



SACA NEWS

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GET OFF THE ROLLERCOASTER!

In today's anxiety-ridden world—marked by constant global upheaval, economic struggles, and disturbing news flooding our devices—Christians face the challenge of managing intense emotions. With mental health concerns affecting millions, there's a critical need for treatment, yet we also have spiritual tools at our disposal. Developing three core habits can significantly help maintain mental and emotional balance: prayer, perspective, and redirecting thoughts.

First, prayer is a powerful tool for managing worry. Paul's words from Philipians 4:6, "*Don't worry about anything; instead, pray about everything,*" remind us to bring all concerns to God. Research by psychologist Alan Loy McGinnis shows that roughly 90% of our worries are either unlikely to happen or out of our control. By praying, we not only unburden ourselves but tap into God's peace, allowing His Spirit to replace anxiety with calm. As the old slogan goes, "Prayer changes things," but more importantly, it changes us, drawing us into God's comforting presence.

Second, developing a sense of perspective through gratitude is essential. Focusing on what's going wrong can easily lead to despair, but reflecting on blessings shifts our mindset. Paul advises us to face every anxiety with a

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Ministry Happenings. . .



New Beginnings Christian Church, Ladsen, SC, hosted a community Fall Festival –Trunk or Treat on October 26th from 11 am—2pm. Hotdogs, a Cake Walk, Bounce House, Pumpkin Painting, Bobbing for Apples, Music & Trunk-or-Treat were enjoyed by all.

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grateful heart, not an anxious one. We can set the tone for our emotional well-being by reacting not with panic, but instead face every situation with *“prayer and petition, with thanksgiving.”* By listing things we’re grateful for each day, we anchor ourselves in a more positive view of life. This shift in perspective reminds us of the abundance we often overlook, helping us to see beyond immediate struggles and recognize God’s goodness even in tough times.

Lastly, redirecting our thoughts helps us maintain a stable emotional state. Paul’s admonition to *“fix your thoughts on what is true, and honorable, and right, and pure”* (Philippians 4:8) is a command, not a suggestion, for good reason. Negative thinking reinforces negative feelings, creating a downward spiral. By consciously choosing to think on things that are excellent and worthy of praise, we foster a mindset that nurtures peace. The indwelling of the Holy Spirit makes this possible as we seek to demonstrate that fruit in our lives.

Together, these habits—praying about our worries, practicing gratitude, and directing our thoughts to what is good—build emotional resilience and open us to God’s peace. This peace is the antidote to an emotionally turbulent life and is available to us regardless of circumstances. By putting these practices into daily use, Christians can maintain a balanced and stable life grounded in faith.

Rev. Joe Pritchett

Summer Camp 2025

Mark your calendar!

Camp Dixie Dates



Camp Suwannee Dates

July 6-12, 2025

July 13-19, 2025



More information will be provided as it becomes available.

Ministry Happenings . . .

Dee Belvin, Pastor of Northside Kids, at **Northside Community Church**, Knightdale, NC, was recently presented her graduation certificate from the Ministry Training Institute (MTI). Dee recently completed a 3 year course



of study program that prepares leaders for senior ministry roles. Join us as we congratulate Dee on the great accomplishment.

The Advent Christian Church in Lulu, Florida

celebrated its 150th anniversary on Sunday, October 20. A celebration gathering and worship service was held to give praise to God. The day began with a catered meal

at noon. Members, former members, friends and conference churches were present. A worship service followed the dinner beginning at 1:30pm. A brief overview of the church's history was presented, and letters were shared from denominational leaders and pastors. Special music was provided by the Suwannee River Bluegrass and the church's current pastor Josh Edwards. The message was by Rev. Virgil Jerrell, who served as a previous pastor in 1968. or highlight was the baptism of two new believers. Refreshments and fellowship continued after the service.



**Rest for your Soul
Leader's Conference
February 4-6, 2025
AC Village
Dowling Park, FL**

To register click [Here!](#)
Or visit
www.acgc.us

Come to me...I will give you rest.

At the 2025 AC Leaders' Conference we will examine healthy rhythms and habits that enable church leaders to have an enduring and fruitful ministry.

Our desire is that all who attend will find rest, renewal and biblical encouragement and leave with practical solutions for productive ministry.

- Call Advent Christian Village at [386-658-5200](tel:386-658-5200) to secure lodging. Prices vary due to room selection and availability.
- If you're traveling in, you'll want to add the meal plan for \$66 per person. This will be an option when you register using the button above.
- **Registration payment due by January 15.**



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Coming Events...

World Hunger Offering	November 24
Thanksgiving	November 28
Christmas Day	December 25
Advent Christian Village Sunday	December 29
New Year's Day	January 1

Philippians 1:4-6

⁴ In all my prayers for all of you, I always pray with joy ⁵ because of your partnership in the gospel from the first day until now, ⁶ being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.