

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



By Dr. Paul A. Scavella.

Break Every Chain Part I

Feeling "trapped" is a heavy experience—one that can feel like being hemmed in by circumstances, addictions, or spiritual oppression. In the Bible, the "traps" of the devil are often described as snares or bondage intended to keep a person from their God-given destiny...

Continue Reading ►►

Contact us at theblossomingplace@gmail.com to learn how you can contribute and bring healing to those in desperate need!



Click to Listen to this inspiring and uplifting song:
THE SNARE IS BROKEN | A Powerful Gospel Song of Freedom & Deliverance - Praise TV Channel

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.

Galatians 6:9 (NIV)

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”



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.

Tips to Keep Your Brain Healthy:

1. Choose nutritious foods

The foods you put in your body directly impact your overall health. And your brain is no different. A healthy diet lowers your risk of high blood pressure and high cholesterol, two significant risk factors for stroke.

Aim for a diet high in fruits, vegetables and whole grains. Limit your intake of cholesterol, saturated fats, trans fats and salt. If you need recommendations or want help following a specific diet plan, speak with your healthcare provider about how to improve your nutrition.



2. Exercise regularly

Regular physical activity is one the best things you can do for your overall wellness. Moving your body helps you maintain a healthy weight, sleep more soundly and lowers your risk of chronic disease. And it's good for your brain in more ways than one. Not only does exercise lower your risk of emergencies like a stroke, but it can also boost your mental health and reduce symptoms of anxiety or depression.

Most adults should aim for 2 ½ hours of moderate-intensity activity, such as brisk walking, every week. If you're a weekend warrior who exercises at a vigorous intensity, aim for at least 75 minutes of intense activity each week.

(Continued in next issue) — Adventist Health



FUNDAMENTALS of Education

Career Personality Profile Test

<https://www.truicity.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.

Internalizing Concepts vs. Relying on Memorization:

"It is the work of education to develop this power, to train the youth to be thinkers, and not mere reflectors of other men's thought.."

— Ellen G. White, Adventist Education



Family Togetherness

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

The Gift Of Peace, Continued - Experiencing Peace

We can, however, rob ourselves of the peace that Christ offers. That's why we are commanded to let the peace of Christ rule in our hearts (Colossians 3:15). How? By replacing anxiety with prayer and thankfulness. "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God." The result? "The peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7). — Kurt Bruner

Focus on the Family

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:

10. Involvement through Prayer and Vision, continued

Form prayer groups focused on financial needs and direction for the church, emphasizing the spiritual aspect of giving.

The Old Testament, provides several key figures who offered prayers that specifically addressed their need for material provision, expansion, and success in God-ordained projects. Here are three significant examples:

I. The Prayer of Jabez: For Expansion and Blessing

One of the most famous Old Testament prayers for personal breakthrough is found in 1 Chronicles 4:10. Jabez was described as "more honorable than his brothers," and he cried out to God:

"Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain."

Financial Insight: The request to "enlarge my territory" is a direct prayer for the expansion of influence and physical resources. Jabez recognized that his current boundaries were not his limit, and he asked God to supernaturally increase his "stakes." The Bible records that "God granted his request," showing that God is not indifferent to our prayers for growth and protection of our resources. (Continued, examples 2 and 3 are in the next issue).

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





“There are two ways of spreading light: to be the candle or the mirror that reflects it.”
— Edith Wharton.



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

What types of boats do believers want to go on? Discipleship and worship.



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

Powerful Prayer of the Day

Ephesians 4:32 (NIV)

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Bible Trivia of the Day

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

Trivia Questions

Name any of the 9 Fruits of the Spirit.

Where in the Bible can you find the Lord's Prayer?

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

Who was to be named Zacharias, after the name of his father, until his mother intervened?

Who was king of the southern kingdom when the northern kingdom of Israel fell to Assyria?



Upcoming Events (All times are EST)

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

January 16, 2026 – 7:00 p.m.

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

January 18, 2026 – 5:00 p.m.

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

January 21, 2026 – 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.

January 25, 2026 – 6:00 a.m.

The Renew Prayer Journey continues January 25. Speaker, Topic and scripture, to be announced. Please join us on the 4th Sunday each month 6:00 - 7:00 a.m.

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 the continuation of our fourth annual Ten Days of Prayer Event! To be announced in 2026.

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

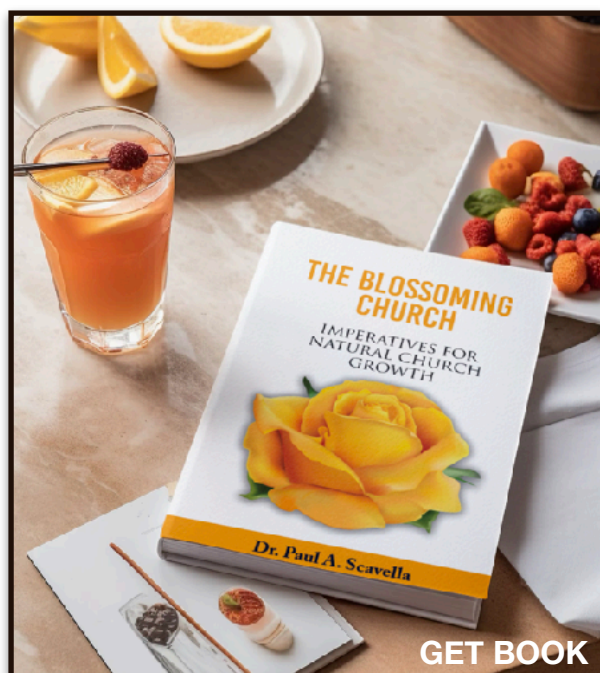
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