

WE BELIEVE...

Seventh-day Adventists are Bible-believing Christians who base faith, hope, and the future in Jesus Christ. The name 'Seventh-day' indicates our adherence to the Biblical Sabbath, while 'Adventist' means we anticipate the promised return of Christ.

To learn more about what we believe please visit:

<https://www.adventist.org/en/beliefs/>

SICK & SHUT IN

Clarence Covington	757-857-1638
Evelyn Drew	757-623-2537
Leona Jones	757-285-6907
Joyce Jones	757-589-1472

SPECIAL PRAYER

Brinkley Family	Norwood Family	Katrina & Family
Cuffee Family	Russell Family	Lawrence Guillory
Davidson Family	Twine Family	McChere Brown
Davis Family	Stewart Family	Nadine Darien
Duncan Family	Walls Family	Nancy Carter
Freeman Family	Adell Fuller	Nasheena Sullivan
George Family	Benita Askew	Patricia Peele
Hamilton Family	Brian Lester	Quetel Sellers
Harris Family	Catherine Parker	Rudolph Lee
Hunt Family	Cherlanda Griffith	Seth Hinton
Johnson Family	Christopher McGill	Stephan Moses
Kelly Family	Cordelia Cuffee	Wilhelmina Carter
Lynn Family	Eric & Moe	Fathima Wilson
Nesbitt Family	Gail Martin & Family	
Norman Family	Joseph Brown, Sr.	

Campostella Heights

Seventh-day Adventist Church

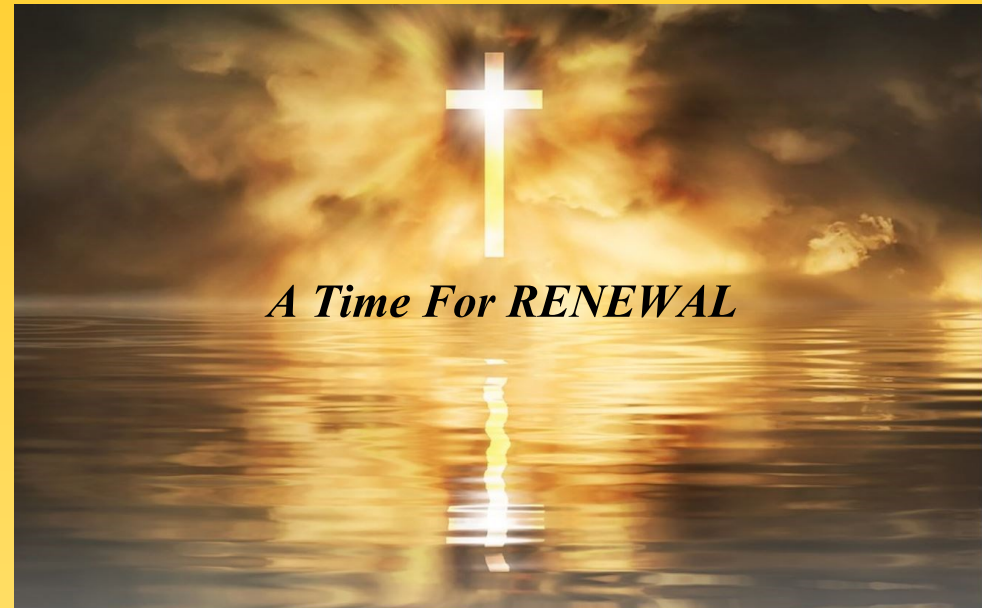
1006 Oakwood Street, Norfolk, VA 23523

Phone: 757-545-5720

Website: www.camposda.org

January 11, 2020

Pastor Howard W. Duncan



A Time For RENEWAL

Our Vision:

Making disciples through teaching and baptism, while nurturing and empowering them to Serve, Sacrifice, and Surrender all to Christ by Accepting, Loving, and mentoring others to experience Christ in practical ways through the power of the Holy Spirit. Galatians 5:13, 14

Our Mission:

We seek to grow passionate disciples of Jesus through worship of God, nurture of one another, and outreach to the world.

Sunset: Today: 5:08pm Next Friday: 5:14pm

SABBATH SCHOOL - 10:00am

Superintendent

Todd Hunt

SS Secretary

Simone Walls

Lesson Study: From Jerusalem to Babylon

PERSONAL MINISTRY

We are God's servants, doing His service. Into the great web of life we are to draw no thread of selfishness; for this would spoil the pattern. But, oh, how thoughtless men are apt to be! How seldom do they make the interest of God's suffering ones their own. The poor are all around them, but they pass on, thoughtless and indifferent, regardless of the widows and orphans who, left without resources, suffer, but do not tell their need. If the rich would place a small fund in the bank, at the disposal of the needy ones, how much suffering would be saved. The holy love of God should lead every one to see that it is his duty to care for some other one, and thus keep alive the spirit of benevolence... He honors us by making us His helping hand. Instead of complaining, let us rejoice that we have the privilege of serving under so good and merciful a Master. The S.D.A. Bible Commentary 1:1118, 1119. SD 272.2

CHURCH STAFF

Pastor: Howard W. Duncan	302-276-4239 PastorDuncan@hotmail.com
First Elder: Kevin Clarke	757-338-3605
Head Deaconess: Clairese Mason	757-288-5003
Head Clerk: Shavon Mitchell	campostellasda@hotmail.com
Head Treasurer: Everette Moore	757-559-2301

JANUARY BIRTHDAYS

Zachariah Ash-2
Renee Norwood-6
Margaret Covington-13
Monica Singh-Williams-15



Tyler Thompson-21
Andrew Davidson-23
Thomasine Sturdivant-27
Taneisha Kelly-31

Serving the Lord

UNSCRAMBLE

SAMDNCMOENMT _____

ELTIGRNMB _____

ONMAMM _____

OSIETRAM _____

EESLBFI _____

EIDLLNYIGT _____

MSRSTEA _____

ECSCIECNON _____

FERHAT _____

LOBOD _____

CJOEREI _____

DLAN _____

DWLLE _____

KNREHAE _____

NELTRNAE _____

TPIRIS _____

PRUEG _____

LODOB _____



HEALTH TIP

Recipe: The Greens Power Smoothie

Nutrient-dense and full of tasty goodness, this greens power-packed smoothie would even impress Popeye.

A key ingredient in this recipe is spirulina, the green of greens! Spirulina is the common name for two species of cyanobacteria, or blue-green algae. A staple food of the Aztecs until the 16th century, it is now cultivated throughout the world.

One tablespoon of spirulina powder (approximately 10 grams) contains **6 grams** of protein. We're using a certified organic, non-irradiated spirulina from India.

Greens Power Smoothie

- 10 oz. coconut milk
- 1 cup mango
- 1 cup spinach
- 1 tablespoon Spirulina
- 2 teaspoons date paste*

Place coconut milk in a high-speed blender and add all other ingredients. Blend until smooth.

*Chef's tip: You can make fresh date paste by taking one cup of soaked, pitted dates and blending them until smooth. Place in a glass mason jar and store in the refrigerator.

About the author: Chef Nina Curtis is the director and executive chef at Adventist Health's Vitaliz Café in Roseville, California. Follow her @botanicalchef on social media.

Processional/Introit.....Abundant Praise

Hallelujah, You're Worthy to be Praised - Judith McAllister

Holy, Holy, Holy

*Invocation/Affirmation of Faith.....Elder Kevin Clarke

John 3:16-17 & Exodus 20:8-11

Hymn of Praise.....Congregation

He's Got the Whole World In His Hand

Welcome.....Pat Lynn

We Welcome You - Swehla Hunt

Remarks.....Pastor Howard W. Duncan

Children's Story.....Ruth Barnes

Come and Go with Me

*Intercessory Prayer.....Elder Kevin Clarke

Bless Me - Donald Lawrence

*Tithes and Offering.....Elder Kevin Clarke

I Agree - Jonathan Nelson

*Scripture.....George Henry

Meditation Song.....Abundant Praise

My Worship - Phil Thompson

Spoken Word.....Pastor Howard W. Duncan

Appeal Song.....Abundant Praise

Falling in Love - Kirk Whalum

Benediction.....George Henry

Praise God From Whom All Blessings Flow

Recessional.....Abundant Praise

Jesus Will - Joshua Troop

**Worshippers may not enter or exit.*

SERMON NOTES

Speaker: _____

Topic: _____

Scripture: _____

Notes: _____

Special Requests

It is my desire to receive: Baptism Bible Study

Mem Transfer Prayer Pastoral Counsel

Name _____

Address _____

City, State, Zip _____

Phone _____ Best time to call _____

E-mail address _____

Please fill out form, and give to an usher or clerk.

ANNOUNCEMENTS

Church Correspondences: Attention Church Family, Please send all church correspondence (i.e., letters, cards) to: Campostella Heights SDA Church P.O. Box 4655 Norfolk, VA 23523-0655.

Senior's Mid-Week Prayer Meeting and Fellowship: Every Thursday from 11:00 - 1:00pm. Open to all - tell your neighbors and friends.

Community Outreach: Sabbath, January 11, 2020.

Cooking Class: January 12th at 1:30pm. All are invited.

Departmental Leadership Training: January 24-26, 2020.

Friday Evening - Youth & Young Adults

Sabbath Service - Congregation

Sabbath Afternoon - Church at Large

Sunday Morning - Elders Training

Usher Scholarship: Application is now available. For more information see Kim Rodgers, McChere Brown or Gloria Brinkley.

Further Sabbath School Studies: Every Sabbath after Divine Worship, and on Wednesday nights at 6:00pm.

Wednesday Night Service: Begins at 7:00pm. If your spirit needs a mid-week pick up, come join us. We have begun a study on the Sanctuary Message.

Projection screen: Items for Sabbath services must be submitted by Wednesday the week of presentation to the AV Team at camposdaavteam@gmail.com. Audio tapes/music CDs should be submitted by 9:00am Sabbath morning.

Fifty Plus: Weekly Friday night vesper conference call continues at 8:00pm. Call in number is 1-515-604-9094; conference code 167-731-808#.

The Hawk's Nest Store: Will only be open from 9:00am - 12:00pm on Mondays and from 4:30 - 6:00pm on Thursdays. If church members are having trouble making it at those two times there is one other option. Call Ms. Belinda and leave a message and payment information. She can pack it all up and run their card and leave their order here (TAA) in the office to pick up. The number for the Hawk's Nest Store is 757-632-7104.