Crossville Seventh-day Adventist Church

September / October

Volume 1, Issue 2

Church News

Preparing for the Harvest - Pastor Jeremy

What a joyful moment we shared when ten precious souls gave their hearts to Jesus at the end of our summer prophecy series. Since then, we have rejoiced as these new members have studied and worshipped with us. We have shared literature and meals together as well as visited, written, and called to encourage these new members in the faith. Not only have we enjoyed getting acquainted with new members, but we have also grown to love some new attendees who are simply interested in learning more and growing in Jesus. Yes, its been an exciting summer and if things continue as they are, we are in for an exciting fall.

Though the meetings are over, we still forge ahead with new plans. Just this past week, members rallied together to support our fair booth ministry. Thanks to our personal ministries and health leaders, we have let our light shine each evening into the community through literature distribution and health screenings. The stories that have come in

are exciting. One family kept entering the free nightly drawing for the Conflict of the Ages book series, and lingered around for the drawing at 9pm. What a moment it was for Gay Knapp when she reached into the bucket, as this family watched nearby and pulled out their name. They gratefully took home their winning which if read, could have a powerful effect on their home.

On Friday, September 15th, at 6:30pm, we will begin a new 10 part series on Bible Prophecy. We are mailing invitations to the 38555 zip code and doing a direct mail to all of our interests. We will prepare the direct mailing at prayer meeting on September 6. We are asking that you bathe this endeavor in prayer and help us mail and hand out invitations. Pastor Jeremy will share pillars of our faith in the context of Righteousness by Faith each evening as an attempt to reap what has been sown through the summer while introducing others to the truth as it is in Jesus. It's going to be exciting to watch God Work as His Spirit produces a harvest. Make plans today to attend these meetings and by all means, bring a friend.

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Receive church news from the Pastor each week by emailing your request to: pastor@arnall.org

Adventist Food Buying Club - Loraine Sweetland

Our Nutrition Classes in April this year registered 49 people. Forty-eight of those people came to the meetings and three fourths of them were not members of our church. This indicates a strong community interest in our health message. Some of those same people came to the evangelistic meetings.

One of the results of the nutrition meetings was the desire to begin our own Food Buying Club. Eleven families either currently belong to one at Pleasant Hill, or have previously belonged to one. Right now we have 18 families who have committed to joining, with others still in the decision stage. We see it as an outreach to help nonmembers in the community, as well as to help our own church members. We have people from the nutrition classes who wish to join, as well as other nonmembers who are very interested to learn more once we are organized. Some call this 'Friendship Evangelism.'

Our SDA church in Westminster, MD, already has a food buying club. Their club is called the Adventist Alternative Coop. The pastor's wife began it in 2001 and they are using it as an outreach for non-members. I spoke with her and found it is going well. We are pioneers for our local church, and as far as I can determine, for our conference, and our union, since I have not found any other church trying this type of evangelism.

Some of the advantages: access, at a discount, to healthy food that cannot be obtained locally. We have celiac,'s diabetics, and vegan vegetarians who have no local food access for their diet; or they find it difficult to find some of their food locally. We can buy raw nuts, dried fruits, organic canned, frozen, and dried foods, whole grain flours and cereals, olives, and healthy sweets for those with a sweet tooth. We can buy paper goods, from diapers to paper towels. Since we buy in case lots, we get volume discounts without the high gas costs and time of going elsewhere. And even if we go elsewhere, it will still cost us more for the food in addition to the time and gas.

> One of the advantages of having a club is access, at a discount, to healthy food that cannot be obtained locally.

We invite anyone who would like more information to get in touch with our coordinator at 456-4706 or email: lauriefern@charter.net. If you'd like to be a pioneer, come and join with us. Our 18 family groups are eager to begin our club. Please keep in your prayers.

FETTUCINE WITH ZUCCHINI AND MUSHROOMS

(Source: Meatless Meals)

1 lb. pkg. artichoke fettuccine
1/2 c. coconut oil
1/2 lb. mushrooms
1.25 lb. zucchini
1 c. soy milk
3/4 c. soy cheese
2 green peppers

Cook fettuccine al dente. Cut zucchini and peppers into julienne strips. While pasta is cooking, sauté mushrooms, peppers and zucchini in oil for 2 minutes. Add soy milk to sauté; reduce heat and simmer for 3 minutes. Add cooked fettuccine to sauté, along with soy cheese and toss to mix well. One may add garlic salt and onion flakes to taste.

Submitted by Loraine Sweetland

From the Pastor's Desk

Perhaps you heard the news? Pluto is no longer considered to be one of the planets. The decision was made on Thursday, August 24, 2006. CNN News reporting on the event put it this way: "The decision by the prestigious international group spells out the basic tests that celestial objects will have to meet before they can be considered for admission to the elite cosmic club. For now, membership will be restricted to the eight "classical" planets in the solar system: Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus and Neptune."

It's interesting to me how they compared Pluto to a member of an elitist club. Evidently because it wasn't big enough, it wasn't deemed worthy of the title of planet. I am thankful that that's not the protocol for membership in the body of Christ. While it only makes sense that we agree on basic points of Bible teaching, it doesn't matter if one possesses great talent, or is known or unknown; if they love Jesus and take Him at His Word, then they are welcomed into the church family. When folks join our church, we should be careful that we demonstrate as much enthusiasm and attention for each person, regardless of their place on the socio-economic ladder. The former planet known as Pluto was small and on the outer edge of our planetary system. Was this the reason for it's slipping away from the "club?" Maybe not, but in real life, it's often a factor. If we become so absorbed with our usual group of friends and fail to engage with others who are new or are on the outer edge of church life, then we are failing as a church family. The same fate that Pluto suffered this week, could become the fate of some within our very own church if we allow it. As some of you may know, the male penguins in the winter form a tight knit circle while they await their mates return. They huddle in their circle to survive the winter and they take turns being on the outside of the circle so as to prevent death. Maybe we can gain some valuable lessons from the penguins and the planets and huddle close as a church family so that we all might be ready on that great day when Jesus comes to take us home. May God continue to bless His church! Sincerely,

Pastor Jeremy

Brushing Your Teeth May Help to Protect Against Alzheimer's Disease: ~ Submitted by Dr. Chung

Here's some advice that is much too simplistic: Brush your teeth to prevent Alzheimer's disease (AD).

Overly simplistic, perhaps, but a fascinating study that examined pairs of twins reveals that when periodontal disease is avoided in youth and middle-age, Alzheimer's risk may be dramatically reduced. The key is inflammation.

People suffering with Alzheimer's are more likely to develop periodontal disease

Studies have shown that when one twin has AD, the chance that the other twin will develop the disease is quite high: around 60 percent. In the University of Southern California study, researchers examined data for 10,000 sets of twins.

Of the 109 instances where one twin was diagnosed with dementia and the other wasn't, those with AD were four times more likely to have developed periodontal disease in middle age compared to their twins.

Although the study cannot be concluded to simplistic advice that flossing may prevent AD, the results do indicate that an "inflammatory burden" on the body may play a significant role in triggering the genetic inclination to develop Alzheimer's.

The sunlight connection

Brushing and flossing teeth daily will help prevent gum disease. And while this regimen may not actually prevent AD, it does address inflammation. But there's something else you can do to help keep inflammation in check.

A research at Tufts University showed a significant association between low levels of vitamin D and an elevated risk of tooth loss due to periodontal disease.

Remember that a moderate amount of sun exposure each day prompts your body to produce vitamin D. This is the best source of the vitamin.

Taking a walk in the morning is not just for the heart

So, remember that taking a walk in that cool of the morning is not just to keep your heart healthy but is a road to healthy mind for the present and for the future. Meditating on God's nature during the walk will be an added bonus for your spiritual health as well.

-adopted from HEALTH E-ALERT

"Excuses" ~ The Series Begins October 7

We have all made them at some point or another. They are called excuses and some rely on them more frequently than others. But these clever and creative stories are not original to the 21st century. Excuses have been in existence since the fall of man and the Bible writers have recorded many of

them for our own edification today. Beginning in October, Pastor Jeremy will take you on an excursion where you will have opportunity to visit Bible characters from long ago and hear their excuses as to why they did what they did and why others failed to do what they were told to do. The purpose of this sermon series is to humble us and remind us that God has worked in our history in such a way that all are without excuse. (Romans 1:20)

Questions & Answers Regarding Fasting –Ángel Manuel Rodríguez

Q What is the purpose of religious fasting? For some people I know, it seems almost a meritorious act.

A Your question concerns a religious practice that does not seem to be as common in the church and in the life of the individual member as it used to be. Let's look at the biblical passages and narratives where the practice is mentioned.

1. *Practice and Types of Fasting: Fasting is not necessarily total abstention from* food and drink. In some cases there was total abstention for a prolonged period of time, but in those cases God Himself seemed to have sustained the person (Ex. 34:28; cf. Matt. 4:2). Some people fasted for short periods of time without eating and drinking (Esther 4:16; Acts 9:9). But a normal fast probably allowed the drinking of water in order to avoid the risk of dehydration (Lev. 23:14), particularly in a hot climate, and abstention from food only during the daylight hours (2 Sam. 1:12; 3:35)—similar to the modern Muslim fast during Ramadan. Fasting during the night appeared to have been unusual (Esther 4:16). The Bible also mentions partial fasts, which consisted of the consumption of limited amounts of simple food (Dan. 10:2, 3).

The length of the fast varies. We read about fasts of 40 days (Deut. 9:9), seven days (1 Sam. 31:13), three days (Esther 4:16), one day (2 Sam. 3:35), and possibly a night fast (Dan. 6:18). There were community fasts: God ordered the Israelites to fast during the Day of Atonement (Lev. 16:29); occasionally the leaders asked the people to fast (Judges 20:26; 2 Chron. 20:3); or the prophets called for a fast (Joel 2:12, 13). But private fasting was a more common practice.

2. *Concepts Associated With Fasting:* Fasting is closely related to prayers of healing and deliverance (Ps. 35:13) and to worship (Acts 13:2); but it is also practiced in the context of a present or future calamity (Esther 4:1-4), in mourning (2 Sam. 1:12), in the selection of church leaders (Acts 13:2, 3), as a sign of repentance (Jonah 3:5), and as an expression of devotion to God (Luke 2:37). Jesus condemned ostentatious fasting that had the purpose of impressing others with the spirituality of the person. He encouraged private fasting (Matt. 6:16-18).

3. *Basic Meaning of Fasting:* It is difficult to find one fundamental purpose for fasting present in all of its expressions, but one comes very close to that ideal. *Fasting seems to be an outward expression of the person's inner total commitment and reliance on God's preserving and rescuing power. The Scripture describes humans as single units of self-conscious* life inseparable from their bodily forms. Feelings and emotions are not simply inner experiences we have apart from the body; they are intrinsically related to our corporeality and express themselves in it. There is no way of expressing feelings, emotions, and religiosity except in our bodily existence.

God must have informed Adam and Eve that they would have to cooperate with Him in the preservation of their lives through the ingestion of food (Gen. 1:29). An unwillingness to eat or eating improper food would indicate unwillingness to submit to His plan for them (Gen. 2:9). Such attitude would be a bodily/physical expression of a spirit of rebellion. Consequently, fasting would appear to indicate an unwillingness to cooperate with God in the preservation of our lives.

Yet the Bible indicates fasting as a proper expression of devotion and commitment to God. In that case the deprivation of food is not an expression of rebellion but a recognition that life can be ultimately preserved by our Creator and Redeemer. In fasting, we place our lives exclusively into the merciful care of God. It expresses a total and absolute commitment, a loving and trusting surrender of our lives to God as the only one who can rescue us from the oppression of sin.

Finally, when fasting we identify ourselves with the needy and the oppressed and allow God to use us to enrich their lives (Isa. 58:6, 7).

Meritorious? There is nothing meritorious in surrendering. Fasting is in fact an acknowledgment of our need before God.

-Used by permission from www.adventistbiblicalresearch.org.

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.

School Playground Renovation - Heather Stovall

Last year Mike Stovall was approached and asked if he would lead out in necessary changes to get Inez Wrenn's playground up to code. After reading the handbook and looking at the existing playground lay out a plan was formulated. So in July the renovations were started - first the existing rock

was removed and some of the dirt was excavated. Then the swing set and monkey bars were moved. After moving the swing set 4 feet, new holes were dug and cement was poured. Next came the monkey bars - more holes and more cement!

Something needed to be placed around the swings, so that the rock wouldn't move. So 10 inch black plastic pipe was used to enclose the play area. Next came the rock! Which was no small task. Even though he had a tractor to move it, it still took a long time and lots of sweat to get it leveled out. Regulations stated that the rock needed to be 12 inches deep. So after getting 6 inches of limestone placed, next came 6 inches of river rock. To finish off the park-

ing area and to reduce the drop off from the side walk, sandy pea gravel was spread out.

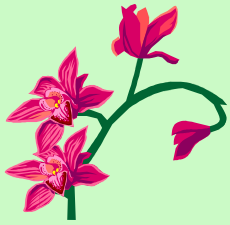
This completes phase I of the playground renovations. Phase II will include "containing" the rest of the playground (wooden fort, swing set, tether ball and other bars) and then filling it in also with 12 inches of the same rock. Estimates are that to finish it off it will cost us about $2500 - 3000.

We are still needing to raise $1700 by the end of September to pay for the rock that we just purchased. If you would like to make a donation mark your envelope - School Playground.

The kids have really enjoyed playing on the new and improved playground area. Thank you to all those that helped make it happen.

Spring Bulb Sale

September 18-October 6



Contact Heather Stovall for more details!

Car Wash

A School Fundraiser

When: 9-3pm Sunday, August 27

Where: K-Mark Parking Lot

Why: Because your car is dirty.

Note that there will be a bake sale at the car wash and at Wal-Mart on the 29th.

September 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Morning Worship–Austin Cole Vespers 7pm
3	4 LABOR DAY No School	5 School Board 5:30pm	6 Pathfinders 6pm Prayer Meeting 6:30pm	7	8	9 Worship & Communion -Pastor Jeremy Vespers 6:30pm
10	11 School Book Sale School Open House & PTA Meeting 6:30pm	12 Church Board 5:30pm	13 Pathfinders 6pm No Prayer Meeting	14	15 Prophecy Meetings 6:30pm	16 Morning Worship–Pastor Jeremy Prophecy Meetings 6:30pm
17 Prophecy Meetings 6:30pm	18 Prophecy Meetings 6:30pm	19 Prophecy Meetings 6:30pm	20 Pathfinders 6PM Prophecy Meetings 6:30pm	21 Prophecy Meetings 6:30pm	22 Prophecy Meetings 6:30pm	23Morning Worship–Pastor Jeremy Prophecy Meetings 6:30pm
24	25	26	27 Pathfinders 6pm No Prayer Meeting	28	29	30 Outdoor Church at Cumberland State Park begins at 9:15am Outdoor Vespers 6pm

October 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Draper & Shepherd Wedding 3pm	2 School Yard Sale	3 School Yard Sale School Board 5:30pm	4 School Yard Sale Pathfinders 6pm Prayer Meeting 6:30pm	5	6	7 Morning Worship—Pastor Jeremy NO POTLUCK Vespers 6pm
8	9	10 Church Board 5:30pm	11 Pathfinders 6pm Prayer Meeting 6:30pm	12	13	14 Morning Worship - Pastor Jeremy Vespers 6pm
15	16	17 NO SCHOOL	18 NO SCHOOL Pathfinders 6pm Prayer Meeting 6:30pm	19 NO SCHOOL	20 NO SCHOOL	21 Morning Worship—Pastor Jeremy Vespers 5:30pm
22	23	24	25 Pathfinders 6pm Prayer Meeting 6:30pm	26 PTA Meeting 6:30pm	27	28 Morning Worship—Elder Jensen Vespers at 5:30pm
29	30	31				

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

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A Message from our School Principal

The 2006-07 school year is off to a great start at the Inez Wrenn Adventist School! We have 29 students in grades K-8. (We had no eighth graders last year so there are no ninth graders this year.) Mrs. Echemendia is teaching the Primary Unit which covers work levels K-2. Mrs. Knapp is teaching grades 3-5 and is head teacher. Ms. Moore is teaching grades 6-8. Dr. Chung is again teaching the orchestra. We have worship with Pastor Jeremy every Friday. Gabe Nobles comes every two weeks to teach art to one of the classes. Our hot lunch crew, headed up by the Ferrells, will start serving on August 30. Several volunteers are helping out as hall monitors which keeps our school running smoothly and safely. A big thank you to Nancy Finney for leading out in this. Virginia Coyle, Barbara Stanaway, Jerry Coyle, and Richard Phillips are regular helpers as well, grading papers, filling out paperwork, and repairing things.

A lot of work went into preparing for this school year. Thank you to all who helped with cleaning, weeding, painting, and reworking our playground. It is much safer. We are still raising funds to pay for the work that has been done.

Classes are busy studying new and interesting things. The grades 6-8 room have been studying birds and have dissected owl pellets. Thank you to all who donated items to be used in this unit of study. Grades 3-5 have had an art class to draw self portraits. The Primary Unit are busy learning to work quietly, take turns, read, and work with numbers.

The parents, students, and teachers appreciate all the prayers, monetary donations, and time that the church members contribute. Please continue to keep us in your prayers.