

Education Financial Assistance for 2022-2023 School Year

The Crossville Seventh-day Adventist church family has been dedicated to providing Christian education throughout the years. Crossville members have donated time and money to help see that our children experience Jesus in the classroom. Students who attend our schools have the opportunity to experience the love of Christ in the classroom with encouragement to commit their lives to Jesus. Thank you for your commitment and generosity. To make a donation to any of our school's accounts, please be sure to mark your tithe envelope "**Inez Wrenn WS, Academy WS, or Student Evangelism.**" Or, for your convenience give online: <https://adventistgiving.org/>. Thank you for your ongoing financial support of Christian Education.

Church Location: 2335 West Ave. (Hwy 70N)
Crossville, TN. 38571

All Mail:

PO BOX 645

CROSSVILLE, TN 38557

Church Website: www.crossvillesda.org

CONTACT INFORMATION

Church Office		931-456-0056
Pastor	Mario Reategui	571-337-9596
	mreategui@gccsda.com	
Head Elder	Franklin Cobos	931-787-5171
Administrative Assistant	Shadelle Haley	931-787-8500
	crossvillesda@gccsda.com	
Inez Wrenn School Office		931-484-3150
Principal	Chery Taffe	423-400-6890
FLC Coordinator	Roger Greenley	240-401-1123
Calendar Scheduling	Shadelle Haley	931-787-8500
Church Clerk	Marilyn Maples	828-242-3882

(Please email or call to update phone/address, transfer membership info, etc.)

Email: mamaples424@gmail.com

SEND BULLETIN INFO TO

ccbulletinsecretary@gmail.com or call (828) 242-3882.

Send Audio/Video information or files to audiocsda@gmail.com.



**CROSSVILLE SEVENTH-DAY ADVENTIST CHURCH
SABBATH SERVICES**

January 21, 2023

**WORSHIP SERVICE
8:45 AM & 11:30 AM**

Announcements		Terry Cottrell
Praise, Prayer, and Giving		
Today's offering	Local Church Budget	
Children's Story		Ron Huff
Special Music		Martins
Scripture		Galation 2:20
Sermon	"We Have A King"	Jose Rodriguez
Closing Hymn	"Oh Worship The King"	Hymn # 80
Benediction		

**ADULT/YOUTH SABBATH SCHOOL
10:00 - 11:00 AM**

SS Superintendent Remarks: Lisa Cottrell
Large Sabbath School Class Sanctuary (*teacher – Linda Mihalus*)
Ladies Class in the room behind the piano in the Sanctuary
Franklin Cobos' Sabbath School Class in the Fellowship Hall in FLC
Trudy Severt's Sabbath School Class in the Adventurer's Room in FLC

**CHILDREN SABBATH SCHOOL
10:00 - 11:00 AM**

Junior-Youth Classes will meet in the church Junior/Youth Rooms
Primary Class will meet in the church Primary classroom
Kindergarten Class will meet in the church Kindergarten classroom
Beginner Class will meet in the church Beginner classroom

Praise Time 11:15 – 11:30 AM

Song Leader	Sarah & Isaac Miller
Pianist	Roger Carpenter

STEWARDSHIP REPORT

Church Budget	Monthly Goal	\$7525	Month-to-date	\$ 1,753
Inez Wrenn Stud. Aid	Monthly Goal	\$1065	Month-to-date	\$ 205
Acad. Student Aid	Monthly Goal	\$1200	Month-to-date	\$ 35
Student Evangelism	Monthly Goal	\$ 470	Month-to-date	\$ 0
Hope for Humanity	Yearly Goal	\$2500	Year-to-date	\$ 114
Lambs' Offering			Month-to-date	\$ 94

**You can mail your tithe to the church post office box.
See the back of the bulletin for the address.**

Welcome Guests!

To those visiting with us today, we are glad you are here. If you are looking for a church home, we'd love for you to become part of our church family. Find a green card on the back of a pew; fill it out and hand it to the presiding Elder, Deacon, or Church Clerk.

***** WEEK AT A GLANCE *****

Today	4:53 pm	Sabbath Rest Ends
Wednesday	3 pm & 6 pm	Prayer Meeting
Friday	5:01 pm	Sabbath Rest Begins
Next Sabbath	8:45 am & 11:30 am	Pastor Mario Reategui

TODAY:

Elder in Charge: Terry Cotrell
 Usher: Dean Dixson
 Greeters: Rosers/Cottrells

NEXT WEEK

David Kellogg
 Josh Fix
 Lovejoys/ Chris Whyte

2nd Reading:

Chris Whyte for the church office of Head Deacon

***** Please silence cell phones *****

****Mother's Room reserved for mothers with babies and small children****

Bulletin Insert – January 21, 2023

Bread of Life Soup Kitchen:

Remember our outreach to the Bread of Life Soup Kitchen. Upcoming soup needs are for January 19 and February 9, 16, and 23. To volunteer contact: Crystal Andersen (209-756-1712). Delivery is on Thursday to Bread of Life, 281 4th St. in Crossville.

Prayer Meeting:

Acts, chapter 22. Read this chapter with anticipation of gaining a blessing from our study together.

Women's Ministry:

Tomorrow, Sunday, January 22, 10 am-2 pm, WM presents a special event with Becky Owens returning to our region to present "Built for Glory through Prayer." This will be in the FLC. Crossville SDA women feel free to bring a friend. Lunch will be served as well. Call Crystal Andersen (209-756-1712) if you have any questions.

Revelation Bible Study:

If you are interested in working through a Bible study series on Revelation, please sign up with Tammy Kellogg, 931-335-1556. The first meeting will be on February 2nd at 5:45 pm. There will be a light supper followed by Bible study, led by Tony Castelbuono at 6:30 pm for one hour.

You May Have Mail:

Please check the alphabetized letter slots by the foyer front door to see if you have mail.

Upcoming Events:

January 11 - 21 – 10 Days of Prayer www.tendaysofprayer.org
January 22 – WM - Built for Glory through Prayer – Becky Owens
January 29 – GIG session 3-5 p.m. at The Drs Inn
February 3-5 – Natural Remedies Weekend – Wildwood

>>>SEE INSERTS FOR DETAILS<<<

K-1st Grade Round-Up:

Inez Wrenn will be having their K-1st Grade Round-Up on March 2nd. Please let anyone you know that is interested in Kindergarten and 1st grade know so they can register and we can be prepared. Call us at 931-484-3150. Thank you.

*The meek will he guide in judgment:
and the meek will He teach His way" Ps. 25:9*

"True meekness softens and subdues the heart and gives the mind a fitness for the engrafted word. It brings obedience to Jesus Christ. It opens the heart to the word of God, as Lydia's was opened. It places us with Mary at the feet of Jesus." The Sanctified Life, by Ellen G. White, pg. 15.



Garden Interest Group

**SUNDAY,
JANUARY 29, 2023
3:00 - 5:00 PM**

THE DOCTOR'S INN
425 Yonside Dr • Sparta, TN
(Pleasant Hill)

We will be sharing information from the Adventist Agriculture Seminar. We will meet INSIDE the Inn.

→ For more info, please call 931-335-1556 ←



PLEASE BRING YOUR NOTEBOOK & LAWN CHAIRS

NATURAL REMEDIES WEEKEND

FEATURING:
Wildwood Lifestyle Center

Program includes:
Health Lectures,
Herbal Remedies Demonstrations,
Foraging, and more!

WHEN FEBRUARY 3-5

Fri. 7 pm - The 8 Laws of Health
Sat. 11 am - Sermon -
Sat. 3 PM - Herbal Remedies Demo
Sun. 11 am - Cooking Demonstration

WHERE

Crossville SDA church
2335 West Ave
Crossville, TN 38571

CONTACT

Tammy Kellog
931-335-1556



"Where Health Comes Naturally"

Wildwood
HEALTH INSTITUTE

10 DAYS OF PRAYER

BACK TO THE ALTAR

January 11-21, 2023

"But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him."

JOHN 4:23, NKJV

JOIN AT WWW.TENDAYSOFPRAAYER.ORG



BUILT FOR GLORY
THROUGH

Prayer

SUNDAY

JANUARY

22

10 AM - 2 PM

FAMILY LIFE CENTER

2337 West Ave. Crossville



Becky Owens

Becky Owens is returning to share with us a four-hour workshop on prayer. All women are invited to attend and please feel free to bring a friend. You may call Crystal Andersen at (209) 756-1712 if you have any questions.

LUNCH WILL BE PROVIDED!

Presented by the Crossville SDA Women's Ministry

Balanced Diet

& Breadmaking

Natural foods menu planning is one of the most rewarding and delightful experiences any cook can have. Planning a menu of simple whole foods and tasty natural recipes makes every choice easier than the traditional planning of a more complicated diet.

A simple Menu Plan

Select one or more servings from each of these groups:

SERVE A RAW FOOD:

One or more servings per meal.

Vitamin C is provided by fresh fruit and vegetables. Since cooking and freezing largely destroy this vitamin, fresh foods are needed every day to keep the supply high enough to meet the body's needs. In addition, raw foods provide fiber, enzymes, vitamins, minerals, and trace elements needed by the system. They add textures, tastes, and colors to the meal as well. Both mind and body will be more satisfied when fresh foods are increased.

SERVE AN ENERGY FOOD:

One to three servings per meal.

The vitamin-B rich energy foods include whole grains, legumes, nuts, seeds, certain tubers, dark green leafy vegetables (low in calories but excellent in B-vitamins and protein), and the dark yellow squashes.

SERVE A BREAD:

One or two servings per meal:

Whole grains should be a primary food in every diet. They provide the following nutrients:

- | | | |
|-----------------|--------------|--------------------|
| • Carbohydrates | • Iron | • Sulphur |
| • Protein | • Zinc | • Iodine |
| • Fatty Acids | • Potassium | • Fluorine |
| • Magnesium | • Silver | • Pyridoxine |
| • Calcium | • Vitamin E | • Pantothenic Acid |
| • Chlorine | • Choline | |
| • Sodium | • Folic Acid | • Niacin |
| • Silicon | • Inositol | • Riboflavin |
| • Boron | • Biotin | • Thiamine |
| • Barium | • Manganese | • Fiber |
| • Phosphorus | • Copper | • Energy |

It is a wise choice to include one form of bread in every meal. Vary the textures, grains and choice of bread. Raisin or other fruited breads, rolls and muffins, and waffles offer a pleasant chew texture. Crackers, hard rolls, and bread sticks exercise the jaw more. Cooked cereals, soft entrees, and whole grain desserts offer grains in a soft, easy-to-digest form.

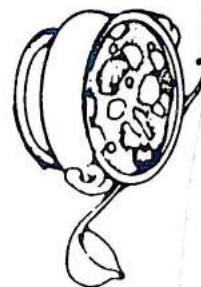
SERVE A SIDE DISH: (optional)

Spreads, sauces, dressings and gravies add a nice touch to a meal but can also provide unneeded and often undesirable calories. Select these with care. Completely optional; often best omitted.

SIMPLE MENU PLANNING CHART

	Raw Food(s) One or more servings per meal.	Energy Food(s) rich in B-vitamins; One to three servings per meal.	Breads One to two servings.	Side dish(es) Sauces, Dressings, Gravies, Spreads, Extra Cooked Vegetables or Canned Fruits.
Breakfast Lunch/Dinner Supper (Optional)	Cantaloupe Slices Carrot Sticks	Waffles Entree/Baked Potato Dinner Roll		Applesauce Peas
Breakfast Lunch/Dinner Supper (Optional)	Grapes Tossed Salad	Granola with chopped dates Vegetable Soup	Sandwich	Fruit Juice

BREAKFAST:



SAMPLE MENU

Main dish, such as hot cereal, waffles, scrambled tofu,
2 fruits, one fresh,
Whole grain bread.
Spread, such as nut butter, preserves, avocado.
Nut, grain, or soy milk. (with cereal).



LUNCH:

Main dish, such as patties, loaf, or casserole, made with legumes,
nuts, or seeds.

2-3 vegetables, one raw,
Whole grain bread.
Spread, dressing, or gravy.

SUPPER:

Whole grain bread, cereal, or crackers.

Soup or salad, or

Fruit or fruit dish, such as apricot crisp.