

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
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

ccbuletinsecretary@gmail.com or call (828) 242-3882.
Send Audio/Video information or files to audiocsda@gmail.com.

(Please provide bulletin and A/V information by 2:00 pm on Tuesday)



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

February 11, 2023

**WORSHIP SERVICE
11:15 AM**

Announcements	Jose Rodriguez
Praise, Prayer, and Giving	
Today's offering	Adventist Television Min-WB NAD
Children's Story	Pam Hamman
Special Music	Roger Carpenter
Scripture	1 Corinthians 11:26
Sermon	"Until He Comes Again" Pastor Mario
Communion Service	
Closing Hymn	"Hold Fast Til I Come" Hymn # 600
Benediction	

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

SS Superintendent Remarks: Linda Mihalus
Large Sabbath School Class in Sanctuary (*teacher – Jose Rodriguez*)
Ladies Class in the room behind the organ in the Sanctuary
Franklin Cobos' Sabbath School Class in church sanctuary TODAY
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 classrooms
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	Tricia Hicks
Pianist	Robert Hicks

STEWARDSHIP REPORT

Church Budget	Monthly Goal	\$7525	Mo-to-date	\$ 7,599
Inez Wrenn Stud. Aid	Monthly Goal	\$1065	Mo-to-date	\$ 1,445
Acad. Student Aid	Monthly Goal	\$1200	Mo-to-date	\$ 870
Student Evangelism	Monthly Goal	\$ 470	Mo-to-date	\$ 815
Hope for Humanity	Yearly Goal	\$2500	Year-to-date	\$ 139
Lambs' Offering			Mo-to-date	\$ 474

**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 Pastor, presiding Elder, Deacon, or Church Clerk.

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

Today	5:18 pm	Sabbath Rest Ends
Wednesday	3 pm & 6 pm	Prayer Meeting
Friday	5:24 pm	Sabbath Rest Begins
Next Sabbath	8:45 am & 11:30 am	John & Pam Dysinger

TODAY:

Elder in Charge: Jose Rodriguez
 Usher: Roger Greenley
 Greeters: Shannons

NEXT WEEK

Franklin Cobos
 Joe Roser
 Schwabs/Rodriguezs

Membership Transfer – Second Reading:

Out: James King to Florida Living SDA Church, Apopka, FL

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

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

Bulletin Insert – February 11, 2023

THIS WEEK:

AY today at 4:30 pm in the FLC followed by gym night– 6:00 -7:30 pm group games for all ages, 7:30 - 9:00 pm volleyball and soccer.
Sunday, February 12 – 1:00 pm FLC – Hickman Reception in FLC
Monday, February 13 – 5:00 pm School Board mtg. – IW School
Monday, February 13 – 6:00 pm Church Board mtg. – FLC

K – 1st Grade Round-Up:

Inez Wrenn School 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 the school office at 931-484-3150. Thank you

Bread of Life Soup Kitchen:

Remember our outreach to the Bread of Life Soup Kitchen. There are needs for February 23 and the whole month of March. To volunteer contact: Crystal Andersen (209-756-1712). Deliver on Thursday to Bread of Life, 281 4th St. in Crossville.

Vespers/Social:

Sabbath, **February 18 at 4:30 pm**, Dr. Rebekah Evans will be our guest presenter. The presentation topic: “Phytochemicals.” Dr. Evans is Board Certified in Physical Medicine and Rehabilitation; American Board of Pain Medicine; Certified Wound/Hyperbaric O₂ Therapy; with extensive experience in Microbiology, Electrodiagnosis, and Musculoskeletal Medicine.

AYA:

Everyone is invited, on February 25 at 6:00 ET (5:00 Central), Spring City SDA Church, 1548 Cemetery Road. There will be sundown worship, followed by a soup and bread potluck, and a painting class. An instructor will teach the class to paint a picture for a fee of \$25 per person which covers supplies also. Please RSVP to A.B. Shankles at 865-466-1339 to reserve your spot for the painting class. They would love to get some of Crossville's friendly faces to Spring City.

Friday Bible Marking Class:

Bible marking class with Jose Rodriguez on Friday evenings, 6:00-7:00 pm in the Family Life Center.

Women's Ministry:

New Year, New You with Dr. Claudette Barrett-Flintroy on **Sunday, February 26 from 10:00 am until Noon** in the Family Life Center (FLC). This is a facilitated, hands-on spa presentation featuring natural beauty treatments using common kitchen ingredients. **RSVP is required as the class size is limited to 20.** Contact Crystal Andersen (209-756-1712) to register.

“The ordinance of the Lord’s Supper was given to commemorate the great deliverance wrought out as the result of the death of Christ. Till He shall come the second time in power and glory, this ordinance is to be celebrated. It is the means by which His great work for us is to be kept fresh in our minds.” Desire of Ages pp 652,653.

INEZ WRENN
Seventh-day Adventist School
Kindergarten - 1st
ROUND-UP

K-1 ROUND-UP
MARCH 2ND
9:00 - 11:00 AM

CALL TO REGISTER
931-484-3150

PRE-REGISTRATION
K-8TH BY
APRIL 3RD

SUNDAY
26
FEBRUARY

NEW
YEAR

New You!

10 AM - 12 PM



**FAMILY
LIFE CENTER**
2337 West Ave.
Crossville

SPACE IS LIMITED TO 20. R.S.V.P. IS REQUIRED!

Dr. Claudette Barrett-Flintroy will be facilitating a hands-on spa presentation featuring natural beauty treatments using common kitchen ingredients.

Please call Crystal Andersen at (209) 756-1712 to register.

Presented by the Crossville SDA Women's Ministry

To Imitate Jesus SERIES

Everyone is invited to learn more from the Savior, to grow in our relationship with Him, and to imitate Him. In the book of Ephesians, Paul calls on the children of God to be "imitators of Christ." Eph. 5:1.2 (NKJV) puts it this way, "Be imitators of God." This is a command for the people of God to imitate Jesus. You can't imitate a person if you don't know anything about them, so we must learn all we can about the Lord from His Word. We must put into practice everything we know about

Him. We are to do the things we see Him doing, and we are to avoid the thing He avoids. We are to be like Jesus in every respect.



**EVERY
WEDNESDAY
3 PM & 6 PM**

SDA Church Sanctuary • 2335 West Ave • Crossville

PRAYER MEETING with Pastor Mario Reategui

CHARCOAL

Charcoal is a material obtained by heating wood or other organic substances in the absence of air (partially burned wood). It becomes "activated charcoal" when this is subjected to steam or at very high temperatures. Activated charcoal has greatly increased surface area on each particle, which increases its effectiveness. Charcoal is used in different forms: powder, capsules, tablets, and patches.

Charcoal Poultice

A charcoal poultice is charcoal powder mixed with water and ground flax seed to form a paste, and applied to the body externally. See instructions below.

WHEN TO USE CHARCOAL

Internal Use:

1. Poisoning cases
2. Gastro-intestinal complaints
3. Bad breath
4. Diarrhea
5. Sore throat

Because effectiveness is reduced by about 50% when taken with meals, charcoal should be taken between meals if possible.

External Use:

1. Infected Wounds or Ulcers
2. Inflammation
3. Insect Bites or Stings
4. Pain

Equipment:

1. Powdered charcoal
2. Warm water, (preferred)
3. Spoon & Deep container
4. Ground flax seed (preferred)
5. Paper towel, or chux
6. Wool cloth (preferred)
7. Plastic wrap
8. Pin or tape

Step to follow:

Handle charcoal carefully. It is very light powder and is easily put in unintended places!! It can be messy. Prepare over a paper towel. It will stain cloth.

1. Mix 1 tablespoon of ground flaxseed and 1 tablespoon of charcoal powder into container. Add just enough warm water to make a paste.
2. Spread a thick layer of paste on a cloth, chux, or paper towel. Leave a clear area near the edges to minimize leakage.
3. Place a paper towel over the poultice the same size as the bottom.

4. Place the poultice over the affected area. If you used a cloth or paper towel, cover with a piece of plastic wrap that extends 1" over all edges. A blue incontinent pad already has plastic on the back side. The plastic is away from the skin.
5. Fasten in place with tape or an elastic bandage or roll of gauze.
5. Leave on 4 to 8 hours. Do not leave on continuously as the constant wet may break down the skin.
6. Rub the area briskly with a cold washcloth after removing the poultice and dry.

Estimated amount of substance ingested	Amount of charcoal to take if person <i>has not eaten</i> in the last 2 hours	Amount of charcoal to take if person <i>has eaten</i> in the last 2 hours
1 teaspoon, or 1 to 2 tablets, or 1 to 2 capsules	1 to 2 tablespoons stirred in water. Drink this plus 2 more glasses of water	4 to 10 tablespoons stirred in water. Drink this plus at least 2 more glasses of water
1 tablespoon, or 3 to 5 tablets, or 2 to 5 capsules	3 to 4 tablespoons stirred in water. Drink this plus 2 more glasses of water	6 to 15 tablespoons stirred in water. Drink this plus at least 2 more glasses of water
Unknown	1 to 5 tablespoons stirred in water. Drink this plus 2 more glasses of water	5 to 15 tablespoons stirred in water. Drink this plus at least 2 more glasses of water

REPEAT ALL DOSAGES IN 10 MINUTES OR IF SYMPTOMS BEGIN TO WORSEN.

Important considerations before beginning

Charcoal is constipating if taken internally. Increasing water intake during use is a must. Drink water!

Use common sense when using charcoal. If a more serious condition does not respond to repeated applications, consulting a healthcare professional may be necessary.

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