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New Youth Pastoral Family Joins McDonald Road in August

By Melissa Turner, editor

Pastor David Cook, his wife Kristen, daughter Emily, and son Nicholas have family ties to McDonald Road Church other than being a part of the family of God. Kristen is the daughter of Shirley Bennett, long-time member of McDonald Road.

Pastor David Cook will be taking the responsibility of associate/youth pastor at McDonald Road. As a college student, Pastor Cook served as a missionary youth pastor on the island of Pohnpei in the South Pacific. *"Youth Pastor" continued on page 5*

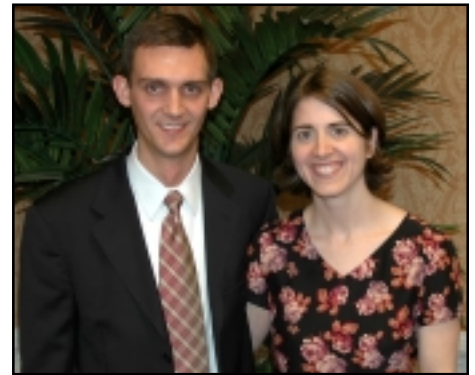


photo by David Brooks

Pastor David and Kristen Cook

Coming This December...



Vacation Bible School
in Bethlehem
See Page 3

On The Move with Mcdonaldroad.org

By Dean Saunders, Internet ministries coordinator

The Three Angels' messages now literally go to the entire world directly from the McDonald Road Seventh-day Adventist Church by way of our church web site. The church web server is now housed inside our church building, and sends the Good News of the Gospel 24 hours every day across the earth to those who are hungry for the message.

We have been reaching thousands every week for over 11 years from our site located at Southern Adventist University, and at last count we are reaching over 130 countries. We really appreciate those at Southern who allowed us to launch this ministry from their network back in 1995. At first we were given web space on their server. Then, as the ministry grew, we were allowed to install our own server on their network. The results have been phenomenal, with thousands reading the sermons every week, people around the world doing Bible Studies every day and

many thousands of hits from our server every day around the clock. Baptisms have resulted in many places around the world, and many thousands have been able to locate an Adventist church near them because we have had this web site service.

We have now taken this outreach to a new level by installing our own network here at McDonald Road Church. Not only is the equipment housed in the church building, but we have obtained 5 IP addresses and have an official Internet domain name of mcdonaldroad.org that can enable us to accomplish more things than ever before.

Please help us promote our new web address: <http://mcdonaldroad.org> and above all continue to pray that God will pour out His blessings on this new venture, so that we can reach the world in a new and mighty way as we prepare for His soon return!

Pastor's Challenge



Pastor Paul Carlson

Does It Make Sense?

I don't remember his name or how we even began talking about religion and health. I was on a bus going home during college break. And I still remember the gist of his question: Do you live healthfully because your religion requires you to?

How would you answer that? Would you quote Bible texts such as: "Do you not know that your body is the temple of the Holy Spirit...?" and "Therefore, whether you eat or drink, or whatever you do, do all to the glory of God," (1 Cor. 6:19; 10:31, NKJV)?

Let's think about it. Does God dictate the way I live to the exact detail? Does He tell me to religiously avoid all trans fats and stick to a low-sodium diet, for example? Or

does God teach me to live as healthfully as I can because it makes sense?

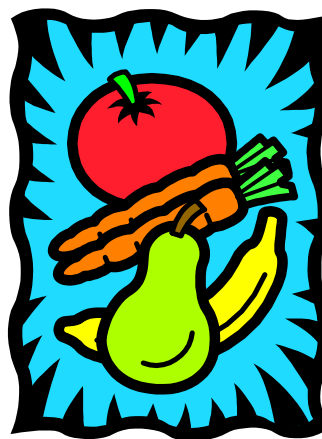
Worshiping a God who is not arbitrary, I recognize that living in harmony with healthful principles makes sense because we live in a universe of cause and effect. Eat junk food and eventually you feel like junk. Conversely, if you eat healthfully will you be healthier? The latest research confirms that eating the right foods promotes health.

Unfortunately, most Americans are digging their graves with forks and knives. The unhealthy patterns extend to our children as well. Parents let their children regularly consume soft drinks, fries cooked in trans fats, cheese, doughnuts, cookies, cupcakes and candy. They're also not getting enough of the fruits, vegetables and legumes that God designed for good health.

Joel Fuhrman, MD, who successfully treats life-threatening diseases with nutri-

tional excellence, says, "Being healthy and owning a disease-resistant body is not luck; it is earned" (*Eat to Live*, p. 61). He points out the advantages of fruits and vegetables because they are nutrient dense, rich in vitamins and minerals and cancer-fighting compounds, called phytonutrients. Dr. Fuhrman emphasizes that these foods will "afford our children the ability to reach their maximum potential in life, not just for health, but for emotional stability, happiness, and success," (*Disease-Proof Your Child: Feeding Kids Right*, p. 21).

Just as earthly parents desire the best for their children, our heavenly Father wants the very best for us. As 3 John 2 says, "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers," (NKJV). It makes sense.



Manna

The Manna is the official newsletter of the McDonald Road Seventh-day Adventist Church. It is published monthly and distributed to members and friends of the church. Items of interest to the McDonald Road Church family should be submitted in typewritten form at the church office (see address, fax number, and office hours below) or by email to Manna@mcdonald.southern.edu.

Materials for this newsletter should be submitted no later than the third Friday of each month prior to publication. To ensure accuracy, submissions by telephone are not preferred.

Head of the Church
Pastor
Associate Pastor
Associate/Youth Pastor
Church Secretary
Newsletter Editor

Jesus Christ
Don Gettys
Paul Carlson
David Cook
Kim Rollins
Melissa Turner

The church office is open Mondays through Fridays from 9 a.m. until 3:00 p.m., unless otherwise announced. Visit our church Web site at <http://mcdonald.southern.edu>

POSTMASTER: Send address changes to:
McDonald Road Seventh-day Adventist Church
5440 McDonald Road
McDonald, TN 37353
Voice: 423-396-3462 or 423-396-3433
Fax: 423-396-3433

Sermon Schedule

- "Daniel in the Critics' Den" Sabbath, August 5
• by Pastor David Cook
- "The Beastmaster" Sabbath, August 12
• by Pastor Don Gettys
- "2,300 Days and Counting" Sabbath, August 19
• by Pastor Don Gettys
- "Our Punctual Timekeeper" Sabbath, August 26
• by Dr. Doug Jacobs

“Bethlehem” VBS Is Coming to McDonald Road in December

By Melissa Turner, editor

Christmas time is a season of traditions. Two years ago, I went to the grocery store and stocked up on almond filling--a key ingredient to a special coffee cake our family has for Christmas breakfast every year. We had a hard time finding almond filling that year, so when I finally came across it again I made sure we would have some to last for several Christmases to come.

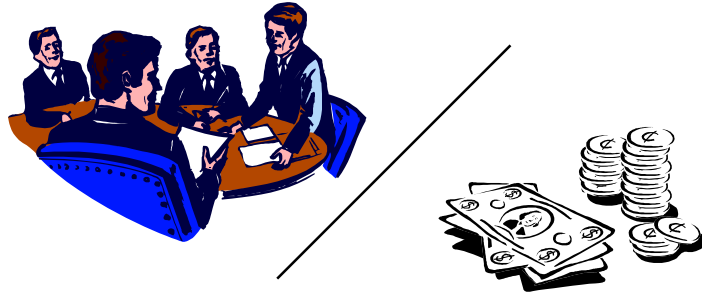
I'm sure your family has several Christmas traditions you enjoy every year too. Perhaps you wake up to open gifts with family around the Christmas tree that morning. Maybe you have stockings. Maybe you have apple or pumpkin pie for dinner. Maybe you volunteer at the local homeless shelter.

However your family celebrates the holiday season, I hope you will consider an exciting new way to celebrate Christ with your children. Our creative and energetic VBS leaders from last year, Helen and Jonathan McClellan, shared the Jerusalem Marketplace with our church and community's children last year. And they are back again this year with an innovative way of fitting VBS into McDonald Road Church's busy schedule this year.

Because of some scheduling conflicts, the VBS program will be taking place in December this year and the theme will be, fittingly, “Bethlehem.” Yes, this is a little different from how we traditionally do VBS, but, just think: the kids are home from school during those two weeks around Christmas time. What better and more spiritual way for them to spend that time than to enjoy coming to VBS and learning more about Jesus, the real reason for why we celebrate this holiday?

Please begin making plans for your family to attend this uplifting event for children. Please pray that the Holy Spirit will bless the children, the program, the planning and the leaders. And please consider participating as a volunteer because your talents are needed.

No Board Meeting Notes or Financial Update for the Month of July



Look for an update on these matters in September's issue of the Manna.

Social Committee Plans International Food Fair for September 10

By Kathy Oliver, social committee leader

The Social Committee is sponsoring an International Food Fair on September 10. It is to be held in the gym. We have many people in our church who are interested in missions. It is the hope of the Social Committee that through this food fair those who wish to participate will be able to raise funds for their Sabbath school, Pathfinder or Adventurer Club project. The Social Committee will also be selling food items that day to raise funds for future activities.

Here's how you can be a part of the first ever McDonald Road Church International Food Fair. Fill out the application provided by the social committee. You may pick them up in the church lobby. Please make your first, second and third choices for your booth theme. The sooner you hand in your request and get approval the sooner you can continue to make plans for your booth. We are anticipating that several groups may come up with similar ideas. If this should happen, the group who turned in their application first will get first consideration.

Each group is responsible for setting up and breaking down their booth. All booths should be open and ready for business by

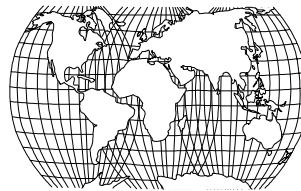
11:00 am September 10. We are also requesting your groups stay and make sure the gym is clean before you leave, that includes anything you may be responsible for in the kitchen.

The social committee will sell a group of 20 tickets for \$5.00. You are responsible for setting the prices at your booth. When the fair is over the social committee will pay your group from the funds collected according to the amount of tickets collected at your booth.

As you consider your groups' participation please remember that the children's Sabbath school divisions, Pathfinders and the Adventure Club will also be participating and may need the parents of children to come and help them.

You may also want to consider a game from the country you are promoting. Also, a special price for those who want just a taste of what you have to offer.

If you need more information please call Kathy Oliver at 396-9502.



“Church News” continued on page 7

Turn Your Tears to Smiles

By Adrian Boyer

I

There are tears enough in this sad World
To fill the deep blue Sea
With Sorrow, Sadness and Regrets,
And Tons of Misery.
It does no good to moan and groan, --
To weep and wail and sigh,
For such Behavior makes Things worse,
A Fact you can't deny.

II

What if ill Fortune dumps you in
The Doldrums of Despair?
Or Weariness and grueling Toil
Depress you with their Care?
Or Obstacles along Life's Path
Beset your weary Way,
Or bosom Friends you hold so dear
One Day your Trust betray?

III

Will brooding over Losses bring
You Happiness and Peace?
Or Anger over Grievances,
Or Hatred give Release?
Then why not face the World and smile?
Ignore the threatening Throng.
Dismiss your Care and pray a Prayer,
And sing a cheerful Song.

IV

For God has promised He will share Your
Burden and your Grief,
If only you will call on Him,
He'll gladly grant Relief,
And you will then discover that, --
Like Magic all your Trials
Will vanish like the Morning Mists,
And Turn Your Tears to Smiles!

"Mail Matters" Updates

Updates from McDonald Road's Service Personnel Ministry

By Ann Davis, service personnel ministry director

2 Lt. Stephanie Torgerson's mother emailed, "Stephanie is doing fine. She loves Germany. She is very much like her father who is full of adventure and meets people well. She has a Bible study in her home every weekend and enjoys touring Europe with her friends."

Spc. Celi Torres is deployed to Kosovo. Torres is from the San Antonio area and is going to separate from the Army in four months when the Kosovo deployment will end. She expressed her thanks to our group who sent her a Christian dog tag with Joshua 1:9 on one side. She emailed that one of the Spc.'s we have been writing, Kale Lindsay, is only three *huts* down from her. He is a Texan as well.

Cpl. Ronald Cinco emailed Sgt. Ben Gayoba approximately July 21 from Iraq. Gayoba forwarded Cinco's email on to the director of *Mail Matters* in hopes that she would email the young corporal and pray for the Marine brigade involved in an IED attack that occurred that morning! Cinco emailed that two Marines were wounded after completing foot patrol. Also, a Marine was killed who was near them. One of the injured lost both legs below the knee. The second Marine's condition is unknown at this time. Cpl. Cinco expressed anxiety about how the Sgt. would live his life after the surgery. The *Mail Matters* group is waiting to get an address on at least one of the wounded. A lap quilt will be sent to show our support and deep appreciation for the sacrifice that the Sgt. made for his country. He will be needing support on a regular basis and *much*, heart felt prayer.

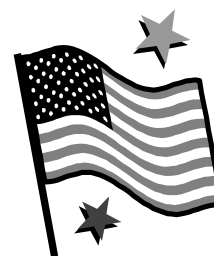
Two weeks *before* Cinco's tragic email was sent to the *Mail Matters* director, she had begun to email him. Her son forwarded her an email that he had received from Gayoba

whom he had worked with at one time. The Sgt. asked her son, Scott if his mother still sent good care packages to the deployed. He mentioned that Cpl. Cinco had just deployed and would need some moral support.

The email was forwarded on to Davis, and the communication began. Mrs. Davis was able to email the Sgt. and Cpl. more about our service personnel support group. Sgt. Gayoba knew that *Mail Matters* was a Christian group when he asked Davis' son about the care packages. He made a point to email Mrs. Davis that "the Cpl. was looking for truth." May He bless Sgt. Goyoba in a special way and keep him safe.

This past week more than half of Scott Davis' division went to Iraq. He did not deploy with them. Again, heart felt prayers needed for those who *did* deploy!

"Heart felt prayers are needed for those who have been deployed."



Support Our Troops!

Get Involved with McDonald Road Church's Service Personnel Ministry

Contact Ann Davis, Service Personnel Ministry Director, at 396-2966 or e-mail her at scottsmom1983@yahoo.com for more information on how you can help.

“Youth Pastor” continued from page 1

Pastor Cook graduated from Southern Adventist University and served as an assistant chaplain there before studying for his Master’s at Andrews University. Meanwhile, he and Kristen Bergstrom were married on August 10, 1997.

After completing his Master’s degree, Pastor Cook and Kristen moved to Miami, Florida where he pastored in the Miami Springs, New Community and Miami Temple churches. And Kristen worked as a nurse there. They also served in the DeBary/Orange City and Umatilla district before moving to Hagerstown, Maryland to serve as youth pastoral family there.

The Cooks have two youth of their own, 3 year old Emily and eleven month old Nicholas.

Pastor Cook is excited about youth ministry. Most of his pastoral experience has been spent ministering to the church’s youth through working as a camp counselor, camp chaplain, campus ministries director, student chaplain and youth pastor.

The Cooks will be joining the McDonald Road Church family in August and Pastor Cook will be preaching his first sermon, “Daniel in the Critics’ Den,” at McDonald Road on Sabbath, August 5.

Source: Hagerstown SDA Church website, http://www.hagerstownda.org/Pastor_Cook.htm.

New Opportunity Awaits for 3ABN

3ABN officials recently announced that there may be an opportunity for them to get on Dish Network, which would give 3ABN an even wider audience than what they lost after being taken off Sky Angel.

Your help is needed in making this happen though. 3ABN is requesting that fellow believers write to Dish Network requesting that 3ABN be included in their programming line-up. Your letters and prayers can make this new opportunity a reality.

Write to:

Dish Network

Eric Sahl

Senior Vice President Programming

9601 S. Meridian

Englewood, CO 80112

Adventists Amidst Crisis in the Middle East

Adventists Continue to Worship, Help Others: A Report from Adventist News Network on the Adventist Scene in Lebanon and Israel

Israel: Adventist Churches Shelter Rocket Attack Refugees

July 25, 2006 Haifa, Israel [Miroslav Pujic/TED News/ANN] “The situation in Northern Israel continues to be difficult,” reports Richard Elofer, president of the Seventh-day Adventist Church in Israel. Many Adventists and Jews celebrated Sabbath in bomb shelters with frequent interruptions by blaring sirens and explosions of fired rockets.

One Friday one of these rockets--presumably fired by hezbollah forces in Southern Lebanon--fell on Herzl Street in downtown Haifa, close to three Adventist Churches: Hebrew, Romanian and English speaking congregations. “We thank God that none of these churches were damaged and our Adventist families were not struck by human losses,” says Pastor Elofer.

The north of Israel continues to be evacuated. Many Adventists and non-Adventists found shelter in buildings owned by the Seventh-day Adventist Church and in church members’ homes. The administration of the church decided to open the Jerusalem Study Centre, which is owned by the Adventist Church, for 25 to 30 non-Adventist refugees. Pastor Elofer said, “even though church facilities are not equipped to accommodate refugees, we will do our best to provide what these people need.” Elofer concluded with thanks to those who remember them with prayers and support.

Lebanon: Amid Crisis, Sabbath Services Continue

July 25, 2006 Beirut, Lebanon [[Alex Elmadjian/MEU/ANN Staff]] Despite the

current crisis in Lebanon, Seventh-day Adventist Christians continue to meet for Sabbath worship at approximately five locations every week, church leaders say.

Although Adventist facilities in Beirut have not suffered any damage, and, as far as is known, church members have sustained no injuries, there is understandably a level of concern among the members. Thus, amidst the chaos, there is comfort to be found in the ability to maintain regular routines, including weekly worship.

“All our churches in Lebanon had their regular services last Sabbath,” reports Pastor Levon Maksoudian, president of the Adventist Church in Lebanon, Syria and Jordan. “We are encouraged by being together.”

The leadership of the Lebanese church is in constant touch with the Seventh-day Adventist



[Photo: courtesy of Middle East Union]

Adventists in Lebanon worship during services at Middle East University campus auditorium.

Middle East regional headquarters in Cyprus and is collaborating on a humanitarian project for refugees, under the auspices of the Adventist Development and Relief Agency (ADRA). “We are gearing up for this to be quite a major project and have already attracted some significant funding,” says Conrad Vine, secretary-treasurer of the Adventist Church in the Middle East region.

Meanwhile, the Adventists caught up in the war are receiving numerous messages of encouragement and support. “I want to thank you all for your prayers and efforts to encourage us, because I believe we are together anyway even if we are geographically apart,” says Pastor Maksoudian.

There are 300 Seventh-day Adventist Church members in Lebanon, officials have reported.

Critter Corner

Uncle Burney's

"Animals and Kids: What's a Father to Do?"



Squirrels, squirrels, squirrels, I have raised quite a few. Some came without hair and some came with eyes closed. The phone would ring and someone would say, "I have two baby squirrels, no, now there are three. My kids found them on the ground, will you raise them for me?" What is a father to do?

There is always some reason why no one else will take them in. They are always too little or they don't like their bare skin. Once my kids see them I can't let them go. I've tried politely to refuse, but the answer is always "No! You can raise them, Daddy, I know you can. I'll help." What is a father to do?

I've raised my kids to take time to care for all God's creatures, even the ones without hair or other "yucky" features. So now it's baby formula and five or six feedings a day. The first thing before work and the last thing before bed, my dreams are not of sugarpplums, but of squirrels dancing in my head. What is a father to do?

Squirrels, like rabbits are everywhere. Up in the trees or out digging up my yard. I know they are planting seeds they got from my feeder, the one with the squirrel guard. Sunflowers are coming up all over the place so why would I raise three more little diggers? "Oh daddy, look at that cute little face." What is a father to do?

It's time for a feeding so out of their

cage and up my arm and into my face, three little squirrels all over the place. They were so quiet and cute asleep in their bed. They were so small, and their eyes were not even open yet. But a few days later they're up on my head. Out of that cage they move like a rocket, searching for food in all my pockets. That food better be there or I'll get a real chewing out. What is a father to do?

Very few squirrels ever go to church, but these three did. They drank their milk from a bottle in front of the kids. Isn't primary class a lot of fun? Now they jumped down on the floor and started to run. They ran between the kid's legs and under the chairs. The kids were laughing and jumping and the girls clutched their skirts. This is the time my little one says, "Daddy, I don't think squirrels belong in a church." What is a father to do?

Now the kids are all big and grown and squirrel after squirrel has come and gone. But now there is a new kid that's all settled in. She is only one year old, but she totes a big grin. I know that look in her eyes when she sees a new animal friend. I guess I have to start all over again. She brings me a book with pictures of baby animals and points each one out. Looks like it's going to be fun with my new little SPROUT. What is a grandfather to do?

Water Wonders

"Puffins"

A Story by Mrs. Janice Parker

Paula and Percy Puffin float much like ducks far out on the water of the Atlantic Ocean. This is their winter home. They dive under the water using their powerful wing muscles and head to cut through the waters. Their legs and feet they use as rudders. Diving under water they catch small fish to eat.

Paula and Percy look alike. They resemble a "friar" all dressed up in their black and white dress. Short and stocky, they are about 12 inches tall and have a wing span of about 24 inches. Their winter coat of black back and white belly with gray around the face isn't as brilliant as their summer breeding coat with bright orange patches, red rings and small bluish plates around the eyes. Because of this difference it was once thought they were two different birds.

Around mid-April Percy and Paula will head back to their summer home colony on an Island in Newfoundland. They come early so they can get the same burro they had last year. Percy made their burro by digging a hole in the dirt with his strong beak and webbed feet. He made it about three feet deep. Other Puffins will be house hunting soon trying to find a ready made burro. Percy and Paula must defend their burro. Percy puffs up his feathers and opens his beak making great threats to scare them away.

Percy and Paula mated on the water just before coming to their Island burro. Around the middle of June Paula lays one white egg. They both take turns holding the egg under their wing next to their bodies to keep it warm. In about 42 days the chick will hatch. They take turns diving for small fish to feed their baby. When the chick is around 40 days old, Percy and Paula will go back to the sea. The chick is old enough to care for itself and will soon jump into the water and swim off.

Who taught these Puffins when to come to their breeding grounds and find their old burro? Jesus their Creator put it in them and He will guide us too.

Substitute Teachers Needed for the 2006-2007 Greater Collegedale School System School Year



The Greater Collegedale School System is accepting applications for substitute teachers for the 2006-2007 school year. Please pick up an application at either A. W. Spalding Elementary or Collegedale Academy.

New Adventurer Club Year Starts with Registration on Wednesday, August 9, Taco Feast for First Meeting

By Linda Smith, Adventurer Club leader

Adventurer Club registration will take place in the gym on Wednesday, August 9 from 6:00 - 7:30 p.m. If you are interested in pre-registering your child, pick up the pre-registration form for your child's class at the information desk in the lobby of the church. You can turn that form in to Carl or Linda Smith or place it in the offering plate. It will still be necessary for you to attend registration on August 9 to pay your dues and pick up your uniform. However, having your registration form already turned in will shorten the process that evening.



The kick-off meeting will be held on Wednesday, August 23 beginning at 6 p.m. with a taco feast!! The taco feast will be followed up by Tropical Treasures presented by the Tennessee Aquarium. Don't miss all the fun planned for our 2006 - 2007 Adventurer Club year. Adventurer Club is a family-orientated club where the parents are actively involved with their children at each meeting and outing. If you have any questions, please call your Adventurer Club Leaders, Carl & Linda Smith at (423) 892-8349.

“Let me never fancy that I have zeal until my heart overflows with love to every human being.”

~Henry Martyn

New Samaritan Center Needs:

Cleaning Supplies (especially dishwashing and laundry detergent), Canned fruit, Canned meat, Paper Products, Pre-packaged meals (such as spaghetti, ravioli, stews)

Offering Schedule

August 5 - Local Church Budget
August 12 - WBO (Andrews/Oakwood/Loma Linda)
August 19 - Local Church Budget
August 26 - Conference Advance