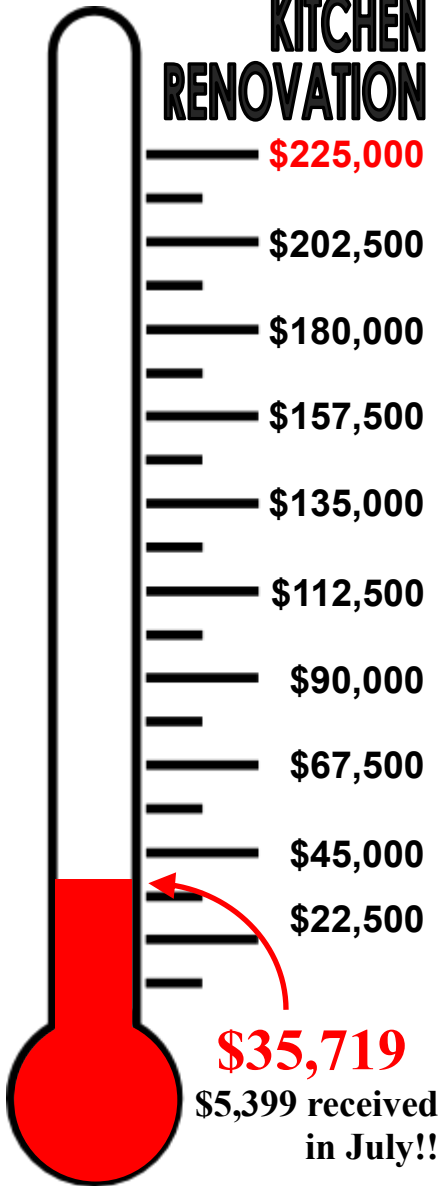


KITCHEN RENOVATION



Real Facts: What Pot Does to Your Teen Brain

Anyone who has a mother, father or other person in their life that loves them, has heard, “Don’t do drugs.” Most of the time you may think it’s just older adults being un-cool or not realizing what its like to be young. Believe me when I say — that’s FAR from the truth. The same social pressures you’re going through now, your parents and grand-parents went thru too.

As a teen and young adult, I made the conscious decision not to do drugs because I knew I wanted to be a parent some day and was afraid doing drugs might adversely affect them. Today there is scientific evidence of how using marijuana during your teen years can cause irreparable changes in the brain’s development and function. Teen brains — particularly the prefrontal cortex that is used to make decisions, develop your personality and refine your skill and ability to take on new responsibilities, is growing and developing until your mid-20s. This makes the teen brain susceptible to damage from toxic chemicals, and the effects of drugs and alcohol can slow down or event stop the development of the brain. This has been magnified in recent years with the legalization of marijuana and the development of more potent varieties.

As a teen user, you will miss the intellectual and social stimulation to which the adolescent brain is perfectly tuned. This is the period for maximizing your capacity to navigate complex situations— your brain is literally building brainpower. All addictive substances affect the reward pathway of the brain, through which teens are highly motivated. Alcohol and drugs increase the number of reward-related chemicals in the brain, flooding the brain with a chemical called dopamine. This chemical flood results in feelings of euphoria, relaxation and a relief from stress. Even though dopamine causes pleasure, its real job is to drive a human to continue survival-related behavior, like sleeping and eating, and to encourage pro-social behavior, like forming bonds of friendship. An effect of addictive substances is to override the natural and healthy messages of the human brain by unnaturally increasing dopamine in the teen brain, giving the message, “you don’t need food, sleep or friendships as much as you need alcohol and drugs.” What was once a healthy functioning survival mechanism of the reward pathway becomes a broken tool.

Everyone feels empowered as they go through their teen years, you have all these choices and the whole world is available to you. Enjoy this moment and make good decisions that will help you experience the best that this time of your life has to offer. You can say, “no” and still be the cool kid. Trust me, when you’re older and look back at the people who didn’t say, “no” — you’ll see that their lives are not cool, they didn’t go on to do great things, and they weren’t equipped to take advantages of the opportunities that you did.

Also remember, you’re not alone. You have parents, siblings, teachers, friends, a pastor, a church family and many other people who want the best for you and are here to love and support you. If your friends are pressuring you — make new friends, get busy with outside activities and sports, develop a new hobby or interest where you can devote your time. Say a prayer daily for God’s guidance in your life.

URGENT PRAYER

- Elder Loiseau, health
- Amy Boyd, kidney transplant
- Pastor Louis Turner and family, death of their brother, Ronnie.
- Tracey Family (friends of Warners), death of beloved, Tiffany.
- Charles Family (friends of Warners), death of mother.
- Janice Grigsby family
- Cindy Cobbs, in hospital with pneumonia.
- Sophia Schafer (12-yr old friend of the Loiseau and Foxworth family), hospital diagnosed with Wilms cancer
- Robert Darby, chemo rehab



August 25, 2018
2pm—4pm

first 100 students

Please donate:

- 1 inch 3-ring binders
- blunt and sharp scissors
- Highlighters
- 12-inch rulers

Please bring all donations to the church office.

LET'S CHAT!

with Pastor D

This week we continue with the Pew Research Study released on August 9, 2018, that surveyed over 4,700 Americans



Here are the top reasons given for **SKIPPING** religious services.

1. 37% said they practice their faith in "other ways."
2. 28% said they are not believers.
3. 26% said "No reason at all" but felt church is "very important."
4. 23% noted they hadn't found a house of worship they liked.
5. 18% didn't like sermons.
6. 14% didn't feel welcome.
7. 12% didn't have the time.
8. 9% had poor health or mobility.
9. 7% didn't have a house of worship in their area.

What was shocking about this survey, is that 70% still identified with a particular tradition, while 60% claimed to be Christian.

More than half (54%) added secondarily that they haven't attended church because they didn't feel welcome by congregations, or there was none in the area.

What is the point in sharing this to our Sharon family? This study suggests that there are groups of believers who would like to go to church, if someone would help them get there. We often label individuals as secular, as if they don't have a need for Christ. However, what people are looking for is a church that is a welcoming place as they enter.

in the
loop

SHARON SEVENTH-DAY ADVENTIST CHURCH

August 25, 2018

MARK YOUR CALENDAR

AUGUST

SEPTEMBER

- 26 **Pastor's Camp—Big Lake**
- 27 **PAA Freshman First Day of School**
- 27 **Pastor's Camp—Big Lake**
- 27 Bible Study 12pm
- 28 **PAA All Students First Day of School**
- 28 **Pastor's Camp—Big Lake**
- 29 Mid-week Study 7pm
- 29 **Pastor's Camp—Big Lake**
- 1 Sabbath School/Divine Worship 9:45am
- 1 Polk's 30th Anniversary/Wedding Renewal 7pm
- 3 **LABOR DAY HOLIDAY – NO SCHOOL**
- 4 Pray for Our Children (private prayer) 7pm to 7:30pm
- 4 **PAES First Day of School**
- 5 Mid-week Study 7pm
- 7 **1st Friday, Adventist Med Cntr (Pastor Stiles) 7:15pm**
- 8 Sabbath School/Divine Worship 9:45am
- 8 Social Night (place/time TBD)
- 9 Elder's Meeting 10:30am
- 10 Bible Study 12pm
- 12 Mid-week Study 7pm
- 15 Sabbath School/Divine Worship 9:45am
- 15 Community Svc Food Pantry 2pm
- 16 Church Board Meeting 10:30am
- 17 Bible Study 12pm
- 19 Mid-week Study 7pm
- 22 Sabbath School/Divine Worship 9:45am
- 22 Community Svc Food Pantry 2pm
- 24 Bible Study 12pm

* These are holiday or partner activities held at other locations, see Sharon bulletin board for details.