The Colors of Health

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.

www.fruitandveggiesmatter.gov

“In order successfully to carry forward the work to which they (the disciples) had been called, these men, differing in natural characteristics and in habits of life, needed to come into unity of feeling, thought and action.”

Acts of the Apostles, page 20
SEVENTH-DAY ADVENTISTS BELIEVE:
As a people we hold the Bible in supreme regard as the revealer of God’s truth to guide us to salvation. Our love and devotion is rooted supremely in Christ who we worship as our Savior, Creator, Lord and King.

We believe that forgiveness, healing and eternal life are offered freely to all on the basis of what Jesus has already accomplished for us at the cross, and continues to do as He ministers on our behalf in the heavenly sanctuary above. God’s mercy and grace are infinite and are received by faith, to prepare a people for Jesus’ second coming.

The “New Covenant” provides not only forgiveness for sin, but also God’s promise to write His law on our hearts so that our greatest joy will be to do His will. We keep His commandments, not in order to be saved, but because He has already encircled us in His saving arms. His law includes also the fourth commandment Sabbath which invites us to spend a special time of fellowship with God on the seventh day.

We feel compelled as a people to share with a perishing world these messages of God’s love in the context of God’s final judgment - hour message in Revelation 14. Because of our devotion to Christ we joyfully look forward to His soon return in the clouds of heaven when we shall see our Savior face to face.

WELCOME
We’ve been waiting for you! It’s true, because we believe that every person who comes into the circle of this special fellowship was sent by God Himself. It’s not by accident that we have the joy of meeting you. So, above all else we want to express Christ’s love to you with genuine, heartfelt warmth. Our speaker today is Bob Person, the son of past president of the General Conference. Both he and his wife are not only “preacher’s kids” but “missionary’s kids” as well! The Youth and Children’s Sabbath School Classes will be hosting the Potluck and invite you to bring your favorite Italian dishes. Simple fare is always welcome. Many hands make clean up easy and all can participate in the Business Meeting that follows the luncheon.

PRAYER IN SANCTUARY FOLLOWING CHURCH CHURCH IN BUSINESS SESSION TODAY FOLLOWING POTLUCK
NEW ADDRESS FOR CALVIN & VIRGINIA SMITH
Calvin and Virginia are moving to Rogue River, please note their new address: PO Box 1483, Rogue River, Oregon 97537

GAME NIGHT THIS EVENING
So many have enjoyed Game Night that we encourage you to come at 6:30 and bring light snacks. A devotional in the book of Acts will close the Sabbath hours. Game Night will follow sundown worship.

TABLE TENNIS TOURNAMENT MONDAY — 7:00-9:00 PM
PRAYER MEETING — WEDNESDAY — 7:00 PM
DEACON’S MEETING MARCH 28 — 5:30 PM
BE READY! STUDY GROUP
In light of the study assignment given us by Pastor Galvez, (the Bible book of Acts as well as Acts of the Apostles) the Be Ready! Study Group will discontinue until further notice.

WEEK AT A GLANCE
Today
12:30 PM Potluck—Visionary Meeting following
7:39 PM Sunset
3:00 PM Vespers/ Snacks/Games—Fellowship Hall
Monday
7:00 PM Table Tennis Tournament
Tuesday
8:30 AM Exercise Class—Fellowship Hall
10:00 AM Ladies Bible Study—Biegel Classroom
Wednesday
7:00 PM Prayer Meeting—in Secretary’s Office
Thursday
8:30 AM Exercise Class—Fellowship Hall
6:00 PM Pathfinders—Fellowship Hall
Friday
7:45 PM Sunset

Board Chairman
Todd Rigby
541-501-8495

Ch...