

# Church News

## Healthy by Choice - Charlotte Taylor

**C**HIP is coming to Crossville in January of 2008! You may ask, "What is CHIP?" CHIP stands for Coronary Health Improvement Project and is a 4-week, video-based lifestyle improvement program which can dramatically reduce health risks associated with heart disease, hypertension, diabetes and obesity. CHIP is changing lives for the better wherever it is being offered. It is a health ministry that changes lives in 30 days.

The mission of CHIP is to provide a church-sponsored, scientifically sound, community health program that will: 1) bring healing to the whole person, body, mind & soul; 2) create lasting friendships for the church; and 3) stimulate interest in the larger picture of Bible truth.

This 4-week, scientifically-based educational program has graduated thousands of people worldwide, helping them make simple lifestyle changes which make a positive difference in such medi-

cal conditions as: overweight, high blood pressure, cancer, diabetes, osteoporosis, high cholesterol, and heart disease.



CHIP includes several widely advertised, free information sessions a week or two before the actual program begins, two heart screens (one at the beginning and one at the end of the 30 days) for those who sign up for the program, 16 informative and stimulating lectures, Dynamic Living text and workbook plus binder and printed materials, food samples with demonstrations and menu planning, a graduation, and alumni support group activities.

In order to successfully run a CHIP program a strong team of 12-14 individuals is

needed. As a precursor to building this team, the Crossville SDA Church is offering a Micro CHIP program which will begin on Wednesday, September 5 and run through Monday, October 1 with 90-minute sessions each Monday and Wednesday evenings from 6:30 – 8:00 p.m. This program in no way takes the place of the regular CHIP program but is rather an appetizer, you might say, for the full course. The Micro CHIP program is totally FREE and will give you a better understanding of the CHIP program so that you might know if you would be interested in becoming one of the team members.

Please prayerfully consider attending the Micro CHIP sessions and please keep the upcoming CHIP program in your prayers as well as friends and neighbors who you might feel would benefit from it. Remember, "Getting into CHIP could give you the best 30 days of the rest of your life!"

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## Church Camp Out Sept. 14-16



### Obey River Park

Reserve your site by calling 877-444-6777 or visiting [www.recreation.gov](http://www.recreation.gov).

## Food Buying Club Celebrates 1st Year Anniversary –Loraine Sweetland

August, 2007, is the one year anniversary of the Adventist Food Buying Club. (AFBC) In September of 2006, we began the AFBC with 16 family members, (some of the 16 includes both husband and wife, but are counted as one.) We have grown to 23 family members, and we have 3 people who are now in the decision state to join with us. Some are more active than others, but most have ordered most months. There is no maximum nor minimum order and one does not have to order each time.



For those of you who have not heard about our club, we do not make money, but we save money by buying quality organic food in case lots and splitting the cases among the members. We have special software that does this job for us.

Our mission has been to offer people in our community access to foods that are not always available locally.

Some people have special needs, such

as those who are wheat intolerant, gluten intolerant, diabetic, or vegetarian. It is true that Kroger's and Wal-Mart are now offering some of these same items, but they cost about 1/3 more than through the food club, and they do not have the selection that the food club offers. We receive a 200+ page catalog each month. In our catalog there are special discounts that vary each month from 5% to 30% depending on the item. If the item is not on special, we receive a 10% discount. It costs about \$1 each for our groceries to be delivered to the Family Life Center every 4 weeks. Each member has a job and when needed all pitch in to get the groceries ready for members to pick up.

Despite the fact that during this past year many of our members have had severe medical problems, it has been a good year. Two have had by pass surgery, three others have been hospitalized with other problems, one has broken an arm, three have had various kinds of cancer, and three have had deaths in their immediate families or relatives. Through all of this, we have seen the Lord's leading in this outreach to our community. If you would like more information, call Loraine at 456-4706.



- 1 C Dried Apricots, cut in small pieces. (I use frozen apricots.)
- 1 C Prunes cut in pieces
- 1 C Raisins
- 3 T Tapioca
- 1 pkg small frozen pack of Raspberries
- 1 1/2 C Water
- 1/3 C Sugar (Optional)

Put the above in 2 qt saucepan and cover with 1 1/2 qts of water. Bring to a boil, turn down the heat so that it simmers for about 45 minutes. Sprinkle in 3 rounded tbs of tapioca, a little at a time, stirring until it thickens. Lastly, add one small frozen pack of raspberries that you have thawed slightly. Serve.

NOTE: You can add 1/3 cup sugar or honey with the raspberries and refrigerate and serve as a pudding.

- Submitted by Bette Ostrem

### The Best Cooks

*A Poem by Evelyn S. Cowan*

I used to think that the really good cooks, were the ones who threw away the books.

And whipped up their dishes and specialties hot, with a stir of the spoon in a large boiling pot.

The pies were the riches, the dumplings the thickest, and the comments from guests were the loudest and quickest.

The food tasted good with each bite gulped down, and the family proclaimed her the best cook in town.

But now days I've read what the books have to say -- it's the pies and the dumplings they should throw away!

And the rest of the starches and pastries they eat, all the gooey and sticky cakes and candy so sweet.


Nutritionally speaking, the best cooks around, serve you salads and fruits that are rich from the ground.

And foods whole and natural, prepared the right way, so their life-giving strength will be left in to stay.


— Let's live!

- Submitted by Bette Ostrem

**Watch for our New Billboard on Elmore Road**



INEZ WRENN SCHOOL



A Safe Place  
to Grow!

K-8 Est. 1937

## Play Ground Upgrades— Heather Stovall



When you think of a playground you think of kids swinging, laughing and having fun. You don't automatically think of the depth of the "cushion" under the equipment or the integrity of it. But as those who are in charge of the daily safety of our children, we have to think of these things. Which brings us to our current situation - we are not up to code on the playground. We are in need of A LOT of rock.

Many of you will remember last year when we moved the swing set and monkey bars, enclosing them and filling the area with 10-12" of rock. Well, we

need to finish the playground this year enclosing the remaining playground equipment: fort, swings, chin up bars and tether ball area. Again this is going to be costly, but what is the safety of our children worth? It cost us \$3,000 last year and we will be needing almost that much again. Edging costs \$88 per 20 foot section and a load of rock costs \$15 per bob cat scoop for the bottom gravel and \$25 per scoop for the top rock, not including delivery prices.

There is one offer on the table to help raise money for the playground, but that will require the help of some babysitting. Heather Stovall has offered to donate the earnings from 4 12 hour shifts that she works at the hospital, but is in need of someone who will donate their time

to help watch her children. If you are interested in a monetary donation or a donation of your time and services please contact Melanie Hickman or Heather Stovall.

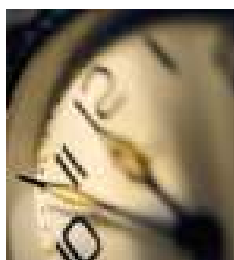
### Church in the Park



9am on September 29 at the Cumberland State Park

## Personal Ministries Minute - Kevin Zais

It wasn't my **minute** to have, but through the grace of God, I was allowed to share it. I stood there, just watching, watching her and her baby. She was obviously a new mother, and as she stood there holding her baby I watched her pour out love in all of her expression. I listened as she sang a song about a beautiful world made better now that her child was here, and when she looked up, she caught my eyes and gave me a smile. Feeling somewhat embarrassed by what I felt was my intrusion, I turned to walk away. As I did, I realized, that I had caught a glimpse of Gods love in action. In that **minute**, it made me stop, it made me think, and now it makes me write what I believe.



I believe in a faith that's strong, I believe in promises, but most of all, I believe in **LOVE**.

As Seventh-Day Adventists, we believe God's greatest desire is for us to see a clear picture of His character. When we see Him clearly, we will find His love irresistible.

"Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not. Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we

shall see him as he is. And every man that hath this hope in him purifieth himself, even as he is pure." I John 3: 1-3

"He that loveth not knoweth not God; for God is love. In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him. Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins." I John 4: 8-10.

So in this **minute**, I would like to ask you, have you seen the reflection of His character lately?

## The New Church Budget: Why the Increase? - Pastor Jeremy

After being recommended by the Finance Committee to the Church Board and then by the Church Board to the Church in Business session, it was voted that we increase the church budget from \$4900 a month to \$6200. This represents perhaps the largest budget increase in our church's history or at least in recent years. Why the large increase? Allow me to explain. When



the finance committee sat down to go over the budget, we did some calculations to try and get an idea of the giving habits of our church family. Of course we would all agree that this is a very generous church family and that we regularly support our family life center and school, as well as church efforts. But we were curious what our regular planned giving looked like. So we took our tithe amount and multiplied it to figure what the annual income of each member is. We tried to take into consideration that the total membership doesn't exactly represent our average attendance so we tried to make an allotment for this. Then after discovering the income, we figured what percentage of our income is being given to the local church budget. We were rather amazed to discover that our giving in this area only represented around 1.71% of our income. Thus when it's averaged out, each member is giving only \$1.71 for every \$100 dollars earned. This was rather disheartening to discover. Something else that we noticed was that we were on average giving more than our stated goal for church budget. That means we were aiming for less than 1.7% of our income to go towards

church budget. Thus it was obvious that we weren't stretching ourselves and anyone knows that when you don't stretch, you don't grow. Thus in an effort to raise our spirit of sacrifice, we raised our monthly goal. While the numbers look big, in reality, it only reflects a 0.5% increase in giving per member. The idea is that each member in the church increases their giving to church budget from 1.7% to 2.2% which is in reality, a very small increase. Of course if you were giving more than this, it's not suggested that you decrease down to 2.2% but if you have never given faithfully to church budget, now would be a good time. This in no way changes your tithe amount as tithe is to be kept separate from offerings.

While tithes are important for the work of the church at large and help to sustain our schools, teachers, and pastors; it's important to remember that tithe does not pay our local expenses. What are

these local expenses? A quick look at our church budget will explain. I have posted it at the bottom of this page for your convenience. You will notice that we created three new funds. These were expenses that we were facing already but had not been given a place in the budget. A local evangelism fund was created so that we could have monies already in place for such activities as evangelistic meetings, cooking schools, and the like. We have in the past struggled as to where to find the funding for such endeavors. Another fund that we created is entitled flowers. If you have ever been in the hospital or suffered a death in the family, it's always special to receive flowers from your church family as a token of love. Again, this was something that we simply hadn't budgeted for in the past. Finally, we also included a Parking Lot Fund. Anyone who has tried to park up at the Family

*(Continued on the following page)*

Monthly Church Budget for fiscal year 2006-2007		2007-2008 Proposed Budget Allocation	
	Previous		
Inez Wrenn School Subsidy	\$2,400.00	\$2,400.00	fixed
Insurance and Upkeep	\$ 370.00	\$ 370.00	%
Janitor	\$ 280.00	\$ 435.00	fixed
Church Expense	\$1,295.00	\$1,645.00	%
Community Service	\$ 20.00	\$ 100.00	%
Lawn Care	\$ 10.00	\$ 10.00	%
Music/Organ	\$ 5.00	\$ 5.00	%
Pathfinder Club	\$ 35.00	\$ 50.00	%
Personal Ministries	\$ 100.00	\$ 125.00	%
Sabbath School	\$ 200.00	\$ 235.00	%
Social	\$ 10.00	\$ 20.00	%
Vacation Bible School	\$ 45.00	\$ 45.00	%
Women's Ministries	\$ 20.00	\$ 20.00	%
Local Evangelism	\$ -	\$ 500.00	%
Flowers	\$ -	\$ 40.00	%
Parking Lot Fund	\$ -	\$ 200.00	%
	<b>Total</b>	<b>Total</b>	
	\$4,790.00	\$6,200.00	

## The New Church Budget (Continued)

Life Center for a church event has likely found it difficult to park. We need to expand our parking area there as soon as possible. Thus this fund was created.

You may notice that while we increased the amount given to several of the funds and created three new funds, we did not change the monthly amount given to the school each month. Of course we give more than this amount to the school through other gifts like worthy student and the Lamb's offering. However, as of last year, around 50% of our church budget went to support the school and in an effort to bring this percentage to a healthier level, we left this fund alone for this year. Under the new budget,

the amount that is given to the school each month through subsidy represents roughly 39% of the church budget. In the future when church budget is increased, this fund can receive an increase as well since it has now been placed in a healthier relationship with the other funds represented in the budget.

Remember that God asks us to give faithfully our tithes and offerings. (Mal. 3) Tithe is clearly stated as 10% of our income but there is no specifics given with regards to offerings. Does this then mean that we need not concern ourselves with offerings? Hardly! God blesses us so that we can bless others. I

am thankful for a church where I can work side by side with fellow believers to be a blessing. I am thankful that I have the opportunity to give to God's church, His bride. While tithes are used to support the church at large, the local church budget offering is used to enable our small church family here in Crossville in being a blessing to the community and to each other.

I would ask you to faithfully consider your giving habits and create a regular giving plan. If we all would give faithfully, imagine what God would do.

## The Librarian's Corner—Virginia Wortham

With a father who had served as a soldier in the Revolutionary War and a mother who was a preacher's daughter, "young William was strongly influenced in two rather different directions."

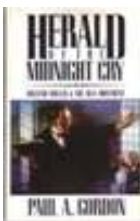
"From his father he learned the role of patriot and soldier, from his mother, piety and a religious outlook. His later life demonstrated both of these interests. For a time they came in direct conflict with each other."

As a child he tried to invent a way to be accepted by God by being "very good." Next he decided to sacrifice. How he tried to accomplish this is interesting.

William had only a month of formal schooling. His mother taught him to read. His family couldn't afford to send him to college so he taught himself and became a skillful writer.

He fought in the War of 1812 thus fulfilling one great ambition that his father had inspired. During this time he be-

came a Deist. While fighting in the Battle of Plattsburg (9-11-1814), William Miller's belief in God began to return. "We looked upon our own defeat as almost certain, and yet we were victorious. So surprising a result against such odds, did seem to me like the work of a mightier power than man."



The first two numbers in the date caught my eye so I turned to my 1962 World Book Encyclopedia. This was the last major battle before a peace treaty was signed on December 24,

1814 in Ghent, Belgium, ending the war of 1812.

One important result of this war was the rapid rise of manufacturing in the United States. During the war, U.S. citizens were unable to import goods from Great Britain and had to be making many articles for themselves."

"Captain William Miller was honorably discharged from the army on June 15,

1815. After returning to his home in Low Hampton, NY, he became known as a hero, a leader, and a peacemaker. He seemed destined to become a success at whatever he chose to do."

The rest of the book is even more fascinating. Did you know that Miller's key text was the prophecy found in Daniel 8:14? Did you know John Greenleaf Whittier, famous American poet, attended the first North American Camp Meeting of the Millerites? Did you know William Miller only said that Jesus was coming around 1843?

You can find this book by Paul Gordon in our own church library. "Herald of the Midnight Cry, William Miller and the 1844 Movement" Call # 286.73 G23. If after reading the book you wish to learn more, then read another book from our library entitled, "The Midnight Cry," by Francis D. Nichol.

## The Home & School Report—Heather Stovall

Wednesday morning August 15, Mike and I were awoken by Alex - very excited that he would be starting FIRST Grade! The only problem was that it was 3:30 AM! But I am glad that I have a child who was that excited about learning, who couldn't wait to help the kindergartner's learn their numbers and letters. A child who is trying to teach his 3 year old brother to count to 20. My child is just 1 of 28 students who are being prepared not only for their future here on earth, but for their Heavenly future.

As a parent I want to do everything I can to help prepare these children for a successful life. So with school back in session, that means my job as Home and School Leader is also in full swing and that means fundraisers! As a school we are currently evaluating all fundraisers to see what ones are worth our time and your money! We have started with Smart cards and magazine sales (ending September 3), followed up by a yard sale in the late fall - if we have enough stuff and volunteers. Citrus will begin in October and continue until April, weather permitting. Books from the Review & Herald along with calendars and note cards will again be sold through the school starting in November. So we have a busy schedule for the first half of the year. But there are other ways that you can help the school with everyday things.

We are continuing to collect **Box Tops and Labels for Education**. I am excited to report that we made **\$137.30 last year on Box Tops** that equates to

**1,373 Box Tops.** That's quiet a few! For those on the



computer, please take the time to go to [www.boxtopsforeducation](http://www.boxtopsforeducation) and sign up for Inez Wrenn. Through out the year you will receive the opportunity to put our name in drawings for free box tops and valuable coupons.

Please, please, please pick up a **Kroger Earning for Learning** paper with the bar code on it. This will link your Kroger card to the school and we earn a percentage of a fund set aside. Last year we earned **\$704, with ONLY 39 cards** attached to our school!!! This is



an easy way to help the school while you get the groceries you need. Please use the attached bar code or get a copy of the bar code from the store (they have a display with all the area schools bar codes).

**Food City** will also be resuming it's **Apples for the Students** this year. So if you shop or know people who shop at Food City have them save their receipts starting September 16. The date and total amount of purchase must be on the receipt for it to count. Last year we collected enough



receipt to get a microscope and a set of sports balls. This year we hope to raise enough to get a camera for the school. For more information on these programs, check the church bulletin board in the foyer.

I know that many of you have worked very hard in many ways to help, know that it has not been overlooked and all

that you do is greatly appreciated. Thank you!!!!

If you are interested in volunteering to help with the yard sale or citrus (taking orders, unloading and selling fruit) please contact Heather Stovall as quickly as possible, **DO NOT ASSUME** that someone else will volunteer. I know those who helped last year and I would love to have them volunteer again along with some new folks. I do not want to have to look through the phone book wondering who I can beg and plead into helping me. If you were overlooked last year, know it was not on purpose and if you would just speak up I would love to use your services! :) If you have any ideas please feel free to bring them to our attention. Again thank you ALL for ALL that you do!

Heather Stovall (931) 248-3707



### Faith Lessons

Join us as we dust off ancient history to discover God's work from ages past.

**Wednesday Nights at 6:30PM  
beginning October 3rd**

*Faith Lessons is a Video series on Archeology from [Focus on the Family](#)*

# ▶ September 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Morning Worship— Pastor Jeremy  Vespers 7:00pm
2	3 <i>Labor Day</i>  NO SCHOOL	4	5 Micro CHIP 6:30pm Pathfinders 6-8pm	6	7	8 Morning Worship— Elder Jensen  Vespers 6:30pm
9 Coyle's 50th Anniversary Reception 2-4pm @ FLC	10 Micro CHIP 6:30pm	11 9/11 Memorial Service at United Methodist Church @ 6:30pm	12 Micro CHIP 6:30pm Pathfinders 6-8pm	13	14 Church Camp Out	15 Morning Worship— Elder Coyle Church Camp Out Vespers 6:30pm
16 Church Camp Out	17 Micro CHIP 6:30pm	18 Church Board @ 5:30PM	19 Micro CHIP 6:30pm Pathfinders 6-8pm	20	21	22 Communion— Pastor Jeremy  Vespers 6:30pm
23	24 Micro CHIP 6:30pm	25 School Board @5:30pm	26 Micro CHIP 6:30pm Pathfinders 6-8pm	27	28	29 Outdoor Church— Pastor Jeremy Vespers 6:00pm
30 Church Sponsored FREE CAR WASH— Watch for details						

# ▶ October 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Micro CHIP 6:30pm	2	3 Archeology Series 6:30pm Pathfinders 6-8pm	4	5	6 Morning Worship— Elder Les Speers Vespers at 6:00pm followed by a free Will Clinic
7	8	9	10 Archeology Series 6:30pm NO Pathfinders	11	12	13 Morning Worship— Daniel Baker  Vespers 6:00pm
14	15	16	17 Archeology Series 6:30pm Pathfinders 6-8pm	18 NO SCHOOL	19 Pathfinder's leave for Camp- out! NO SCHOOL	20 Morning Worship— TBA  Vespers 5:30pm
21	22	23 Church Board @ 5:30PM	24 Archeology Series 6:30pm Pathfinders 6-8pm	25	26	27 Morning Worship— Pastor Jeremy  Vespers 5:30pm
28 ABC Book Mobile here from 9-10AM	29 Parent Teacher Conf.	30	31 Archeology Series 6:30pm Pathfinders 6-8pm	1	2	3 Morning Worship— Pastor Jeremy  Vespers 5:30pm

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

PLACE  
STAMP  
HERE.

Visit us at  
[www.crossvillesdachurch.org](http://www.crossvillesdachurch.org)

## Letting Our Light Shine—Pastor Jeremy

It's time to begin preparations for another major prophecy series. A series on Bible prophecy is intended to accomplish at least three objectives. First, it's aim is to instill Bible teachings in those who have been studying for some time but who have never known what to do with what they've learned. Secondly, a series of this nature introduces the Bible's end time message to those who simply come out of curiosity to the meetings. These first timers are introduced to the big picture of Bible Prophecy. Thirdly, a prophecy series is intended to strengthen the conviction and witness of our own church members. But to conduct such a series requires a lot of effort on the part of the local church. Our church voted a while back to have a full series on Bible

Prophecy beginning in February of '08. Several initiatives are being planned and are underway. We will be mailing out Bible Study invitations here shortly to build interest. You have already heard



about the work being done with regards to the CHIP program. This program will be conducted in January as a precursor to the meetings. A prayer initiative is beginning in the last part of August as a way to prepare both us and our friends. In addition to these initiatives, we hope to build better awareness in the community as to who we are as a church. A Billboard is going up advertising our school and later our church. In

September, we are hoping to conduct a free car wash for the community from our church parking lot. In November, we plan to provide free Christmas Portraits to the community as a way of making contact with individuals. At Christmas we will again work with Pathfinders to send Christmas cards to those we have met in some way over the last few years. But these initiatives only represent a part of what we can do as a church. Each of us as members must personally ask God to show us what we can do to prepare both ourselves and our friends for this series. Maybe God would have you to form a small group in your home or maybe it's going door to door, or who knows what God may have in store for you for such a time as this.