

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 18, 2020

Pastor Howard W. Duncan

“There’s No Place Like Campostella”

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

Superintendent Bettie Williams

Opening Hymn #618 Stand Up! Stand Up for Jesus!

SS Secretary Simone Walls

Lesson Study: From Mystery to Revelation

Memory Text: "Daniel answered and said: 'Blessed be the name of God forever and ever, to whom belong wisdom and might' " ([Daniel 2:20, ESV](#)).

PERSONAL MINISTRY

Go, then, to all peoples everywhere and make them my disciples: baptize them in the name of the Father, the Son, and the Holy Spirit, and teach them to obey everything I have commanded you. And I will be with you always, to the end of the age"

(Matt. 28:19-20,GNT).

CHURCH STAFF

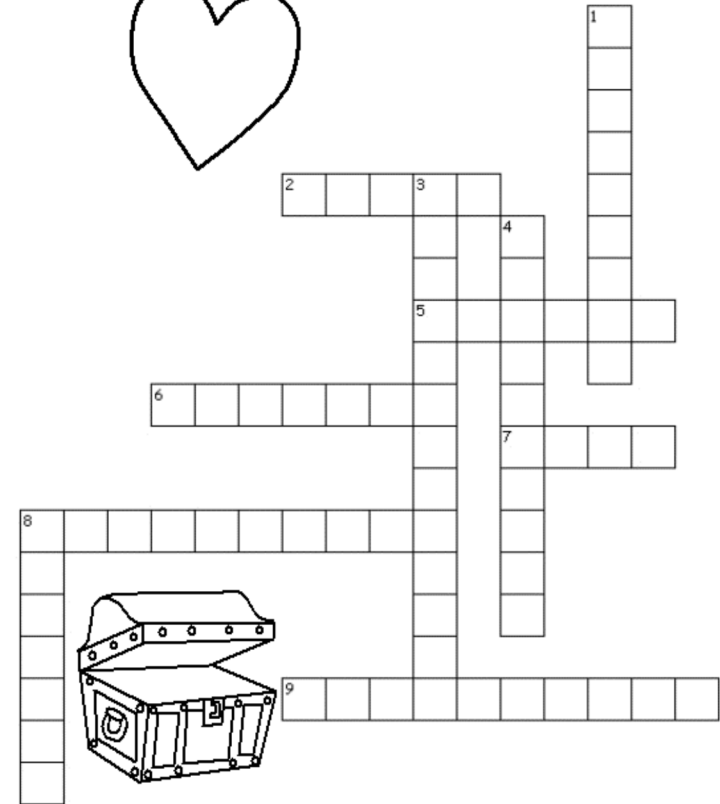
Pastor: Howard W. Duncan	302-276-4239
	PastorDuncan@hotmail.com
First Elder: Kevin Clarke	757-338-3605
Head Deaconess: Clairese Mason	757-288-5003
Head Clerk: Shavon Mitchell	campostellasda@hotmail.com
Head Treasurer: Everette Moore	757-559-2301
Deacon on Duty: Zachariah Ash	757--920-8147

JANUARY BIRTHDAYS

Zachariah Ash - 2	Tyler Thompson - 21
Renee Norwood - 6	Andrew Davidson - 23
Margaret Covington - 13	Thomasine Sturdivant - 27
Monica Singh-Williams - 15	Taneisha Kelly - 31



Sermon on the Mount Crossword



Across

2. By doing this we have great sorrow for our sin and others.
5. By following Jesus' teachings our biggest rewards will happen here.
6. We should ____ and be glad because by following these we'll receive treasures in heaven.
7. Being this is when we're patient, not easily angered and not thinking of yourself to highly.
8. This is the name of the first twelve verses of the Sermon on the Mount.
9. What will happen if you follow God because its opposite to the world's ways.

Down

1. Blessed are those who mourn, for they shall be ____.
3. We're supposed to hunger and thirst for this.
4. This is a person that stops fights and will be called a child of God.
8. The first word of each beatitude.

KEY WORDS

Beatitudes	Heaven	Persecuted
Blessed	Meek	Rejoice
Comforted	Mourn	Righteousness
	Peacemaker	



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 James Barnes
John 3:16-17 & Exodus 20:8-11	
Hymn of Praise.....	Congregation
We Have This Hope #214	
Welcome.....	Jamie Emelike
We Welcome You - Swehla Hunt	
Remarks.....	Pastor Howard W. Duncan
Children's Story.....	Ruth Barnes
Come and Go with Me	
*Intercessory Prayer.....	Elder James Barnes
Bless Me - Donald Lawrence	
*Tithes and Offering.....	Bettie Williams
I Agree - Jonathan Nelson	
*Scripture.....	Bettie Williams
Meditation Song.....	Abundant Praise
The Potter's House - Tramaine Hawkins	
Spoken Word.....	Pastor Howard W. Duncan
Appeal Song.....	Abundant Praise
Falling in Love - Kirk Whalum	
Benediction.....	Bettie Williams
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.

Board Meeting: Sunday, January 19th at 10:00am.

Webinar: Becoming An Effective Local Elder. Presented by Dr. Jesse Wilson on Tuesday January 21st at 6:00pm, at Campostella Heights Seventh-day Adventist Church.

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.