



# Berean Family Connection

A Houston Berean Seventh-day Adventist Church Publication  
Dr. Robert W. Norwood, Senior Pastor  
Fay Windham, Family Ministries Coordinator/Editor

## Holiday Edition

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### From the Pastor's Desk

By Dr. Robert W. Norwood

#### Our Attitude Determines Our Altitude

I heard a quote one day that simply stated, "It's not what happens to you. It's how you respond to what happened!" The longer I live the more I realize that there is a difference between reacting and responding. Reacting to a situation or overreacting to a situation is all too common. It happens because many times we take our

focus off Jesus and began to focus on the problem or situation. The more we focus on the problem the more frustrated or aggravated we may become because we can't believe this would happen or that person would do such a thing. But, according to the Bible all believers should not be surprised when these things happen. Because we live in a sinful world, we must remind ourselves that this world is not our home and that we are only passing through. As a believer, we must be aware of our 'attitude' because our attitude will determine our altitude.

This altitude is the how a believer can go and grow in Christ. I believe that God allowed the betrayal, the disobedience, the loss of job and the list goes on and on to help us with our attitude. God allows things like this because He wants to know we will respond with the right 'attitude.' The right attitude will determine your altitude. It will determine how much we will grow in Christ and if you are ready for heaven. This right attitude is exhibiting the fruits of the

Spirit when tested by a trial. The right attitude is having Christ like character. We do more harm to the body of Christ when we profess to be Christians and don't have a Christian attitude. Our attitude - the way we handle all trials and tribulations will determine our altitude.



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November 4, 2023 • Issue 10



# Money Matters

Quick Answers to Your Everyday Financial Questions

By Elder Michael Windham

## What's a Basic Way to Teach My Children How to Handle Money?

When you teach your children the value of work, you build character in them. It also builds confidence in them. If you don't teach your children to work, you are doing them a disservice.

A great way to teach kids the value of money is to use the "Three Envelope Method." It works like this: Take three envelopes and label them Savings, Spending, and Giving. The money that goes into them is earned through doing chores. If the chores are done, the kid gets money; if the chores are not done, the child doesn't get money. Simple. This teaches the children the value of earning money.

The Spending envelope lets kids still be kids and enjoy the thrill of buying toys and treats with money they have earned.

The Savings envelope teaches children the importance of saving for future use. This is something that many adults have not grasped.

The Giving envelope is a way to teach children that giving is a part of life.

These are all simple steps, but they can go a long way to teach your children how to handle money.

**Train up a child in the way he should go: And when he is old, he will not depart from it. Proverbs 22:6 NIV**



*Dr. Robert Norwood  
and First Lady Nicole*

*Berean loves you and  
appreciates your  
ministry!*

*May God continue to  
bless you!*





Family Ministries'

## Family & Friends Day

# Are You Ready?

Saturday  
November 4, 2023

10:00 CST ~ Bible Study  
11:00 CST ~ Divine Worship

Special Presentation after lunch:  
"Preparation for the Final Crisis"



**Guest Speaker**  
Dr. Monet St. Juste



**Host Pastor**  
Dr. Robert Norwood



**Musical Guest**  
C. Jonathan McNorton

**Come! Bring your Family and Friends!**

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YOU ARE CORDIALLY INVITED TO CELEBRATE

*Sis. Rena Giscombe*

**90TH BIRTHDAY LUNCHEON**

**Saturday, November 11th  
at 1:00pm**

**Berean Seventh Day Adventist Church**

**2119 St. Emanuel St,  
Houston, TX 77003**



## A Reminder About Words

By Elder Myles Chapman

*Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my strength and my Redeemer. Psalm 19:14, NKJV*

The focus of this edition of Growing Young Christians is a bit different from most. It's a simple reminder to choose your words carefully, as what you say impacts you and others constantly. Put simply, you should practice being kind, truthful, and to-the-point as you express yourself. This will go a long way in school, job interviews, church ministry, and beyond. You might also ask yourself, "If I claim to love my friends and family, then do my conversations with them reflect that? If I care about my loved ones, then am I being honest and open with them?"

God wants you to be an effective communicator. Proverbs 18 says that life and death are in the power of the tongue. Your words are a powerful indicator of what lies in your heart, and what you say could have eternal consequences, too. Read Psalms and Proverbs, two books of the Bible that talk a lot about effective, Godly communication.



## Marriage Made in Heaven

It usually is easy for us to identify the failures in our spouse. The sad part is, it is more difficult to identify our own failures. We seem to see ourselves through rose colored glasses. We don't have a problem with our faults because we are so used to them. When there is an issue, sometimes we attribute the real problem to our spouse.

### Couples Exercise:

Be prayerful and make a list of your faults, admit your failures, and then seek genuine reconciliation. "Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? Matthew 7:1-3



## Senior Benefits

By Claudia Jones Lewis  
Senior Ministries Leader



## Medicare Prescription Drug Plans (Part D)

Medicare Part D is a voluntary prescription drug program for individuals that have Medicare. It is provided through private plans that contract with the federal government. You can enroll in a stand-alone prescription drug plan to supplement the traditional Medicare plan. This could help you to lower your prescription drug cost.

There are special times when you can sign up or make changes to your existing plan. When you first become eligible for Medicare or after you turn 65, you can enroll in Part B and then you would be eligible to enroll in Part D. For more information, contact 1-800-Medicare.





# Just a Thought...

By Velma Thomas

## God's Masterpiece

<sup>10</sup>For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." *Ephesians 2:10 NIV*

Each of us are God's handiwork, His masterpiece. Each of us are "one of a kind." We are not average or ordinary. God did not just speak man into existence. Humanly speaking, He took his hands, gathered a pile of useless dust, formed a body. Then He placed His Holy lips on that pile of dirt and breathed into its nostrils and man became a living soul! God made us exactly how he wanted. He gave each of us the right personality, the right gifts, the right talents, and the right connections to do exactly what He has called us to do.

Sometimes I wonder..." Do I recognize the treasures in which I have been given or am I settling for living a life of mediocrity?" What do you think? Do we settle for less than what God has intended. If your answer yes, we can live the life God designed for us. How?... Start each day by



reminding yourself that "I am God's masterpiece! I am unique, endowed with special gifts and talents. A person of extreme value and significance. God has chosen me as His partner and designed me for a specific purpose. Praise God because we are fearfully and wonderfully made.

In Jesus' name, thank God for loving us and using us to do good works and bring Him glory.

### Hotline Numbers

Suicide Prevention  
Lifeline  
800-273-8255

National Domestic  
Violence  
1-800-799.SAFE

National Sexual  
Assault  
1-800-656-HOPE

Texas Abuse/Neglect  
Hotline  
800-252-5400

Foster Care and  
Adoption Information  
800-233-3405

Foster Care Help  
844-286-0769

Child Care  
Information  
800-862-5252

Texas Youth Helpline  
800-989-6884



Nicole Norwood



October 20th

## Berean Eagles is their name!

By Sara Guzman-Reyes, MD



On November 18th, 17 young individuals from our church and our community will be inducted into the Pathfinder's Club. They will pledge:

"By the grace of God, I will be pure and kind and true. I will keep the Pathfinder Law. I will be a servant of God and a friend to man."

I made that same pledge over forty years ago, and it is my prayer to live daily by it.

My aim in authoring this article is to provide insight and understanding to those who may need to become more familiar with it. I want to help the reader grasp the transformative influence the Pathfinder's Club can have on its members' lives.

The Adventist Pathfinder's Club is a unique organization that provides a platform for young individuals to explore their potential, develop leadership skills, and deepen their faith.

One of the most significant impacts of the Pathfinder's Club is the emphasis on personal growth. Through various activities, members are encouraged to step out of their comfort zones, take on new challenges, and develop skills that will benefit them throughout their lives. Whether learning survival skills, honing their artistic talents, or participating in community service projects, Pathfinders are constantly pushed to discover their strengths and overcome weaknesses.

Spiritual development is another crucial aspect of the Pathfinder's Club. Members are given opportunities to deepen their relationship with God through regular devotional activities, Bible study sessions, and prayer meetings. These spiritual practices not only strengthen their faith but also instill in them a sense of purpose and a desire to positively impact the world around them.

Furthermore, the Pathfinder's Club creates a tight-knit community where members can form lasting friendships and find support. The club's activities, such as camping trips, team-building exercises, and social events, foster a sense of camaraderie and belonging. This sense of community provides a safe space for members to share their joys, struggles, and aspirations, knowing they are surrounded by like-minded individuals who genuinely care for their well-being.

The impact of the Adventist Pathfinder's Club extends beyond the individual members. Through their involvement in community service projects, Pathfinders learn the importance of giving back and making a difference in the lives of others. Whether organizing food drives, volunteering at local shelters, or participating in disaster relief efforts, Pathfinders are taught the value of compassion, empathy, and selflessness.

In conclusion, the Adventist Pathfinder's Club profoundly impacts the lives of its members. It nurtures personal growth, fosters spiritual development, builds a sense of community, and instills a desire to serve others. Through their involvement in this club, young individuals are equipped with the necessary tools to navigate life's challenges, make a positive impact, and grow into responsible, compassionate, and faithful adults.





## Holistic Health Ministries

By Fiona Francis Smith & Larry Smith

### Honoring God With Our Bodies

Your body is the temple of the Holy Spirit! How many of us believe that? When we think about our bodies, do we feel we own ourselves or does God?

In this article, I would like to encourage each of us to first learn about our bodies. Know what it is saying to us because God has designed us to feel the changes we experience. Be able to detect if something is amiss in your body and seek to correct the situation before it is too far gone. As we enter this holiday season, we tend to eat without thinking about the effects that the foods have on our bodies. We are called to honor the Lord with our bodies so we must be aware. As we have learned, we must follow the teachings of God and as much as we can, take in only the natural substances God created for us. As I listened to our Revival a week ago (if you missed it, you missed an awesome blessing) I was reminded of the life span of humans before and after the flood. Before the flood people lived to be over 900 years old, but after the flood, the lifespan dropped to barely 100 years. What was the difference? It dawned on me that before the flood **no one ate meat!** After the flood, the survivors were given meat to eat as all vegetation was destroyed.

Whether it is refined and processed foods, sugars, or leeks and meats, we love what we eat, but is it good for us? Think about it, after Moses led the Israilites out of Egypt, God attempted to bring the people back to the original way of life by providing manna. We all know what happened with that. As a people even today, we are 'stiff-necked' but let us be intentional about what we eat. Usually when we become ill, we begin to think about it, but often it is too late. I implore you to take stock of your health this season – remember our body is God's temple so allow Him to lead you into making the choices for your overall health. Monitor and become more aware and honor God with your choices.

## Community Resources

Houston Food Bank  
[www.houstonfoodbank.org](http://www.houstonfoodbank.org)  
713-223-3700

Harris County Housing Authority  
[www.hchatexas.org](http://www.hchatexas.org)  
713-578-2100

Metro Lift (Transportation)  
[www.ridemetro.org/pages/metrolift](http://www.ridemetro.org/pages/metrolift)  
713-225-0119

Lone Star Legal Aid  
[www.lonestarlegal.blog](http://www.lonestarlegal.blog)  
713-652-0077

2-1-1 Texas  
[www.211texas.org](http://www.211texas.org)

BakerRipley  
[www.bakerripley.org](http://www.bakerripley.org)



## Single & Blessed

By Anita Wilkins



## You're Not Lonely

One of the central fears that many people have about being single is that they're worried they'll feel lonely or isolated a lot of the time. However, people who like being single enjoy these moments by themselves and don't have this same type of angst because they like spending time on their own.

These people may go out on the town, engage in social events, and push themselves out of their comfort zone, but they're also thoroughly happy when they can go home and spend some quality time by themselves. They look forward to and even seek out these moments of peaceful solitude.

Choosing to be single certainly doesn't mean that you're choosing to be lonely, it just means that you're choosing the best life for you.







## *Recipes for the Holidays*

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## Breakfast Savory Patties / Burgers

By Mary Caleb

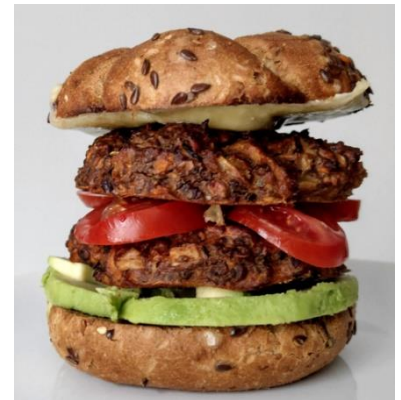
These patties make great burgers or plant-based sausages. They are easy to make and freeze well.

### Ingredients:

4 cups Water  
2 tsp. Ground coriander  
2 cups Chopped or ground walnuts  
(Can be replaced with Brazil nuts, almonds, or sunflower seeds)  
2 tsp. Ground sage  
2 tbsp. Basil  
1 tsp. Ground Cumin  
2 tbsp. Garlic Powder  
2 tbsp. Italian Seasoning (or Uchee chicken-style seasoning)  
4 tbsp. Onion Powder  
4 cups Rolled Oats  
2 tsp. Salt to taste (or decrease amount based on preference)

### Directions:

1. Place all ingredients EXCEPT rolled oats in a large pot and bring it to a boil.
2. Once boiling, add rolled oats to pot stirring well until thoroughly mixed.
3. Cover the pot and allow mixture to cook on low heat for 4 minutes.
4. Preheat oven to 350F degrees.
5. Remove from heat and cool for about 10 minutes.
6. When cool enough to handle, shape into "sausage-like" patties (or little 1/2 cup burgers). Place on a parchment-lined cookie sheet or baking dish.
7. Bake in oven for 20 minutes on one side and then flip patties and bake for an additional 10 minutes on other side.



## Delectable Squash

By Beth Casey



### Ingredients:

- 2 medium Acorn squash
- 2 tbsp. Extra-virgin olive oil, divided
- 1/2 tsp. Fine sea salt, divided
- 1/2 cup Quinoa, rinsed
- 1 cup Water
- 1/4 cup Dried cranberries
- 1/4 cup Raw pepitas (hulled pumpkin seeds)
- 1/4 cup Chopped green onion
- 1/4 cup Chopped fresh flat-leaf parsley, plus 1 tablespoon for garnish
- 1 Clove garlic, pressed or minced



### Directions:

1. Preheat the oven to 400 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper for easy clean-up.
2. To prepare the squash, use a sharp chef's knife to slice through it from the tip to the stem. I find it easiest to pierce the squash in the center along a depression line, then cut through the tip, and finish by slicing through the top portion just next to the stem. Use a large spoon to scoop out the seeds and stringy bits inside and discard those pieces.
3. Place the squash halves cut side up on the parchment-lined pan. Drizzle one tablespoon of the olive oil over the squash, and sprinkle with 1/4 teaspoon of the salt. Rub the oil into the cut sides of the squash, then turn them over so the cut sides are against the pan. Bake until the squash flesh is easily pierced through by a fork, about 30 to 45 minutes. Leave the oven on.
4. Meanwhile, cook the quinoa: In a medium saucepan, combine the rinsed quinoa and water. Bring the mixture to a boil over medium-high heat, then reduce the heat as necessary to maintain a gentle simmer.
5. Simmer, uncovered, until all of the water is absorbed, 12 to 18 minutes. Remove the pot from the heat and stir in the cranberries. Cover, and let the mixture steam for 5 minutes. Uncover and fluff the quinoa with a fork.
6. In a medium skillet, toast the pepitas over medium heat, stirring frequently, until the pepitas turn golden on the edges and making little popping noises, about 4 to 5 minutes. Set it aside.
7. Pour the fluffed quinoa mixture into a medium mixing bowl. Add the toasted pepitas, chopped green onion, parsley, garlic, lemon juice, the remaining 1/4 teaspoon salt, and the remaining one tablespoon olive oil. Stir until the ingredients are evenly distributed. Taste and add additional salt, if necessary.
8. If the mixture is very hot, let it cool for a few minutes before adding the Parmesan cheese and goat cheese. Gently stir the mixture to combine.
9. Turn the cooked squash halves over so the cut sides are facing up. Divide the mixture evenly between the squash halves with a large spoon. Return the squash to the oven and bake for 15 to 18 minutes, until the cheesy quinoa turns golden on top.
10. Sprinkle the stuffed squash with the remaining one tablespoon chopped parsley, and serve warm; one tablespoon lemon juice, 3/4 cup grated Parmesan cheese, 1/2 cup crumbled goat cheese or feta.



## Easy Baked Sweet Potato



By Ericka Stevenson



### Ingredients:

- 4-8 Sweet potatoes (red-skinned) depending on how many guests you have
- 4-8 tbsp. Butter
- 1-3 tbsp. Extra-virgin olive oil, vegetable oil, or coconut oil)
- 1-3 tsp. Sea Salt
- Cinnamon and brown sugar
- Freshly cracked black pepper
- You'll also need a baking sheet and foil. That's it!

### How to Bake Sweet Potatoes:

1. Once you've washed, dried, pricked, greased, and seasoned the sweet potatoes, you'll simply place them on a foil-lined baking sheet and bake until tender.
2. A large, sweet potato will take anywhere between 45-60 minutes, depending on the exact size, and what temperature your oven is set at.
3. I usually bake my sweet potatoes at 425 degrees F and start testing it after 45 minutes to see if it's tender. Simply poke the potato with a fork to make sure the inside is soft. Or if you want to be precise, you can check the internal temperature with an instant-read thermometer.
4. Once they're done, you can add butter, sprinkle some cinnamon or brown sugar over the top.

Enjoy! 😊



## Homemade Rolls

By Marion Williams

Total Time: 4 Hours

Makes 8 rolls

### Ingredients:

- 2 1/2 cups (300-325 g 10 3/4 ounces) Bread flour or All-Purpose flour (aerate flour before measuring)  
1/4 tsp. (1 g) Instant or dry active yeast  
1 tsp. Salt  
1 1/4 cups Hot tap water (up to 130°F)



### Instructions:

1. In a large bowl combine dry ingredients. Stir in water. Mixture will be thick and sticky.
2. Cover with plastic wrap and let stand on countertop for 3 hours.
3. After 3 hours (mixture will be puffy and bubbly on top) place dough on a well-floured surface. Using a scraper, fold over about 12 times, adding enough flour so it doesn't stick (about 2 tbsp).
4. Using a scraper, cut dough into 8 pieces. With floured hands, shape each into a ball by folding and tucking like making a drawstring bag.
5. Place on parchment paper-lined baking sheet (not wax paper) and cover with a dish towel. Let stand at room temperature for 35 minutes. They will puff up but will not double in size.
6. As soon as rolls are covered, start preheating oven to 450°F. Oven must be 450° so use an oven thermometer if possible.
7. Bake for 25-30 minutes until golden brown. To re-crisp the next day, preheat the oven to 325°F and place the rolls directly on the oven rack for 10-12 minutes.



## Kale and Bean Soup

By Anne Omundi



### Ingredients:

- 1 Bunch of kale, roughly chopped
- 1 can Beans (your choice), drained and rinsed
- 1 Onion, diced
- 2 Cloves of garlic, minced
- 4 cups Vegetable broth
- 1 tsp Black pepper
- Salt to taste
- Onion powder (optional)

### Directions:

1. Sauté the onion and garlic over medium heat until softened. Add kale, beans, black pepper, onion powder and stir.
2. Pour in the vegetable broth and let it boil.
3. Reduce the heat and simmer for 15-20 minutes or until the vegetables are tender.
4. Use immersion blender to puree (optional).
5. Add salt to taste.
6. Serve hot and enjoy.



## Vegan Skirt Steak

By Beverley Carbon

### Ingredients:

Portobello mushrooms (a little or a lot, its's your choice)  
Coconut aminos  
Garlic powder  
Onion powder  
A splash of white vinegar  
A little black pepper  
Melted vegan butter

### Method:

1. Slice the mushrooms up into thin slices and put them in a bowl.
2. Mix up the spices, add the mushroom slices and mix in the butter.
3. Dip the mushrooms in for a little bit or let it marinade (your choice). Let the marinade drip off the mushrooms.
4. Place them in a cast iron skillet and sear on medium heat.
5. Flip them over after a few minutes.
6. Warm up the marinade and pour on the mushrooms.
7. Add your favorite sides and enjoy.



## Vege Chili Over Cornbread

By Johnette Wilson

### Ingredients:

2 Tbsp.	Olive Oil
1 Tbsp.	Vegan Butter
1/2 Cup	Onions
1/2 Cup	Peppers (green, orange, red, yellow - any color is fine)
1 Tbsp.	Garlic (Chopped or grind - your choice)
1 Cup	Picante Sauce
1 Cup	Tomato Sauce
1/8 Cup	Rotel Diced Tomatoes and Green Chilies
1/2 Cup	Water
1/2 Pack	Soy Chorizo (Plant Base) can get from HEB or Sprouts
3	Med Bay Leaves
1 27 Oz. Can	Dark Red Kidney Beans (Drain) Optional



### Directions:

For the Corn Bread, you can use the Jiffy Vegetarian Corn Bread. Follow the directions on the box.

1. Place oil and butter in pot on medium heat.
2. Add the following ingredients to the same pot: onions and peppers. When they are soft and tender, add the garlic (the garlic will cook fast so be careful not to burn your ingredients).
3. Add your picante sauce, tomato sauce, Rotel and mix well.
4. Combine the water, Chorizo, and bay leaves in the pot. Cook on medium heat for about 5 - 7 minutes. Mix well and be careful not to burn your mixture.
5. You can add beans to your chili or eat it as it is over your Cornbread.
6. Beans will give you the protein you need.
7. Garnish with a sprig of parsley and enjoy.

Note: The more Rotel you use the more heated spice you are adding to your dish so be very cautious with the amount of Rotel you use.

Health note: The darker the vegetable the better it is for you.





## Vegetarian Bake Beans with Vegetarian Patties

By Ann Marie Bartley



4-6 Servings

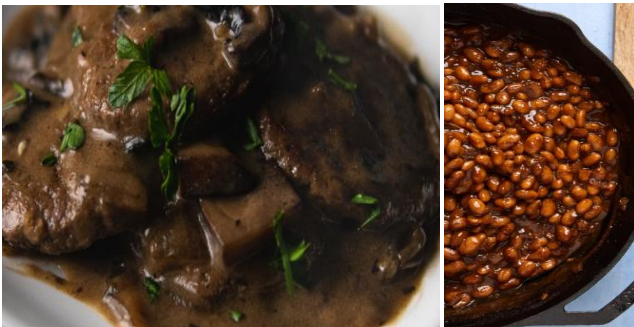
### Ingredients:

- 4-6 Vegetarian Patties
- 1 can 12 oz. / Vegetarian Bake Beans
- 1 Medium / Large onion
- 1 Bell Pepper
- 3-4 Pegs of Garlic
- Slap Ya Mama Cajun Seasoning or any brand of All-Purpose Seasoning
- Powered Cayenne Pepper
- Cooking Oil

### Instructions:

1. In a large stock pot, base bottom of pot with cooking oil (olive or coconut preferred) and heat oil.
2. Sprinkle a pinch of Slap Ya Mama / All-purpose seasoning and Cayenne pepper onto both sides of the patties.
3. Fry patties until brown on both sides and then remove them from the pot.
4. Sauté chopped onion, bell pepper, and garlic (add a dash of All-Purpose seasoning and Cayenne pepper) in the pot with scraps from the patties that were just fried.
5. Allow to sauté on low heat with pot covered – add 1/8 cup hot water to pot to prevent sticking and lift the scrap of patties from the bottom of pot.
6. Cut or break patties into 1/8's or 1/4's. Add to sautéed bell pepper, onion, and garlic in the pot.
7. Add vegetarian bake beans (add 1/4 cup of water to can to rinse and pour in pot.)
8. Add Slap Ya Mama / All-Purpose seasoning and Cayenne pepper to taste.
9. Allow ingredients to simmer for approximately 10-15 minutes on low to medium heat.

\*I am not a recipe-oriented cook. I cook by sight, taste, and smell; with a pinch of this and a dash of that.





*Introducing*

*Vegetarian*  
**COOKING**  
*For the Soul*

*e-Cookbook*  
*By Gwendolyn Mapp*

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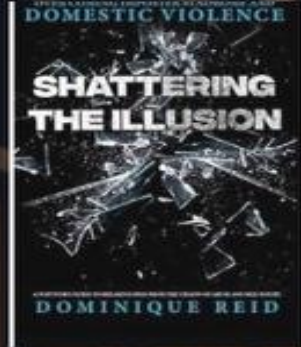
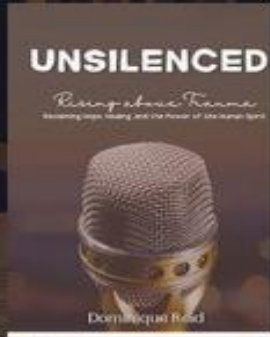
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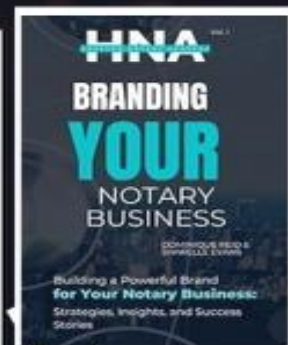
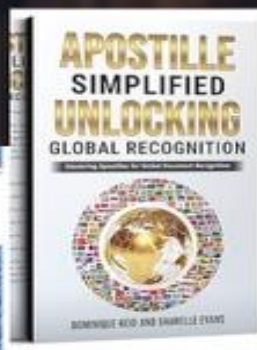
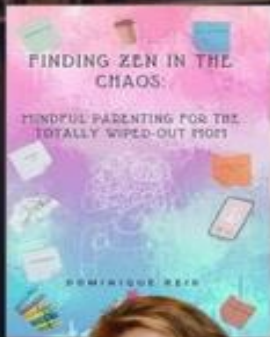
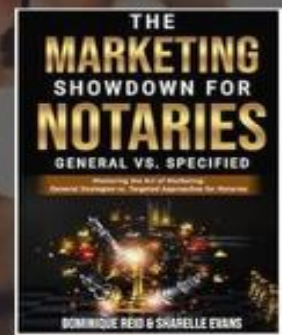
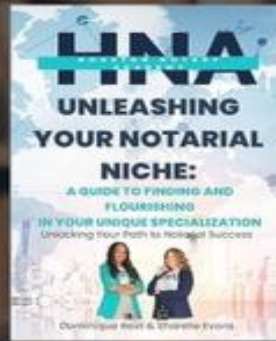
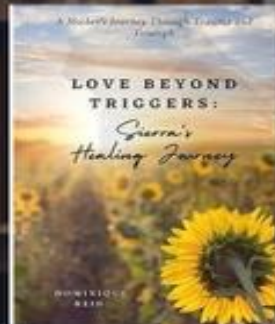
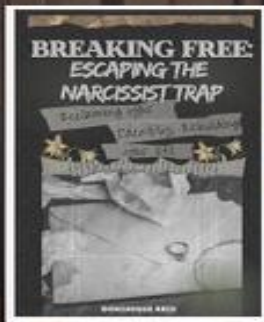
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Author Corner



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# BREAST CANCER AWARENESS MONTH

Help fight breast cancer.



**EXPERIENCE  
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- Integrated
- Art
- Language Arts
- Coding
- Math
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- Science
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**"Rooted in Faith, Soaring in STREAM"**



LOVING GOD. LOVING EACH OTHER

# BEREAN'S CHILDRENS PROGRAM

EVERY SATURDAY

Sabbath School: starts at 10am

Children's Church: Immediately after announcements during the 11am service!

All meetings are now face-to-face.



### Family Ministries Team

Chaplain Oliver Brown	Barbara Roy-Ruan
Marquelle Chapman	Flona Smith
Georgette George	Velma Thomas
Sara Guzman-Reyes	Anita Wilkins
Elder James Kelley	Fay Windham
Lavonne Richardson	Elder Michael Windham