

Welcome & Meet 'n Greet

Opening Prayer

Children Story

Song Service

#75 The wonder of It All

#229 All Hail the Power of Jesus' Name

Offering Prayer

Song of Meditation

#487 In the Garden

Intercessory Prayer\*\*

Morning Message

Pastor André Van Heerden

Sermon Series: "Free from Fear" John 14 Part 9

Closing Song: #538 Guide Me, O Thou Great Jehovah

\*\*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:

Blank lines for notes.

❖ Visitor & Guest, please join us for Fellowship Lunch today!

❖ Today's Loose Cash Offering is for: Florida Advance

Sunset Today 5:47

Jan 14 Outreach Planning Meeting

Jan 21 1:45 Q & A Bible Study and Discussion

Jan 22 1:00 pm 5K River Run

Feb 04 Connection Class: Art

Feb 12 1:15-1:45 Adventist Bookmobile Deliver to Orange Cove

5K River Run

The four Florida Conference SDA Churches in Jacksonville have come together to reach the city in various ways. 5K River Run on January 22nd at 1pm - An event to raise funds for the YMCA and mingle with our community. Come out and participate in a fun event for the whole family. Volunteers are also needed. To register, see info on the flyer. To volunteer, call Pastor Jonathan Peinado on 352.497.8930.

Also, Pastor Jonathan needs volunteers this Saturday night at the Mandarin Church to pack the info bags for the race. If you can help, please call him for more details.

If you would like to donate to this event in addition to the church budget please mark your tithe envelope 5K River run.

Sabbath School: S.O.S (Save Our Sabbath School)

Sabbath School teachers needed. Please pray for God's guidance for our children SS classes. We need you to get involved and help. For more information please contact Sharon Merriweather, Pastor Andre or Elder Bridget.

2017 Men's Covention Boots on the Ground is the theme of the 2017 Florida Conference Men's Convention. You cannot miss this convocation from our Commander-in-Chief. Make your plan to be with us March 10-12, 2017 at Camp Kulaqua. See you there. Event Cost: \$31.00-\$236.75 depending on meal and accommodation choice. REGISTER BY JANUARY 16 for a \$25 discount on accommodations. Register:

http://www.ultracamp.com/info/sessionDetail.aspx?idCamp=9&idSession=134268&campCode

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
~ Third Sabbath: Nursing Home Ministry - Kathy Parker (904) 826-9201
~ 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.

The Time Has Come To QUIT

Unhealthy behaviors can often be disguised as our way of "unwinding;"but what happens when they get to be a little too regular?

We often think of unhealthy behaviors as more obvious things like smoking cigarettes but they could be hiding in our more "passive" indulgences. What do you do when it's time to cut back or quit?

Have a goal. If you feel you've been "unwinding" too much with unhealthy behaviors or unhealthy foods, have a specific goal. Maybe that goal is allowing yourself to indulge only on weekends, or maybe it is having a "dry month" to reset your habits. Whatever your goal is, make sure it is specific and lay out a plan.

Don't overwhelm yourself. If you have more than one unhealthy habit and copes with stressful situations by indulging in unhealthy eating habits, don't quit both at the same time. Start with one behavior. Once you put the first goal behind you, it will be much easier to move on to the second one.

Hold yourself accountable. Let a friend or family member know what you are doing, and ask them to hold you accountable. Make sure they keep you focused on one goal at a time and encourage you when you need it. The support will help you to be strong when the process gets difficult. Hold yourself accountable as well!

Ask for help. If you don't think you can do it on your own, ask for help. Reach out to a professional, call a hotline or consult your doctor. Having the guidance of a professional will help you avoid becoming overwhelmed.

Although it takes commitment, realizing you have to make healthier decisions is the first step in focusing on your wellness.

Devotional Thought: In His Strength
This devotional is brought to you by Pacific Press® Publishing Association
The enemy cannot make us sin against our will. The tempter can seek to trick us with bright lights, fame, money or anything. But he cannot contaminate us against our will. If we fall into temptation, it is because we consented.
"However great the pressure brought to bear upon the soul, transgression is our own act. It is not in the power of earth or hell to compel anyone to do evil. Satan attacks us at our weak points, but we need not be overcome. However severe or unexpected the assault, God has provided help for us, and in His strength we may conquer (Patriarchs and Prophets, p. 421). When the temptation comes, try to think about something else. The battle is to occupy the mind. Therefore, fill your mind with biblical promises. Every time a temptation surfaces, ask for divine help, sing a song, or repeat a Bible verse. If your mind is occupied with such things, it will have no space for temptation.
FROM Knowing Jesus is Everything by Alejandro Bullon, pp. 47, 48.

**Prayer List**

Norris Family  
 Turner Family  
 Mary Ledbetter  
 Mrs. Bush  
 Clay Demedeiros  
 Andrew Haas  
 Priscilla  
 Ross Family  
 Shirley & Joe Sanders  
 John Ramey  
 Donna Pendrey  
 Cathleen Mann  
 Bill & Will Lee  
 Andy Hansen & family  
 Kathy Parker & Family  
 Residents, parents, staff of Arc Village

**January Birthdays**

02 Keisha Sirmans  
 03 John Stauder  
 05 Melissa Merritt  
 10 Joshua Sirmans  
 13 Amari Williams  
 15 Andrew James  
 10 Betty Norris  
 11 Tamika James  
 11 Andre Van Heerden  
 16 Jerdine Guerrier  
 18 Ayana Sirmans  
 18 Johnny Crosby  
 18 Heather Clark  
 19 Wanda Ramirez  
 21 Fedly Guerrier  
 25 Paul Kapusta  
 28 Dianne Ledbetter

**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](http://www.orangecovesda.org). Click on the "Online Giving" link. Treasurer email [ocsdatreasurer@gmail.com](mailto:ocsdatreasurer@gmail.com)

December Budget	Rec'd: \$6,894.74	Overage: \$1,894.74
Church Budget \$5000.00	Amount received	Amount needed:
Jan 07	\$2,979.25	\$2,020.75
Jan 14	\$0.00	\$0.00
Jan 21	\$0.00	\$0.00
Jan 28	\$0.00	\$0.00
<b>Church Sign Totals</b>	<b>\$6,262.69</b>	<b>\$8,737.31</b>
<b>Food Packing Event</b>	<b>\$326.81</b>	

<i>Pastor</i> André Van Heerden <a href="mailto:relevantlifesolutions@hotmail.com">relevantlifesolutions@hotmail.com</a>	<i>Head Elder</i> Bridget Edwards <a href="mailto:Heleadfollow@gmail.com">Heleadfollow@gmail.com</a>
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Paul Ross - <i>Men Ministry</i> <a href="mailto:Ross304@bellsouth.net">Ross304@bellsouth.net</a>	Sharon Merriewether <i>Sabbath School Superintendent</i> <a href="mailto:singingartiste1@hotmail.com">singingartiste1@hotmail.com</a>



**Orange Cove SDA Church**

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

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

**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 <sup>nd</sup> Room
Junior Class	Fellowship Hall 3 <sup>rd</sup> Room
Cradle Roll	Fellowship Hall 6 <sup>th</sup> 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.

