

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 |
| Pastor | Mario Reategui | 571-337-9596 |
| | mreategui@gccsda.com | |
| Head Elder | Franklin Cobos | 931-787-5171 |
| Administrative Assistant | Shadelle Haley | 931-787-8500 |
| | crossvillesda@gccsda.com | |
| 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



4 Steps to
SALVATION

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

January 28, 2023

**WORSHIP SERVICE
8:45 & 11:30 AM**

| | |
|--|---|
| Announcements | David Kellogg |
| Praise, Prayer, and Giving | |
| Today's offering | Ga-Cumberland Ministries |
| Children's Story (2 nd Service) | Denise Bailey |
| Special Music | Ken Holland |
| Scripture | Mark 10:51, 52 |
| Sermon | "Four Steps to Salvation" Pastor Mario Reategui |
| Closing Hymn | "Open My Eyes, That I May See" Hymn # 326 |
| Benediction | |

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

SS Superintendent Remarks: Pam Hamman
Large Sabbath School Class Sanctuary (*teacher – Gerald Hamman*)
Ladies Class in the room behind the piano in the Sanctuary
Franklin Cobos' Sabbath School Class in the Fellowship Hall in FLC
Trudy Severt's Sabbath School Class in the Adventurer's Room in FLC

**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 | Jose Rodriguez |
| Pianist | Becky Bennett |

STEWARDSHIP REPORT

| | | | | |
|-----------------------------|--------------|--------|---------------------|----------|
| Church Budget | Monthly Goal | \$7525 | Jan-to-date | \$ 5,801 |
| Inez Wrenn Stud. Aid | Monthly Goal | \$1065 | Jan-to-date | \$ 785 |
| Acad. Student Aid | Monthly Goal | \$1200 | Jan-to-date | \$ 60 |
| Student Evangelism | Monthly Goal | \$ 470 | Jan-to-date | \$ 0 |
| Hope for Humanity | Yearly Goal | \$2500 | Year-to-date | \$ 114 |
| Lambs' Offering | | | Jan-to-date | \$ 310 |

**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 Pastor, presiding Elder, Deacon, or Church Clerk.

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

| | | |
|--------------|--------------------|-----------------------|
| Today | 5:02 pm | Sabbath Rest Ends |
| Wednesday | 3 pm & 6 pm | Prayer Meeting |
| Friday | 5:10 pm | Sabbath Rest Begins |
| Next Sabbath | 8:45 am & 11:30 am | Wildwood Health Event |

TODAY:

Elder in Charge: David Kellogg
 Usher: Josh Fix
 Greeters: Lovejoys/Chris Whyte

NEXT WEEK

Kyle Kovach
 Harold Gibson
 J Schroer & S Huff

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

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

Bulletin Insert – January 28, 2023

Memorial Service for Jean Martin, January 29, tomorrow:

The memorial service for Jean Martin will be held, here at the Crossville SDA Church at 1:00 pm. There will be a fellowship meal after the service at the church's Family Live Center (FLC) followed by a sunset burial at Oaklawn Cemetery (POW Camp Rd.) at Pamona. Anyone attending the burial service may want to bring an umbrella in case of rain.

→ **GARDEN INTEREST GROUP - SUNDAY, JAN 29th HAS BEEN CANCELED!** ←

Condolences to the family & friends of Mabel Cox:

She passed away yesterday at her home. Funeral services will be at: Bilbery Funeral Home, 76 E Adam St., Crossville, TN
Monday, Jan. 30th - Viewing at 2:00 pm. Service to follow at 3:00 pm. Please send cards or flowers to 3051 Tabor Loop Crossville TN 38571

Prayer Meeting:

Beginning on **February 1st** our prayer meeting will be focused on the topic **"To Imitate Jesus."** Everyone is invited to learn more from the Savior, to grow in our relationship with Him, and to imitate Him. These Bible studies will be led by Pastor Mario Reategui in the church sanctuary every Wednesday at 3:00 pm and 6:00 pm.

In the book of Ephesians, Paul calls on the children of God to be imitators of Christ. Ephesians 5:1, 2 (NKJV), puts it this way: *"Be Imitators of God."* This is a command for the people of God to imitate Jesus. You can't imitate a person if you don't know anything about them, so we must learn all we can about the Lord from His Word. We must put into practice everything we know about Him. We are to do the things we see Him doing, and we are to avoid the things He avoids. We are to be like Jesus in every respect.

Revelation Bible Study:

If you are interested in working through a Bible study series on Revelation, please sign up with Tammy Kellogg (931-335-1556). The first meeting will be on **Thursday, February 2nd at 5:45 pm**. There will be a light supper followed by Bible study, led by Tony Castelbuono at 6:30 pm for one hour.

February All-Church Potluck:

All-Church potluck will be held next Sabbath, February 4. This is the Sabbath that the Wildwood weekend event will be here. **There will only be one church service in the Family Life Center (FLC) beginning at 11:00 am.** This is to be a **vegan potluck** so please plan accordingly. See bulletin insert for more details.

Communion Service:

A Communion Service is planned for **February 11**. There will be one worship service held at 11:15 in the Family Life Center (FLC).

Vespers/Social:

Sabbath, February 18 at 4:30 pm there will be a vespers sponsored by Health Ministries. Vespers will be followed by sandwiches and finger foods potluck supper and game night at the Family Life Center (FLC). More information to come.

Bread of Life Soup Kitchen:

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

Women's Ministry:

New Year, New You with Dr. Claudette Barrett-Flintroy on Sunday, February 26 from 10:00 am until Noon in the Family Life Center (FLC). This is a facilitated, hands-on spa presentation featuring natural beauty treatments using common kitchen ingredients.
RSVP is necessary as the class size is limited to 20.

Wedding Reception:

All are invited to a reception to celebrate the recent wedding of Michael and Victoria Hickman. This casual event will be held on February 12, 2023, at 1:00 pm in the Family Life Center (FLC). Come and enjoy food, fellowship, and fun. **Please RSVP** Nancy Anderson (931-337-5856) or Melanie Hickman (931-248-7961).

MEISTER MEMORIAL SDA NATURAL REMEDIES SEMINAR: Jan 28, 4 PM

Dr. Andrew Silas, a well-known naturopathic doctor in the North Eastern SDA Conference, will be sharing *"Natural Remedies for Modern Illnesses"* **this Sabbath afternoon** at the residence of Dr. Rachael Agard. The address is 1060 Lewallen Cemetery Road, Sunbright, TN 37872. (Note: In some GPS' "Cemetery" is taken out to find the address.)

All are invited to a potluck lunch at Dr. Agard's. We will try our best to eat by 2 pm CENTRAL. Bring your favorite plant-based dish and a folding chair. Also, feel free to bring a love offering as he is a full-time medical missionary, and this is his sole avenue of income.

For any additional information or questions, please contact:
Dr. Rachael Agard, Health Ministries Leader
Meister Memorial SDA Church
478-718-8329

K-1st Grade Round-Up:

Inez Wrenn School will be having their K-1st Grade Round-Up on **March 2nd**. Please let everyone you know that may be interested in Kindergarten and 1st grade so they can register and we can be prepared. Call the school office at 931-484-3150. Thank you.

March 3-16, 2023 Great Controversy Tour to Europe!

See Daniel and Revelation come alive by visiting Rome and the Reformation sites in the Waldensian Valleys, Switzerland, Germany, and France as described in the Great Controversy! Dr. Gerard Damsteegt, a specialist in church history and prophetic interpretation, will be guiding. Beginning in Rome and finishing in Paris, this tour will give you a new gratitude for God's beautiful providence through the years, and inspire you to prepare for Jesus' coming. A most exciting experience! For more information call 269-815-8624, or email: GCTours@mac.com.

"It is when Christ is received as a personal Savior that salvation comes to the soul." – The Desire of Ages, pg. 556.

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"



CHARCOAL

Charcoal is a material obtained by heating wood or other organic substances in the absence of air (partially burned wood). It becomes "activated charcoal" when this is subjected to steam or at very high temperatures. Activated charcoal has greatly increased surface area on each particle, which increases its effectiveness. Charcoal is used in different forms: powder, capsules, tablets, and patches.

Charcoal Poultice

A charcoal poultice is charcoal powder mixed with water and ground flax seed to form a paste, and applied to the body externally. See instructions below.

WHEN TO USE CHARCOAL

Internal Use:

1. Poisoning cases
2. Gastro-intestinal complaints
3. Bad breath
4. Diarrhea
5. Sore throat

Because effectiveness is reduced by about 50% when taken with meals, charcoal should be taken between meals if possible.

External Use:

1. Infected Wounds or Ulcers
2. Inflammation
3. Insect Bites or Stings
4. Pain

Equipment:

1. Powdered charcoal
2. Warm water, (preferred)
3. Spoon & Deep container
4. Ground flax seed (preferred)
5. Paper towel, or chux
6. Wool cloth (preferred)
7. Plastic wrap
8. Pin or tape

Step to follow:

Handle charcoal carefully. It is very light powder and is easily put in unintended places!! It can be messy. Prepare over a paper towel. It will stain cloth.

1. Mix 1 tablespoon of ground flaxseed and 1 tablespoon of charcoal powder into container. Add just enough warm water to make a paste.
2. Spread a thick layer of paste on a cloth, chux, or paper towel. Leave a clear area near the edges to minimize leakage.
3. Place a paper towel over the poultice the same size as the bottom.

4. Place the poultice over the affected area. If you used a cloth or paper towel, cover with a piece of plastic wrap that extends 1" over all edges. A blue incontinent pad already has plastic on the back side. The plastic is away from the skin.
5. Fasten in place with tape or an elastic bandage or roll of gauze.
5. Leave on 4 to 8 hours. Do not leave on continuously as the constant wet may break down the skin.
6. Rub the area briskly with a cold washcloth after removing the poultice and dry.

| Estimated amount of substance ingested | Amount of charcoal to take if person <i>has not eaten</i> in the last 2 hours | Amount of charcoal to take if person <i>has eaten</i> in the last 2 hours |
|---|---|---|
| 1 teaspoon, or 1 to 2 tablets, or 1 to 2 capsules | 1 to 2 tablespoons stirred in water. Drink this plus 2 more glasses of water | 4 to 10 tablespoons stirred in water. Drink this plus at least 2 more glasses of water |
| 1 tablespoon, or 3 to 5 tablets, or 2 to 5 capsules | 3 to 4 tablespoons stirred in water. Drink this plus 2 more glasses of water | 6 to 15 tablespoons stirred in water. Drink this plus at least 2 more glasses of water |
| Unknown | 1 to 5 tablespoons stirred in water. Drink this plus 2 more glasses of water | 5 to 15 tablespoons stirred in water. Drink this plus at least 2 more glasses of water |

REPEAT ALL DOSAGES IN 10 MINUTES OR IF SYMPTOMS BEGIN TO WORSEN.

Important considerations before beginning

Charcoal is constipating if taken internally. Increasing water intake during use is a must. Drink water!

Use common sense when using charcoal. If a more serious condition does not respond to repeated applications, consulting a healthcare professional may be necessary.