

THE EPHESUS EXPERIENCE

His lord said unto him, Well done, thou good and faithful servant...
Matthew 25:21

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

FROM THE PASTOR'S DESK: GOD'S REPORT CARD

As we come to the end of the first maybe second grading period for this school year; some young people are excited about their academic achievements, some young people may not be as excited and then there may be some young people who are praying for a miracle for God to touch the heart of their teacher to move them up a letter grade- I have had many friends who have fallen into this last category. So, when I think about grading periods, some questions come to mind, like: What rubric or grading scale would God use? What does it take to pass God's class? Will we have to repeat a class or some classes because we did not learn the lesson the first time, or maybe the second time?

Family, God does have a report card. We are reminded of this report card in the book of Revelation 20:12, "And I saw the dead, small and great, stand before God; and the books were opened: and another book was opened, which is the book of life: and the dead were judged out of those things which were written in the books, according to their works." My family, we are in God's classroom. And God has given us Grace and Mercy to pass any test. These tests are not meant to take us out or to cause us to be depressed. They are designed to show us that God is in control. The tests that we face on a day-to-day basis are allowed by God to grow our faith and to test our character.

Family, we must pass God's test because we all should want to hear these divine words, found in Matthew 25:21: "His lord said unto him, Well done, thou good and faithful servant"



Be a part of the Ephesus Experience!



Dr. Norwood and Ivorie at Oakwood Live



Pathfinders in the kitchen with Chef Willie Gilbert



- Growing concern for younger individuals: There is a concerning trend of younger individuals being diagnosed with breast cancer, making it important for everyone to be aware of their bodies and report changes to their doctor.
- Men can also be affected: Although rare, men can get breast cancer. An estimated 2,800 men will be diagnosed with invasive breast cancer in the U.S. in 2025.



Vegan Stir Fry



BROWN RICE

- ☐ 1 CUP SHORT-GRAIN BROWN RICE
- ☐ 1 ¼ CUP WATER
- ☐ 1 TEASPOON SEA SALT

VEGETABLES (GROUPED IN STAGES OF COOKING)

- ☐ 3 CLOVES GARLIC MINCED
- ☐ 1 LARGE WHITE ONION SLICED THIN
- ☐ 16 OUNCES SLICED MUSHROOMS
- ☐ 1 HEAD BROCCOLI CUT INTO BITE-SIZED FLORETS
- ☐ ½ HEAD CAULIFLOWER CUT INTO BITE-SIZED FLORETS
- ☐ 1 RED BELL PEPPER SLICED THIN
- ☐ 2 HEADS BOK CHOY
- ☐ 2 CARROTS CUT INTO COINS
- ☐ 1 ZUCCHINI CUT INTO COINS
- ☐ 1 INCH FRESH GINGER GRATED
- ☐ BLACK SESAME SEEDS OPTIONAL GARNISH

STIR FRY SAUCE (MAKES 1 ½ CUP; I ONLY USED ¼ -½ CUP)

- ☐ ½ CUP TAMARI OR SOY SAUCE
- ☐ ¼ CUP WATER
- ☐ ½ CUP FRESH PINEAPPLE
- ☐ 2 CLOVES GARLIC MINCED
- ☐ 2 TABLESPOONS RICE VINEGAR
- ☐ 1 TABLESPOON ARROWROOT POWDER

Instructions

Cook rice or quinoa to your liking

Stir Fry Sauce

- Combine all the ingredients in a high-speed blender.
- Transfer the contents of the blender to a small saucepan.
- Heat on low heat, stirring occasionally.
- The sauce will thicken as it heats through.
- Although this recipe makes 1 ½ cups of sauce, I only used ¼-1/2 cups for the stir fry and reserved the sauce for another recipe.
- Do not add the stir-fry sauce until you are done cooking the vegetables.

Prepare Vegetables into Groups for Different Stages of Cooking

- Saute garlic, fresh ground ginger, mushrooms, and onions together over medium-high heat in a wok until onions are translucent and mushrooms are browned.
- Then, add carrots, broccoli, and cauliflower and cook for 10 minutes, moving these vegetables to the wok's bottom, stirring occasionally.
- Next, add the red bell peppers, zucchini, and bok choy last, cooking for an additional 5 minutes, stirring in the last group of vegetables.
- Last, add a small amount of sauce, tossing it lightly into the cooked vegetables.

Serving

- Add a small amount of cooked brown rice (or quinoa) into the bowl or plate base.
- Then, add large scoops of vegetables on top of the brown rice.
- Sprinkle with black sesame seeds (optional)

What's Happening at Church in October ?

1st-Soup Kitchen

12th-Senior's Meeting-Zoom

12th Single's Ministry-Govt. Canyon Park Visit

17th-Food Pantry

18th Pastor Appreciation Day

25th-W/M Prayer Circle

26th-Church Meeting at 10am (Sanctuary)



In this month

- Declutter one area of your house
- Say “no” something that doesn’t deserve your wellness
- Start the day with a positive affirmation
- Write a short gratitude note to yourself.