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Pastor's Corner

Calendar

Healthy You! – Hypertension

Prayer

Sharing Jesus in Bloomfield



November 2021

Bloomfield News

Calendar

- 2 – Bible Study 6:30 pm
- 9 – Bible Study 6:30 pm
- 16 – Bible Study 6:30 pm
- 17 – Board Meeting 7:30 pm
- 20 – Fellowship Meal
- 23 – Bible Study 6:30 pm
- 30 – Bible Study 6:30 pm



Sunset Calendar

- 5 / 6 – 6:42 / 6:41
- 12 / 13 – 5:36 / 5:35
- 19 / 20 – 5:30 / 5:29
- 26 / 27 – 5:27 / 5:26



Pastor Dwight Kruger

His word is truth, the Scriptures sanctifies us, making us Holy. John 17:17. Holy Scriptures are to be accepted as an authoritative, infallible revelation of His will. They are the standard of His character. Take God for His word, take it to heart.

Addition information on Prayer:

- [PRAYER GROUP IDEAS](#)
- [HOW TO PRAY WITH YOUR SPOUSE](#)
- [PRINCIPLES OF INTERCESSORY PRAYER](#)
- [ABIDING IN JESUS' LOVE](#)
- [PARTNERING IN PRAYER](#)

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Pastor's Corner

Trivia Questions

1. Connect the Thots:
Jezebel
Elymas
A woman of Endor
2. Complete the scripture: Let not sin therefore ____ in your mortal body, that ye should obey it in the lusts thereof.
3. What disciple watching Jesus' arrest and trial, claimed three times that he did not know the Lord?

Answers in next month's newsletter

Hypertension

High blood pressure is a dangerous condition that can damage your heart. It affects one in three people in the US and 1 billion people worldwide. If left uncontrolled, high blood pressure raises your risk of heart disease and stroke.



But there's good news. There are a number of things you can do to lower blood pressure naturally, even without medication.

Your blood pressure is measured in millimeters of mercury, which is abbreviated as mm Hg. There are two numbers involved in the measurement:

Systolic blood pressure. The top number represents the force of the pressure

when your heart pushes blood into the arteries throughout the rest of your body.

Diastolic blood pressure. The bottom number represents the pressure in your blood vessels between beats, when your heart is filling and relaxing.



Your blood pressure depends on how much blood your heart is pumping, and how much resistance there is to blood flow in your arteries. The narrower your arteries, the higher your blood pressure.

This is where diet comes in. By eating a Whole-Food, Plant-Based Diet, you can open up your arteries. This will allow your blood to flow better, lowering your blood pressure. Greens (kale, spinach, beets, etc.) can help repair the lining of your arteries.

15 Ways to Lower Blood Pressure Naturally...

1. Walk and exercise regularly
2. Reduce your sodium intake
3. Drink less alcohol
4. Eat more potassium-rich foods
5. Cut back on caffeine
6. Learn to manage stress
7. Eat (small amounts) of dark chocolate or cocoa
8. Lose weight
9. Quit smoking
10. Cut added sugar and refined carbs
11. Eat berries
12. Try meditation or deep breathing
13. Eat calcium-rich foods
14. Take natural supplements
15. Eat foods rich in magnesium

To read the full article which gives more detail on each of these suggestions, double-click on this link:

<https://www.medicalnewstoday.com/articles/318716>

health ministry >>>

Bloomfield Health Ministry

During November and December, each Sabbath, there will be a bulletin insert on one of the 8 laws of health: Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest and Trust. There will be a short video posted in the church Facebook group each week as well on that topic. There are many things in life that we respect and value, but one of the most important aspects of our life that is often taken for granted is our health. Most people are so busy in today's society, that staying healthy is not as high on the priority list as it should be. As a result, more people are suffering from life-style related diseases that could have been prevented if better lifestyle practices had been adopted. In our bodies, there are laws that govern our being and when we work in accordance with these laws, we enjoy the best health. When one fails to get adequate sleep at night, the body will not operate at peak performance. If one continues depriving himself of sleep, eventually his body will become fatigued, and the immune system will become suppressed enough that disease may follow. Optimum health may be secured and maintained by following these eight simple laws that govern our being.

Almond or Pecan Milk

From:

<https://www.straightupfood.com/blog/2012/09/20/non-dairy-milks/#tasty-recipes-13603-jump-target>

By: Straight Up Food



Prayer

“If two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of My Father which is in Heaven. For where two or three are gathered together in My name, there am I in the midst of them” Mat. 18:19, 20 “Ask of Me, and I will answer your requests.”

The promise is made on condition that the united prayers of the church are offered, and in answer to these prayers there may be expected a power greater than that which comes in answer to private prayer. The power given will be proportionate to the unity of the members and their love of God and for one another.— Letter 32, 1903, p.5 (To Brother and Sister Farnsworth, January 28, 1903.) White Estate Washington D.C. October 22, 1979 (9MR 303.3) –MR No. 748 – The Power of United Prayer

Our Saviour follows His lessons of instruction with a promise that if two or three should be united in asking anything of God it should be given them. Christ here shows that there must be union with others, even in our desires for a given object. Great importance is attached to the united prayer, the union of purpose. God hears the prayers of individuals, but on this occasion, Jesus was giving especial and important lessons that were to have a special bearing upon His newly organized church on the earth. There must be an agreement in the things which they desire and for which they pray. It was not merely the thoughts and exercises of one mind, liable to deception; but the petition was to be the earnest desire of several minds centered on the same point. — 3T p. 429

The Lord has promised that where two or three are met together in His name, there will He be in the midst. Those who meet together for prayer will receive an unction from the Holy One. There is great need of secret prayer, but there is also need that several Christians meet together and unite with earnestness their petitions to God. HP p. 91

If we would accomplish the great work before us, it is essential that we present to God fervent and effectual prayer; for it availeth much. The prayer needed at this time is the earnest, unbroken, continuous prayer, not fitful, uncertain prayers, wavering as the waves of the sea. If several should meet together with one accord, with hearts burdened for perishing souls, and should offer earnest, fervent prayers, they would prove effectual. RH August 23, 1892, par. 7
God would work mightily for His people today if they would place themselves wholly under His guidance. They need the constant abiding of the Holy Spirit. If there were more prayer in the councils of those bearing responsibilities, more humbling of the heart before God, we should see abundant evidence of divine leadership, and our work would make rapid progress. 8T p. 238

We must be much in prayer if we would make progress in the divine life. When the message of truth was first proclaimed, how much we prayed. How often was the voice of intercession heard in the chamber, in the barn, in the orchard, or the grove? Frequently we spent hours in earnest prayer, two or three together claiming the promise; often the sound of weeping was heard and then the voice of thanksgiving and the song of praise. Now the day of God is nearer than when we first believed, and we should be more earnest, more zealous, and fervent than in those early days. Our perils are greater now than then. Souls are more hardened. We need now to be imbued with the Spirit of Christ, and we should not rest until we receive it. 5T p. 161, 162

He longs to have you reach after Him by faith. He longs to have you expect great things from Him. He longs to give you understanding in temporal as well as in spiritual matters. COL p. 146

The above quotes were taken from [THE POWER OF PRAYING TOGETHER](#)
[Quotes from Ellen White's Writings](#)



Live Streaming Update

We have all of our equipment now. The computer is installed and aside from our projector being a bit testy, all seems to be working well. The next step is to set up the camera and equipment that we will need to begin live streaming.

Getting it all in the recording...

Once we begin live streaming, we will need to ensure that everything is included in the audio portion of the feed. We have been using a prayer mic for several weeks now to capture the prayer time. We will be setting up a mic at the piano to capture the music. When scriptures are read or prayer requests made from the congregation, we will need to use a roving mic in order for those watching online to be able to hear them. It is very important that you hold the mic close to your mouth for us to pick up good sound. If you are leading out and a mic is not used when a request or comment is made, please repeat any information that would not have been picked up in the sound system. For example, “a question was asked regarding when the next potluck would be held” before answering. This will take some getting used to as we get into live streaming.

How can you help?

Thank you to all those who have been donating towards our live streaming equipment. When donating, please mark your tithe envelope “Video Equipment”.

Sharing Jesus In Bloomfield



Evangelistic Meetings

Our Evangelistic meetings have ended. A weekly Bible study series with additional study topics began this week. If you would like to attend, they meet each Tuesday at 6:30 pm at the church

Witnessing Resources

[Sharing Your Faith](#)

[Three Angel's Messages Materials](#)

[Spirit-filled Coworkers of Jesus](#)

[Creative Ways to Serve Your City](#)

[Why Revisiting Doors Makes Such a Difference](#)

[Everyone is a Sower](#)

[Keys to Personal Witnessing](#)

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Prayers

Please continue to keep those in our community in prayer that have received literature. Also pray for those who attended the meetings that the Holy Spirit will touch their hearts and draw them to Jesus.

Ask daily in prayer for the Lord to give us Bloomfield for His kingdom! In preparation for Jesus' soon coming, we must answer the call of Luke 10:2 by praying intensely for the spiritual needs of our church, our community, our families and friends. Ask God to guide us as we seek to cultivate friendships and opportunities to love these people. Pray that they will surrender their lives to Christ and accept His will for their lives.

Answers to October

Trivia Questions

What were the Bereans famous for?

Searching the scriptures (Acts 17:10-11)

Match: Valley of Kidron

d) *Where Jesus brought Lazarus back from the dead (John 18:1, 12)*

Connect the Thots:

the Philippian jail

Jesus' tomb

Mt. Sinai

Sites of earthquakes (Acts 16:12-26, Matthew 28:1-6, Exodus 19:18)

Blood Pressure IQ

What is a normal blood pressure?

Lower than 120/80 mm Hg

What is considered elevated blood pressure?

130/80 mm Hg or more

The good news about elevated blood pressure is that you can make changes to significantly reduce your numbers and lower your risk — without requiring medications.

Information Links About Hypertension

[The DASH Diet: Healthy Eating to Lower Your Blood Pressure](#)

[Hypertension and Nutrition](#)

[How Long Does It Take to Lower Blood Pressure?](#)

[High Blood Pressure](#)

[New Hypertension Guidelines Got Your Blood Pressure Up? Here's How to Bring it Down Naturally](#)

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Did you get them all right?



coming soon >>>

In The Next Issue

Pastor's Corner

Healthy You! – Stress Management

Discipleship

Sharing Jesus with Bloomfield



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