

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 4, 2020

Pastor Howard W. Duncan



**PRAISE
THE
LORD!**

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: 5:01pm Next Friday: 5:07pm

SABBATH SCHOOL - 10:00am

Superintendent

Maureen Troublefield

SS Secretary

Simone Walls

Lesson Study: From Reading to Understanding

Memory Text: "So Philip ran to him, and heard him reading the prophet Isaiah, and said, 'Do you understand what you are reading?' "[\(Acts 8:30, NKJV\)](#)."

PERSONAL MINISTRY

In the judgment men will not be condemned because they conscientiously believed a lie, but because they did not believe the truth, because they neglected the opportunity of learning what is truth. We must set our hearts to know what is truth. All the lessons which God has caused to be placed on record in His word are for our warning and instruction. They are given to save us from deception. Their neglect will result in ruin to ourselves. Whatever contradicts God's word we may be sure proceeds from Satan. Patriarchs' and Prophets p. 55

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 Wayne Freeman

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

Hymn of Praise.....Congregation
To God Be the Glory - #341

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 Todd Hunt
Bless Me - Donald Lawrence

*Tithes and Offering.....Elder James Barnes
I Agree - Jonathan Nelson

*Scripture.....Autumn Fields
Matthew 20:20-28 CEV

Meditation Song.....Abundant Praise
Break Every Chain - Tasha Cobb

Spoken Word.....Pastor Howard W. Duncan
Whom Do You Follow: How will you lead?

Appeal Song.....Abundant Praise
Falling in Love - Kirk Whalum

Benediction.....Elder Kevin Clarke
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

Please submit all announcements to the Clerks Department no later than 9:30 am Wednesday.
email Campostellasda@hotmail.com. Please put in the subject line—BULLETIN ANNOUNCEMENT.

Announcements: Please strive to limit your departmental meeting announcements to the following: Your department, the date, the time and the location. Bulletin space does not allow for each department to use more than 2 lines.

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.

Church Officers Consecration: Sabbath, January 4, 2020. All Department Members are expected to be in attendance.

Community Outreach: Sabbath, January 11, 2020.

Board Meeting: For the month of January has been moved to Sunday, January 19, 2020 to accommodate our Leadership Training.

Departmental Leadership Training: January 24-26, 2020.

Friday Evening - Youth & Young Adults

Sabbath Service - Congregation

Sabbath Afternoon - Church at Large

Sunday Morning - Elders Training

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#.