

Welcome & Meet ‘n Greet

Opening Prayer

Children Story

Song Service

#249 Praise Him! Praise Him!

#6 O Worship the Lord

Offering Prayer

Song of Meditation

#329 Take The World but Give Me Jesus

Intercessory Prayer\*\*

Morning Message

*Pastor André Van Heerden*

Closing Song: #554 O Let Me Walk With Thee

*\*\*Song after Intercessory Prayer:*

*#684 Hear our prayer, O Lord, Hear our prayer, O Lord; Incline Thine ear to us, And grant us Thy peace. Amen.*

≈ 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:**

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

❖ **Today's Loose Cash Offering is for: Local Church Budget**  
Sunset Today 7:45

- Apr 01 1:30 Children Choir
- Apr 03 7:00 pm Dinner with a Doctor
- Apr 08 Outreach Planning Meeting
- Apr 09 1:15-1:45 Adventist Bookmobile at Orange Cove
- Apr 12 10 am Women's Support Group
- Apr 13 7:00 pm Church Board Meeting
- Apr 15 1:45 Q & A Discussion Group
- Apr 15 1:30 Children Choir
- Apr 22 Outreach Ministry
- Apr 26 10 am Women's Support Group

**Dinner with a Doctor:** Join us Monday at 7:00 pm for dinner and insightful information on health. For more info contact Andrea Richardson 904-502-8545.

**Note from Head Deacon:** Good morning Church Family and Happy Sabbath! As we enjoy our Fellowship Luncheon today, please have all children 17 and younger assist as needed in the kitchen, in the Fellowship Hall dining area, and outside with clean up and trash removal efforts. Their assistance is vital as is your support for this.

**The Women Support Group:** First meeting is March 15<sup>th</sup>. Will be meeting every other Wednesday at 10 am. Join us in doing arts and crafts to be donated to the homeless and Orange Cove SDA sponsored Nursing Home. We will also be making shoe boxes for the homeless. Any thing you can donate would be appreciated. We are in need of shoe boxes, soap, shampoo and conditioner (hotel size collection). Contact: Janet Hall, Pat Forester or Sharon Merriweather.

**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.

Physical Exercise For Emotional Strength

We all know that regular exercise can make us physically strong. However, regular exercise can also make us emotionally solid. You can ease depression and anxiety by getting physical. If you have ever worked out when in a bad mood, you have probably seen this in action. So, what does exercise do for us emotionally?

- ✓ *Releases chemicals that make you feel good.* Just a 30-minute walk around your neighborhood can release feel-good chemicals in your brain.
- ✓ *Gives you a boost of energy and promotes sleep.* With oxygen flowing through your body, your heart and lungs work more efficiently. This makes you feel better and allows you to get through the day. When the day is over, you'll sleep more soundly, repairing you physically and emotionally.
- ✓ *Serves as a healthy distraction.* When you have a lot on your mind, a yoga class, walk or time at the gym can offer a distraction from your thoughts. Instead of turning to alcohol, food or drugs, exercise is a great way to cope. For many people, this time is their "safe space." In addition, going to classes or the gym will encourage you to socialize, creating a supportive, positive environment.
- ✓ *Boosts your immune system.* When you feel better physically, you feel better emotionally. If you are feeling sick, it can add to feelings of depression and anxiety.

Physical strength is a great benefit of exercise, but emotional health is just as important. If you commit to 75 minutes of vigorous exercise or 150 minutes of moderate, you will surely feel the emotional rewards.

Wise and Well, February 2017

**Devotional Thought: Knowing God**

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

We often fool ourselves into thinking that serving God is the equivalent to knowing God. But it is not! God is calling us to be with Him and know Him before we go and serve Him (see Mark 3:14). We cannot give to others what we have not received ourselves sitting at His feet. Nothing is so important in our lives that it's worth holding on to at the risk of losing our own souls.

Ellen White warns, "Beware how you neglect secret prayer and a study of God's Word. These are your weapons against him who is striving to hinder your progress heavenward." MYP 96.

FROM Daring to Ask For More by Melody Mason, p. 108.

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

April Birthdays

06 Lyla Smith  
 09 Juliet Van Heerden  
 11 Ronald Buddha  
 16 Paul Ross  
 22 Emerson Merriwether  
 25 Jason Sirmans  
 25 Ellouise Silva



**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/>

# Orange Cove SDA Church

**Pastor:**  
**André Van Heerden**

**April 1, 2017**



**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)

March Budget	Rec'd: \$8,284.80	Surplus: \$3,248.80
<i>Church Budget \$5000.00</i>	<i>Amount received</i>	<i>Amount needed:</i>
Apr 01	\$0.00	\$0.00
Apr 08	\$0.00	\$0.00
Apr 15	\$0.00	\$0.00
Apr 22	\$0.00	\$0.00
Church Sign Totals	\$7,682.69	\$7,317.31
Food Packing Event	\$326.81	

**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...**

- 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.

<i>Pastor André Van Heerden</i> <a href="mailto:relevantlivesolutions@hotmail.com">relevantlivesolutions@hotmail.com</a>	<i>Head Elder Bridget Edwards</i> <a href="mailto:Heleadlfollow@gmail.com">Heleadlfollow@gmail.com</a>
<i>Elder David Merritt</i> <a href="mailto:dmerritt@kleighlaw.com">dmerritt@kleighlaw.com</a>	<i>Elder Bennie Holton</i> <a href="mailto:bennieholton@yahoo.com">bennieholton@yahoo.com</a>
<i>Paul Kapusta - Head Deacon</i> <a href="mailto:paul.kapusta@lhd7.navy.mil">paul.kapusta@lhd7.navy.mil</a>	<i>Elder Emerson Merriwether</i> <a href="mailto:slingerland422@yahoo.com">slingerland422@yahoo.com</a>
<i>Church Clerk - Jillian Buddha</i> <a href="mailto:jillian.buddha@gmail.com">jillian.buddha@gmail.com</a>	<i>Treasurer Gene Hall</i> <a href="mailto:QCSDATreasurer@gmail.com">QCSDATreasurer@gmail.com</a>
<i>Paul Ross - Men Ministry</i> <a href="mailto:Ross304@bellsouth.net">Ross304@bellsouth.net</a>	<i>Sharon Merriwether</i> <i>Sabbath School Superintendent</i> <a href="mailto:singingartiste1@hotmail.com">singingartiste1@hotmail.com</a>

- 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.