

January 30, 2016

Worship Service

11:05

Welcome & Meet 'n Greet

Opening Prayer

Children Story

Song Service

Offering Prayer

Song of Meditation

Intercessory Prayer

Morning Message

Pastor André Van Heerden

"Follow Me Living with Authority"

Part 4 of "Follow Me" Series

≈ Please turn cell phones off or place on vibrate ≈

≈ Please be seated after the benediction – you will be ushered out ≈

If you desire special prayer please remain in the sanctuary after service

Today's Announcements:

You're invited:

Guest & visitors please join us for fellowship lunch today, immediately following service in the Fellowship Hall. We would love to share food, fun & faith with you.

- ❖ **Today's Loose Cash Offering is for: Elementary Education Endowment**
- ❖ Fellowship Lunch Host: Kitchen Helpers Needed
- ❖ Sunset Today 6:00
- ❖ Today is the 5th Sabbath – No afternoon Activities

Save the Date....Event Calendar & Announcements

- Feb 06 1:45 Q&A Study Group in the Learning Center
- Feb 11 7:00 pm Church Board Meeting
- Feb 13 2 pm Outreach ministry
- Feb 20 1:45 Q&A Study Group in the Learning Center.
- Feb 20 Nursing Home Music Ministry – Kathy Parker
- Feb 27 2-3:30pm Outreach ministry
- Feb 28 12:00 Church Meet & Greet

First Reading: The board has nominated Sharon Merriewether as Sabbath School Superintendent.

Automated Text Messaging – The Pastor wishes to use automated text messaging to send encouraging text messaging urgent church related updates to you. Please text the word ALERT to the phone number 22300 to subscribe. Thank you so much.

Sabbath School: Teachers Needed! Please contact Pastor André (904) 213-7906.

Church Family "Meet & Greet" - You are invited to meet and greet new members, existing members and members who have been away. Every 4th Sunday, 12:00pm, Sweet Tomatoes, Wells, Rd, Orange Park.

Forest Lake Academy Open House - February 21 & 22, 2016

Learn more about Forest Lake Academy from faculty, students, alumni, and administrators at our annual Open House on Sunday and Monday, February 21 & 22.. The program begins Sunday at 12:30 p.m. in front of the Schmidt Auditorium, includes a guided tour of the campus, presentations by each of our departments, and a time to eat dinner and visit with faculty and current students. Please let us know you are coming by registering at www.forestlakeacademy.org/admissions/view-fla For more information, please call Alison Prusia at 407-772-3754 or email her at Prusiaa@forestlake.org

Marriage Workshop: March 4, 5 2016 (Friday 6-9 pm; Saturday 1-6 pm) at Jacksonville First Church. Cost is \$99 per couple (\$99 single) to attend. Purpose of the workshop is twofold: Marriage Enrichment and Certification to become a marriage Coach/mentor. If interested in becoming a marriage coach, will have to stay for an extra hour on Saturday. www.youtube.com/watch?v=BTSqwWcU86c

Weekly/Monthly Ongoing Calendar Events

- ~ Food Pantry: Wed 4-6p and Fri 4-5: Food
- ~ Third Thursday: Men's Ministry Gathering contact Paul Ross 982-4892.
- ~ First & Third Sabbath: Q&A Study Group in the Learning Center 1:30 pm
- ~ First & Third Sabbath: Children Choir 1:30 – 2:15
- ~ Second & Fourth: Adult Choir Practice 1:30-2:30
- ~ Third Sabbath: Nursing Home Ministry - Kathy Parker (904) 923-5297
- ~ Fourth Sunday: 12:30p Church "Meet & Greet" Sweet Tomatoes, Wells Rd
- ~ Tuesdays: 10 am Bible Study Gene & Janet Hall's Home. Info please contact Janet Hall 904-264-8143 or Pat Foster 904 272-1177.
6:30pm CREATION Health classes at the Barco-Newton Family YMCA, Fleming Island.

Health and Devotion

Diabetes and heart disease often go hand in hand, yet the relationship between them remains unclear. What is clear is that there are many complex factors. "People with diabetes often experience blood vessel changes leading to cardiovascular disease," "Vessel linings may become thicker, making blood flow more difficult." With diabetes there's a tendency for blood cells to clump, forming clots. A clot to the heart may cause a heart attack, while a clot to the brain may cause a stroke.

PROTECTING THE HEART Staving off cardiovascular disease consists of preventing further damage to heart and blood vessels. "The best prevention is keeping a sharp eye on cholesterol levels, blood pressure and glucose levels," Patients can get this support from their physician. These measures involve lifestyle changes including diet, exercise, stress management and smoking cessation; medications controlling blood sugar, blood pressure and cholesterol; and possibly daily aspirin to ward off clots.

ONE PATIENT'S EXPERIENCE In 1981, Bruce Arrow of Orlando, now 69, developed chronic pancreatitis (inflammation leading to permanent deterioration of the pancreas). He learned his badly damaged organ might not be able to produce enough insulin, which could lead to diabetes. Nine years later, Bruce developed the condition. "I didn't have any symptoms or need medication," Bruce remembers. But his health concerns were far from over. A competitive athlete, Bruce knew something was wrong when he couldn't run or play golf without experiencing shortness of breath. That's when he was diagnosed with coronary heart disease, 14 years after his diabetes diagnosis. "Several major arteries were blocked, and I needed coronary bypass surgery," Dr. George Palmer, MD repaired six arteries. "Seven months later, I skied in Utah and nine months later, I completed a race in Illinois," says Bruce, whose diabetes is under control with diet, medication and exercise.

WHAT CAN I DO? Get educated about diabetes and learn how to control it.

Reach a healthy weight. Being overweight is a risk factor for heart attack and stroke. Get at least 30 minutes of physical activity daily. Exercising can help you lose weight and lower blood pressure.

Eat foods low in saturated fats, trans fats, cholesterol, salt and added sugars. Don't smoke. It's a major risk factor for heart attack and stroke.

Take medications as directed. Ask your doctor about taking daily aspirin.

Ask family and friends to help you manage your diabetes. A little support goes a long way.

See more at: <https://www.floridahospital.com/blog>

Devotional Thought: Come to Me for Life

This devotional is brought to you by Pacific Press® Publishing Association

It is possible to memorize a few important passages from the Scripture and yet overlook their most important truth. Religious leaders in Jesus' day became experts in what the Scriptures said. Tragically, in their lifelong quest for biblical knowledge, they missed the whole point of God's Word. Jesus said, "You search the Scriptures, for in them you think you have eternal life; and these are they which testify of Me. But you are not willing to come to Me that you may have life" (John 5:39, 40).

The purpose for reading the Bible is not just to gain more information. Nor is it just to learn more about Jesus. Rather, Jesus says that the reason we should study the Scriptures is to come to know Him personally.

FROM The Radical Teachings of Jesus by Derek J. Morris, p. 36.

Pastor's Availability

Pastor André Van Heerden is available to all church members and guests for consultation and/or counseling by appointment or home visitation. Please call his cell phone: (305) 395-0912 or (904) 213-7906. Pastor André will also be available by appointment at the following times: Sabbaths after the worship service or after the fellowship lunch. The Pastor usually does home/hospital visitations on Sabbath afternoons and Wednesday during summer months.

Member's Corner

Please Pray for:

Mary Shelly	Robert/Andrew Haas	Andy Hansen & Family
Mrs. Bush	Yura & Pasha	John Ramey
Charlie & Kathy Parker and son Chuck	Will Lee & Grandmother	James Johnson and his mother
Pam Batson	Donna Pendrey	Ronald Buddha Aunt
Mary Ledbetter	Fred Sheckles	Reginald & Anna
Norris Family	Gene & Janet Hall	Jerry and Tyler

Happy Birthday February Babies:

09 Brenda Haas	15 Andrew James	20 Phyllis James
23 Tim Edwards		

Treasurer's Corner

Thanks for contributing to the local church budget! "Tithe goes to conference only envelopes marked church budget stay in the local church for upkeep and church maintenance." Offering given to support the church should be marked on the tithe envelope "church budget."

** Please do not fill in the last two lines on the Tithe envelope Leave blank everything after the heading "Below Line For Treasurer Use" Thank you.

Online Giving: Please go to www.orangecovesda.org. Click on the "Online Giving" link To contact the treasurer via email ocsdatreasurer@gmail.com

December Budget	Rec'd: \$5216.1	Over: \$216.10
<i>Church Budget</i> \$5000.00	Amount received	<i>Amount needed:</i>
Jan 02	\$1,892.37	\$3,107.63
Jan 09	\$3,561.44	- \$453.81
Jan 16	\$1,019.57	- \$1,473.38
Jan 23	\$ 639.00	- \$2,112.38
Jan 30	\$0.00	\$0.00

**Incoming funds over budget will go to boost evangelism and church ministries*

Orange Cove SDA Church

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

4501 Highway 17 South (904) 269-2607
Fleming Island, FL 32003 www.orangecovesda.org

Sabbath School - 10:00 am

Please ask a greeter to assist you in choosing and/or locating a class
View or download Sabbath School Lessons at <http://ssnet.org/study-guides/>

Adult Class	Sanctuary
Young Adult & Youth Class	Youth Room – Fellowship Hall
Seeker Study & Application Discussion Group	Fellowship Hall Main Area
12 Step Recovery Class	Learning Center
Primary	Portable
Kindergarten	Fellowship Hall 2 nd Room
Junior Class	Fellowship Hall 3 rd Room
Cradle Roll	Fellowship Hall 6 th Room
Early Teen	Mother's Room (In Church Lobby)

Orange Cove Core Values: To Be a Mature Disciple...

1. Refresh: Be "Refreshed" by the baptism of the Holy Spirit moment by moment. "For John truly baptized with water, but you shall be baptized by the Holy Spirit not many days from now." Acts 1:5. Jesus dwells in the hearts of His Children through His Spirit. By asking Him, after receiving forgiveness, the Holy Spirit comes and lives in us—His holy temples.

2. Abide: Jesus said, "I am the Vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me, you can do nothing." John 15:5. It is through the Word that Christ abides in His followers. Spending time alone with God before the day starts in Bible study, prayer and meditation gives Divine power and strength through the Spirit to those who do it.

3. Share: The example of the early Christian Church in Acts 2 demonstrates how God intended for believers to meet together in church (large groups) and homes (small groups). Meeting together & sharing, ingrains the truth of God's Word and the teachings of Jesus in the believers' lives.

4. Give: God invites all His disciples to give of their time and their means to further His Kingdom. "Do not lay up for yourselves treasure on earth . . . lay up for yourselves treasure in heaven." Matt 6:19. Giving allows a disciple to participate in God's Holy Nature and neutralize the selfish tendencies within his or her sinful nature.

5. Mentor: The great controversy between good and evil is fierce and complex. God ordained believers to encourage, support and care for one another in close, "family-like," relationships. Every disciple should be mentored by a more mature, experienced disciple and should, in turn, mentor a less experienced younger disciple than themselves. This process solidifies the experience of each disciple.

Church Leaders and Officers

Andre Van Heerden <i>Pastor</i>	904-213-7906/305-395-0912 relevantlivesolutions@hotmail.com
Bridget Edwards <i>Head Elder</i>	(904) 317-5316 or Heleadifollow@gmail.com
Jillian Buddha <i>Church Clerk</i>	jillian.buddha@gmail.com
Ronald Buddha <i>Assistant Head Deacon</i>	(904) 466-0051 ronald.buddha@gmail.com
Gene Hall <i>Treasurer</i>	(904) 264-8143 or QCSDATreasurer@gmail.com
<i>Youth Ministry Leader</i>	<i>In process</i>
Paul Ross <i>Men Ministry</i>	904 982-4892 or Ross304@bellsouth.net

Orange Cove SDA Church

Pastor:
André Van Heerden

January 30, 2016



Reflects the core values that Seventh-day Adventist are committed to:

- ⇒ The Open Bible: forms the base of the design and represents the Biblical foundation of our beliefs. It is portrayed in a fully opened position suggesting full acceptance of God's word as one reads, studies, and puts into practice.
- ⇒ The Cross: central to the Biblical message is the Cross which represents the gospel of salvation and is positioned in the center of the design to emphasize Christ's sacrifice, which is the central theme of our faith.
- ⇒ The Flame: the shape formed by three lines encircling an implied sphere. The lines represent the three angels of Revelation 14 circling the globe and our commission to take the gospel to the entire world. The overall shape forms a flame symbolic if the Holy Spirit, the messenger of Truth. The flame suggests a continued upward momentum symbolizing the resurrection and ascension to heaven at Christ's second coming, the ultimate focus of our faith.