

July 16, 2016 **Order of Service** 11:05

Welcome & Meet 'n Greet
Opening Prayer
Children Story
Song Service
Offering Prayer
Song of Meditation
Intercessory Prayer**
Morning Message
Dianne Ledbetter
Closing Song:

***Song after Intercessory Prayer:*

Turn your eyes upon Jesus, look full in His wonderful face; And the things on earth will grow strangely dim In the light of His glory and grace.

≈ Please be seated after the benediction – you will be ushered out ≈
If you desire special prayer, please remain in the sanctuary after service
≈ Please turn cell phones off or place on vibrate ≈

Notes:

Save the Date.... Event Calendar & Announcements

❖ *Visitor & Guest, please join us for Fellowship Lunch today!*
❖ **Today's Loose Cash Offering is for: Women's Ministry**
Sunset Today 8:32

Today 1:30 Church Choir Practice
Today 1:45 Q & A Bible Study and Discussion
Jul 23 Outreach Ministry
Jul 24 12:00 Church Meet-n-Greet Lunch
Jul 25-29 Vacation Bible School

Vacation Bible School: Dates: July 25, 2016 - July 29, 2016; Time: 6:00pm - 8:00pm. To register go to our website and click on the new tab.
Volunteers Needed please see Liz for details



Church Sign: Many have express their thoughts concerning our church sign. Most believe it to be outdated, inadequate lighting, unattractive and cannot be seen from the road. The church board has listened and heard your concerns. The board has researched and found a sign that would meet our needs. We are looking to raise \$15,000 toward the purchase of the new sign.



Weekly/Monthly Ongoing Calendar Events

~ Food Pantry: Wed 4-6p and Fri 4-5: Food
~ 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 Familv YMCA. Fleming Island.

Health and Devotion

SLEEP AWAY Stress

Which came first, sleep deprivation causing stress, or stress causing lost sleep? Just lying awake, having those familiar thoughts, "If I fall asleep now, I can still get X hours of sleep before my alarm!" This kind of anxiety about falling asleep is part of the sleep-stress cycle that has us lying awake at night.

LACK OF QUALITY SLEEP CAUSES STRESS SUCH AS:

- Irritability
- Motivation loss
- reduced patience

HIGH STRESS GETS IN THE WAY OF QUALITY SLEEP WHEN:

- Minds race instead of shutting down at night.
- being overly worried doesn't allow the sympathetic nervous system to shut down.
- This cycle of sleepless nights makes you more stressed, so you can't sleep!

TIPS TO RELAX THE MIND AND BODY, TO TAKE THE BRAIN OUT OF OR AVOID GOING INTO OVERDRIVE:

- To clear your mind, make a list of everything that is concerning you, or your to-do's, rather than running through everything in your head.
- Essential Lavender – this scent relaxes the body and calms the mind. Smell the scent, add to a warm bath or add to tea.
- Develop your own sleep ritual. Do the same things at the same time to get ready for bed each night, as a routine to settle down.

Starting every day with a good night's sleep will help to battle stress and improve resiliency.

"The greatest weapon against stress is our ability to choose one thought over another." ~ William James

Devotional Thought: He Has Overcome

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

We are fighting against an enemy that Christ has already overcome. We are never alone. Satan cannot endure to have his powerful rival appealed to, for he fears and trembles before His [Christ's] strength and majesty. At the sound of fervent prayer Satan's whole host trembles... And when angels, all-powerful, clothed with the armory of heaven, come to the help of the fainting, pursued soul, Satan and his host fall back, well knowing that their battle is lost. (Messages to Young People, p. 53).

Cry unto the Lord, tempted soul. Cast yourself, helpless, unworthy, upon Jesus, and claim His very promise. The Lord will hear. He knows how strong are the inclinations of the natural heart, and He will help in every time of temptation.

FROM Knowing Jesus is Everything by Aleiandro Bullon, pp. 51, 52.

Prayer List

Norris Family
 Turner Family
 Mary Ledbetter
 Mrs. Bush
 Haas Family
 Joan Lee
 Clay Demedeiros
 Ross Family
 Yura & Pasha
 John Ramey
 Donna Pendrey
 Cathleen Mann
 Tangela Parker & Family
 Andy Hansen & family
 Kathy Parker & Family

July Birthdays

10 James Johnson
 11 Clifford Guerrier
 11 Lucy Florio
 14 Kristina Lazenby
 16 Noah James
 22 Dominique Yhap
 29 Kiara Edwards
 30 Dock Woodard



Orange Cove SDA Church

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

4501 Highway 17 South
 Fleming Island, FL 32003
 (904) 269-2607

<http://www.orangecovesda.org/>
<https://www.facebook.com/orangecovesda>
<https://www.youtube.com/user/orangecovesda/>

Treasurer's Corner

Thanks for your contribution. 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. Treasurer email ocsdatreasurer@gmail.com

June Budget	Rec'd: \$5,646.97	Overage: \$646.97
<i>Church Budget \$5000.00</i>	<i>Amount received</i>	<i>Amount needed:</i>
July 02	\$1,217.32	\$3,782.68
July 09	\$0.00	\$0.00
July 16	\$0.00	\$0.00
July 23	\$0.00	\$0.00
July 30	\$0.00	\$0.00

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/>

12 Step Recovery Class	Learning Center 9:30 am
Adult Class	Sanctuary
Young Adult & Youth Class	Youth Room – Fellowship Hall
Seeker Study Discussion Group	Fellowship Hall Main Area
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...

- 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.
- 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.
- 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.
- 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.
- 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.

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