

iBlossom NEWSLETTER

Your Growth Continues Now



Hello Fellow Bloomers,
We are pleased to welcome you to the latest issue of our Blossoming Place Bi-Monthly Newsletter. This issue has rich content and insights to help you reach your maximum potential. We hope you find these updates a nourishing addition to your journey.

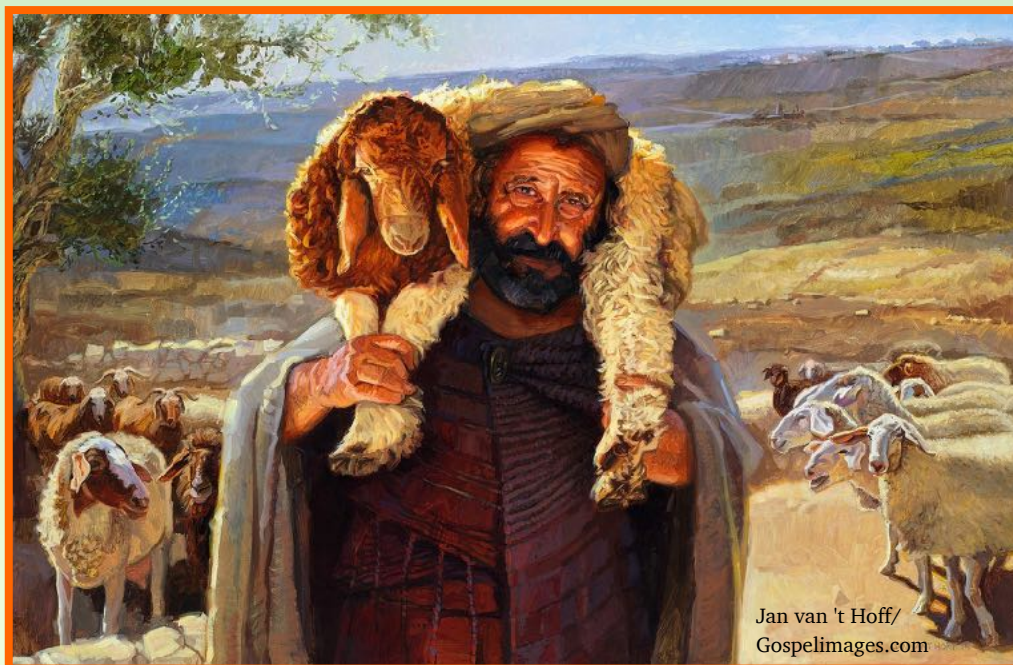
Bi-Monthly Blog Updates

PART 4: ACCOUNTABILITY AND RESPONSIBILITY

Biblical Support: 1 Peter 5:2-3 (NIV)

1 Peter 5:2-3 emphasizes the responsibility of leaders to care for those under their guidance. It states, "Be shepherds of God's flock that is under your care, watching over them—not because you must, but because you are willing, as God wants you to be; not pursuing dishonest gain, but eager to serve; not lording it over those entrusted to you, but being examples to the flock."

This verse encourages leaders to lead with humility, serving as examples and role models rather than exercising authority for personal gain. By being accountable for their actions and genuinely caring for those they lead, leaders can establish trust and create a positive working environment.



Jan van 't Hoff/
Gospelimages.com

SALE

Items For Sale?

Be the first to
advertise in our
Newsletter!



Biblical Coaching 101

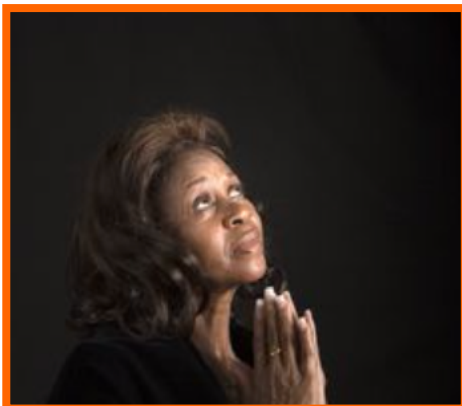
Each Friday Night
at 6:00 P.M. EST.



Available:

Books, Polo Shirts,
Book Markers,
and more.

FAITH POWER MOVES



Explore the power of faith with today's 'Faith Power Move' #faith-power-move'. This power move will inspire and invigorate your spiritual journey.

Prayer of Gratitude:

"Thank You, God, for little things that often come our way,
The things we take for granted but don't mention when we pray,
The unexpected courtesies, the thoughtful kindly deed,
A hand reached out to help us in time of sudden need.
Oh, make us more aware, dear God, of little daily graces
That come to us with sweet surprise from never-dreamed-of places."

— Helen Steiner Rice

FITNESS MATTERS

Your body is your temple. Our health and fitness updates provide effective workout routines, healthy recipes, and tips to maintain a balanced lifestyle.

Healthy Sleep Habits

"To establish healthy sleep, Dr. Atwal recommends:

- ❖ Creating a consistent sleep schedule.
- ❖ Sleeping enough every night – that means seven to nine hours for most adults.
- ❖ Incorporating healthy eating and exercise during the day.
- ❖ Having a healthy bedtime routine, which includes avoiding alcohol, tobacco, caffeine and large meals for several hours before bedtime.

Heading into a time change with good sleep habits will make the transition easier. Closer to the time change – about four to six days ahead – Dr. Atwal recommends adjusting your sleep schedule a little each day. "Your internal body clock will have an easier time adjusting to the one-hour change over a few days," Dr. Atwal advises."

— Dr. Kam Atwal, the Adventist Health Medical Group Portland Lung Clinic.



FUNDAMENTALS of Education

Career Personality Profile Test

<https://www.truity.com/test/career-personality-profiler-test>

Learning Styles Quiz

<https://learningstylequiz.com/quiz/start.php>

Understanding the principles that guide Adventist Christian Education is critical for spiritual growth. Dive deep into these fundamentals in our latest update.

Daily Study:

"In daily study the verse-by-verse method is often most helpful. Let the student take one verse, and concentrate the mind on ascertaining the thought that God has put into that verse for him, and then dwell upon the thought until it becomes his own. One passage thus studied until its significance is clear is of more value than the perusal of many chapters with no definite purpose in view and no positive instruction gained.

(White, Ellen G., Education, p. 189)





Strengthen your family bonds with our guidelines on Family Togetherness. Discover activities, shared goals, and traditions that foster love and unity.



PARENTAL TIP OF THE WEEK

“Provide religious and moral guidance by setting good examples for your child to follow. The Convention on The Rights of a Child encourages parents to provide religious, moral and spiritual direction for every child. This helps to teach right from wrong, provides guidance and helps to promote good conduct in society. Children learn more from what you do than from what you say. Remember in all your ways acknowledge Him and He shall direct thy path.”

— Woodbourne Seventh-day Adventist Church

Financial Fitness

Learn effective money management, saving, and investment tips to secure financial health. It's time to take control of your financial future. It is more blessed to give than to receive. Receivers always give.

12 Financial Fitness Tips based on biblical principles (Tips, 7-12, 1-6 in previous issue).

7. **Generosity:** Practice generosity by giving to others in need. The Bible encourages giving with a cheerful heart, and it will be given back to you in return.
8. **Work Diligently:** Proverbs 10:4 emphasizes that diligent work leads to profit. Be conscientious in your work and seek opportunities to increase your income.
9. **Seek Wisdom:** Seek godly counsel and wisdom when making financial decisions. Proverbs 15:22 advises seeking advice to ensure plans succeed.
10. **Avoid Consumerism:** Be mindful of the excesses of consumerism and focus on needs rather than unnecessary wants. Ecclesiastes 5:10 reminds us that the love of money is a trap.
11. **Honor Your Commitments:** Pay your bills and fulfill your financial obligations. Romans 13:7 encourages us to give everyone what we owe them.
12. **Plan for the Future:** Prepare for the future by having a long-term financial plan. Proverbs 21:5 emphasizes the importance of planning and having a vision.



Remember, these tips are based on biblical principles, and it is important to interpret them in a way that aligns with your personal circumstances and beliefs.



“Amusements that have a tendency to weaken the love for sacred things and lessen our joy in the service of God are not to be sought by Christians.”

— Ellen G. White, The Adventist Home



Laughter refreshes the soul. Enjoy our Christian #joke-of-the-day and share the joy with others.

Where was Solomon's Temple located?
On the side of his head.



Draw strength and peace from our selection of powerful Bible prayers. Let them guide your prayer sessions.

Habakkuk 3:2

“LORD, I have heard of your fame; I stand in awe of your deeds, LORD. Repeat them in our day, in our time make them known; in wrath remember mercy.”

Bible Trivia of the Day



Test your knowledge and enjoy some fun with our Biblia Trivia.

Which two tribes of Israel were not named after sons of Jacob?

FreeBibleimages.org

Upcoming Events

Join us for upcoming events that reconnect, enrich life's journeys, and foster healthy communities. Take a look at what's coming up.

August 2, 2024

Discipleship Coaching 101 - Friday evenings 7:00 p.m. live on our YouTube and FB channels.

August 4, 2024

Each Sunday at 5:00 p.m., Join the Weekly Blossoming Bible Class online. This week we continue to examine the Three Angels' messages of Revelation 14: 6-12.

August 7, 2024

The Search for Truth Gospel Campaign continues every Wednesday night beginning May 7 at 7:15 p.m. Join us live on the Freeport Adventist Church YouTube channel.

August 2024

The Renew Prayer Journey continues at 6:00 a.m. Guest presenter, date and topic to be announced.

October 22 - November 3, 2024

Dr Paul and Lady Joan's Anniversary Cruise to the Mediterranean. All are invited; for details, PM Dr Paul if you want to join them.

November 29 - December 8, 2024

The Renew Prayer Journey Continues.

Week Days (M-F)

Daily FB Live with Dr Paul is on call at 11:45 PM, Monday-Friday.

Daily Life Coaching

Sessions are available; book your appointment today by visiting our website listed below.

COMING SOON - Bone Alignment Therapy (BAT) Blog and Podcast.

Thank you for being part of our community. We look forward to bringing you more empowering resources in our next issue.

Please share this newsletter with anyone who might benefit from it. If you have any suggestions or comments, please write back to us.

Stay blessed,
Dr. Paul Scavella
Founder/Chairman
Blossoming Place



ON CALL
WITH
DR. PAUL



CONNECT

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