

Good News for 2020



October is Pastor Appreciation Month!

Showing appreciation for our pastor is a good thing. Not just for a day or a month; but all year long.

Showing appreciation to our pastor is commended in Scripture. *"Now we ask you, brothers and sisters, to acknowledge those who work hard among you, who care for you in the Lord and who admonish you. Hold them in the highest regard in love because of their work".*
1 Thessalonians 5:12-13.

Will you help make his job a burden or a joy? Let's give Pastor Andrew and his family some joy and send some appreciation their way.

Family Lunch Sabbath, October 3 Soup and Chili

Please plan to join us for our Family Lunch after services on Sabbath, October 3. You will enjoy some delicious soup or a steaming bowl of chili made fresh just for you!

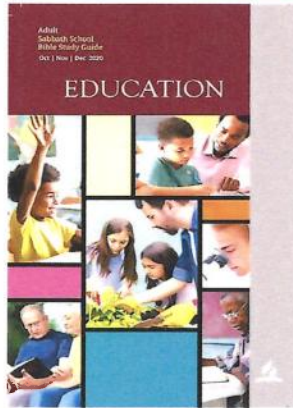
Let's spend some time sharing a family meal as we fellowship together. All members and guests are invited to attend! We hope you will join us!

Blood Drive - October 24 8:30 to 1:30

We hold blood drives at our church because we are called to do good and to be of service to others. We invite our church members, friends and community to come together to donate during our Blood Drives.

We will partner again with the American Red Cross on Sabbath, October 24.

Please see Judy Hodgkin to sign up so you can donate. After your donation you will enjoy some yummy treats. Your donation will help those in crisis in our community.



Adult Sabbath School

The final quarter of 2020 adult Bible study lessons will cover the topic of "Education." Not the reading, writing and arithmetic kind of education, but true knowledge and education that begins with loving the Lord.

Christian education turns our minds to God and what He teaches us about Himself. The Bible and nature show us everything we need to know to be saved in Jesus and to love Him with all our heart and spirit.

The Bible study lessons will address what it means to get a Christian education? It will help us know how we, as a church, find ways to help our members, and others, to get this education?

You may pick up your own hard copy Bible Study lessons at the church or you may access a digital copy free of charge [HERE](#).

Please join us in the sanctuary at the church on Sabbath mornings at 10:00 for discussion of the lesson of the week or join us online on [YouTube](#) or [Facebook](#).

NOTE!

Our school is still looking for a part time PE TEACHER.
Please see Carole Smith if you are interested!

FALL FESTIVAL

At the Home of

Ryan and Liz McLennan

1413 Pollard Street
Montvale, VA 24123

Sunday, October 18, 1:30-5:30

Fun for all ages!

Hayrides - Games
Pumpkin Patch - Bonfires
Fresh Apple Juice Press
Music and More!

Get the Red Out!

Help us reach our goal.

Give generously.

We are all working together as a church family to get rid of our church debt. Our goal is to pay off the note!

Please help us by giving a gift to be applied to the outstanding principal amount owed. No gift is too large nor too small!

Thank you for your help!

Men's Prayer Breakfast

The men meet at 7:00 each Thursday morning at the Famous Anthony's Crystal Springs location. They enjoy a time of fellowship, a devotional talk and prayer followed by breakfast together.

They finish up at about 8:00 and go about their plans for the day fortified with a bit of food, fellowship with their brothers and increased faith through prayer.

All men are invited to join the group and your first breakfast is FREE!

OCTOBER IS ADOPT-A-DOG MONTH

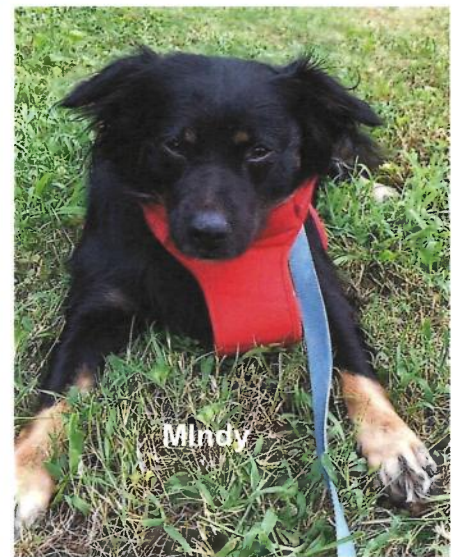


When you adopt a dog, you may actually be saving a life. The dog's life, and possibly your own! Dogs can be such wonderful companions - always happy to see you and very forgiving! Here are a couple of real opportunities to adopt a dog in our area!

Benji is a wonderful three and a half year old male Boxer/Beagle mix. His friend, Mindy, is also three and a half, is a female Border Collie. Both Benji and Mindy were recently rescued by one of our resident dog lovers, Judy Hodgkin! Both of these furry friends are currently being fostered by another dog lover in our church family, Lea McKenney.

Benji and Mindy are both beautiful, healthy, loving dogs. Mindy has been spayed and Benji has been neutered and both are chipped. Neither Benji nor Mindy have been around children so they probably would be happier and better suited for adult only homes.

Benji and Mindy need loving forever homes - together or separately. Please consider adopting one or both of them during October Adopt-a-Dog Month. Please help us spread the word that these precious friends need a home! If you, or someone you know, would like more information, please contact Judy at judydhodgkin@gmail.com or Lea at mckenneylea@gmail.com.



It's Not Just Child's Play!



Many times when we think of a trampoline, we think of it as something for the children. It is actually great for both children and adults. Rebound exercise is a form of exercise in which you perform different jumps on a rebounder, or piece of equipment like a trampoline. Regular rebounding can reduce your body fat, firm your arms, benefit the shape of your legs, hips and abdomen, improve your balance, provide an aerobic effect for your cardiopulmonary systems, promotes tissue repair, revitalize your body when it's tired, and generally put you in a state of mental and physical wellness.

Rebounding benefits lymphatic circulation by stimulating the millions of one-way valves in the lymphatic system. This benefits the body's immune capacity for fighting current disease, destroying cancer cells, eliminating antigens and preventing future illness.

Rebounding can minimize the number of colds, allergies, digestive disturbances and abdominal problems. It protects the joints from the chronic fatigue and impact delivered by exercising on hard surfaces. It can also reduce fatigue and menstrual discomfort in women. There are many other benefits of using the trampoline or rebounder.

Romans 12:1 says, "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." When we apply this law of health with the other laws of health, we are helping to offer ourselves as living sacrifices unto God. Let us continue to exercise so that our bodies do not become weak and sluggish.

May God continue to bless and keep us today. God is good ALL the time AND He's coming soon. I can't wait! Are we ready?

~ Submitted by Oraleatha Clarke, Health Ministries Coordinator



May the Lord light your way in the coming year and fill your days with His peace and the joy of His presence!

October

- 2 Petra Dodge
- 3 Billy Squier
- 6 Kyndal Pate
- 8 Joyce Hurt
- 13 Paula Buch
- 13 Susan Timmons
- 14 Madison Melius
- 19 Tom Bond
- 21 Ron Robinson
- 22 Perry Brooks
- 22 Nina Kesselring
- 23 Adam Kelly
- 24 Mevlyn Snow
- 24 Autumn Pate
- 24 Jamie Neuhs Morton
- 25 Fredrick Tembo
- 26 Carol Doudiken
- 26 Gregory Gooden
- 27 Tim Doudiken
- 28 Ted Lancaster
- 29 Darryl Agee
- 31 Rie Robinson

International Cooking!



The youth had a great time sharing about the international dishes they cooked during a recent Saturday night ZOOM event!

They chose different foods from different countries to highlight. **Felix** made a Mexican chicken dish; **Sam** made Italian Vegan Waffle Pizza and Lasagna; **Alette** made Black Eyed Pea Soup from Antiqua; **Aryena** made Puerto Rican Pastelon; and **Arlyse** made Fried Wontons and Wonton Soup using a Chinese recipe.

Everyone seemed to enjoy the opportunity to show off their cooking skills. Too bad there wasn't a way to share in the eating in addition to the looking.



It's Nominating Time!

The Nominating Committee is thinking and working and studying and praying for guidance and wisdom!

The Committee met two times in September and will continue meeting into October until the positions are filled and a report is ready to submit to the church.

The Committee asks that you pray, that the Holy Spirit will guide this most important work of our church. Please be praying that the Committee will call you for just the work the Lord has for you to do! He will equip you so be ready to say, "Yes!"

And what a sale it was!

In early September about twenty or so of our members got together and worked like crazy loading and unloading trucks and cars, and setting up tents, tables and signs! They put together beds and folded shirts and pants and sorted and displayed glassware and toys! If you weren't there on Sunday helping set up or Monday and Tuesday helping sell, you just can't imagine!

A huge **THANK YOU** and a great big **HUG** to **Judy Hodgkin** and **Bonnie Brooks** for their accepting the point positions in pulling off this yard sale. Another huge **THANK YOU** to all the workers and to all those who donated items to be sold! This year's yard sale was definitely a family affair!

Some very real connections were made with our neighbors so please remember to pray for those contacts. As an added bonus, the proceeds from the sale were applied to the outstanding balance on our church note in the amount of \$3,369.00!

Who should I call?

Should you need pastoral assistance, you may contact the following:

Pastor Andrew Raduly, 540-524-0973
andrewr@pcsda.org

Church Office: 540-977-0346

Elder Roy Robinson, 757-870-8201

Church Board News

The 2020 Church Board met on Monday, September 14, 2020 and the following are some of the items discussed:

- > Church note down to \$174,300
- > Need two people to lead Beginners
- > Need two people to lead Kindergarten
- > School is looking for a PE Teacher
- > Screening and sanitizing is going great
- > Nominating Committee is underway
- > Yard Sale proceeds: \$3,369
- > August Blood Drive - 58 units of blood collected to assist 174 people
- > Men's Breakfast will continue on Thursday mornings

Please pray for the ideas, plans and decisions made by the Church Board and ministry leaders in the coming months! The Church Board will have its next meeting on Monday, October 12, 2020.

Glass Jars Needed!

The Roanoke Adventist Christian School's Home and School Leader has a project in mind for a fundraiser and she needs some large glass jars to get it done! She's thinking maybe spaghetti sauce jars, pickle jars or something like that. If you have some to get rid of, please get in touch with Lea McKenney!

Can you guess what the project might be?

Bible Reading Plan

We are all encouraged to read ten chapters in our Bibles each week. On Sabbath mornings during the opening of our worship service, we have a brief discussion of what we've read and a fun quiz.

Below is the schedule for October. Please read with us!

Sept 27 - Oct 3	Hosea 3 - 12
Oct 4 - 10	Hosea 13 - Amos 5
Oct 11 - 17	Amos 6 - Micah 1
Oct 18 - 24	Micah 2 - Hab 1
Oct 25 - 31	Hab 2 - Zech 3

The November 2020 issue of **GOOD NEWS**

will be distributed beginning October 31, 2020

Please send announcements, articles, news and digital pictures to cdoudiken@aol.com or to RoanokeSDAChurch@gmail.com

Next Deadline: October 20, 2020