

Church News

What's For Lunch?

In an effort to make guest dinners more accessible to our guests, there will be a change in how we do fellowship dinners as a church. Beginning January 1, there will be a fellowship dinner every Sabbath at the Family Life Center. There will still be a church wide dinner on the 1st Sabbath of each month as usual and members can attend potluck on any other weekend as well, as long as they bring food for themselves and another. So as to not place the burden of hosting these dinners on any one person, ten teams have been devised which will host a dinner every ten weeks. In addition to hosting a guest dinner, each team will take turns hosting the church wide potluck on the first Sabbath of the month. Hosting includes helping warm food, set up and clean up. The intended benefits of such a program are that it allows members



who perhaps have no where to go on a particular Sabbath the opportunity to bring their food and join the church for dinner on any given Sabbath. As for

guests, they will be able to simply stay by and eat without having

to travel to someone's home which could possibly be on the other side of town. However for those guests who have the time, the program still allows for home guest dinners when members so choose to host one. Though most were called ahead of time, some may have been placed on a team without having been notified. If this is the case and you can't serve, just notify the Pastor or that team leader. If you weren't called and your

name is not listed on a team, please contact the Pastor to be added to a team. We could use the help. Remember, as a general rule of thumb, whenever you attend a fellowship dinner, as a member you should bring three dishes which could serve your family as well as another family of the same size as yours. This way we should always have enough. If you are on a team and unable to attend on the Sabbath you are scheduled, it's your responsibility to trade or find a replacement. The bulletin will list each week the team in charge for that Sabbath and the one in charge for the following as a way of reminding all peoples involved. Thank you for your cooperation and support in serving our guests and community. You will find the schedule and teams listed in an insert in this newsletter.

Inside this issue:

From the Pastor's Desk	2
Reduce Your Cholesterol	2
Is There Death in Heaven?	3
Family Life Center Policies	4
The School Report	5
New Calling System	5
School Fundraising Efforts	6
Church Calendar	7
Behind the Scenes	8

Semi-Annual Church Business Meeting



Saturday, January 13 at 5PM

From the Pastor's Desk



When I reflect on the past year I am excited. I feel as though we have made progress in many ways both in regards to inside and outside church operations. For instance, our web site has become much more efficient and attracts well over fifteen hundred visitors each month and sermons are being downloaded on a regular basis, expanding the reach of our church. We began a regular bi-monthly newsletter as well as a weekly church email this year that seeks to assist with the flow of communication within our church. These newsletters are sent to some of our less active members in an effort to remind them of what's happening at "their" church. We worked hard as a team to reach out to our community by way of a cooking school, health screenings at the mall, a full evangelistic crusade that started out in a mall of all places, and worked on an extensive follow up program. We completed the Family Life Center and are now able to use this fine facility as intended. We closed out the year by sending out almost 200 Christmas Cards to those we've served and come to know this year in our community. Yet, through all of this, we still have much to do. From our experiences thus far, we have learned much and if we are careful, we can build on our success and grow out of our mistakes. **Thank you to each of you for volunteering hours of your time to reach out to the community this year.** Much of what we do may never be realized until heaven.

But as we continue to try and make Crossville a better place and share the Truth as it is in Jesus, by God's grace we will see a harvest.

But all this work can be tiring. I've heard it said, "I am going to have to take a break." or "I am going to let some of the others pitch in and do the work for a while." Those who make such statements generally have a valid point. They have worked hard and it could be reasoned that they deserve a break. As I personally look at the new year I am at times a little overwhelmed with all that's being planned. In February and early March, I will travel to Augusta, Georgia to speak for a five week evangelistic endeavor. In addition to committees, meetings, writing, teaching, sermons, seminars, and the like, we are expecting our first little baby in May which I am sure will be a blessing but will totally alter our lifestyles. Then there are the evangelistic plans for our church which though are still in development entail a great deal of work. We have been granted \$6000 dollars from the conference to aide us in our outreach for this year and the opportunities before us are awesome. We must press on and avoid missing the opportunities that have arisen from the work done in 2006. Not only is this important, but what risks do we threaten ourselves with if we pause in our corporate service to God? Might our spiritual muscles weaken? Use it or lose it they say. The thought that someone else can do the work won't get the work done. Let's once again rally together and watch as God works in even more mighty ways in 2007!

Pastor Jeremy



Compounds in Orange Peel May Lower Cholesterol as Effectively as Statin Drugs.

A class of compounds found in citrus fruit peels called polymethoxylated flavones (PMFs) have the potential to lower cholesterol more effectively than some prescription drugs, and without side effects, according to a study by U.S. and Canadian researchers that was published in the *Journal of Agricultural and Food Chemistry*.

In this study, when laboratory animals with diet-induced high cholesterol were given the same diet containing 1% PMFs (mainly tangeretin), their blood levels of total cholesterol, VLDL and LDL (bad cholesterol) were reduced by 19-27 and 32-40% respectively. Comparable reductions were also seen when the animals were given diets containing a 3% mixture of two other citrus flavonones, hesperidin and naringin.

Treatment with PMFs did not appear to have any effect on levels of beneficial HDL cholesterol, and no negative side effects were seen in the animals fed the PMF-containing diets.

Although a variety of citrus fruits contain PMFs, the most common PMFs, tangeretin and nobiletin, are found in the peels of tangerines and oranges. Juices of these fruits also contain PMFs, but in much smaller amounts. In fact, you'd have to drink about 20 glasses of juice each day to receive an amount of PMFs comparable in humans to that given to the animals. However, grating a tablespoon or so of the peel from a well-scrubbed organic tangerine or orange each day and using it to flavor tea, salads, salad dressings, yogurt, soups, or hot oatmeal, buckwheat or rice may be a practical way of achieving some cholesterol-lowering benefits. The researchers are currently exploring the mechanism of action by which PMFs lower cholesterol. Based on early results in cell and animal studies, they suspect that PMFs work like statin drugs, by inhibiting the synthesis of cholesterol and triglycerides inside the liver.

—
<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=37>

Q & A - Angel Manuel Rodriguez

Q. Isaiah 65:20 that says there will be death in the new heavens and new earth. How could that be?

A. This is what the verse says: "No more shall an infant there live but a few days, nor an old man who has not fulfilled his days; for the child shall die one hundred years old, but the sinner being one hundred years old shall be accursed" (NKJV). This promise of long life in the presence of sin and death comes in the context of a divine announcement: "For behold, I create new heavens and a new earth" (verse 17). The context (verses 17-25) describes the transformation of society (verses 18, 19, 22-24), nature (verse 25), and the people's relationship with God (verses 19, 24). To answer this question we need to explore the concept of the "new" in Isaiah.

1. New Heavens and New Earth: The phrase "new heavens and a new earth" designates a new creation (verses 17-25; 66:22; cf. Gen. 1:1), which, according to Isaiah, will totally displace and bring an end to former things. The "new" work of God is so radical that "the former shall not be remembered" (Isa. 65:17). Absolute joy will prevail (verse 18), weeping and crying will disappear for ever (verse 19), and the nature of wild animals will be transformed (verse 25). The prophet even announces that God "will swallow up death forever" (Isa. 25:8, NKJV) through the resurrection of His people. This will be the ultimate defeat of death. For the prophet this is an end-time expectation, a return to God's Paradise.

2. Israel and the New in Isaiah: The "new" is a very important concept in Isaiah. God announces to His people new things "before they spring forth" (Isa. 42:9). In fact He is already doing "a new thing" (Isa. 43:19). This new thing is His work of redeeming Israel, their deliverance from exile, and their return to Jerusalem. The new is His work of salvation within the flow of history. This event will affect nature (verses 19, 20), and bring healing to His people (Isa. 42:16). What is particularly new is that in the deliverance of Israel, the nation itself will not play any role at all. God will use the Persian king (Isa. 44:24-45:7), it will be based on God's forgiving grace (Isa. 43:25), and the nations will benefit from it (Isa. 45:22-24).

This new, radical, and unique work of salvation takes place within the history of Israel and does not immediately bring the history of the nations to an end. The Medo-Persian kingdom is still in power, but God uses it to bring into existence something totally new. The old oppressive powers coexist with the new creation that God is already bringing into existence. What the New Testament calls "this age" and "the age to come" (Matt. 12:32, NKJV), is described in Isaiah as simultaneously present in the arena of human history.

In Isaiah the new creation is not totally in the future. It has entered suddenly into the present through God's glorious work of redemption and forgiveness. The verse you quoted announces that even now, in the present existence of Israel, God is already defeating death. This idea is expressed through the promise of longevity and the elimination of infant mortality (Isa. 65:20). This promise points to the limits imposed on the power of death and predicts the future end of death. Through that language God informs them that the new creation is already here, that death is being defeated, and that it is heading toward extinction at the consummation of the new creation.

3. The New in the New Testament: In the age of salvation, begun by Christ, the evil age of sin and death coexist (cf. Gal. 1:4; Heb. 6:5). Death's defeat is already a reality through the redemptive work of Christ (Rev. 1:18; Heb. 2:14). Through Him the new creation is a present reality, and believers are part of it (2 Cor. 5:17; Gal. 1:4). It is already here as a promise, as a gift, as a process by which sinners are transformed into the likeness of Christ (2 Cor. 4:16). We are now waiting for the perfect ending of that salvation (Rom. 8:19-23; Rev. 21:1).

Family Life Center Policies

The grand opening of the Family Life Center (FLC) occurred just a few weeks ago in early November. As individuals and groups have since used the facility, the church has come to realize that certain needs and issues need to be considered and tended to such as maintenance, utilities, door keys, and the list goes on. Thus it was that in November, the Church Board voted to appoint a sub-committee to look at these evolving issues and questions as they relate to the FLC.

The members nominated to serve on this committee were the Pastor, Principal, Head Deaconess & Deacon, Head Elder, Head of Social Committee and the FLC Coordinators. Most of these individuals were able to attend the sub-committee meetings and carefully considered the issues pertaining to the center and its use. After several hours of careful deliberation and consultation with the Georgia-Cumberland Conference, a report was shared with the board at the December church board meeting. After reviewing the recommendations, the board voted to approve them as stated and have them become effective January 1, 2007. Among the recommendations was a proposal that states that members of our local church can rent the facility for personal events or for groups that they wish to host. The rental fee is based on 4hr blocks and is at a rate of \$25 for use of half the building or \$40 for the entire building. For those who aren't members, the fee is \$75 for half the building or \$150 for the whole facility. The reason for having such fees is to help cover the cost of utilities, janitorial service, and maintenance. The reason we must charge more for non-members is because of the need to pay a church member to be present at their event.



One must keep in mind that the fees are not meant as a profit endeavor but simply as a means of covering the cost of maintaining the facility. It may be that with time, we discover that the fees are higher than necessary **at which time we can lower them**, but until we have some averages in place with regards to cost, we feel that the fees are reasonable. In addition to the fee, there will be a \$100 dollar deposit required which will be refunded at the conclusion of the event. This is to cover any damages that may occur. Some have expressed concern that since

they helped put money towards this building project, it is not right for the church to charge members for using it. However, it is helpful to remember that when we give money to the church, we trust that the church body will be responsible and practice good stewardship with regards to God's financial resources. For example, if there were ten groups who wanted to use the facility for various outreach endeavors and wanted to use the building for free to host their events, the church would in the end be stuck with a rather large utility bill. Yet some might say, "well, what's the building there for if it's not for outreach?" While it is true that this is its main purpose, the church has to consider carefully what events it will sponsor and what events it won't so as to avoid undue financial strain. When these decisions come to the church, the church must look at each and consider what outreach endeavors will most effectively serve the mission of the church and which ones won't. This is not to say they

aren't all good, but the church can't sponsor every ministry endeavor that comes its way. Thus when a member wants to use the facility, unless it is an official church sponsored event, it must be charged to cover the cost of the utilities and maintenance.

Here are some criteria as offered by our conference by which the church can deem whether something is worthy of being called a church program: 1) Are all persons involved managed by the church board? 2) Are all monies collected and processed through the church's books? 3) Is the ministry dependant on the one leader in order to survive as a ministry? 4) Is discipling a part of the ministry? 5) Is the activity being advertised through the church newsletter or bulletin?

In addition to the recommendation that we charge for individual groups and persons who use the facility, the board voted to have all peoples who rent sign a user agreement which lays out the terms of use. In addition, everyone who uses the facility, whether it's the church, school, or a private entity, is expected to clean up after themselves and follow the guidelines for use as posted in the kitchen. Though the janitor will care for the facility each week, it will still be necessary that each group clean up after itself so as to prevent problems for other groups who may use it prior to the janitor's arrival.

We as a church want to effectively serve the community and with this facility, we hope to do so more effectively. We will continue to learn and grow as we seek to understand best how to utilize this gift God has given us. For now, all we can do is do the best we can in managing the resources God has granted us. Changes in how issues are handled will continue to take place as we constantly seek to improve the operations of the church. For now, may we all strive to be patient and kind with one another as we go through this time of growth and learning.

The School Report - Gay Knapp



Greetings from the Inez Wrenn Adventist School. We have just finished our second

nine weeks, which means the school year is half over. We have been busy most recently with practice for our Christmas concert. The orchestra, bell choirs, and choirs performed to a full house on December 8. If you missed it you can obtain a DVD of the concert for a small donation, just see Heather Stovall. Congratulations to our students and directors for all their hard work and

the fine performance.

Each school year we do at least one fundraiser or gift collection for someone in need. This year we chose to raise funds for the Adventist Development and Relief Agency's matching grant program. Each \$1 collected would equal \$7 when turned in to that fund. The upper grade room kicked off the fundraising drive with a skit complete with props. The slogan for the fund drive was "Help is on the way." For the next few days the students brought in their coins and dollars. They also used the offering from our Christmas concert to put into the fund. Private donations were also

turned in that had been solicited by the students and in the end we had \$2450 to turn in which will equal \$17,150 when matched. We are very excited about the success of the drive, knowing that somewhere in the world someone will have the basic necessities of life because we helped. Thank you to all that participated. We began Christmas vacation at noon on Wednesday, December 20. Teachers will attend an inservice on January 2 and students will return to class on January 3. Until then, best wishes for a blessed holiday season from the students and staff of the Inez Wrenn Adventist School.

New Calling System to Begin Soon

In the next month or two, the church will begin using a computerized calling program that will notify members of urgent announcements by phone. The church will be purchasing a computer and software to run this program and there may be a few kinks to work out at first. Your patience will be appreciated as we seek to get it up and running.

This system will only be used for announcements. The prayer chain, designed by Millie Case will handle prayer requests beginning in January. The current phone committee will be used for announcements for the first few weeks in the new year until the computer system is in place. We will place an ad in the bulletin when the system is ready to go.

GOLDEN HARVEST CITRUS FRUIT


To order call one of the following ladies:

Loraine Sweetland
456-4706

Phyllis Jenkins
484-4652

Jessie Barnes
484-5014

Order Deadlines:
Jan. 14 / Feb. 25th



Soup & Salvation

It all begins January 10

Begin your Wednesday evenings with a light supper at 5:30PM in the FLC and then enjoy Bible Study at 6:30PM for an hour. The Pathfinders will be providing the meals each week for a donation of any amount. Funds will be used to support the Pathfinder club.

School Fundraising Efforts—Heather Stovall



Tax Deductions:

If anyone would like to receive a tax deduction paper from the items that they donated for the yard sale please contact Heather Stovall @ 788-1878. I know that a few of you asked about it and unfortunately I do not remember who you were individually - I just remember that some asked about it. I did not forget you, I just don't remember who you are! Please forgive me and my memory!

Good News:

The *Review and Herald* Book sale brought in \$57.50, which is great considering that we only had 5 orders.

For Sale:

We still have Church Cook Books for sale at 1/\$12 or 2/\$20 Note cards are \$6.

Citrus Fruit Program

The citrus program is doing well this year. The fruit was absolutely delicious in November and December. Remember especially in January we will still need our church family to support the fruit program. Your choices in January will be grapefruit, Navels, tangelos. In February, you can choose from grapefruit, California Navels, tangerines & temples.

Pizza, Ice Cream, & Box Tops:

K-2 won the pizza party for the fall Box Tops for Education kick off. It was a close race with grades 6-8 only 8 box tops behind! I just turned in over 1,090 box tops - that is \$109.00 for the school! We are doing great, almost half way for our year long goal of \$250.00. Each topping on the fabric pizza was purchased with 10 box tops each. If a box top was set in the church or school box it didn't not go toward any certain classroom - it just goes into the "main" fund total. In the spring we will be having another pizza party contest. We are still trying to reach our school total goal of \$250 or 2500 box tops. We are almost at the halfway point - upon completion we will have an ice cream party for the whole school. Stop by sometime and check out the ice cream sundae on the wall - watch as toppings are added! So far we have banana's, chocolate, vanilla and strawberry ice cream scoops in our bowl. When we reach that goal the whole school will have an ice cream party. So we still need your help. Thank you for your support.



▶ January 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 School Resumes	4	5	6 Morning Worship— Pastor Jeremy
7 Elder's Breakfast 8:30AM	8	9 Church Board 5:30PM	10 Soup & Salvation 5:30 PM Pathfinders 6PM	11	12	13 Morning Worship— Elder Jensen Vespers 4:30PM Church Business Meeting 5PM
14 Last day to order Citrus Fruit.	15 MLK Day NO School	16	17 Soup & Salvation 5:30 PM Pathfinders 6PM	18	19	20 Morning Worship — Pastor Jeremy Vespers 4:30PM
21	22	23	24 Soup & Salvation 5:30 PM Pathfinders 6PM	25	26	27 Morning Worship— Pastor Jeremy Vespers 5PM
28	29	30	31 Soup & Salvation 5:30 PM Pathfinders 6PM			

▶ February 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Morning Worship— Jonathan Arroyo Vespers: 5PM
4	5	6 School Board 5:30PM	7 Soup & Salvation 5:30 PM Pathfinders 6PM	8	9	10 Morning Worship— Matthew Melashanko Vespers: 5PM
11	12	13 Church Board 5:30PM	14 Soup & Salvation 5:30 PM Pathfinders 6PM	15	16	17 Morning Worship— S.O.U.L.S. Vespers: 5PM
18 Pathfinder Bible Bowl	19 President's Day NO School	20	21 Soup & Salvation 5:30 PM Pathfinders 6PM	22 PTA Meeting at 6:30PM	23	24 Morning Worship Don Taylor Delegates meet in Knox- ville at 2PM EST Vespers 5PM
25 Last day to order Citrus Fruit.	26	27	28 Soup & Salvation 5:30 PM Pathfinders 6PM	1	2	3 Morning Worship— Bell Ringers Choir Vespers: 5:30PM

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

PLACE
STAMP
HERE.

Visit us at
www.crossvillesdachurch.org

Behind the Scenes—A Prayer Meeting Series

Israel means “one who wrestled with God and prevailed.” Every time someone sets out to write a good Biblical sermon, they go through, at some level, this experience of wrestling or at least they should. Good sermons don’t just happen, they require many hours of careful preparation and study. They are the fruit of a good wrestling with the Word of God. Some may never desire or be expected to preach a sermon, but the experience of preparing a sermon is something rewarding and worthy of our efforts.. During the month of January, we will take a careful look at how to prepare a good Biblical sermon. You will be taken behind the scenes as we prepare a sermon together and though you may never preach it, you will find the experience can aide you in your



own personal devotions and study. For in reality, a sermon is a way of internalizing and making practical what the Biblical text is trying to say.

During this series, we will select a text, wrestle with the text, and go through the steps necessary to prepare a sermon on text. Thus you will receive a behind the scenes look into how sermons are made.

It’s certainly true that a god sermon should be Spirit led and Spirit filled, but

just like there are spiritual disciplines required for a successful walk with God, so there are disciplines that if adhered to, will result in more moving sermons. By the end of this short series, you will have a better appreciation for solid Biblical sermons and not only be able to identify them better, but be able to apply and perhaps incorporate sermon preparation into your own personal study time. The discipline of writing a strong Biblical sermon forces one to wrestle with the text and that is something we all can benefit from Please join us as we begin this new Wednesday evening series on January 10. Remember Soup & Salvation begins at 5:30PM with supper and our series will begin at 6:30PM in the church. You won’t want to miss it!