

August 2013

Monthly Newsletter of
DaySpring Christian Church

The DaySpring Voice

Vitamin C: Healthy Church Nutrition By Ki Hughes



Being healthy is more than just a state of mind; it's a state of being. When we are healthy in the mind this is obviously a great thing. We make better decisions, we evaluate circumstances more clearly, and we're even more available for others. On the other hand when healthy is our nature things are in balance. We mature as

we're supposed to, we have energy for life, and we have hope of long and prosperous lives. Positivity is our anchor and harmony is that glow which attracts others like moths to a flame.

When we consider being healthy in our church we should have the same type of aspirations. Let's examine that for a moment. It is absolutely wonderful to be in the mindset of being a church member. This is a pivotal step in all of our lives that needs to be solidified so we can begin a productive relationship with Christ. It's even of a great mind to want to be consistent in coming to church. On the surface that sounds like ok, "I've done it". However, we become a healthy church when each member has the nature of that balance which promotes growth, maturity and life in the church. Now it sounds simple to say, but these are separate ideas from just being

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Mark Your Calendar

8.4.13 – 9.22.13

Healthy Living
Classes (Sundays
Only)

8.11.13

Friends and Family
Day

11.29.13 – 12/1/13

Marriage Retreat

Pastoral Thought

Living is difficult. In this life there are so many hurts, pains and always unexpected problems. God has a design for his people to be encouraged through the troubles. If we look at his design of trees, plants and animal life we see that these all need NUTRIENTS and proper SUN to grow healthy. Likewise we as God's creation are no different. We need NUTRIENTS OF GOD'S WORD and the SON...Jesus Christ for healthy growth.

One thought of how we cancel the things we need to be healthy....staying up all night on Saturday. So when the NUTRIENTS, which is a necessity for living is going forward Sunday morning and the SON (Jesus Christ) is being talked about we are too tired and sleepy to receive it. This is the enemy's way to keep all of us UNHEALTHY and let me say this, he is great at it. It's up to you to fix it. Do not allow the enemy that satisfaction of keeping you UNHEALTHY. Simply get some sleep so that your mind is refreshed and ready to receive proper nutrients Sunday mornings.

Pastor Charles

Article Continued ...

in the pews at another church service on Sunday morning. The nature that we look to emulate is that of Jesus Christ on the highest level. It is a concern that stretches farther than "hi and goodbye". It is in the trenches with others ensuring they are not losing their personal battles. This nature is innate and focuses on not only hearing God's word but implementing it at every chance you get. This is the nature of extending one's self to ensure someone else is in balance spiritually with the teachings of Jesus.

Collectively as a church when we all commit to humility and serving others, harmony in the church ensues. It gives birth to people seeing the body of Christ as more than just a pit stop on Sundays, but a rest haven for life's journey. It produces growth in areas of life and the church in all facets. The church grows in numbers, attendance, giving, and obedience... which only illuminates the fact that what is thriving in God, is actually healthy for our lives and for God's church.

Do you want a healthy church? Well having a healthy church requires us to be intentional in our efforts and dedication to doing the work.

Let's join together to have the harmony and love of Jesus Christ be the fuel behind our innate ability to keep his kingdom growing, thriving and changing people's lives so that healthy is as healthy does. Anything healthy will live, it will grow and as it's taken care of it will last. DaySpring is alive, growing and will make its mark in this lifetime. Will you make serving God your nature? Be a part of the healthy culture that is being built in this place for you and generations to come. In Jesus' name, AMEN!

FINANCE TEAM

Ethical? Trustworthy? Detailed? If so, help our church be a great steward over offerings and donations by joining the Finance Team as an Offering Counter.

COMMUNITY OUTREACH

Passion for people? Have a heart to serve and meet the needs of our community? Enjoy meeting new people and building relationships? If so, help DaySpring fulfill our mission of impacting the community. We are looking for a Community Outreach Ministry Leader.

An Apple a day may NOT keep the doctor away

By Ashley Smith



Living a healthy lifestyle is more than keeping a healthy diet and exercise program. According to the World Health Organization (WHO) "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." This definition may

be easy to conceptualize; however, the pursuit of a healthy lifestyle comes with its challenges.

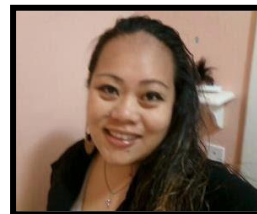
We know that we should eat more vegetables, exercise, and stay away from toxic social situations; nevertheless, we are often tempted to eat cookies not the carrots, to play the Xbox not exercise, and to spread gossip instead of the Gospel. This is why we must first nourish the spirit.

Feed the spirit with God's Word. We are not able to

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Members Corner



Hello DSCC Members!!!

I am so excited about our upcoming Friends & Family day on Sunday August 11, 2013 at 11am. We are focusing on our loved ones who DON'T attend church and/or DON'T have a personal relationship with Jesus. Of course, all are welcomed to join us, so please invite at least one person. There will be a great message given by our own Pastor Charles, a couple of surprises, food, fellowship and fun, fun, fun....

I also want to acknowledge DSCC's newest members, Gio Galvan, Ernie Kelly, Carmelita Real, and Shantika Wilson. We are glad that you made the decision to join DaySpring and we welcome you with open arms. Please remember that when difficult times come you are not alone... your church family is here to help and support you. We praise GOD for you all... and again,
WELCOME!!!!!!

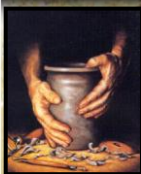
Our monthly spotlighted member is FOU NU'U. She is an exceptional Christian and a lovely young lady. Here is her testimony:

Hello everyone it's me Fou Nu'u :-

I would like to share a little of my story. Before I became a member at Dayspring Church I grew up in a Christian family so I was surrounded by God and the church from the very beginning. I was raised in a Christian home, but just followed through the motions of doing "Christian things". Bottom line, I didn't know Him, I just knew about Him. I found myself searching

for purpose and meaning in people, and also in myself, whether that was my friends or in relationships. I became very consumed with what people thought of me and was living for the acceptance of the world. And through all this I didn't realize I was rejecting God, missing the mark, or falling away from the right path. But then at my lowest point when I was alone and afraid, confused at what was my main purpose in life, everything just seemed to be falling apart. I still remained bitter to those who hurt me and didn't have any sense of a forgiving heart. God drew me to Himself; He drew me to DaySpring church. From there on my relationship and knowledge of Christ have grown tremendously. I knew that He could save me if I just let Him. I confessed that I am a sinner and that I was trying to find life in other people and myself. I acknowledge that He sent Jesus to die on the cross, so that I can be saved from my sin and have eternal life. I committed to living for God instead of others.

Since knowing Him, God showed me that being a "Christian" isn't about just doing good works. He made it clear that I do not have to earn my salvation or His Love (Ephesians 2:8-9). He has given me fulfillment and purpose and joy. I am not perfect and I still mess up, but God loves me despite my flaws and imperfections. And when the things I was pursuing before continually let me down... God has never left me. He has shown Himself to me in His



HEALTHY C.L.A.Y. (Church, Life and YOU)

Sundays @ 10:15am |
Counseling Room

Our healthy living classes started July 21st but it's not too late to join in. We are excited about becoming healthy in every aspect of living, life style and family life. Let's do it together. Friends and family are welcomed as well.

HEALTHY MARRIAGE RETREAT 2013

Calling all Couples!

Revive, Replenish, Renew

November 29th-December 31st 2013

Ayers Hotel & Suites-Orange County

\$310 per couple

Pre-registration and \$65 deposit

Due by September 20th

\$61.25 (4) monthly payments will be made
from July-November

Register online at

www.dayspringcc.org/marriage-retreat-2013

3 WAYS TO GIVE AND SUPPORT OUR CHURCH

1. On-line at www.dayspringcc.org
2. During Sunday Service or Tuesday Bible Study
3. By Mail: P.O. Box 3505, Gardena, CA 90247

overcome the temptation of unhealthy choices without the Holy Spirit. Just think about it the next time you come home from a stressful day, and you plop on the couch and turn to junk food and scandalous reality TV to serve as your therapy. Meditating on God's word may be just what you need in order to put you in a more positive mood and avoid unhealthy ways of dealing with that stress.

Furthermore, the spirit, mind and body are interconnected and the state of spiritual and emotional health can greatly influence physical health. Turning away from God and harboring negative feelings of jealousy, rage, anxiety, and self-pity can trigger a multitude of physical reactions including: elevated blood pressure, changes in heart rhythms, constipation, migraines, compromised immune system, insomnia, and painful muscle spasms.

Conversely, nurturing the body mind and spirit while keeping a positive outlook may bring out favorable health responses. Studies have shown that, in addition to exercise, positive mood and healthy relationships can speed recovery from illness or injury, decrease occurrences of the common cold, improve sleep, and lower risk of heart disease. Solomon was right, "A merry heart doeth good like a medicine, but a broken spirit drieth the bones" (Prov 17:22).

Did You Know?



- A cough releases an explosive charge of air that moves at speeds up to 60mph. A sneeze can exceed speeds of 100mph.
- The surface area of a human lung is equal to a tennis court.
- Every day, your heart beats about 100,000 times, sending 2,000 gallons of blood surging through 60,000 miles of blood vessels that feed your organs and tissues.
- It's impossible to keep your eyes open when you sneeze. Sneezes travel at about 100mph and can send about 10,000 germs into the air.
- Nerve impulses to and from the brain travel as fast as 170 miles per hour.