

THE EPHEBUS EXPERIENCE

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. Proverbs 3:5-6

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

SINGLES MINISTRY

Helping each other to grow
spiritually, emotionally, and socially.

FROM THE PASTOR'S DESK

There is a phrase that should remind us of the power of God. It is a simple phrase, but it speaks volumes to what we believe. This phrase can be found on coins and dollar bills. It states **"In God We Trust"**. The progenitors of that phrase understood Matthew 19:26, "But Jesus beheld them, and said unto them, With men this is impossible; but with God all things are possible." You see my family, the individuals who penned the phrase "In God We Trust" understood that without God nothing would be possible. They understood this because they were immigrants in a foreign land. Immigrants who were forced on slave ships to work land with no pay. Immigrants who were sent here because America use to be penal colonies (prison colonies). Immigrants who came by free will. No matter how we got here. The truth of the matter is we should all remember and live Proverbs 3:5-6, "Trust in the Lord with all your heart and lean not your own understanding, in all your ways submit to him (God), and He (God) will make your paths straight." Family were are living in interesting times. But we should not be fearful; we **MUST** be faithful. Faithful to the God of the universe who woke us up this morning. Faithful to a God who has protected us on the highways and airways. Faithful to a God who will never leave are forsake us! No matter what is going on in White House, Court House, church house or in even your House. **We must Trust in the Lord!**



SINGLES MINISTRY

The Singles Ministry at Ephesus truly embodies the Ephesus Experience. The ministry is headed by Sis. Montoia Moore, and members meet once per quarter. Their latest event was a Praise and Paint Party. Members had a grand eating snacks, painting on canvases, and having an awesome time with each other.

Contact Sis. M. Moore for being a part of the Singles Ministry

Fully Loaded Vegan Nachos



- EASY vegan ground “beef” (recipe included below)
- Vegan Nacho Cheese Sauce OR Nut Free Cheese Sauce, if needed
- Vegan Sour Cream
- Diced avocado or guacamole
- Diced tomatoes, or pico de gallo
- Sliced jalapeños, fresh or jarred
- Chopped cilantro (I can’t get enough cilantro on anything)
- Chopped green onions, or red onions
- Drained and rinsed black beans
- Salsa

Instructions

- Make a batch of Easy Vegan Nacho Cheese Sauce. Warm on the stovetop, then set aside. You should whisk it again until smooth, adding water as needed to thin right before you drizzle it on the chips.

Prepare the TVP ground "beef"

- Add dried TVP, water and soy sauce to a medium pot. Cook, uncovered, over medium-high heat until the water is absorbed.
- Now add olive oil, spices and salt to taste, frying over medium heat until it resembles ground beef. Turn off the heat and set aside.

Assemble the nachos

- Drain and rinse the black beans and prepare all the rest of the optional ingredients you wish to use.
- Arrange the tortilla chips on a large platter (or on individual plates if serving as a meal). Add toppings in this order, or any you prefer: Taco "meat", nacho cheese sauce, sprinkle of black beans, tomatoes, cilantro, jalapenos, onions, salsa/hot sauce and then vegan sour cream and/or avocado/guacamole. Enjoy immediately!

March Challenge

Eat one vegetable at lunch/dinner (pick one meal)

Add one more vegetable to lunch/dinner (pick one meal)

Eat fruit for breakfast

Eat fruit and raw nuts for a snack

Eat veggie with hummus for a snack

Eat a healthy protein for dinner/lunch

Eat a fiber-filled breakfast

Have a tofu scramble with veggies for breakfast

Drink green tea in the morning or afternoon (pick one)

Add whole grains to your meals.

Eat a hearty salad for lunch every day.

What’s Happening at Church?

March 2025

March 1st- Family & Friends Day

Baby Dedication

5th- Soup Kitchen

8th- Youth & Young Adult Sabbath-Guest Speaker Elder Chris Mogaka

9th- Usher Meeting at 10 am

Senior's Meeting at 1pm

Outreach @ Antioch Apts-TBA

14th/15th-Women's Ministry International Day of Prayer

16th- Board/Business Meeting

19th- Soup Kitchen

21st- Food Pantry

22nd- Guest Speaker-Elder Dana Edmond

W/M prayer circle after Divine Hour

Pathfinders Bible Experience

29th- International 13th Sabbath School/Lunch

30th-Women's Ministry (Tea/Brunch)

EPHESUS SDA CHURCH
Youth Sabbath

MARCH 5TH
PRAYER MEETING 7 PM

MARCH 8TH
SABBATH SCHOOL 9AM
DIVINE WORSHIP 11 AM
AYS 6 PM

MARCH 9TH
EPHESUS EXPERIENCE AT
ANTIOCH APARTMENTS

4123 E Houston St San Antonio, TX 78220

Guest Speaker
Chris Mogaka

Host Pastor
Robert Norwood