

Education Financial Assistance for 2022-2023 School Year

The Crossville Seventh-day Adventist church family has been dedicated to providing Christian education throughout the years. Crossville members have donated time and money to help see that our children experience Jesus in the classroom. Students who attend our schools have the opportunity to experience the love of Christ in the classroom with encouragement to commit their lives to Jesus. Thank you for your commitment and generosity. To make a donation to any of our school's accounts, please be sure to mark your tithe envelope "**Inez Wrenn WS, Academy WS, or Student Evangelism.**" Or, for your convenience give online: <https://adventistgiving.org/>. Thank you for your ongoing financial support of Christian Education.

Church Location: 2335 West Ave. (Hwy 70N)
Crossville, TN. 38571

All Mail:
PO BOX 645
CROSSVILLE, TN 38557
Church Website: www.crossvillesda.org

CONTACT INFORMATION

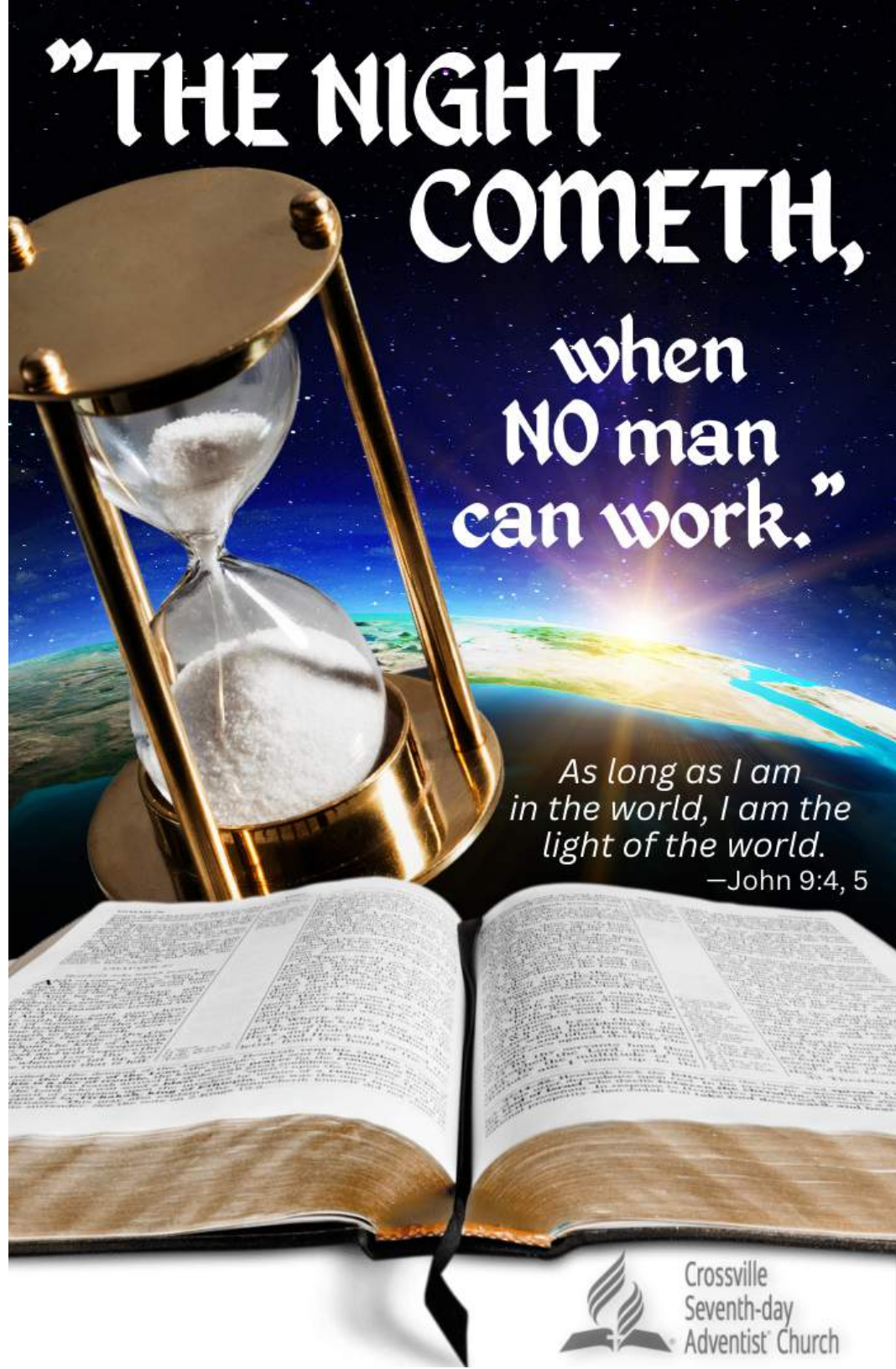
Church Office		931-456-0056
Head Elder	Franklin Cobos	931-787-5171
Administrative Assistant	Shadelle Haley crossvillesda@gccsda.com	931-787-8500
Inez Wrenn School Office		931-484-3150
Principal	Chery Taffe	423-400-6890
FLC Coordinator	Roger Greenley	240-401-1123
Calendar Scheduling	Shadelle Haley	931-787-8500
Church Clerk	Marilyn Maples	828-242-3882

(Please email or call to update phone/address, transfer membership info, etc.)
Email: mamaples424@gmail.com

SEND BULLETIN INFO TO

ccbulletinsecretary@gmail.com or call (828) 242-3882.
Send Audio/Video information or files to audiocsda@gmail.com.

(Please provide bulletin and A/V information by 2:00pm on Tuesday)



**CROSSVILLE SEVENTH-DAY ADVENTIST CHURCH
SABBATH SERVICES**

January 14, 2023

**WORSHIP SERVICE
11:30 AM**

Announcements	Franklin Cobos
Praise, Prayer, and Giving	
Today's offering	Religious Liberty – NAD
Children's Story	Kerrie Reiver
Special Music	Ella Reategui
Introduction of Pastor Mario Reategui	Rick Greve
Scripture	John 9:4
Sermon	"The Night is Coming" Pastor Mario
Closing Hymn	"Tis Almost Time for the Lord To Come" Hymn # 212
Benediction	

**ADULT/YOUTH SABBATH SCHOOL
10:00 - 11:00 AM**

SS Superintendent Remarks: Linda Mihalus
Large Sabbath School Class Sanctuary (teacher – Ken Holland)
Ladies SS Class, Franklin Cobos' SS Class and Trudy Severt's SS class
will JOIN Large SS Class in church Sanctuary today

**CHILDREN SABBATH SCHOOL
10:00 - 11:00 AM**

Junior-Youth Classes will meet in the church Junior/Youth Rooms
Primary Class will meet in the church Primary classroom
Kindergarten Class will meet in the church Kindergarten classroom
Beginner Class will meet in the church Beginner classroom

Praise Time 11:15 – 11:30 AM

Song Leader	Tricia Hicks
Pianist	Robert Hicks

STEWARDSHIP REPORT

Church Budget	Monthly Goal	\$7525	Month-to-date	\$ 1,753
Inez Wrenn Stud. Aid	Monthly Goal	\$1065	Month-to-date	\$ 205
Acad. Student Aid	Monthly Goal	\$1200	Month-to-date	\$ 35
Student Evangelism	Monthly Goal	\$ 470	Month-to-date	\$ 0
Hope for Humanity	Yearly Goal	\$2500	Year-to-date	\$ 114
Lambs' Offering			Month-to-date	\$ 94

**You can mail your tithe to the church post office box.
See the back of the bulletin for the address.**

Welcome Guests!

To those visiting with us today, we are glad you are here. If you are looking for a church home, we'd love for you to become part of our church family. Find a green card on the back of a pew; fill it out and hand it to the presiding Elder, Deacon, or Church Clerk.

***** WEEK AT A GLANCE *****

Today	4:41 pm	Sabbath Rest Ends
Wednesday	3 pm & 6 pm	Prayer Meeting
Friday	4:53 pm	Sabbath Rest Begins
Next Sabbath	8:45 am & 11:30 am	Pastor Mario Reategui

TODAY:

Elder in Charge: Franklin Cobos
 Usher: Gary Nichols
 Greeters: Jack & Maxine/Dottie & Dave Schwab

NEXT WEEK

Terry Cottrell
 Dean Dixson
 Rosers/Cottrell

First Reading:

Chris Whyte for the church office of Head Deacon

***** Please silence cell phones *****

****Mother's Room reserved for mothers with babies and small children***

Bulletin Insert – January 14, 2023

ONE WORSHIP SERVICE–TODAY

Due to the one service in the church today, we will need to “press together” in the church sanctuary pews. There will be additional areas for overflow seating in the church classrooms. If needed, an area up the hill in one of the Inez Wrenn school classrooms will be available.

We welcome Pastor Mario and his family as they have come to shepherd our church family. We look forward to serving the Lord together as we prepare for His imminent return!

TODAY is the January All-Church Potluck:

Please join us for our all-church potluck following the church service today in the Family Life Center.

Bread of Life Soup Kitchen:

Remember our outreach to the Bread of Life Soup Kitchen. Upcoming soup needs are for January 19 and February 9, 16, and 23. To volunteer contact: Crystal Andersen (209-756-1712). Delivery is on Thursday to Bread of Life, 281 4th St. in Crossville.

Prayer Meeting:

Acts chapter 21. Read this chapter with anticipation of gaining a blessing from our study together.

Women's Ministry:

WM Team Planning meeting tomorrow, January 15th at 10 a.m. We will strive to have a little team fun and also line up our 2023 priorities and calendar for the church and community. Lunch will be provided. If you did not receive your hard copy of the invite/agenda via “snail mail” and you are on the team, please be present. We can give you an agenda when you arrive.

Sunday, January 22, 10 am-2 pm, WM presents an encore event with Becky Owens returning to our region to present “Built for Glory through Prayer.” This will be in the FLC. Crossville SDA women feel free to bring a friend. A lunch will be served as well. Call Crystal Andersen (209-756-1712) if you have any questions.

You May Have Mail:

Please check the alphabetized letter slots by the foyer front door to see if you have mail.

Upcoming Events:

January 11 - 21 – 10 Days of Prayer www.tendaysofprayer.org
January 22 – WM - Built for Glory through Prayer – Becky Owens
January 29 – GIG session 3-5 p.m. at The Drs Inn
February 3-5 – Natural Remedies Weekend – Wildwood

>>>SEE INSERTS FOR DETAILS<<<

*Condolences to the family of **Mary Weigle** who passed away at her home on Monday, January 9. Funeral Services will be **TOMORROW, Sunday, January 15**. The visitation is at 1:00 pm at Hood Funeral Home (2371 Hwy 127 South, Crossville TN). The Funeral Service will follow at 2:00 pm. Burial will be at the Crossville City Cemetery following the services.*

*Condolences to the family of **Jean Martin** who passed away at Vanderbilt University Medical Center on Monday, January 9. Arrangements to be announced later.*

“Zeal for God and His cause moved the disciples to bear witness to the gospel with mighty power. Should not a like zeal fire our hearts with determination to tell the story of redeeming love, of Christ and Him crucified? It is the privilege of every Christian, not only to look for, but to hasten the coming of the Saviour.” – The Acts of the Apostles p.600.



Garden Interest Group

**SUNDAY,
JANUARY 29, 2023
3:00 - 5:00 PM**

THE DOCTOR'S INN
425 Yonside Dr • Sparta, TN
(Pleasant Hill)

We will be sharing information from the Adventist Agriculture Seminar. We will meet INSIDE the Inn.

→ For more info, please call 931-335-1556 ←



PLEASE BRING YOUR NOTEBOOK & LAWN CHAIRS

NATURAL REMEDIES WEEKEND

FEATURING:
Wildwood Lifestyle Center

Program includes:
Health Lectures,
Herbal Remedies Demonstrations,
Foraging, and more!

WHEN FEBRUARY 3-5

Fri. 7 pm - The 8 Laws of Health
Sat. 11 am - Sermon -
Sat. 3 PM - Herbal Remedies Demo
Sun. 11 am - Cooking Demonstration

WHERE

Crossville SDA church
2335 West Ave
Crossville, TN 38571

CONTACT

Tammy Kellog
931-335-1556



"Where Health Comes Naturally"

Wildwood
HEALTH INSTITUTE

10 DAYS OF
PRAYER

BACK TO THE ALTAR

January 11-21, 2023

"But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him."

JOHN 4:23, NKJV

JOIN AT WWW.TENDAYSOFPRAAYER.ORG



BUILT FOR GLORY
THROUGH

Prayer

SUNDAY

JANUARY

22

10 AM - 2 PM

FAMILY LIFE CENTER

2337 West Ave. Crossville



Becky Owens

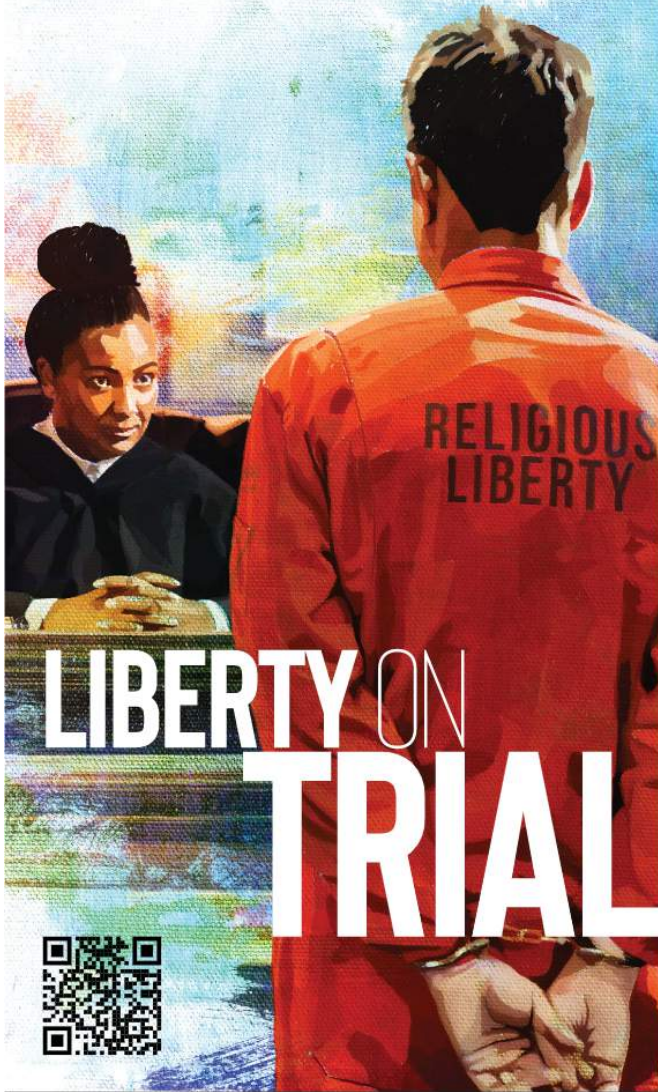
Becky Owens is returning to share with us a four-hour workshop on prayer. All women are invited to attend and please feel free to bring a friend. You may call Crystal Andersen at (209) 756-1712 if you have any questions.

LUNCH WILL BE PROVIDED!

Presented by the Crossville SDA Women's Ministry

LIBERTY

VISIT WWW.LIBERTYMAGAZINE.ORG/DONATE
TO GIVE YOUR OFFERING ONLINE



LIBERTY ON TRIAL

RELIGIOUS LIBERTY OFFERING **JANUARY 14, 2023**

YOUR GIFT MATTERS!

CHANGE IS COMING

The fate of religious liberty in America depends on more than just the work of Congress or the pen of the President.

Our religious freedoms are being tested every day in courtrooms across the nation.

- ▶ Can a Christian student club be kicked off a public school campus for choosing leaders who affirm Christian beliefs?
- ▶ Do religious schools have a right to hire staff based on shared doctrines?
- ▶ Can an Adventist school sports team be discriminated against for keeping the Sabbath?
- ▶ Is religious speech entitled to the very highest level of protection under the free speech clause of the First Amendment?
- ▶ Can a doctor be required to put aside deeply held convictions and facilitate a patient's request for physician-assisted suicide?
- ▶ Can religiously affiliated colleges enforce religion-based codes of student conduct?
- ▶ Can an employer rescind a job offer when they find out an applicant is a Sabbathkeeper?

Seventh-day Adventists are no strangers to defending religious freedom in the courts. One of the Supreme Court's most important religious liberty cases—*Sherbert v. Verner*—was won in 1963 by an Adventist Church member who refused

to work on Sabbath, regardless of the consequences. This pivotal decision has defined First Amendment religious free-exercise litigation for decades.

Today faithful church members are still defending their rights in the courts. For the past eight years Teresa Brown, who lives near Sacramento, California, has been fighting to end religious discrimination in the hiring practices of one of her state's largest employers. You can read more of her inspiring story on the pages of *Liberty* magazine or online at Libertymagazine.org.

Ellen White warned that faithful followers of Christ would one day again be called before councils to give the reason for their faith.

She wrote: "Can we not assist in lifting the standard, and in calling to the front those who have a regard for their **religious rights and privileges**? God calls upon us to **awake**. We know the end is near. We know that **the prophecies are fast fulfilling** which show that we are living in the close of this world's history."

Thank you for your continued prayers. And thank you for partnering with *Liberty* magazine and with our church's religious liberty leaders as together we "hold high the banner of truth and religious liberty" in America's courtrooms and legislatures.

1 In *Review and Herald*, December 18, 1888. (Emphasis supplied.)

2 Ellen G. White, *The Acts of the Apostles* (Mountain View, Calif.: Pacific Press Pub. Assn., 1911), p. 68.

RELIGIOUS FREEDOM IS ON TRIAL IN AMERICA TODAY. PLEASE JOIN US IN DEFENDING THIS GOD-GIVEN BUT FRAGILE RIGHT. YOUR SUPPORT ALLOWS US TO:

- ▶ Defend religious liberty in the courts.
- ▶ Advocate directly with lawmakers in Congress and state capitals.
- ▶ Support church members facing religious discrimination in the workplace.
- ▶ Send *Liberty* magazine to judges and elected officials across the nation.

THREE EASY WAYS TO CONTRIBUTE:

- 1 Visit our website www.libertymagazine.org/donate and give securely online.
- 2 Use the attached envelope to submit your financial commitment. Place the envelope with check or bills enclosed during offering time.
- 3 Call (800) 456-3991 to have a customer service representative assist you with the process.

HOW IS MY OFFERING USED?

Your Religious Liberty Offering will sponsor *Liberty* magazine subscriptions to high-level government officials, federal, state, and provincial judges, and prominent social and religious leaders throughout North America. Your generous gift will also be used to support the North American Division litigation fund—resources needed to defend and preserve your religious liberty in court when necessary. And a portion of your offering is returned to your local union to aid in religious liberty promotion and education.

DONATE NOW

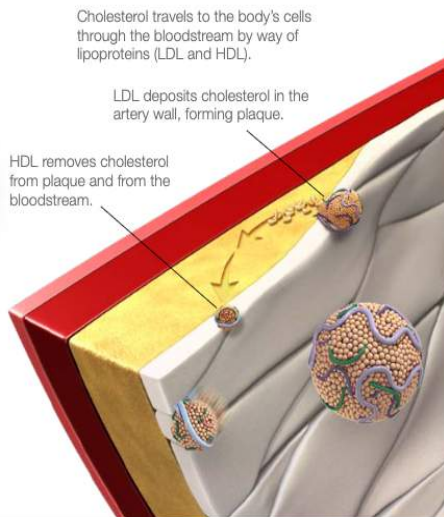


What Are High Blood Cholesterol and Triglycerides?



Cholesterol is a soft, fat-like substance found in the bloodstream and in all your body's cells. Your body makes all the cholesterol it needs.

The saturated and *trans* fats you eat may raise your blood cholesterol level. Having too much cholesterol in your blood may lead to increased risk for heart disease and stroke.



What's so bad about high blood cholesterol?

Low-density lipoprotein (LDL) cholesterol is often called "the bad kind." When you have too much LDL cholesterol in your blood, it can join with fats and other substances to build up in the inner walls of your arteries. The arteries can become clogged and narrow, and blood flow is reduced. If this buildup of plaque ruptures, a blood clot may form at this location or a piece may break off and travel in the bloodstream. If a blood clot blocks the blood flow to your heart, it causes a heart attack. If a blood clot blocks an artery leading to or in the brain, a stroke results.

High-density lipoprotein (HDL) cholesterol is called the "good kind." It carries harmful cholesterol away from the arteries and helps protect you from heart attack and stroke. It's better to have a lot of HDL cholesterol in your blood.

How can I control my cholesterol?

- Cut down on foods high in saturated and *trans* fats. These include fatty meats, organ meats such as liver, shellfish, cheese, whole-milk dairy products, and solid

fats such as butter. Aim for 5-6% of your total calories or less from saturated fats.

- Do an average of 40 minutes of moderate- to vigorous-intensity aerobic activity 3 or 4 times per week.
- Include a variety of fruits, vegetables, and whole grains in your diet. Select low-fat dairy products and eat poultry, fish, and nuts. Limit sweets, sugar-sweetened beverages, sodium, and red meats.
- Reach and maintain a healthy weight. If you are overweight or obese, losing weight can help improve your lipid profile.
- If you can't improve your cholesterol through lifestyle changes alone, ask your doctor about medicines that can help.

What are triglycerides?

Triglycerides are the most common type of fat in your body. They come from food, and your body also makes them. High levels of blood triglycerides are often found in people who have high cholesterol levels, heart problems, are overweight or have diabetes.

(continued)



What about fats?

There are different kinds of fats in the foods we eat.

- **Saturated fat** raises blood cholesterol, so too much is not good for you. Aim for a diet that has 5-6% or less of calories from saturated fats. Animal fats like lard and meat fat, and some tropical oils like coconut oil, palm oil and palm kernel oil contain saturated fats.
- **Trans fat** comes from adding hydrogen to vegetable oils and tends to raise blood cholesterol. It's used in commercial baked goods and for cooking in many restaurants and fast-food chains. It's also found naturally in milk and beef. Reduce the amount of trans fat in your diet by limiting foods with "hydrogenated oils" in the ingredients list.
- **Polyunsaturated fats** are found in vegetable oils and fish oils. These can improve blood cholesterol when eaten as part of a healthy diet and used to replace saturated or *trans* fats.
- **Monounsaturated fats** are found in olive, canola, peanut, sunflower and safflower oils. As part of a healthy diet, they may help improve blood cholesterol.



You can help improve your cholesterol by eating foods that are lower in saturated and *trans* fats.