But, as you read this article, I want to encourage you today that even though you or someone you know may have had their heart broken or can relate to what Tina went through there is still hope. The great news today is that God still loves us no matter what we have gone through. We are reminded in John 3:16, "God so loved the world that He sent His only begotten son." God knows the beginning from the end. God knows what we have gone through and will go through. God sent His only begotten son so we can be restored and delivered. You may be broken now. The relationship did not go as planned; your children may be making bad decisions, and the list can go on. But remember no matter what situation you find yourself in, God loves you so much that he sent His only begotten son to put 'US' back together again.



## CHILDREN'S MINISTRY

The focus of the children's ministry aims to teach children about the Bible, Christian values, and the love of Jesus Christ in fun, hands-on supportive manner. Here, the children create Jenga block towers to demonstrate that we all need a firm foundation to be strong in the Lord and make good decisions. Children's church is held on the second and fourth sabbath.

Contact Dr. Kayla Nellums for assisting with Children's Church.

## Craving a Health Snack?

### Vegetarian Flat Bread Pizza



### Instructions

- Preheat oven to 425 F.
- Place flatbread on a baking sheet lined with parchment paper or foil and sprayed with non-stick cooking spray. Spray the flatbread directly with extra virgin olive oil or avocado oil cooking spray.
- Place flatbread in the preheated oven for about 5 minutes BEFORE adding any toppings. This will help it get a little bit crispy.
- While flatbread is in the oven, cook crumble or chick'n in a small skillet over medium-high heat (according to package instructions) and sprinkle with Italian seasoning. This should take 3-4 minutes.
- After the flatbread has cooked for 5 minutes, remove it from oven and add your toppings.

- Avocado oil spray or brush with extra virgin olive oil
- 1 whole grain flatbread or vegan naan bread (sold at HEB)
- 2 Tbsp marinara sauce or BBQ sauce
- 1 cup baby spinach
- 1/4 cup bell pepper chopped
- 1/4 cup red onion chopped
- 1/2 cup soy crumbles cooked, or protein of choice (vegan chik'n, etc.)
- 1/2 cup shredded vegan cheese
- Italian seasoning, crushed red peppers, or optional toppings

## Want a Smoothie to go along with it?

### Try this!

- cup of berries (your choice)
- thumb length of ginger
- half or whole banana
- half of a lemon
- half cup almond milk
- nuts of your choice (optional)

*from Dr. Norwood's sermon on February 1 - "God's Smoothie"*



## Your Challenge

- Forgive
- Eat Well
- Exercise
- Love Deeply

## What's Happening at Church?

### February 2025

- 1 Baptism's-Take me to the water
- 5 Soup Kitchen/First Wednesday Worship Experience 7pm
- 8 Children's Church
- 9 Seniors-Friendship Lunch at Luby's and Men's Ministry Superbowl Luncheon
- 12 Soup/Salad-6:30 pm; Prayer Meeting 7:00pm
- 15 Praise in the Parking Lot
- 16 Board Meeting 10am
- 19 Soup Kitchen
- 21 Food Pantry
- 22 Guest Speaker-Pastor David Runnels/Children's Church/Women's Ministry Prayer Circle
- 23 Women's Ministry Committee Meeting
- 26 Soup/Salad-6:30pm; Prayer Meeting 7:00pm

## SDA BLACK HISTORY



**This is Fredrick Douglass' oldest child. She joined the SDA church in 1892 and was a member until her death in 1906.**