

## 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**

**January 25, 2020**

**ACTIVATE AND RENEW YOUR  
GOD-GIVEN PURPOSE**

### ***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: 5:22pm Next Friday: 5:28pm

Superintendent

Todd Hunt

SS Secretary

Simone Walls

**Lesson Study:** From Furnace to Palace

**Memory Text:** "Our God whom we serve is able to deliver us from the burning fiery furnace, and He will deliver us from your hand, O king" ([Daniel 3:17, 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  
[PastorDuncan@hotmail.com](mailto:PastorDuncan@hotmail.com)  
 First Elder: Kevin Clarke 757-338-3605  
 Head Deaconess: Clairese Mason 757-288-5003  
 Head Clerk: Shavon Mitchell [campostellasda@hotmail.com](mailto:campostellasda@hotmail.com)  
 Head Treasurer: Everette Moore 757-559-2301  
 Deacon on Duty:

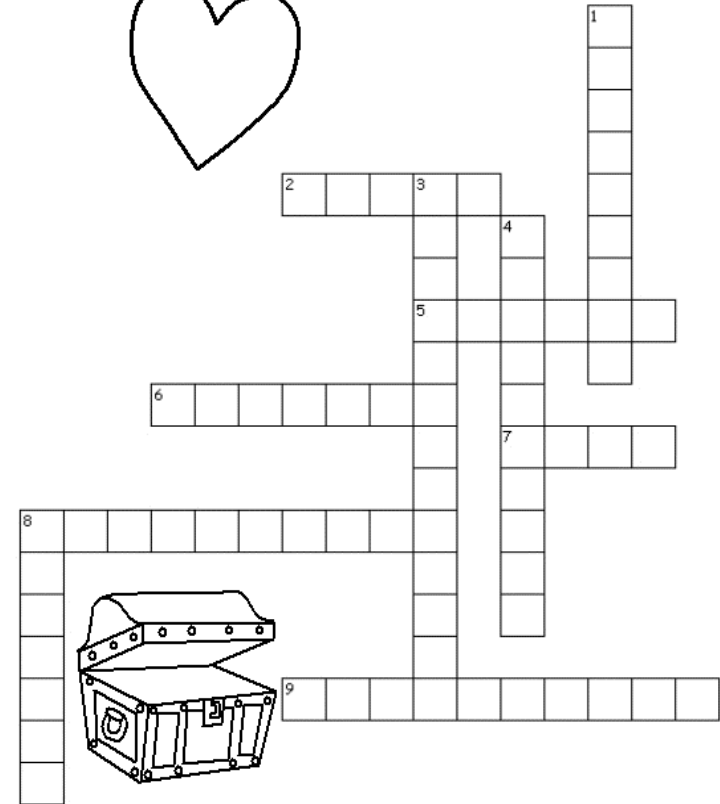
JANUARY BIRTHDAYS

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

Sermon on the Mount Crossword



Across

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

Down

- Blessed are those who mourn, for they shall be \_\_\_\_.
- We're supposed to hunger and thirst for this.
- This is a person that stops fights and will be called a child of God.
- 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 Todd Hunt
<b>John 3:16-17 &amp; Exodus 20:8-11</b>	
Hymn of Praise.....	Congregation
My Hope is Built on Nothing Less #522	
Welcome.....	Jewel Ellis
We Welcome You - Swehla Hunt	
Remarks.....	Pastor Howard W. Duncan
Children's Story.....	Ruth Barnes
Come and Go with Me	
*Intercessory Prayer.....	Pastor Howard W. Duncan
Bless Me - Donald Lawrence	
*Tithes and Offering.....	Elder Todd Hunt
I Agree - Jonathan Nelson	
*Scripture.....	Owen Blackford
Exodus 33:12-23	
Meditation Song.....	Abundant Praise
I Am - Jason Nelson	
Spoken Word.....	Pastor Carl Brewer
"The Backside of God"	
Appeal Song.....	Abundant Praise
Falling in Love - Kirk Whalum	
Benediction.....	Owen Blackford
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: \_\_\_\_\_

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### 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.

**Activate 2020 Seminar:** Sabbath, January 25<sup>th</sup> with Pastor Carl Brewer. Seminar begins immediately after fellowship lunch, and continues for Elders on Sunday, January 26<sup>th</sup>, time to be announced.

**Usher's Meeting:** Saturday, January 25<sup>th</sup> at 5:35pm.

### Sermon/Speaker Schedule:

February 1<sup>st</sup>: Elder Kevin Clarke - *State of the Dead*

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*

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

**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](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#.

**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.