

## 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

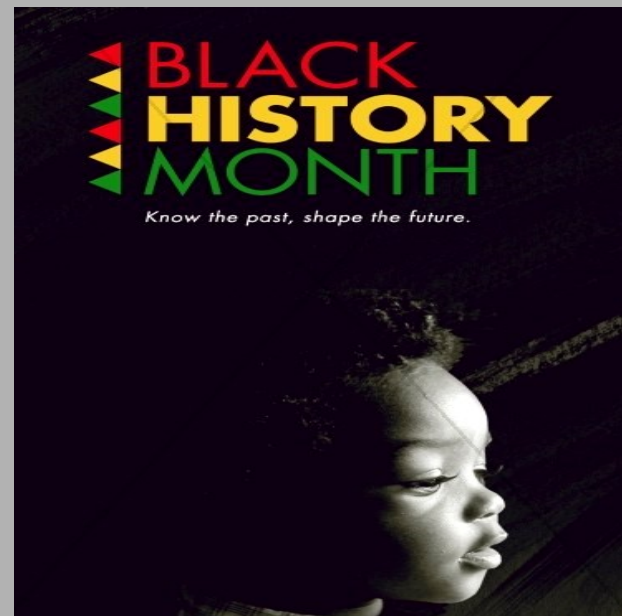
1006 Oakwood Street, Norfolk, VA 23523

Phone: 757-545-5720

Website: [www.camposda.org](http://www.camposda.org)

**Pastor Howard W. Duncan**

**February 1, 2020**



### ***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: 5:30pm Next Friday: 5:36pm

## SABBATH SCHOOL - 10:00am

**Superintendent**

Maureen Troublefield

**SS Secretary**

Simone Walls

**Lesson Study:** From Pride to Humility

**Memory Text:** “How great are His signs, and how mighty His wonders! His kingdom is an everlasting kingdom, and His dominion is from generation to generation” ([Daniel 4:3, NKJV](#)).

### 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 <a href="mailto:PastorDuncan@hotmail.com">PastorDuncan@hotmail.com</a>
First Elder: Kevin Clarke	757-338-3605
Head Deaconess: Clairese Mason	757-288-5003
Head Clerk: Shavon Mitchell	<a href="mailto:campostellasda@hotmail.com">campostellasda@hotmail.com</a>
Head Treasurer: Everette Moore	757-559-2301
Deacon on Duty: Tony Stephenson	757-949-4239

### FEBRUARY BIRTHDAYS

Frances Anderson-Green - 3  
Kendrick Rodgers - 5  
Thomas Nesbitt - 6  
Raven Powell - 8  
Lawyer Kirkland- 9  
Tabatha Tatum - 11



Jewel Ellis - 12  
Roshelle Place - 21  
Zachary Branch - 22  
Patricia Corley - 22  
Jacquelyn Singletary - 23  
Wenona Fields- 24

## DID YOU KNOW...

**James A. Chiles**, *Civil Rights Attorney*

One of the first blacks to argue a case before the U.S. Supreme Court, Chiles was an important pioneer of Adventism in the state of Kentucky.

**Rosetta Douglass-Sprague**, *Civil Rights Activist*

Frederick Douglass' oldest child and personal assistant for decades, Rosetta Douglass-Sprague, joined the Seventh-day Adventist Church around 1892, when she lived in Washington, D.C. She was a member of the First SDA Church until her death in 1906.

**Louise Little**, *Social Justice Activist*

Louise Little, the mother of Malcolm X, was converted to Adventism by neighbors in Lansing, Michigan, around 1934. For several years, she reared her eight children according to the principles of Adventism.

**Mary Britton**, *Physician and Social Justice Activist*

Britton joined the Seventh-day Adventist Church in 1893, a charter member of the first black SDA church in Lexington, Kentucky. She remained active in the faith until her death in 1925.

**Onyango Obama**,

Barack's grandfather, was one of the earliest converts to Adventism in the Kendu Bay-Lake Victoria region of Kenya. Adventist missionaries Arthur and Helen Carscallen (Canada), and Peter Nyambo (Malawi) began missionary work among the Luo people in 1906. Baptized into the faith at 9-years old, Onyango attended an Adventist boarding school established by missionaries. So deeply was Adventism implanted among the Obama family that about half of the family is still Adventist today, celebrating Barack Obama's inauguration sans alcohol and unclean meat.

**Guess Who?** The woman that prophesied to Barak that he would win the battle, but the victory would be at the hands of a woman?

Delores

Deborah

Delilah

Dorcas



# HEALTH TIP

Recipe: Spinach and Rice Casserole

Serves: 4  
Prep time: 45 minutes  
Cook time: 30 minutes

- 1 medium onion, finely chopped
- 1 medium red bell pepper, diced
- 1 garlic clove, minced
- 1 tbsp. vegetable broth
- 2 egg whites (or substitute)
- 1/3 cup skim milk (or substitute)
- 1/8 tsp. pepper
- 1/8 tsp. dried basil
- 2 cups fresh spinach, cooked, well-drained
- 3 cups cooked brown rice

1. Preheat oven to 350°F. In a medium saucepan cook onion, red bell pepper and garlic in broth over medium heat 5 minutes or until tender; set aside.
2. In a large bowl whisk together egg whites, milk, pepper and basil until well-mixed. Add spinach, rice, and cooked onion and bell pepper. Mix well.
3. Coat a 1-quart casserole dish with nonstick cooking spray. Spoon spinach-rice mixture into casserole dish.
4. Bake, covered, 30 to 35 minutes or until heated through.

## Stewardship

“If children and youth had been properly instructed in this age of the world, what honor, what praise and thanksgiving, would flow from their lips to God! What a revenue of small gifts would be brought from the hands of little ones to be put onto His treasure as thank offerings! God would be remembered instead of forgotten.”

Counsels on Stewardship, pg. 296

Processional/Introit.....	Abundant Praise
Let It Rise - William Murphy	
In the Beauty of Holiness - Nettie L. Sawyer Lester	
*Invocation/Affirmation of Faith.....	Elder Wayne Freeman
<b>John 3:16-17 &amp; Exodus 20:8-11</b>	
Hymn of Praise.....	Congregation
When the Saints Go Marching In	
Welcome.....	Clairese Mason
We Welcome You - Swehla Hunt	
Remarks.....	Pastor Howard W. Duncan
Children’s Story.....	Ruth Barnes
Come and Go with Me	
*Intercessory Prayer.....	Elder Wayne Freeman
Lord You are Good - Todd Galberth	
*Tithes and Offering.....	Shaquan Keeling
God Is Great - Ricky Dillard	
*Scripture.....	Marsha Clarke
Meditation Song.....	Abundant Praise
Maranatha - Gale Jones Murphy	
Spoken Word.....	Elder Kevin Clarke
<b>“State of the Dead”</b>	
Appeal Song.....	Abundant Praise
Way Maker - Maranda Curtis	
Benediction.....	Shaquan Keeling
Praise God From Whom All Blessings Flow	
Recessional.....	Congregation
Souled Out - Hezekiah Walker	

*\*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](mailto:campostellasda@hotmail.com).  
Please put in the subject line—BULLETIN ANNOUNCEMENT.

**Church Directory:** Please see a clerk to ensure that your contact information is up-to-date for the new Church Directory.

**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.

**Congratulations:** To Kerriana Moore for being awarded this year's Usher's Scholarship.

### Black History/Adventist Heritage Month - *Five S's*

February 8<sup>th</sup>: Pastor Gary Banks - *Second Coming*

February 15<sup>th</sup>: Elder Omar Clarke - *Sanctuary*

February 22<sup>nd</sup>: Pastor Howard W. Duncan - *Salvation*

February 29<sup>nd</sup>: Pastor Howard W. Duncan - *Sabbath*

**AEC Officers Training:** Sunday, February 16<sup>th</sup> at Calvary Church. 1200 17<sup>th</sup> Street, Newport News, VA 23607.

**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](mailto: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#.