

FAMILY - SINGLES - MEN'S - WOMEN'S MINISTRIES

Winter newsletter 2023



Seventh-day
Adventist[™] Church

ONTARIO CONFERENCE OF THE SEVENTH-DAY ADVENTIST CHURCH

hello F R I E N D S

Choose Joy

Rejoice in the Lord always. I will say it again: Rejoice!
Philippians 4:4

Keith was feeling down as he trudged through the produce aisle. His hands trembled from the first signs of Parkinson's disease. How long before his quality of life began to slide? What would this mean for his wife and children? Keith's gloom was shattered by laughter. Over by the potatoes, a man pushed a giggling boy in a wheelchair. The man leaned over and whispered to his son, who couldn't stop grinning. He was noticeably worse off than Keith, yet he and his dad were finding joy where they could.

Writing from prison or under house arrest as he awaited the outcome of his trial, the apostle Paul seemingly had no right to be joyful (Philippians 1:12–13). The emperor was Nero, a wicked man who had a growing reputation for violence and cruelty, so Paul had reason to be concerned. He also knew there were preachers who were taking advantage of his absence to gain glory for themselves. They thought they could “stir up trouble” for the apostle while he was imprisoned (v. 17).

Yet Paul chose to rejoice (vv. 18–21), and he told the Philippians to follow his example: “Rejoice in the Lord always. I will say it again: Rejoice!” (4:4). Our situation might seem bleak, yet Jesus is with us now, and He's guaranteed our glorious future. Christ, who walked out of His tomb, will return to raise His followers to live with Him. As we begin this new year, may we rejoice!

source: <https://ourdailybread.ca/choose-joy/>

Fresh Resources

CONNECTING
 LIKE
JESUS

THE *Counselling Initiative*

COUNSELLING LISTING & FINANCIAL
SUBSIDY FOR FAMILIES, KIDS,
TEENS, WOMEN & MEN



For more info:
FamilyLife@AdventistOntario.org

The Ontario Conference has collaborated with a number of Adventist Counsellors to provide a 50% subsidy for therapy fees, for the first 3 sessions for those needing financial assistance. **[Click here to download a copy.](#)**



HEALTH, PRAYER, SENIORS & FAMILY
MINISTRIES PRESENT...

Virtual Dementia Support Group

Have you been diagnosed
with dementia? Are you
caring for someone
diagnosed with
dementia?

Looking for support?

Join our support group
that meets for 1 hour on
the first & third Tuesday
every month @ 7:30 PM

Zoom ID: 999 3540 3868
Passcode: 657318

ONTARIO CONFERENCE OF THE SEVENTH-DAY ADVENTIST
FAMILY MINISTRIES

SUPPORT GROUP *for autism parents & guardians*

the last Sunday of every month
8:00-9:00 PM on Zoom
ID: 928 5357 0038
Passcode: 576035



A monthly virtual support for autism parents & guardians. We gather to share resources, listen to each other's stories of triumph and challenge. This is an open-support group so you can drop-in any time.



Reserve your spot
Familylife@AdventistOntario.org



MARRIED COUPLES *Escape*

April 14-16, 2023

JW Marriott The Rosseau Muskoka Resort & Spa
1050 Paignton House Rd
Muskoka Lakes, ON P0B 1G0
www.therosseau.com



YOUNG WOMEN & WOMEN'S MINISTRY
ONTARIO CONFERENCE OF THE SEVENTH-DAY ADVENTIST CHURCH



a winter retreat for ^{young} women

TREASURED

MARCH 17-19, 2023

For info & reservations email:
FamilyLife@AdventistOntario.org

Muskoka Bible Center
8 Pioneer Avenue
Huntsville, ON P1H 2J3
www.muskokabible.com

FAMILY MEALS *The Yummiest Delight!*

by Kareen Hewitt



Family meals are the best part of the evening. It's time to reconnect with everyone and to do so over good food. So why are more families choosing to abstain from this delightful meeting? According to one article from the Atlantic, by Joe Pinsker, studies indicate that family meals are disappearing from the modern North-American family. Families have instead opted to be involved in more after-school or work-related activities that have delayed their arrival home, and at such a late hour, most people are too tired to even eat.

Coupled with this is the fact that women, who have traditionally been the main chefs, are more involved in workplaces that have left them too exhausted to prepare meals, and, unfortunately, men have not taken up the slack. Progressives have argued that family meals have become a mother-shaming activity that has led many families to abandon the idea altogether. They claim family meals are a point of privilege, and those who argue in favor of them are only continuing the power imbalance that already exists in society. Current high food prices seem to make that point emphatically. Also, ideas about how bodies should look and feel have led some adolescents, particularly girls, to cut family meals from their diets completely. Thankfully, the pandemic saw its brief return, when people were stuck at home with nothing better to do than sit and wait together; families resorted to the kitchen and dinner tables. But as things return to “normal”, these meals are slowly disappearing again. Many feel it should be completely done away with, totally ignoring all of the blessings they provide: from a pause, to a celebration to a bellyful.

Adventists will argue against large delicious meals in the afternoons, for health reasons, and to give ourselves credit, this is a valid consideration. Yet, family meals offer more than just a bellyful of yummy vegan meals. I would argue that evening family meals are one of the most important opportunities we have during the day because they offer opportunities that are not available to us at any other time. Now, before you call me a heretic, let's review the evidence.

The first benefit of any evening meal is that it provides your family with a pause. Think of taking your family on a long road trip and never stopping at a single rest stop. Your family would certainly scream in horror at you because there was never a chance to just pause. We all need that opportunity, and God knew it was so important that he gave us a weekly pause - the Sabbath. Daily personal pauses are important, too, and so are the family pauses at the evening dinner table.

Family meals may be when you have family worship. Jesus noted the importance of food when he said to his disciples, "You feed them", just after his sermon on the mountain. Of course, we should stay away from meals that are heavy and take too long to digest. Instead, settle on something light. Some nutritionists offer dietary counsel for healthy afternoon meal choices that will make everyone happy, including the strictest Adventist vegan.

Another benefit is that it provides a daily opportunity to find out what's going on with everyone. A chance to make meaningful connections that we may not have had the chance to make previously because of our busyness. Of course you know your child had a test that morning, but how does your child feel about that test? Was it so hard, she is now depressed? Or did she ace it and have a reason to celebrate! Small opportunities to celebrate can be a great experience which could result in parent-child bonding and memories that will be like family heirlooms.

Family meals need not be large and expensive. They can be simple and enticing. They can be just enough food to bring about a smile and a friendly exchange. An easy way to relax and commune with everyone. It's the breaking of bread that makes breaking bread with the church so much easier to explain to our children. It's the time we visit each other and say, "I missed you today but I pray your day went well". I have decided to make family meals important in my home again, and I encourage you to restart the tradition. Let's build healthy and happy families in our churches and our communities. Then our children will look forward to these meetings not only for the yummiest delight, but for its eternal blessings.



It provides your family with a pause





4 UNBELIEVABLE WAYS GOD USES OUR FAILURE FOR OUR GOOD

All of us at some point in our lives have failed at something. It may have felt like a 'trainwreck' or a minor incident. Click [here](#) as the author shows how to find God's purpose through our failures.



FAMILY FUN TRAIL

Click [here](#) to coordinate this family enriching activity.



MANAGING MARRIAGE AND CHILDREN WITH SPECIAL NEEDS

"During this difficult time, we discovered some essential marriage principles that deepened our love for each other and strengthened our marriage. Our relationship became more resilient as we cared for our child with special needs." Click [here](#) to find out how this couple managed.



ACTIVITIES FOR MEN'S GROUPS

Ideas for Success: Click [here](#) to discover how to give life to your men's ministry



Family Worship In-A-Box allows families to order a box filled with devotionals, games, and enjoyable items, to share with a family or for themselves. You can order the box online or email Gillian at familylife@adventistontario.org

Fresh Resources



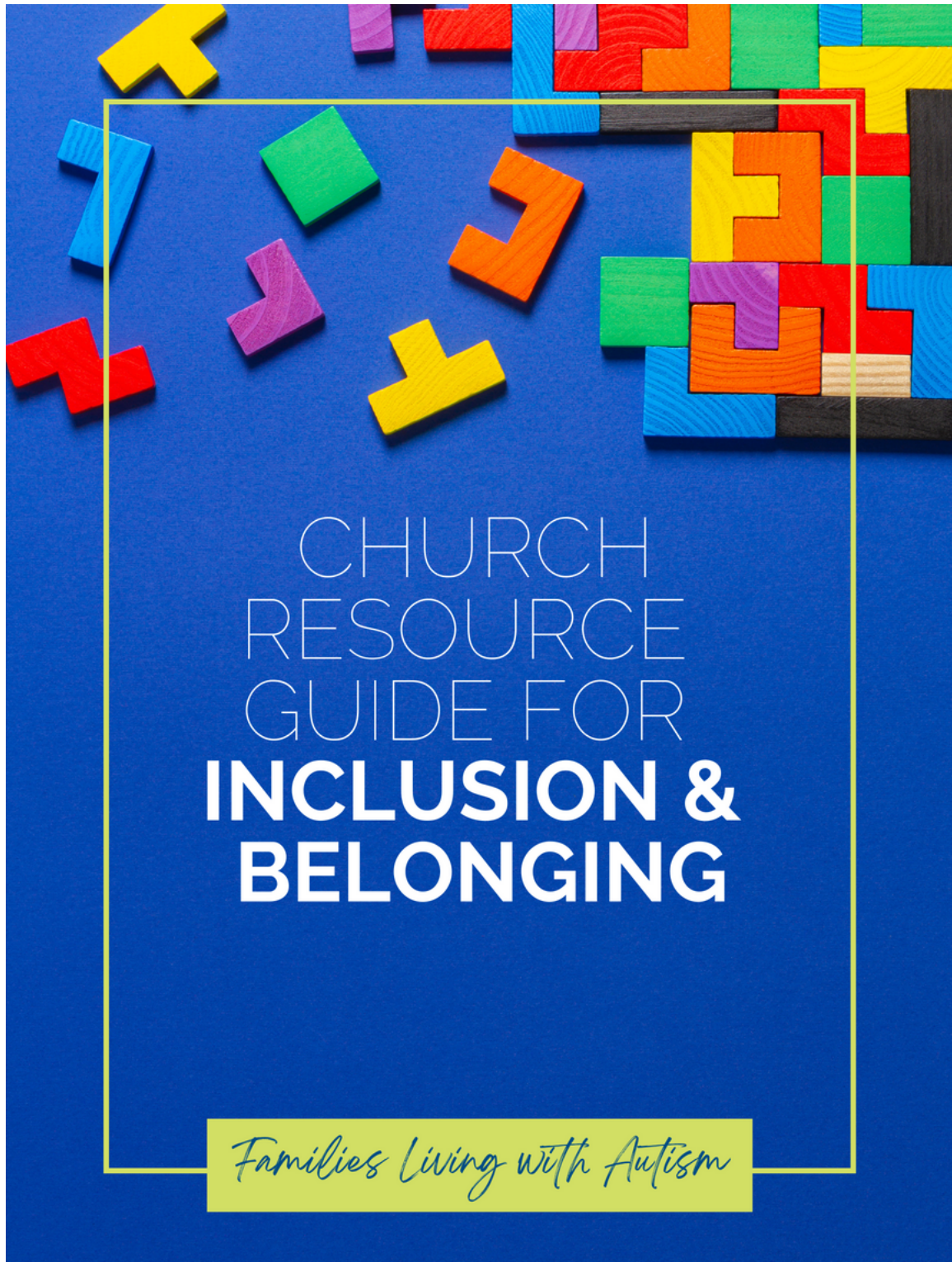
The Family Ministries Planbook is an annual resource organized by the General Conference Family Ministries department with input from the world field to supply local churches around the world with resources for the special family emphases weeks and Sabbaths.



Running a Toddler Group Booklet



Fresh Resources



Click to download



blessings

ELIZABETH & ORLANDO PULE, CO-DIRECTORS
FAMILY | SINGLES | WOMEN | MEN'S MINISTRY
ONTARIO CONFERENCE OF THE SEVENTH-DAY
ADVENTIST CHURCH
905 571 1022