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NEWSLETTER

PRESENTED BY COMMUNICATION TEAM

MIDDLETOWN SDA CHURCH

WHAT IS THE IMPORTANCE OF KNOWING AND HAVING A RELATIONSHIP WITH GOD?



Monthly Newsletter

MIDDLETOWN
SDA CHURCH

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What is the importance of knowing and having a relationship with God?

Welcome to Middletown SDA Church Newsletter! We are excited to share with you the latest developments in our mission to make a positive impact the lives of our members and also the community at large. May these newsletters encourage and strengthen you in your walk with Christ.

Life as we know it is shaped by the priorities we choose. For some, their job may take precedence above all else. For others, it may be their child or even their spouse. We devote our time, energy, and effort to these things because of the love and value we place on them.

The truth is, we make time for what is important to us. But what is the purpose of making time for someone or something? It is to truly know that person or thing. If we genuinely love Christ as we say we do, then we should make time to know who He is—and to understand the love He so graciously pours out on us in return.

The relationship Christ desires to have with us is mutual and rooted entirely in His love for us. He invites us into closeness, not obligation. As James 4:8 reminds us, "Draw near to God, and He will draw near to you." This promise assures us that when we take steps toward Him, He faithfully responds with His presence.

The song says, "I would draw nearer to Jesus, in His sweet presence abide, constantly trying to serve Him, safe and secure at His side." It is in the arms of Jesus that we are safest, where we can rest assured knowing that He will always do what is best for us.

Christ is standing at the door, knocking and waiting for us to let Him in. Let us give God our time and place Him at the forefront of our lives—not in pursuit of reward, but out of love for Him.

*Communication
Team x*

In this newsletter
you can expect:

Important Gems
related to a
personal walk
with God

Health Nuggets

Church Specific
Updates

Religious Liberty
Updates

Stories of Impact



Having a Relationship with God...

The question is often asked, How does one truly get to know Christ? Or, What can I do to grow closer to Him? The answer is quite simple, and it can be best understood in the context of a parent-child relationship.

A child does not come to truly know a parent through occasional encounters or distant observation, but through time spent together—listening, trusting, and learning day by day. The relationship grows as the child shares life with the parent, asks questions, receives guidance, and rests in the assurance of love and care..



In the same way, our relationship with Christ deepens as we intentionally spend time with Him. We come to know His heart through His Word, hear His voice through prayer, and experience His faithfulness as we walk with Him daily. Just as a loving parent desires closeness with their child, Christ longs for a personal, growing relationship with us—one built on love, trust, and continual fellowship.

May we, like a trusting child, choose each day to draw near to Christ—making time for Him, listening to His voice, and resting in His unfailing love.

Health Nugget!- Dr Dummett



February is Heart Month. Heart disease is still the number one cause of death and disability in the U.S. It's something that we have to take seriously. Preventing heart disease is so much better than treating it.

Let's review prevention. We need to eat better. Our diet should be full of vegetables, fruits and whole grains. Please try to limit sugary and salty snacks. We should be exercising regularly.

If you have diabetes or hypertension, do your best to control these chronic conditions, as they both promote heart disease. If you are on medications, take them regularly. Get a primary care provider that you like and stick with them. Get regular check-ups so that any problems can be detected early and therefore more easily treated.

"Bottom line is "prevention is better than cure."
"Whoever loveth instruction loveth knowledge."
Proverbs 12:1

NAD Women's Ministry Day of Prayer

07 March 2026



Join us for our upcoming Women's Day of Prayer, designed to strengthen spiritual bonds and unite women in prayer. Let us use this opportunity to learn more about each other and pray for one another.

- Date: March 7, 2026
- Time: Divine Service
- Location: 70 Highland Ave Middletown Ny 10940
- **"A Woman, Faith, And Prayer"**
- Reuniting with God through prayer
- Let's use this opportunity to support the women in prayer and improve our own prayer lives with Christ.



Religious Liberty Update

A proposal has been put forward by The Heritage Foundation calling for a “uniform day of rest.” In its document, *Saving America by Saving the Family*, the organization encourages states and local municipalities to restrict certain commercial activities on Sunday as a means of promoting spiritual engagement and providing American workers with a regular day of rest.

While we believe and teach the observance of the seventh-day Sabbath, we also affirm that every individual has the God-given freedom to worship according to the dictates of his or her own conscience. Faith and rest are meaningful only when they are embraced voluntarily, not imposed by mandate.

The danger in such proposals lies in their potential impact on those who uphold Saturday—not Sunday—as their day of worship. When one day is elevated through civil authority, even with good intentions, it can lead to pressure, marginalization, or unintended consequences for those whose convictions differ.

Christ has not given us a spirit of fear, but of power, love, and a sound mind (2 Timothy 1:7) Let us continue to uphold the banner of truth and religious liberty, standing unwavering in our convictions regardless of the measures that arise.

Facing the End Without Fear

Every generation wrestles with the same unyielding realities: time moves forward, history bends toward an end we cannot fully see, and each of us must one day face death. In moments of cultural upheaval or threats to religious freedom, these truths can feel especially close. Fear often creeps in—not only fear of persecution or loss, but fear of what lies beyond this life.

Yet Scripture calls us to a deeper courage. Jesus never denied the reality of suffering, nor did He minimize the cost of faithfulness. Instead, He reframed what truly matters. He warned His followers not to confuse temporary harm with ultimate defeat, saying, “Do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell” (Matthew 10:28).

This is not a message of terror, but of freedom. The powers of this world—even when they threaten life itself—do not hold final authority. Our bodies are fragile, history is fleeting, but the soul belongs to God. For people of faith, the end of time is not the collapse of hope; it is the fulfillment of it. Because our allegiance is eternal, we need not live in fear. We can speak, worship, and stand firm with clarity and peace, trusting that what is most precious to us is secure beyond the reach of any earthly force. Let us purpose in our hearts, as Daniel did, not to bow to the pressures of this world. Like the reformers before us, may we stand for truth—come what may.



Stories of impact: this month's testimony is about Sis Ruth-Ann Gilbert and her journey to walking again.

Heller I'm Ruth...I have been sick for a long time, but from late November 2023 to February 2024, things went downhill fast. I've always had bad stomach issues, terrible migraines, and I can't remember a time when my hands and feet weren't cold. But through it all, God was keeping me — even when I was in and out of the hospital.

Around November, my stomach pain and headaches became worse. I was constantly throwing up and having seizures. It was bad. So I went to the hospital. But this time was different. I was throwing up more, passing out frequently, and my blood sugar was dropping at an alarming rate. Doctors surrounded me, giving me this medication and that treatment, but nothing helped.

They transferred me to a larger hospital that could handle a more serious case — a young Black girl who came in with stomach pain, vomiting, seizures, passing out... and now couldn't feel one of her legs. It just kept getting worse.

But God was with me through it all. When I told the new doctors I couldn't feel my legs, one of them told me to stand up. I tried — and I collapsed. I just looked up and smiled. An aide helped me back into bed. Later, they ran tests on my left leg and found a blood clot. My left hip had no oxygen flowing through it, and the synovial fluid in my knees — the fluid that keeps bones from rubbing together — was practically gone.

And still, God was with me.

My blood sugar continued dropping. Remember how I said my hands and feet were always cold? That led to two blood transfusions. Straight to the ICU I went.

But I knew God was with me because people were praying for me. No matter how rough the pain got, no matter how frustrated I felt, I knew I had to fight.

From my hospital bed, I searched for a remote job through the power of the Holy Spirit. When they started teaching me how to walk again using a walker, yes, I cried. But I was determined to keep going because I know my God is able to do more than anything.




With God, all things are possible.

Now I'm using a cane. Yes, I'm still in pain sometimes. Yes, I hate that I didn't receive the treatment I needed for my GBS. But I serve the mightiest Healer — my Lord — and He is always on time. He is still working, and I thank Him each and every day.

Because look at me now.

I'm still standing — even if it's with a cane. Through it all my Faith has grown stronger in Lord and now I can say I have a personal relationship with Puppa Jesus.

Thank you for reading!

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