Crossville Seventh-day Adventist Church

July / August

Volume 1, Issue 1

Church News

From the Pastor's Desk

I am so thankful to be a part of a church family like the one we have here in Crossville. It was over a year and a half ago when Tina and I shared our first Sabbath with you and we considered the Biblical concept that to walk on water, one must first jump out of the boat. Over the last several weeks, I feel like in some ways we have walked on water. We have seen God working in the lives of individuals and in our midst in such a manner, that we know it has to be God. That's exciting.

When someone undertakes a task that is bigger than themselves, they realize their need for God. That's exactly what we've discovered over the last few months. For example, God worked it out that we were able to use the outlet mall for our meetings. How likely would it be that we would find a store front at the right time for the right price. Another example would be the fact that so many people came out to the meetings whom we had never met. Don't get me wrong, God blessed our preparatory work. We saw several faces who had either been contacted by direct mail, personal invitation, through the health screenings or through

the cooking school. But many faces were new. God did all of that. Over the last few weeks, around 5 people have given up tobacco. This Sabbath we are celebrating the baptisms of many new members! Then there's the fact that there are still many who are contemplating what they've heard and are considering the idea of joining this end time movement known as Seventh-day Adventists! God is responsible for this. He just allowed us to be a part of His divine plan. What an honor.

There's something powerful about sitting in a group and studying the Word of God and realizing that all around you, there are men and women hearing this for the first time! This kind of experience is what feeds me as a Christian. I lose my passion for sharing when I don't share. I've been reminded of my passion over these past few weeks and I hope you have been too. This is why we exist here in Crossville as a church. Let this be the beginning of an experience that leads us into the kingdom. This walking on water is wonderful, but lest we fall, let us seek daily to find our strength & direction from the One who said "Go, Make disciples!"

Sincerely,

Pastor Jeremy

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What should our newsletter be called. Submit your ideas to

pastor@arnall.org

To Your Health - Loraine Sweetland

Is it really important what we eat? God's original diet began in Eden with fruits and nuts; after Adam and Eve fell, herbs (vegetables) and grains were added. See Genesis 1:29, 30. What we eat becomes a part of us. Since we are physical, mental, and spiritual beings, everything we eat affects us. The food we eat should not only look good and taste good; it should be good for us. God says in Isaiah 55:2 "Why do you spend money for that which is not bread, and your wages for what does not satisfy? Listen diligently to Me, and eat what is good, and let your soul delight itself in abundance."

If new diagnostic parameters were adopted for four major illnesses: diabetes, high blood pressure, high cholesterol, and obesity--75% of our US adult population would be considered diseased. Over $76 billion are spent on hospital care, doctors, and pills each year.

Lifestyle diseases are a national public health crisis. Every 30 seconds another American is diagnosed with cancer. More than 85% of cancer cases in the US are caused by two factors: smoking and diet. The costs: $107 billion each year.

Diet has a vital influence on health. Five of the ten leading causes of illness and death are associated with diet--coronary heart disease, cancer, stroke, diabetes, and atherosclerosis. Another three leading causes of illness and death are associated with excessive alcohol intake: cirrhosis of the liver, accidents, and suicide. Other problems with dietary excess are: high blood pressure, obesity, dental diseases, osteoporosis and gastrointestinal diseases.

Over $76 billion are spent on hospital care, doctors, and pills each year.

Diet change can contribute to the prevention, control, and reversal of many diseases. Our loving God who created us, gave His Son for us, came to give us 'life more abundantly' would certainly want us to be healthy, happy, and holy Christians.

Sweet and Sour Patties

(Adapted from *Tofu Cookery* by Louise Hagler)

Mash in a large bowl:

2-14.5 oz firm water-packed tofu, well-drained

Mix in the following to the mashed tofu:

2T creamy almond or peanut butter
3T soy sauce
½ C fresh parsley, chopped
8 green onions, finely sliced
2t salt
1-8oz can water chestnuts, drained and chopped
1-4oz canned mushroom, drained and chopped
1 C green peppers, chopped
2C quick oats
2 eggs, beaten

Use a small cookie scooper to form a ball. Fry on medium high heat, pressing the ball slightly into patties with a spatula. You will need to use generous amount of oil for frying these patties. Serve with sweet and sour sauce.

Alternatively, you may fry the patties ahead of time, spread the sauce over the patties, and bake 20-30minutes in 350 degree oven.

Sweet & Sour Sauce

1 ½ C unsweetened pineapple juice
½ C plus 2T brown sugar
1/3 C apple cider vinegar
¼ t garlic powder
2 ½ T cornstarch
¼ C soy sauce

Whisk out all lumps and heat on medium heat, stirring constantly until thickened.

You can freeze leftovers and reheat in the oven or microwave.

Submitted by Christine Chung

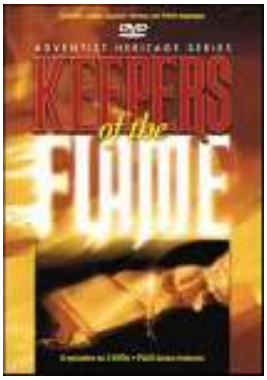
Bible Marking Class Begins June 28

You have no doubt been thrilled by all the nuggets of truth uncovered by your study of God's Word over the last several weeks. But at the same time, it may seem overwhelming as to how to assimilate all this good news into a manageable study which you can share with your neighbor. How does one remember all those passages and give an answer for their faith when asked? One answer would be to mark your Bible and consider carefully a logical flow of thought. That is exactly what we will do on Wednesday night. If you have questions or concerns, we will pause and reflect. The goal of this series is to equip you with the tools necessary to share your faith.

With time, as you mark your Bible and carefully think through the presentation, you will begin to internalize and with time share the presentation using your friend's Bible. This series will be something for everyone, whether you are new in the church or were raised in the church. Remember, with God, anything is possible! So join us each Wednesday at 6:30pm here at the church for this exciting Wednesday night study.

"Keepers of the Flame" being shown for Sabbath Vespers

In this video series, Dr. Allen Lindsay will guide us on an exciting journey through history and how God guided His people back in to the light after the dark ages of the church. You will be introduced to some of the great reformers like Martin Luther, the Waldenses, Calvin, Zwingli, John Knox, and Ellen White. As we look back through time, we will see how God uses ordinary people like us to proclaim truth. In a delightful manner, this series combines both documentary and drama to transport the viewer to another place and time. This video series will begin Saturday evening, July 1 at 7:30pm in the Sanctuary and last just over a half hour. These Saturday evening programs are often referred to as vespers. We want to invite you to join us as we close the Sabbath in a special way each week with a look at God's hand in history. After the series is over, you will have a much clearer understanding of how the Seventh-day Adventist church came about and God's purpose for us today. You will be reminded of the fact that we are part of a much larger story, a story that we are invited to be characters in. Join us as we learn and grow together.



The Pastor's Class

Each Sabbath morning, we have what is referred to as Sabbath School. This is a time where discussion and study takes place in a safe and relaxed environment. We have classes for both children and adults alike.

For those who are new to Adventism, we have created a special class for you. It's a place where you can ask any question you like, a place where you can once again review the teachings you recently learned. The Pastor's Class will meet each morning at 10AM after the Sabbath school preliminaries. We will review the prophecies and teachings and relate them to the fundamental teaching of Jesus and His Righteousness.

You don't have to be a member to attend. We encourage anyone who has just recently joined or who attended the prophecy lectures to join us as we study the Bible together. Daniel & Revelation will be our focus, but all questions and comments are welcome.

Meet the Stevens

The Crossville Seventh-day Adventist Church is like a powerful magnet. You never know who might be attracted to it next!

By now, most of our church family has come to know Jerry and Penny Stevens. They moved here from Lincoln, Nebraska, but they had to do it in stages. Since Jerry decided to take an early retirement, he first had to wait until his 62nd birthday. But that wasn't until January of 2005, and by that time Penny had become part of our family since the end of the previous August.

Prior to coming here, Penny had functioned as a self-employed medical transcriptionist, while also holding down a job doing the same type of work in a busy urology clinic. She has continued to do the same type of work since relocating to Crossville. Meanwhile, Jerry had been serving as editor at the headquarters office of Christian Record Services. Many blind and visually impaired people are familiar with his voice on the narrated adult Sabbath School lessons and other materials published in Braille, as talking books, or in large print.

Both Penny and Jerry are natives of Michigan, but they could scarcely have come from more distant environments, in more ways than one. While Jerry is a Detroiter by birth, Penny hails from

Ironwood, some 650 miles and a whole peninsula away. Speaking of Ironwood, the Stevens and their two children moved there from the Detroit area when Jerry accepted his first church employment opportunity based there. He served as Christian Record's area director for the Lake Union Area comprising four Great Lakes states. While still living there, Penny completed training to become an LPN, and has worked on and off in that capacity over the years since.

Due to the strain of constant travel and its wear and tear on the Stevens family, Jerry reluctantly left the work for the blind and entered into the church's educational system for about 13 years. He served as principal and teacher in several states. After a stint as technical writer for a secular firm in Michigan, Jerry received the call to move to Lincoln in 1999, his second career at Christian Record. Since his arrival in the Volunteer State, he has become volunteer editor of an Adventist publication called *ADVENTISTS AFFIRM*.

And why did they choose Tennessee? Penny and Jerry scientifically went about where to take that early retirement. Though they very much enjoy four seasons, they also wanted to be near (or in) the mountains, with plenty of trees and water nearby. The Cumberland Plateau offers all of the above, in abundance. "What's really cool," say the Stevens, "is that we get all that, but a much milder version than we've had elsewhere. But the best surprise of all is how we seem to have found a home in our new church family. We've heard others say it, yet it's just as true for us: The Crossville Seventh-day Adventist Church family is so warm and friendly that we can't imagine being anywhere else!"

The two Stevens children are separated by eight hours on the clock and one huge ocean. Kelly works as an esthetician at the Chattanooga Hotel. Jason resides in Finland with his wife and two small children. Jason is a professor of business English and business French at a polytechnic university.

Red, White & Blue Sermon Series begins July 1st.

Red, White & Blue! These colors remind us of America the beautiful! They are the colors which we use to decorate our symbol of freedom, the American Flag. But while these colors remind us of such ideals as freedom and prosperity, what should they bring to mind when we think of the Scriptures. During the next three Sabbath, Pastor Jeremy will take a careful look at how these colors are used in the Scriptures.

Each Sabbath we will look at a different color beginning with red and ending with blue. You will be surprised in some cases and inspired by the truth regarding these colors and their significance in the Word of God! Why not invite a friend as we celebrate the Good News of freedom in Jesus.

Questions & Answers Regarding the Seventh-day Adventist Church

Q. Where did we get our name?

A. The name Seventh-day Adventist includes vital beliefs for us as a Church. 'Adventist' reflects our passionate conviction in the nearness of the soon return ('advent') of Jesus. 'Seventh-day' refers to the Biblical Sabbath which from Creation has always been the seventh day of the week, or Saturday.

Q. What is our mission?

A. The mission of the Seventh-day Adventist Church is to proclaim to all peoples the everlasting gospel in the context of the Three Angels' messages of Revelation 14:6-12, leading them to accept Jesus as their personal Savior and to unite with His church, and nurturing them in preparation for His soon return.

Q. What is our Method?

A. We pursue this mission under the guidance of the Holy Spirit through:

1. Preaching: Accepting Christ's commission (Matthew 28:18-20), we proclaim to all the world the message of a loving God, most fully revealed in His Son's reconciling ministry and atoning death. Recognizing the Bible to be God's Revelation of His will, we present its full message, including the second advent of Christ and the continuing authority of His Ten Commandment law.

2. Teaching: Acknowledging that development of mind and character is essential to God's redemptive plan, we promote the growth of a mature understanding of and relationship to God, His Word, and the created universe.

3. Healing: Affirming the biblical emphasis on the well-being of the whole person, we make the preservation of health and the healing of the sick a priority and through our ministry to the poor and oppressed, cooperate with the Creator in His compassionate work of restoration.

Q. What is our Vision?

A. In harmony with the prophecies of the Scriptures, we see as the climax of God's plan the restoration of all His creation to full harmony

Q. How many Adventists are there in the world?

A. There are close to fifteen million Adventists in the world today.

Q. When did the church officially organize?

A. In May of 1863, the church was officially organized. God is a God of law and order and thus the early pioneers heard the calling to give structure to the governance of the church. After the great disappointment of 1844, many returned to the Scriptures to study for themselves. After careful study, many discovered that others too had come to similar conclusions. With time, a movement arose that later organized into a body.

Q. What was Ellen White's role in the formation of the church?

A. Ellen White was used by God to give guidance and counsel to His people. However she was not the basis for any doctrine or teachings. Often she would sit praying through the night as the rest would study and search for truth. Upon arriving at truth, she would offer words of affirmation based on her visions from God.

Portions taken from the www.Adventist.org website.

VACATION BIBLE SCHOOL

SonTreasure Island

July 9-13
Evenings from 6--8 PM

Call Teresa Jenkins to pre-register at 484-8836

A Down Home 4th of July

Games, Food & Fun

Tuesday, July 4th at 5:30PM at the School Ball Field

Bring either cold canned drinks, cut watermelon, or chips

A Letter from the Principal

Dear Church Family,

I wanted to welcome our new members and update every one on our Inez Wrenn Seventh-day Adventist School's programs and progress. We have now been in operation as an official Seventh-day Adventist school for 69 years. Our school was begun by a lady named Inez Wrenn and later renamed in her honor because of her Christian commitment to the church and school.

For several years now our average enrollment has been about thirty students. This past year we started offering ninth grade. So, now a student may attend I.W.S. from kindergarten through ninth grade. Approximately 95% of our graduates go on to graduate either from an Adventist Academy (high school) or from the local high school and approximately 70% of our graduates go on to some form of post secondary education. However, that is not how we count our successes. Our greatest success is when we succeed at our goal of helping a child get to know Jesus as their best friend and commit their life to Him. We want to deliver the best academic education possible but know that preparation for a life in heaven is most important.

Our teachers are all college graduates with degrees in education and are required to maintain certification through the North American Division Office of Education of the Seventh-day Adventist Church. These standards are comparable to state standards. Our students receive a well-rounded education in that we try to provide strong academic instruction geared to a child's abilities. In addition, we have daily physical education classes, music classes that include choir, hand bells, and orchestra, and daily Bible classes and worship.

Our school encourages students to become good citizens by providing opportunities to help both the local and world communities. Some projects we have undertaken have been St. Jude Math-a-Thons, a benefit concert for our local homeless shelter, raising money for an orphanage in Eastern Europe, collecting donations for the crisis pregnancy center, as well as service to individuals needing assistance raking their leaves.

Our church family provides much of the support for our school by its financial subsidy and donations as well as untold hours of volunteer service. Volunteers are screened with a background check and then are able to serve as hall monitors, answering the door and telephone. Also volunteers have cleaned, driven for field trips, taught art classes, conducted our school orchestra, unloaded the citrus fruit truck, accompanied our choir, tutored, cooked hot lunches on Wednesday, done maintenance and yard work, made a school yearbook, and the list could go on. Our school could not maintain its current program and quality without all of our volunteers, and we appreciate them very much. Look for a volunteer questionnaire coming soon so you can sign up to be involved.

The local church provides tuition assistance for families facing financial strain. An application must be filled out and approved based on evidence of need to receive assistance. Applications must be turned in to Melanie Hickman, school treasurer, by July 1 to be considered for assistance in the upcoming school year.

This summer our playground will be updated to conform more readily to national safety standards. The school calendar is already in place for the upcoming year with open house, Red Ribbon Week, concerts, and other events in the plans. The annual work bee is scheduled for Sunday, July 30 and all are invited to come and help clean up the school for the new year. Look for specifics in upcoming announcements. Our first day of school will be August 14. I'll be looking forward to seeing all the boys and girls there. Until then, have a great summer!

Sincerely,

Mrs. Gay Knapp

Smart Card Fundraiser

Cards will be available in August for $10.

Watch for more details!

A smart card gives you discounts at merchants and often pays for itself.

Box Tops for Education and ***Labels for Education*** are being saved & collected as a fundraiser for the school. If you need a list of items eligible for ***Labels for Education*** please contact Heather Stovall 788-1878.

July 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 25 Jory & Carol Wedding 2PM	June 26	June 27	June 28 Frozen Fruit Deadline Prayer Meeting 6:30PM	June 29	June 30 Elementary & Academy Worthy Student Applications Due Tomorrow.	1 Morning Worship - Pastor Jeremy **Deer Lodge Camp-meeting** Vespers 7:30PM
2 Deer Lodge Camp-Meeting	3	4 Church Picnic 5:30pm	5 Prayer Meeting 6:30PM	6	7	8 Morning Worship — Pastor Jeremy Vespers 7:30PM
9 VBS 6PM	10 VBS 6PM	11 VBS 6PM	12 *NO Prayer Meeting* VBS 6PM	13 VBS 6PM	14	15 Morning Worship– Pastor Jeremy Vespers 7:30PM
16	17	18 Church Board 5:30PM	19 Prayer Meeting 6:30PM	20	21	22 Morning Worship— Pastor Jeremy Vespers 7:30PM
23	24	25	26 Prayer Meeting 6:30PM	27	28	29 Morning Worship— Elder Mitch Hazekamp Vespers 7:30PM
30 School Work Bee 9AM—12PM	31					

August 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 School Board 5:30PM	2 Prayer Meeting 6:30PM	3	4	5 Morning Worship— Pastor Jeremy Vespers 7PM
6	7	8 Church Board 5:30PM	9 Prayer Meeting 6:30PM	10	11	12 Morning Worship— Pastor Jeremy Vespers 7PM
13	14 School Starts	15	16 Prayer Meeting 6:30PM	17	18	19 Morning Worship— Pastor Jeremy Vespers 7PM
20	21	22 Deadline for submitting material for Newsletter.	23 Prayer Meeting 6:30PM	24	25	26 Morning Worship— Pastor Jeremy Vespers 7PM
27	28	29	30 Prayer Meeting 6:30PM	31		

Crossville Seventh-day Adventist Church
PO Box 645
Crossville, TN 38557

PLACE
STAMP
HERE.

Visit us at
www.crossvillesdachurch.org

Church Web Site Attracts Visitors

The church web site was recently revamped and is slowly being developed more and more. During a 30 day time span, the site received over sixteen hundred visits with over 20 sermons being downloaded. The site offers helpful information for visitors and members alike.

Visitors can view information on the beliefs of our church or view the current calendar and bulletin. This newsletter is even online. Visitors to the site can also read the latest news on both the local church level or world level. They can enroll in a Bible school or watch live streaming video from one of our Adventist television networks. If they click on sermons, they can listen to archived sermons from our morning worship services or subscribe to our podcast and receive them automatically on their MP3 Player or Ipod.

For those who are members, they can register online and create a username and password. Email the pastor at pastor@arnall.org if you need assistance in this area. Members are able to log in and acquire helpful information like membership phone lists, schedules and more. In the future, we hope to make available a secure online photo directory and photo albums of church events and the like. If you are interested in assisting with the web site and would like to offer your services, please visit with the Pastor to find out how.

In addition to the web site, members are encouraged to provide their email addresses to the Pastor who will add them to the mailing list. Each Tuesday or Wednesday, the Pastor sends out an email full of news and information. In order for a church family to be healthy, it must communicate. Email and the church web site assist in this vital area of church life. Check it out if you haven't yet.