

Welcome to Orange Cove Seventh-day Adventist Church

December 21, 2019

We want to extend a warm welcome to all attending today's service. If you're a 1st time visitor, please take a blue visitor bag from the basket in our lobby. We would also like to invite you to join us for fellowship lunch today following the worship service. We hope you will visit again soon!

Sabbath School.....10:00 a.m.
Please ask a greeter to assist you in choosing and/or locating a class.
Worship Service.....11:05 a.m.

WORSHIP SERVICE

Welcome

Opening Prayer

Children Story

Emerson Merriwether

Song Service

#122 Hark! The Herald Angels Sing!

#115 O Come, O Come, Immanuel

Offertory

Song of Meditation

#530 It Is Well With My Soul

Intercessory Prayer

*Hymn #684 – sung after prayer

*"Hear our prayer O Lord; hear our prayer O Lord. Incline
Thine ear to us and grant us Thy peace. Amen"*

Morning Message

Pastor Andre Van Heerden

Closing Song

#125 Joy To The World

Benediction

Please be seated after the benediction; deaconess will dismiss by rows

**** Please turn cell phones off or place on vibrate ****

**Please be reverent and keep all conversation outside of the
Sanctuary – This is the house of the Lord.**

*** ANNOUNCEMENTS ***

Today's loose offering: **LOCAL CHURCH BUDGET**

December Totals: Tithe \$6,612.31 Offering \$3,210.80

Church Budget: \$5,000/mo

NOTE: Offering given to support the church should be marked on the tithe envelope "Church Budget." Tithe goes to the Florida Conference.

During this season of giving, please consider donating blood, platelets or plasma! Contact One Blood to find a donation site or event near you. Jesus gave his blood for us, we should give blood to help save others, if possible.

Deaconess Meeting during potluck today. Please bring your handbook. See Sharon Merriwether for details.

Bible Studies in the home of Gene & Janet Hall on Tuesdays @ 10:00 am. For details call 904-264-8143. **NOTE: THERE WILL BE NO STUDIES THE REST OF 2019. STUDIES WILL RESUME 2020**

Food Pantry - Open Wednesdays from 4-6p and Friday from 4-5 pm. If anyone is interested in volunteering for the food pantry, please see Brenda Haas.

Prayer Meeting - Wednesdays @ 7:00 pm in the Learning Center. Please join our prayer warrior group for intercessory prayer and to pray together. **NOTE: THERE WILL BE NO PRAYER MEETING Wed 12/25/19 or 1/1/20**

Sabbath ends this evening at 5:31 pm

*** UPCOMING EVENTS ***

- Dec 21 Deaconess meeting during potluck
- Dec 21 Children's choir 1:30 / Youth choir 2:00
- Dec 27 Sabbath begins at 5:34 pm**
- Dec 31 New Year's Eve Vespers 5:00 pm
- Jan 4 Bible Discussion in Learning Ctr 1:45
- Jan 4 Children's choir 1:30 / Youth choir 2:00
- Jan 9 Church Board meeting
- Jan 11 Lunch & Learn parents discussion during potluck
- Jan 11 Youth night 7:00 pm
- Jan 18 Children's choir 1:30 / Youth choir 2:00

SERMON NOTES

HEALTH NUGGET

Ginger is among the healthiest (and most delicious) spices on the planet. It is loaded with nutrients and bioactive compounds that have powerful benefits for your body and brain. It is high in gingerol, a substance with powerful anti-inflammatory and antioxidant properties.

This area of research is relatively new, but ginger may have powerful anti-diabetic properties. In a recent 2015 study of 41 participants with type 2 diabetes, 2 grams of ginger powder per day lowered fasting blood sugar by 12%. It also dramatically improved HbA1c (a marker for long-term blood sugar levels), leading to a 10% reduction over a period of 12 weeks.

Ginger does not have an immediate impact, but may be effective at reducing the day-to-day progression of muscle pain. These effects are believed to be mediated by the anti-inflammatory properties.

Source: healthline.com



Amanda McGhee, Jim Heinssen, Al & Beti Norris, Baby girl Baez, Tim St.Onge, Kathy Parker, Mrs. Bush, John Ramey, Shirley & Joe Sanders, John Stauder, Dianne Ledbetter, Ohilda Escartin, Debra Riggs and Rose Kelly.

Church officers

| | | |
|----------------|----------------------|--|
| Pastor | Andre' Van Heerden | relevantlivesolutions@hotmail.com 904-213-7906 / 305-395-0912 |
| Head Elder | TBD | |
| Elder | David Merritt | dmerritt@leighlaw.com |
| Elder | Bennie Holton | bennieholton@yahoo.com |
| Elder | Emerson Merriewether | slingerland422@yahoo.com |
| Treasurer | Alefiaw Washington | alefiaw@gmail.com OCSDATreasurer@gmail.com |
| Clerk | Oberde David | oalincin@yahoo.com 561-251-6731 |
| Head Deacon | Darrel Washington | washington47_dw@gmail.com 843-425-9501 |
| Youth Director | Milan Kurucev | milanjax@gmail.com |
| SS Super | Sharon Merriewether | singingartiste1@hotmail.com 904-708-3687 |
| Safety Officer | TBD | |

SIN IS EXPENSIVE

Sin is expensive. Incredibly expensive. The price isn't paid in cash, though. It is paid in mental, emotional, and spiritual pain. God didn't create an arbitrary list of "DOs" and "DONTs" to see if we could follow them. No, He laid out a set of essential guidelines for living in the Bible for us to follow. His anger towards lying, stealing, cheating coveting, murder, jealousy and pride is because all of these actions destroy relationships.

Everything that the Bible labels as sin is something that God is trying to protect us from. His desire is love, peace, grace, and harmony with Him and all of creation. Sin is our defiant rejection of this in an effort to satisfy our own selfish desires.

---author unknown



Orange Cove SDA Church

*"Adopting people into God's family of Grace,
One person at a time."*

We are located at:
4501 Highway 17 South
Fleming Island, FL 32003
(904) 269-2607

We can also be found at:
<http://www.orangecovesda.org/>
<https://www.facebook.com/orangecovesda>
<https://www.youtube.com/user/orangecovesda/>

Online Giving: www.orangecovesda.org.
Look for the tithe envelope or click on the "Online Giving" link.

**Please submit future bulletin information to Brenda Haas by
6:00 pm Wednesday by calling, texting, or email to:
904-891-6207 or OCSDA@grizzlyrabbit.com.**

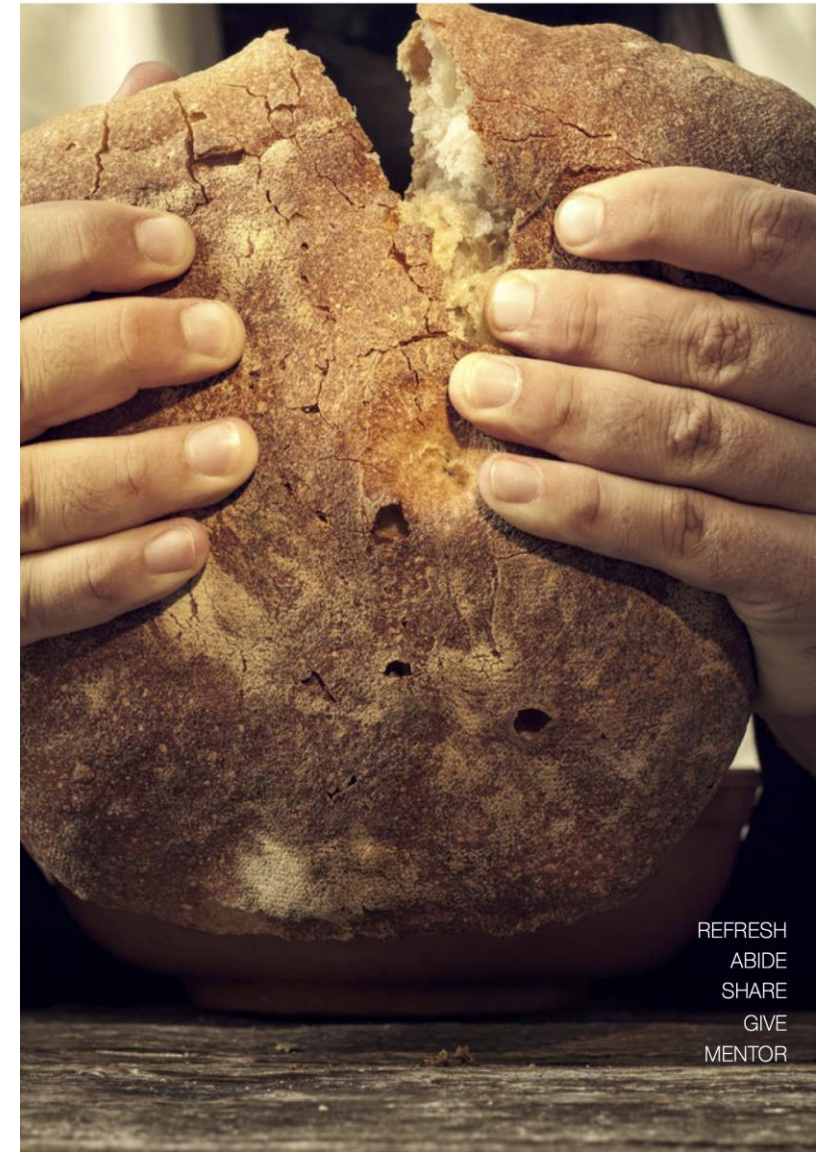
View or download Sabbath School Lessons at
<http://ssnet.org/study-guides/>

Adult Class
Kindergarten
Junior Class
Cradle Roll
Baptism Class

Sanctuary
Fellowship Hall 2nd Room
Fellowship Hall 3rd Room
Fellowship Hall 6th Room
Behind platform/baptistry

Welcome to Orange Cove Seventh-day Adventist Church

"I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world." John 6:51



REFRESH
ABIDE
SHARE
GIVE
MENTOR