

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



Share Love:

Love is the greatest commandment. Share it freely, and watch it multiply in your life and the lives of others.

Love, as defined by the world, often revolves around fleeting emotions, conditional acceptance, and self-serving desires. It can be an elusive concept, influenced by societal trends and personal gain. However, in the Bible, we find a radically different perspective. In 1 Corinthians 13:4-7, we are reminded that love is patient, kind, and not self-seeking. It is a steadfast commitment that transcends our circumstances and emotions. God's love is not contingent upon our performance; it is unconditional and sacrificial, exemplified through Christ's ultimate act of love on the cross (John 3:16). When we embrace this divine model, we cultivate a love that is transformative – not just for ourselves but for everyone around us.

Imagine a world where love is not just a feeling but a deliberate choice, as outlined in 1 John 4:19: "We love because He first loved us." This love compels us to serve others, to forgive, and to seek the well-being of our neighbors, even when it's inconvenient. It challenges us to break free from the superficial attachments that society often glorifies and to forge connections grounded in authenticity and grace. As we choose to embody this God-given love, we create a ripple effect that can touch lives far beyond our own. So, I invite you to reflect: How can you share this kind of love today? What would it look like for you to reject the world's narrow definition and embrace the fullness of God's love? Let's start a conversation about how we can collectively embody this divine love in our communities!

— By Dr. Paul A. Scavella. Remember: "Your Growth Continues Now."



Click to Listen to this inspiring and uplifting song:
"Babbie Mason I Show Me How To Love - Hymns Of Hope"

SALE

Items For Sale?

Be the first to advertise in our Newsletter!



Biblical Coaching 101

Each Friday Night
at 7:00 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.

Philippians 1:9-11 (NIV)

“And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ – to the glory and praise of God.”



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.

Navigating the Time-change in the Fall, continued:

The week before the time change

Heading into the fall time change with good sleep habits will make the transition easier. You may want to try adjusting your sleep schedule a little each day leading up to the time change. Your internal body clock will have an easier time adjusting to the one-hour change over a few days.

After the time change

Even if you plan ahead, you may experience drowsiness when you need to be awake, or inability to doze off when you should be sleeping. To cope with any problems after the time change:

- ❖ Spend time in outdoor light in the morning to help you feel alert and reset your natural internal clock.
- ❖ Fight daytime sleepiness with exercise to stimulate alertness.
- ❖ Take short naps of less than 30 minutes before 3 p.m.
- ❖ Use a 1- or 3-milligram dose of melatonin 60 to 90 minutes before bedtime to help cue your body to sleep. You may need to cut a regular "adult" melatonin gummy in half.

While some find the time change difficult, with a little planning you can make sure you sail through the change with little impact on your daily – and nightly – life.

— Adventist Health



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.

The Real Role of Education:

“True education means more than the pursuit of a certain course of study. It means more than a preparation for the life that now is. It has to do with the whole being, and with the whole period of existence possible to man.

It is the harmonious development of the physical, the mental, and the spiritual powers. It prepares the student for the joy of service in this world and for the higher joy of wider service in the world to come.”

— Adventist Education - E. G. White



Family Togetherness

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

Meals For The New School Year - 3 Tips For Healthy Lunches:

- ❖ Aim for a well-rounded meal. Choose a protein, grain, fruit and vegetable. And yes, healthful eating can include dessert! Try dark chocolate-covered raisins, homemade oatmeal cookies or whole-wheat graham crackers.
- ❖ Let your child help. Each night when you pack the next day's lunch, give your little one a few options to choose from. They can also help pack the lunch.
- ❖ Don't skip snacks. Midmorning and afternoon snacks are great ways to keep your child from getting overly hungry by mealtime. Try chips and hummus, crackers with cheese, or fresh fruit. — Adventist Health



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.

Fifteen Dimensions of Growing your church's financials:

2. Building Trust through Consistency

Regular giving programs, such as tithing and offerings, foster a culture of generosity within the community, encouraging members to engage in financial stewardship. Additionally, implementing automated giving options simplifies the process, making it more convenient for members to contribute consistently and support the church's mission.

Biblical Support: Proverbs 11:3

Proverbs 11:3 states, "The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity."

This verse highlights the significance of integrity and consistency in leadership. Trust is built when leaders consistently demonstrate honesty, transparency, and reliability. People are more likely to follow and believe in leaders who consistently live up to their words without hypocrisy or double standards. —Dr. Paul A. Scavella





"If I cannot do great things, I can do small things in a great way."

— Martin Luther King, Jr.



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

They say you should exercise daily. That's why I walk with the Lord every day.



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

Powerful Prayer of the Day

Jude 1:24-25 (NIV)

"To him who is able to keep you from stumbling and to present you before his glorious presence without fault and with great joy – to the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen."



Bible Trivia of the Day

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

Trivia Questions - Moses and the Israelites:

How many days and nights did Moses stay with God, creating the ten commandments?

What was used to anoint Aaron, the brother of Moses?

What happened to the first offerings the Israelites offered to the Lord in Sinai?

What did the Israelites do after the miracle that happened when they burnt their first offerings to the Lord in Sinai?



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.

September 5, 2025 – 7:00 p.m.

Discipleship Coaching 101 - Friday evenings live on our Blossoming Place YouTube and FB channels. Engaging Studies for New Disciples.

September 7, 2025 – 5:00 p.m.

Blossoming online Bible Class: Join us each Sunday. This week we continue to examine the Three Angels' messages.

September 10, 2025 – 7:15 p.m.

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

September 28, 2025 – 6:00 a.m. EST

The Renew Prayer Journey continues August 24. Guest Speaker, Topic and Scripture: to be announced. Please join us on the 4th Sunday each month 6:00 - 7:00 A.M. EST.

Weekdays (M-F) – 8:30 p.m.

Daily FB Live with *Dr Paul* is on call, Monday-Friday.

[SAMPLE Link](#)

Daily Life Coaching

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

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

Plan to attend our third annual Ten Days of Prayer Event! November 28-December 7 2025.

Join us on the Renew Prayer Journey, continued!

the 4th Sunday each Month
6:00 - 7:00 a.m. EST

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



Email Address:

theblossomingplace@gmail.com

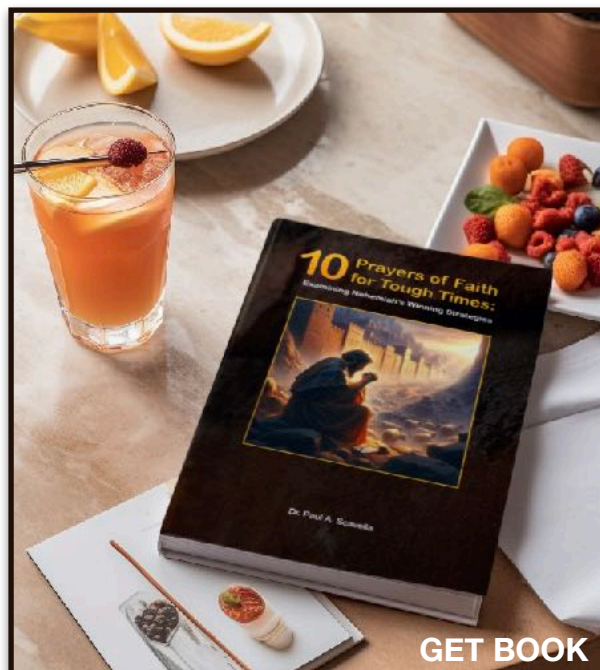
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