

> **Education Financial Assistance for 2020-2021 School Year** <

We have been so blessed to have the privilege to support so many students through our Christian schools. As times get harder, our needs increase. More students are looking for something more. Please seek the Lord for wisdom on how you can help support the young people who want a christian education and want to attend Inez Wrenn, Heritage Academy, Georgia-Cumberland Academy and other SDA schools. To make a donation to any of the above accounts, please be sure to mark your tithe envelope **"Inez Wrenn WS, Academy WS, or Student Evangelism."** Thank you for your financial support for Christian education.

**CONTACT INFORMATION**

Church Office		931-456-0056
Pastor	Larry Owens	423-322-6392
Administrative Assistant	Shadelle Haley	931-787-8500
Head Elder	David Kellogg	931-484-6635
School Office		931-484-3150
Head Teacher	Mark Anderson	931-337-5857
FLC Coordinator	Roger Greenley	240-401-1123
Calendar Scheduling	Shadelle Haley	931-787-8500
Church Clerk	Marilyn Maples	828-242-3882

(Please email or call to update phone/address, transfer membership, etc.)

Email: [mamaples424@gmail.com](mailto:mamaples424@gmail.com)

**SEND BULLETIN INFO TO**

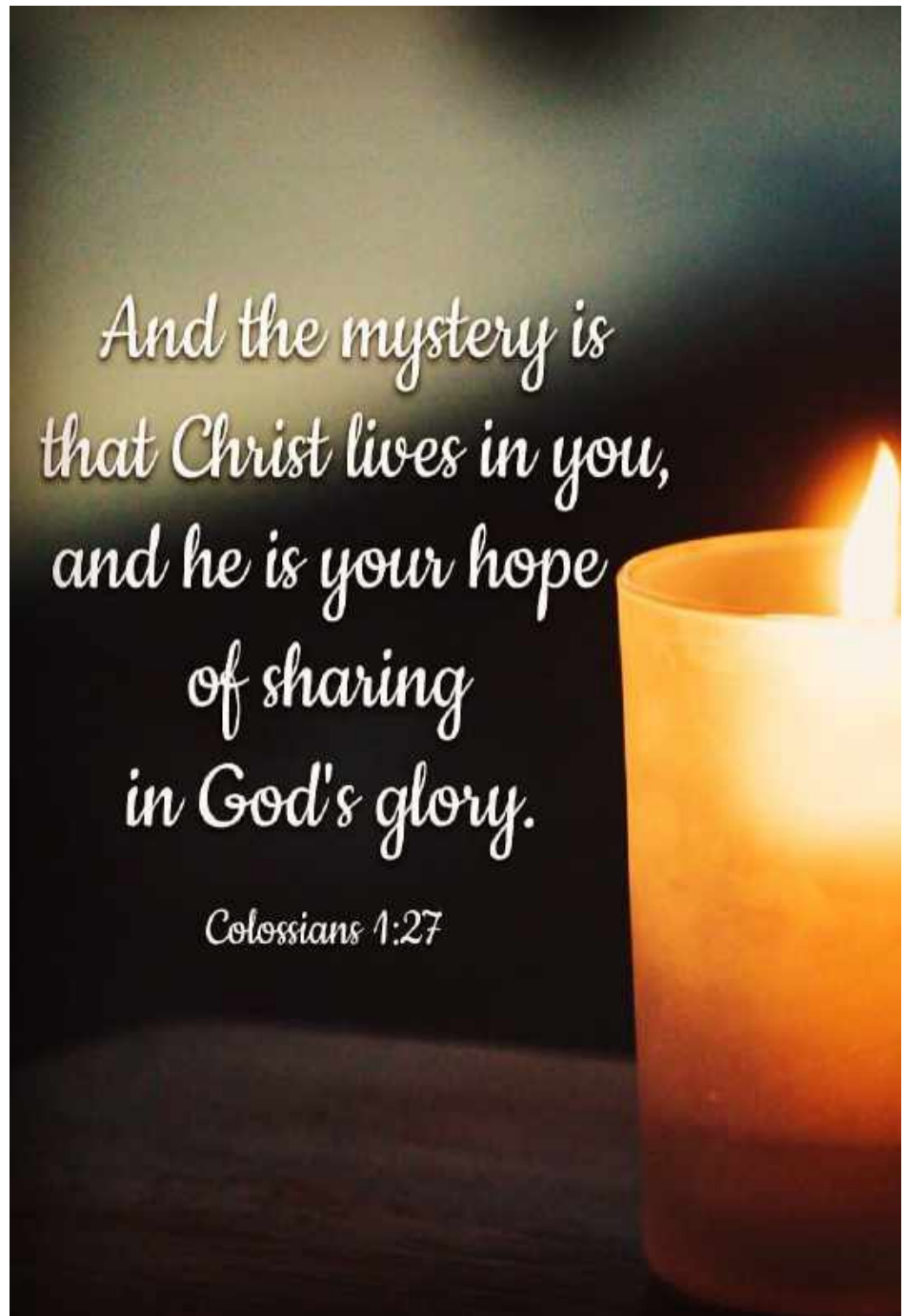
[cbulletinsecretary@gmail.com](mailto:cbulletinsecretary@gmail.com) or call 931-456-0056.

Send Audio/Video information or files to [audiocsda@gmail.com](mailto:audiocsda@gmail.com).

**(Please provide bulletin and A/V information by 2:00 p.m. Wednesday.)**

Church Website:

[www.crossvillesda.org](http://www.crossvillesda.org)



*And the mystery is  
that Christ lives in you,  
and he is your hope  
of sharing  
in God's glory.*

*Colossians 1:27*

**CROSSVILLE SEVENTH-DAY ADVENTIST CHURCH**  
**SABBATH SERVICES**

September 12, 2020

You can still worship with us on the conference line  
**Call 712-432-0900, code 407096#**

**FIRST WORSHIP SERVICE**

9:00 am - 10:00 am

Welcome & Announcements		Franklin Cobos
Worship in Giving		Franklin Cobos
Praise & Prayer Requests		Franklin Cobos
Worship in Prayer		Franklin Cobos
Scripture Reading	<b>Colossians 1:26-27</b>	Franklin Cobos
Sermon	<b>“The Mystery”</b>	Pastor Larry Owens
Closing Response	<b>“Jesus Loves Me”</b>	Pastor Larry Owens
Benediction		Pastor Larry Owens

**Adult Sabbath School**  
in the Church at 10:00 am

**Large Sabbath School Class** in the Sanctuary with Linda Mihalus  
**Franklin Cobos’ Class** in the Junior Room  
**New Believer’s Class** will meet in the Youth Room

**Children’s Sabbath School**

Classes will be in the FLC & School at 10:00 am

**Junior-Youth** Classes will be in the Fellowship Hall

**Primary** Class will be in the Pathfinder room

**Kindergarten & Beginner** classes will meet in the kindergarten classroom in the church.

**SECOND WORSHIP SERVICE**

11:15 am - 12:15 pm

Welcome & Announcements		Franklin Cobos
Worship in Giving		Franklin Cobos
Praise & Prayer Requests		Franklin Cobos
Worship in Prayer		Franklin Cobos
Children’s Story		Maxine Wood
Scripture Reading	<b>Colossians 1:26-27</b>	Franklin Cobos
Sermon	<b>“The Mystery”</b>	Pastor Larry Owens
Closing Response	<b>“Jesus Loves Me”</b>	Pastor Larry Owens
Benediction		Pastor Larry Owens

**WEEK AT A GLANCE**

Today	6:51 pm	Sabbath Rest Ends
<b>Wednesday</b>	<b>3:00 &amp; 6:00 pm</b>	<b>Prayer Meeting</b>
Friday	6:42 pm	Sabbath Rest Begins
Next Sabbath	9:00 & 11:15 am	John Hanson

**STEWARDSHIP REPORT**

<b>Church Budget</b>	Monthly Goal	\$6500	Aug-to-Date	\$ NA
<b>Inez Wrenn StudentAid</b>	Monthly Goal	\$750	Aug-to-Date	\$ NA
<b>Academy Student Aid</b>	Monthly Goal	\$1250	Aug-to-Date	\$ NA
<b>Student Evangelism</b>	Monthly Goal	\$2100	Aug-to-Date	\$ NA
<b>FLC Parking Lot</b>	Monthly Goal	\$2020	Aug-to-Date	\$ NA
<b>Hope for Humanity</b>	Yearly Goal	\$2000	Year-to-Date	\$ NA
<b>Last Week</b>	Lambs’ Offering	\$ NA	Dimes	\$ NA

**ANNOUNCEMENTS**

**For the safety of others, we are asking that everyone please wear a mask. Thank you.**

**New Phone Number for Roger Carpenter to replace his landline: 931-787-0343. Please make the appropriate changes in your directory.**

**The Southern Union Conference** is currently accepting applications for Maintenance Manager. If interested, please go to the website [www.southernunion.com/employment](http://www.southernunion.com/employment) for additional information. Thank you.

**Use of the Church, School, or FLC:** Because of the times we are living in, **any use needs to be requested to the church board** to ensure availability and that proper usage is in place, with **COVID 19 standards being followed.**

**HEY KIDS! Please check our website, [www.CrossvilleSDA.org](http://www.CrossvilleSDA.org) for Children's Sabbath School** and also links to a **FREE audio story each day** from *Your Story Hour* as well as **FREE PDF versions of "Our Little Friend", "Primary Treasure," and "Junior Guide" magazines** that you may download and print.

**PRAYER TIME with Pastor Larry** is from 5:30 AM to 6:30 AM every morning on the prayer line. **Call 712-432-0900, code 407096#**

#### **First and Second Service Live Stream Available**

1. Go to [www.youtube.com](http://www.youtube.com) and enter "Crossville SDA Media" in the search bar.
2. Select the channel that says "Crossville SDA Media".
3. If you don't see the service live on the "Home" tab, go to the "Videos" tab.
4. If you still don't see the service live, the stream hasn't begun yet or we are having technical difficulty.
5. You can also find past sermons here that you may have missed or want to watch again.
6. Select the SUBSCRIBE button to be notified of all future live streams.

#### **Let Us Praise God...**

- Jake has recovered from COVID (Linda Mihalus' grandson)
- Mark Edwards' leg is starting to build bone and Nathaniel's back is improving

#### **Praises and Requests**

**Let us praise God with you! Let us know if you have answers to prayers that we can put in the bulletin so that our shut-ins who read our bulletin online can see the Lord at work in their church family.**

#### **Urgent Local Church Family Prayer Requests**

08/21/2020 Family & Friends of Phyllis Breyer

08/01/2020 Nominating Committee

**Please keep the people/projects on this list in your heart and mind for continuous prayer. If you have any information about the prayer requests and praises, please contact Shadelle Haley at 931-787-8500.**

**"There are many who long to help others, but feel they have no spiritual strength or light to impart. Let them present their petitions at the throne of grace. Plead for the Holy Spirit. God stands back of every promise He has made. With your Bible in your hands say, "I have done as Thou hast said. I present Thy promise, 'Ask and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.'"**

**COL p. 147**

## Healthy Lifestyle

Shared by Tammy Kellogg

The health of your lungs is critical in this current virus. Recent research in 2018 at St. Peter's College focused on the volume of oxygen capacity of the lungs for aerobic ability in the relation to the removal of carbon dioxide. They considered height, weight, age, racial, and social standards. The 2 factors (oxygen and carbon dioxide) are marked by a ratio. This ratio will give you an indication of how healthy your lungs are. The average score for men is 350; for women, 330. I am 78 years old and my ratio score is over 900, which means I have three times stronger opportunity to fight off disease. This happens because I do a lot of aerobic exercise.

The American Heart Association recommends 150 minutes of walking per week and 75 minutes of aerobic exercise. Before you start an increased aerobic exercise program, you need to check with your doctor.

Aerobic means that you are increasing your heart rate to some degree which means you must have more oxygen. You need to find your resting pulse rate. Once that is established, you will need to walk at a slightly increased speed. I recommend no more than an increase of 20 beats per minute. The length of time will vary to get to that point. Generally, at the end of 3 1/2 minutes, check your heart rate to see if it has reached that goal. If not, increase slightly. For example, if your resting heart rate is 72, then you would increase your aerobic exercise so your heart rate is 92 and NO higher. Usually within 3-4 weeks, you can increase by 10 beats per minute to 102.

The whole point is to do what you can do. Anything is better than nothing! Keep in mind, you can break up your exercise into small portions throughout the day.

## DURING THIS TIME OF SOCIAL ISOLATION, WE'D LIKE TO SHARE SOME HELPFUL LINKS



### ONLINE GIVING for TITHES & OFFERING— **AdventistGiving** provides a way for individuals to return

tithe and offerings to their local church from any computer or mobile device. There is also an **AdventistGiving** app. It is available in the Apple or Google Play app stores.  
<https://adventistgiving.org/?OrgID=ANTFCR>



**HOW TO GIVE YOUR TITHE** — A **step by step video** as well as a **step by step PDF** to help you give your tithe & offerings online through Adventist Giving.  
<https://www.crossvillesda.org/adventist-giving/how-give-tithe-online>



**FAITHTALK ONLINE** — our online church newsletter.  
<https://www.crossvillesda.org/news/faithtalk-online>



**MISSION SPOTLIGHT** — weekly mission stories.  
<https://www.crossvillesda.org/ministries/s-s/mission-spotlight>



**CHILDREN'S MAGAZINES** — here you may download **FREE** “Our Little Friend”, “Primary Treasure” and “Guide” magazines.  
<https://www.crossvillesda.org/ministries/childrens-ministry/childrens-weekly-magazines>



**YOUNG ADULT SABBATH SCHOOL CLASS** — Every Sabbath on ZOOM at 9AM (CST) [shorturl.at/ersV4](http://shorturl.at/ersV4)



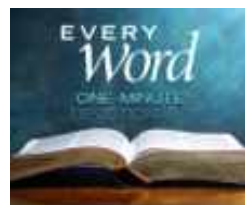
**CHILDREN'S SABBATH SCHOOL ONLINE** — *A Place To Do Something* was formed quickly in a matter of days in response to children's Sabbath Schools being shut down due to the Coronavirus outbreak. A new program is available each Sabbath.  
<https://www.crossvillesda.org/ministries/childrens-ministry>



**YOUR STORY HOUR** — **FREE STORIES EVERY DAY**  
Let *Your Story Hour* help chase away some of the boredom of being stuck at home! They are offering a different “free story of the week” on their website **every day**.  
<https://www.yourstoryhour.org/>



**100 DAYS OF PRAYER** — Join the world church for 100 Days of Prayer, March 27-July 4. Be part of a global prayer movement for revival, direction, and healing amidst the Covid-19 crisis.  
<https://www.revivalandreformation.org/100days/blog>



**EVERY WORD Daily One-Minute Devotionals** — Join Pastor John Bradshaw of It Is Written for a one-minute daily devotional designed for busy people. Watch from your computer, smartphone, or iPad.  
<https://itiswritten.tv/programs/every-word>



**CREATION Life Covid-19 Tips** — Short videos from Creation Life with health tips for **C**hoices, **R**est, **E**nvironment, **A**ctivity, **T**rust in God, **I**nterpersonal **R**elationships, **O**utlook, and **N**utrition  
<https://www.crossvillesda.org/ministries/health/Creation-life-c19-tips>



—>FREE OFFER<—

**SIGNS OF THE TIMES SPECIAL eBook EDITION:**

***COVID-19: Facing the Crisis with Confidence.***

In view of the shocking developments we have witnessed, this Signs of the Times Truth Matters special edition sharing piece on the coronavirus pandemic is a practical and spiritual response to the most significant global health crisis of the 21st century. Knowing the facts will keep your fears at bay and help you face the future with hope!

[www.pacificpress.com/covid](http://www.pacificpress.com/covid)

Here are a few great ways to use this wonderful magazine to share Jesus:

- Purchase copies at <https://adventistbookcenter.com/truth-matters-signs-special-covid-19.html>
- Mail to a zip code in your area (in the USA).
- Send a copy to all the individuals on your interest list.
- Send a copy to your friends & neighbors.
- Place one in every food basket you distribute.