



Red Sabbath©

**Women & Children's Ministries
Departments in collaboration with
Alcohol & Drug Concerns (ADC)**

Theme

EXTREME WAKE OVER

Sabbath

**28 MAY
2022**

**WEAR RED AND STAND AGAINST
SUBSTANCE ABUSE**

womansministriesncsa



<https://women.ncadventist.org/>



Alcohol and Drug Concerns - Gauteng



<https://www.adconcerns.co.za/>

MAY IS DRUG AWARENESS MONTH

Drug Awareness Month

Red Sabbath

Sabbath 28th May 2022



THEME:

Extreme MAKEOVER

Includes an afternoon Programmer

Suggested Activities



Overview

In December 9, 1999 speaking at the Church's World Headquarters in Silver Spring, Maryland, the then general vice-president Leo Ransoming said that the month of May each year has been identified as 'Drug Awareness' month in the Seventh-day Adventist World Church. The World Church is calling for the widest possible support for the program. It is as a result of this initiative that "Red Sabbath" was born. The last Sabbath in the month of May is set aside for churches to engage in "Drug Awareness" campaigns. This initiative has been supported by Alcohol and Drug Concerns (ADC) for the past few years in collaboration with the NCSA Youth, Pathfinder and Health Departments, in an effort at raising awareness on the harmful effects of drugs amongst the youth and children.

Seventh-day Adventists have consistently promoted a drug-free lifestyle as part of the Church's emphasis on health and positive living. [Jonathan Gallagher] Unfortunately the power of the devil has lured some of our youth to succumb to the temptation of trying a drug for fun or the way it makes them feel at the time, but then bear the tragic consequences of being hooked on the drug. When someone can't stop, this is addiction.

The Northern Conference of South Africa's Women's Ministries and Children's Ministries Departments in conjunction with Alcohol and Drug Concerns – Foundation for Prevention is delighted to partner during this month of Drug Awareness.

Please note that Alcohol and Drug Concerns offers the following programmes for an **adult** audience: a Layperson's Counselling Course, Stimulant Free Wellness Training, Relationship Wellness Training, a 13 Step Bible Study for the Deliverance from Addiction, and a Stop-Smoking Training programme.

We also have a number of programmes for **children** where contact time is required, they are as follows: "Brain Power", "Bullying Is Never Okay", "Stranger Danger" and the Annual Colouring Competition.

We want to urge our church members to participate in the adult training and to facilitate the possibilities for our children to benefit from the programmes designed for age appropriateness. Your personal involvement will help someone to stay drug-free. Parents, you have an important role to play in helping your children make wise decisions and more profound decisions when it comes to avoiding the use of substances which have a devastating effect on the body and more so on the brain.

Let Sabbath 28th May 2022 be one where we partner with God to change lives. The theme for the day is "**Extreme Makeover.**"

Who is Alcohol and Drug Concerns?

Alcohol and Drug Concerns (ADC), formerly known as the South African Temperance Alliance, was established in Craddock, SA, in 1889. During this time more and more communities and churches were being negatively influenced by Alcohol abuse. A group of passionate people started educating the vulnerable on the dangers of Alcohol usage/abuse and ADC continues to do so, more than 100 years later.

ADC's vision is to have all our youth and adults alike, make informed decisions when faced with the temptation of substance usage and abuse. The mission is to educate, equip and empower the vulnerable and impressionable, on the dangers of substance usage and abuse. Furthermore, to instill in our community members a strong self-worth and a deep understanding that good choices can be made.

The 'core function' of Alcohol and Drug Concerns is PREVENTION. We understood that prevention is multifaceted and therefore, as an organization, we needed to formulate certain 'pillars' which informs our fundamental calling, been PREVENTION.

ADC's pillars of prevention are:

1. EDUCATION
2. AWARENESS
3. TRAINING & DEVELOPMENT
4. COLLABORATION

Join us to combat the scourge of our children, youth and adults subjecting themselves to a life of addiction.

SPECIAL FINANCIAL APPEAL

Alcohol and Drug Concerns – Foundation for Prevention is a non-profit organisation the PBO number is 930073027, we depend on the generosity of individuals, corporate business, and donors from all spheres of life.

Your donation will go towards the services offered to the community we serve.

When the country went into lockdown, Alcohol and Drug Concerns were forced to close. COVID-19 has had a catastrophic impact on the organisations ability to fundraise. As the pandemic persisted in 2020 and 2021, so too did the much-needed financial support dwindle. However, ongoing and urgent support in communities for our services remains in demand.

Here are the ways you can help us by making a donation:

1. Make a direct donation via EFT using the account name: Foundation for Prevention (Pty) LTD.
Or
2. Put a cash donation in an envelope marked: Foundation for Prevention (Pty) LTD then give it to your local church treasurer who will make the deposit into the Foundation for Prevention bank account.

Banking Details:

FOUNDATION FOR PREVENTION (PTY) LTD
Account Number 62910687865
Branch Code 210835
Swift Code FIRNZAJJ

Should you wish to contact us directly, and find out more about the services we offer, please contact Lynn Rossouw at cell number: 079 501 6817.

facebook: Alcohol and Drug Concerns - Gauteng
website: <https://www.adconcerns.co.za/>
email: adc.coordinator1@gmail.com
contact number: 011 433 2372 or 079 501 6817

Thank you for supporting Red Sabbath Programme!

Red Sabbath Programme Suggestions

- Encourage everyone to wear something red on the day and take a stand against substance abuse.
- To enhance your program, decorate boxes in red paper with drug-free messages for display.
- Display a basket of red ribbons in the reception area of your organization for visitors to take.
- Display red ribbons on the interior and exterior surfaces of your organization's building.
- Host a Red Ribbon kick-off event releasing only red balloons with a message of hope inside each balloon.
- Contact your local media to see if they will provide a free public announcement for your Red Ribbon Event.
- The following items are available at Alcohol and Drug Concerns.
 - Distribute the brochure a "Drug Free World" available from Alcohol and Drug Concerns.

Prayer Focus for Today

Please pray for the following:

- Pray for your recovery from an addiction known only to you.
- Pray for our children, that we will nurture them to make wise decisions.
- Pray for our youth, that they will choose the right company and make good decisions to prosper them and not harm them.
- Pray for families who have family members struggling with addiction.
- Pray for communities whose lives are endangered because of the addiction that exists in their household and community.

Please Note:

Feel free to adjust and edit the materials to suit the needs of your congregation.

Recommended Outline for Divine Service

Please make changes for your local circumstances and preferences observing all COVID19 protocols.

Suggested Order of Service

Call to worship

Invocation: Speaker

Scripture: Ephesians 5:15-18 (NCV)

¹⁵So be very careful how you live. Do not live like those who are not wise.
LIVE WISELY.

¹⁶I mean that you should use every chance you have for doing good, because these are evil times.

¹⁷So do not be foolish with your lives. But learn what the Lord wants you to do.

¹⁸Do not be drunk with wine. That will ruin you spiritually. But be filled with the Spirit.

Hymn of praise: Hymn 468 – Yield Not to Temptation

Pastoral prayer

Welcome

Call for the offering

Children's Story: "My Uncle Tim Made Bad Choices."

Special music or Hymn

Sermon: "Extreme Makeover"

Appeal:

Hymn of response: Hymn 15 – My Maker and My King

Closing Prayer

Children's Story

My Uncle Tim Made Bad Choices

(Ask a child to pray.)

Whose mother has a brother? (Allow children to answer.) What do you call him? (Allow children to answer.) Therefore, your mother's brother is your uncle. My mom also has a brother, she was very sad about her brother Tim. He was very sick and in hospital. (How many of you have gone to hospital because you were sick? (Allow the children to answer.) I was just as sad about Uncle Tim, too.

You see, he was my favourite uncle in the whole wide world. Uncle Tim always played ball with me when he came to visit. However, he never played ball with me when he wasn't feeling well, and that seemed to be more and more lately.

But even then, when he couldn't play ball, he always told me great stories, such as how he climbed high mountains, or how he once fell out of a boat. He always brought me gold coins—the kind that are made of chocolate and wrapped in shiny gold foil.

But it's been a while since we've done that because Uncle Tim hasn't come to the house for weeks. My mom was working in the kitchen when I asked her, "Mom, why is Uncle Tim so sick?"

My mom then told me that Uncle Tim had been drinking a bad thing called wine for many years. And after all these years of drinking wine, it has damaged Uncle Tim's organs inside his body. Who can name some of the organs in the body? (Allow the children to answer.) Do you know which organ suffers the most damage when you drink wine? It is the liver, right. Mother told me that Uncle Tim's liver can't work very well anymore.

I'm so glad my mom and dad don't drink wine. My Uncle Tim never got better because of the bad decisions he made and this made me very sad. I loved him so much.

I asked Jesus to help me to make good decisions' as I grew up, so that I won't make wrong or bad decisions that can hurt my body and my family.

In the Bible there is a young man named Samson who made many bad decisions. In Judges 14 we learn about all the bad choices he made. Samson wouldn't listen to his parent's good teachings in making wise decisions. He had a strong body, but he was weak in his decision making. He suffered much because of bad decisions.

Girls and boys do you always want to make good decisions that won't hurt your body and make your family sad? (Allow children to respond)

End with prayer

Extreme MAKEOVER

Sermon

Bible Text: Ephesians 5:15-18 (NCV)

¹⁵So be very careful how you live. Do not live like those who are not wise.
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God desires nothing more than to do an '*Extreme Makeover*' in your life. Will you let Him do that for you!

I always disliked reality TV shows. Then, several years ago, I discovered the popular reality show, "*Extreme Makeover: Home Edition*," and my family and I instantly loved it.

For those who haven't seen it, the theme of the show is to find a family that is facing hardships and then to provide home improvements that would specifically meet their needs and preferences.

The most touching and dramatic moment of the show is when the neighbourhood is called to join the family to shout in unison the words "Move that bus! Move that bus! When the bus moves, it is often an emotional moment to see the transformation of the home and the faces of the family when they see the '*Extreme Makeover*' of the home they left seven days ago. They take a tour of their '*Extreme Makeover*' new house for the first time and discover all the personal touches that had been added for each family member. I will become so overwhelmed with joy for the recipient family that I would have tears rolling down my cheeks every time I watched the show.

Why was I so fascinated by the makeover process?

I think it's because all of us secretly long for an extreme makeover in some area of our lives. Rooted in the spiritual DNA of our hearts is a longing to be different, to be healed, and to take a broken relationship and make it whole.

God's desire is to do an '*Extreme Makeover*' in every man, women and child sitting here today. 2 Corinthians 5:17 confirms this, "Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!"

Some of us here this morning maybe struggling with one or more forms of addiction and you are in need of an '*Extreme Makeover*'. It may be excessive indulgences of appetites..., to you, we say "*Move that bus!*" A good few years ago, the writer,

personally had an excessive indulgence in drinking Coca-Cola. It reached the point where it was affecting my health adversely. One evening I finally decided to pray to God about my Coca-Cola habit. I asked Him to take the taste and attraction to Coca-Cola from my mouth. I was amazed that after so many years of drinking Coca-Cola, the next time I tried to drink it, it tasted like Epson salts in my mouth. I had to ask God to “Move that bus!” I learnt that day that freedom must be gained in the spiritual realm before it can be claimed in the physical and emotional realm.

For you it may not be Coca-Cola, but it could be a coffee addiction, “*Move that bus!*” It could be a chocolate addiction, “*Move that bus!*” It could be a potato crisps addiction, “*Move that bus!*” It could be an over-eating addiction, “*Move that bus!*” It could be an over-spending addiction, “*Move that bus!*” It could be an alcohol addiction, “*Move that bus!*” It could be a tobacco addiction, “*Move that bus!*” What about an addiction to a particular TV soapy, you’ve got to watch every episode? You are miserable if you miss an episode, “*Move that bus!*” Young people, it could be play station addiction, “*Move that bus!*” It could be a cell phone, and or social media addiction, “*Move that bus!*”

What ‘bus’ must be moved in your life so that you can experience the ‘*Extreme Makeover*’ Christ desires for your life.

Titus 3:3 gives us a picture of such a spiritual radical makeover needed. “In the past we were foolish people, too. We did not obey, we were wrong, and we were slaves to many things our bodies wanted and enjoyed...

Verse 3 gives us the before picture. To overcome any of our addictions requires spiritual conviction and a decision to finally give up control of our lives to God. This is done by God and God alone, from start to finish.

One of the greatest weapons that Satan is using against mankind today is the power of addiction. He knows how we were made and what drives us. He has been busy since the Creation of mankind. Trying to perfect ways of control and dominate the hearts and souls of men. Addiction is a powerful force that takes hold first of the mind, then the body and ultimately the very soul of those who get caught up in it.

Most of us when we think of addiction, we think tobacco, marijuana, cocaine, or heroin addicts or perhaps the alcoholic who staggers out of the bar, gets into his car and then kills some innocent person on his way home. BUT..., addiction goes much further than that.

Addiction is not only about using cocaine, heroin or other illegal drugs, which we should stay far away from and not experiment with. Addiction is anything that we become enslaved to and bound by. Nobody starts out intending to develop an addiction, it starts little by little, and that is how people are caught in a trap, “little by little.” Over time, the addiction exerts a long and powerful influence on the brain that manifests in three distinct ways, more commonly referred to as the three Cs: (1) **C**raving for the object of addiction, (2) loss of **C**ontrol over its use, and (3) **C**ontinuing involvement with it despite adverse consequences. (Harvard Mental Health Letter, July 2011)

Be very careful then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore, do not be foolish, but

understand what the Lord's will is. Do not get drunk on wine, which leads to 'excessive indulgences. Instead, be filled with the Holy Spirit. (Ephesians 5:15-18)

A man stood at a podium and said four short words, "Don't be like me." His name was Mickey Mantle. If you have never heard of him, here is a short introduction. He graduated from a high school in Oklahoma, USA. He had a great baseball career. Played for the world-famous Yankees. He won many significant games; he still holds the all-time record for home runs in the World Series played in 1956 and 1958. In 1974 he was elected to Baseball's Hall of Fame. Mantle was a symbol of the Yankees and their greatness. But Mickey Mantle was addicted to alcohol.

In 1994 he learned that his years of heavy drinking left him with liver cancer. His health, eroded from years of alcohol abuse. He stood on the podium and said to all the fans who had looked up to him for so long and witnessed all his achievements..."Don't be like me." He didn't ask God to "Move that bus!" in his life.

We often tell ourselves and others to pull ourselves together. To 'bit the bullet' and try harder. We try to live under the illusion that we are in control and that we don't need anything or anybody to help us overcome our fetish addictions. But the truth of the matter is we live in a fallen world.

Sin is a powerful force—one that we cannot defeat on our own. We are broken by sin and we do not have the power within ourselves to fix ourselves. Until we surrender to God and allow Him to bring about an '*Extreme Makeover*' we will remain stuck. How many times have you tried the self-help approach and you relapse within a day, a week, a month? We have this control myth that keeps us from admitting our weaknesses. That we have it under control.

The objective of the Extreme Makeover—Home Edition series showcases mind-blowing home renovations for families who have a need.

The 'before and after' of our makeover goes something like this... 'Before Christ, we are dead in our transgressions' but 'After we receive Christ and deliverance from our addictions, we have a new standing with God.' We are cleansed, and we also have a new purpose, a new family, new privileges and most importantly, a new inheritance. That's an amazing Extreme and Makeover!

The ultimate '*Extreme Makeover*' is when Jesus Christ takes over and works in the human heart, taking that which is broken to addiction, and fixes it.

"Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge Him, and He will direct your path." Proverbs 3:5-6.

AMEN



Suggested Afternoon Programme

“Bear one another’s burdens, and so fulfil the law of Christ.” Galatians 6:2

As we observe Red Sabbath, may we make a commitment to keep our families and communities, addiction and drug free, safe and healthy. Involve your adults, youth and children in the afternoon activities. Each member young and old can contribute to the mission of the church.

Here are programs that can be used or modified to suit your congregation.

1. Have a “Say No to Alcohol or Tobacco” pamphlet distribution drive/walkabout in an identified neighbourhood.
2. Be an activist and have a “Say No to Alcohol, Tobacco, Drugs” community street march. Display placards with appropriate slogans and have pamphlets to distribute.
3. Invite a speaker from a Rehab Centre to do a presentation or a discussion with the young people. (See attached list of organisations in Johannesburg)
4. Visit an institution that will allow you to present a program of good singing and a short message of hope with struggling addicts. Consider taking a gift pack to each person. (*Following all COVID19 restrictions and protocols.*)
5. Host a special dinner for someone in your church who may be struggling with addiction. Show them unconditional love.

REHAB CENTRES LIST		
CENTRE	CONTACT NR	EMAIL ADDRESS
Clear View Clinic Recovery Centre	012 819 1422	clearvieclinic@hotmail.co.za
Eden Recovery Centre	083 310 0567	help@edenrecovery.co.za
Elim Clinic	011 975 2951	info@elimclin.co.za
Dr. Fabian & Florence	012 734 8300	Desiree.DeVries@gauteng.gov.za
Houghton House	011 787 9142	info@houghtonhouse.co.za
House of Mercy	011 894 4050	Velma@excecmail.co.za
I.O.G Curt Van Heerden	074 688 9438	info@iograce.org
iThemba Alcohol & Drug Rehabilitation Clinic	0822501733	elsia@westviewclinic.co.za/ reception@ithembaclinic.co.za
Light House on the Horizon	011 764 2396	nazeemabrahams@yahoo.com
Sharp Treatment Centre	011 728 8054	info@sharptreatment.co.za
Sanca Horizon Etwatwa	011 424 7468	farser.masombuka@yahoo.com
Sanca Horizon	011 917 5015/6/7	info@horizoneclinic.org
Sanca – Nishtara	011 854 5988	nishtara@polka.co.za
Sanca Orange Farms	011 850 1123	
Sanca – Castle Carey	012 542 1121	info@sancapta.co.za
Stabilis Treatment Centre	012 333 7702	info@stabiilistc.co.za/ director@stabilistic.org.za
TAG Patrick-lee Golden	083 825 3234	tagrecoveryhome@vodamail.co.za
The Foundation Clinic	010 900 3131	info@thefoundationclinic.co.za
Themba-na-Mandla Centre	072 700-1016	
Tranquillity Home Rehab Clinic	011 782 6701	info@tranquilityclinic.co.za
Wedge Gardens Treatment Centre	011 430 0320	wedgegardens@randaid.co.za
Westview Alcohol & Drug Rehab	011 472 7707	elisa@westviewclinic.co.za
Crescent of Hope	011 854 1809	coh@mweb.co.za