



Dear

Contemporary Comments

Subscriber:



Thirty years ago, we started the Center for Creative Ministry. We called it Adventist Baby Boomer Awareness then because the majority of my generation was like me; we were young adults. Of course, we didn't have a website then because the internet was in its infancy, but we've had one for decades now.

You may have noticed that our Center website is down at the moment. Please accept our apologies. We had been working on it when our service provider took this opportunity to discontinue support to the software version we were using. So we have a splash page up at www.creativeministry.org, and are providing updates on Facebook regularly. We continue to email Contemporary Comments, and our phone is still available to you: 800.272.4664. Thank you for hanging in there with us. Our new website will be so much easier to view on your mobile phone, and we are simplifying what we offer so you can navigate around it more easily. Thank you for your patience, and come back to our website in the New Year. We think you'll like the improvements!

Merry Christmas,

Paul Richardson
Executive Director

Contemporary Comments

"Unity and Broken Relationships"

December 15, 2018

Texts: Revelation 4:8, 11; Matthew 4:8, 9; Daniel 3:8-18; Revelation 14:9; Revelation 14:6, 7; Acts 4:23-31

Meals on Wheels delivers more than food, especially during the holiday season. Consider that one in five Americans is 60 or older, and 12,000 more are turning 60 each day. The average life expectancy today is 79 with the number of seniors doubling in the next 40 years. Plus, almost 9 million seniors in the U.S. face the threat of hunger. Nearly 7 million seniors live in poverty and scrape by on \$228 a week or less.

Add to this the fact that one in four seniors lives alone, and one in five feel lonely. Sadly, the negative effects of loneliness on health are similar to smoking up to 15 cigarettes a day. Putting all of this with limited mobility and declining health, and you have thousands of seniors whose health and well-being is jeopardized.

Meals on Wheels America was founded to alleviate this crisis and bring hope and nutrition by changing the way our country cares for its seniors. It offers more than a meal by providing personal connections to people in isolation. Meals on Wheels has been delivering food and to the elderly in the U.S. since the 1950s and will provide nearly 2.5 million meals this year.

This week's Sabbath school lesson titled "Unity in Worship" touches on the issue of meals. One of the ways unity came into the early church was through participating in community meals together, referred to as "breaking of bread" (Acts 2:42).

Eating together provides an opportunity for deep bonds of fellowship to be created among God's people. When you combine such gatherings with singing and praying, you not only decrease loneliness and isolation, but accelerate the physical, emotional, and spiritual health of everyone who participates.

Dozens of research projects have been conducted on community projects like Meals on Wheels and they indicate that it clearly improves the nutrition of seniors along with their mental health. The same could be said for the blessing of fellowship within the church. Such gatherings brought salvation and strength to the early church.

Luke writes: "So continuing daily with one accord in the temple, and breaking bread from house to house, they ate their food with gladness and simplicity of heart, praising God and having favor with all the people. And the Lord added to the church daily those who were being saved" (Acts 2:46, 47).

So, don't skip the next fellowship meal at your church. And if you don't hold potlucks, trying creating one either in your own home, or by bringing a simple meal to someone who may be struggling with loneliness. In the end, you'll find your simple act of kindness is a form of worship to God.

~ cr

1. <https://www.mealsonwheelsamerica.org>

~ For Reflection

Connecting: Give each person a piece of construction paper and some markers to draw a picture of what worship means to him or her. Those who feel comfortable can share their pictures and explain their meaning.

Sharing: Acts 2:42-47 talks about worship and the early church.

What are the important elements of their worship and unity? Discuss each element.

1. Fellowship: How did they fellowship?
2. Eating together: Why was this important?
3. Prayer: What did they pray about?
4. Generosity: Toward whom?
5. Wonders and signs: What did these prove?
6. Other...

Applying: Luke says that God added to the church those who were being saved (see Acts 2:47). What might need to change in your local church for God to be able to add hundreds of others? After creating a short list, discuss ways to address what changes are needed. Share the list with your church leaders.

Valuing: For the next few minutes, quietly consider these questions: Do I feel truly united with my church family in worship? If so, why? If not, why not?

About Us

Since 1988, the Center for Creative Ministry has been serving local church leaders and individuals around the world. Formerly known as the publishers of ABBA Newsletter and the Baby Boomer Ministries Resource Center, we have now broadened our generational/ministry focus to include our children. The Center for Creative Ministry took on its new name on June 1, 1996.

The Center for Creative Ministry, formerly Baby Boomer Ministries, is a privately funded and managed para-church ministry fully recognized by the Seventh-day Adventist Church in North America. We are dedicated to supporting the local church in outreach and nurture ministries by providing resources, information, training, and consulting.