

Manna

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Newsletter of the McDonald Road Seventh-day Adventist Church

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McDonald Road Offers Conference's First CHIP Program

By Melissa Turner, editor

McDonald Road Seventh-day Adventist Church had the privilege of hosting the Georgia-Cumberland Conference's first CHIP (Coronary Health Improvement Project) session during the months of September and October this fall.

Over twenty attendees committed to coming four nights a week, two hours a night to receive vital, life-saving information presented on DVDs by Hans Diehl, Dr. HSc, MPH, director of Lifestyle Medicine Institute of Loma Linda, California.

Dr. Diehl's lectures shared principles for "eating more and weighing less," reversing life-altering diseases and ailments such as atherosclerosis and heart disease, diabetes, high blood pressure, high cholesterol, overweight and so on, simply through building a healthier lifestyle.

CHIP is an intensive 30-day lifestyle education program that offers before-and-after blood glucose, cholesterol and triglyceride tests, cooking demonstrations, food samples, guided grocery shopping trips and scientifically-backed lectures supporting healthful lifestyle choices (regular exercise, a total vegetarian diet, as well as emotional and spiritual health) that will allow participants to build a foundation for a healthier, happier way of living.



contributed photo
Alumni of Georgia-Cumberland Conference's First CHIP program.

McDonald Road's CHIP participants certainly found exciting results as they put CHIP principles into practice. Over the course of the four weeks, attendees lost as much as 10 to 26 pounds. One diabetic participant experienced a drastic cut in high blood glucose levels, from well into the 180s to below 100, all as a result of the CHIP program.

If you would be interested in participating in a future CHIP program at McDonald Road or elsewhere in the conference, please contact Health Ministries Director, Martha Dutterer or conference CHIP coordinators Ron and Cynthia Shaffer..

Learn More About
CHIP by visiting:
<http://www.sdachip.org>



*Merry Christmas
to You and Your Family
from Your McDonald
Road Church Family*



Pastor David Cook

Nesting Fever

Some time ago I was overcome by a disease I call Nesting Fever. Nesting Fever is a highly contagious infection of the brain. Symptoms may include furniture moving, wall painting, decorating, packing and furniture moving. It is often identified by a compulsion to stay up late to finish "just one more project."

Nesting Fever's carriers are usually female humans. The disease lies dormant in 99 percent of women but is triggered by events such as weddings, moving to a new home and pregnancy. Once symptomatic, carriers usually infect their husbands.

Unfortunately for me, we have been moving or expecting children our entire marriage. This means that I live my life perpetually exposed to a chronic nester. I usually

prevent infection through persistent complaining, but sometimes my resistance breaks down.

The way I usually succumb is through my hobbies. Take woodworking for example. A couple of years back, my wife (who was pregnant) asked me to make some furniture. Since woodworking is a passion of mine, I gladly agreed. Zap! I was infected. Soon I was sacrificing body, mind and soul to the disease. I lay in bed solving wood joinery problems. I worked past midnight running a rented saw. I spent birthday money on sandpaper and glue.

One night while assembling drawers I had a thought. Why don't I obsess over spiritual things? I considered the early Christians. They had Revival Fever. They would stay up late to understand God's word. They would sacrifice everything to spread the news. Why am I not like them? I don't daydream about knowing God better. I don't save Christmas gift money to feed starving babies. So what's the answer? How can I catch Revival Fever?

First, just as I caught nesting from my wife, I catch Revival Fever through contact with the Carrier. Paul writes: "For Christ's love

compels us, because we are convinced that one died for all..." (II Corinthians 5:14). So, when I come in contact with Christ's love I will easily catch the disease. I can do this by meditating on His word or Creation, or by spending time with God-infected people.

Another part of catching Revival Fever is also related to nesting. I can catch it by doing something I enjoy. When I use my interests for God I become obsessed with serving Him. Imagine if I used my woodworking obsession to build something for Christ. Sleepless nights here we come!

I think this is one of McDonald Road's secrets of success. I have met a number of people who are using their passions to serve Christ. People like Willard Clapp with his woodworking skills and Pam Tuttle and the Smiths with their love for kids. Not to mention all of the other Pathfinder and Adventurer staff and Sabbath School teachers and so many others.

And yet, I think we can be even better. I think we can find more of a love for Christ and use more of our passion to serve Him. I hope you'll join me in seeking to catch Revival Fever. Our future success depends on it.

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.

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Church Secretary
Newsletter Editor

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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://mcdonalddroad.org>

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Sermon Schedule

- "You Can Take It With You" Sabbath, December 2
• by Pastor Don Gettys
- "Survive the Rat Race Without Becoming a Rat" Sabbath, December 9
• by Pastor Don Gettys
- "Wasteful Thanks" Sabbath, December 16
• by Pastor David Cook
- "One Star Hotel" Sabbath, December 23
• by Pastor Don Gettys
- "Joseph's Stairway to Heaven" Sabbath, December 30
• by Pastor Paul Carlson

The Shadow of His Presence

By Adrian Boyer

"Let us not therefore judge one another anymore: but judge this rather, that no man put a stumbling block or an occasion to fall in his brother's way."

Romans 14:13

In the Shadow of His Presence
There is Peace beyond compare,
And no Evil can discomfit,
Nor o'erwhelm with dread Despair.

Earthly Sorrows will all vanish
Like the Dew before the Sun,
And our spirits will be quickened
As Life's Work on Earth is done.

We who dwell beneath His Shadow,
Like a Vine shall thrive and grow,
Bearing Fruit in great Abundance
In His Vineyard here below.

There's a glad Anticipation
That excites our weary Souls,
Knowing well our Names are written
By God's Hand on Heaven's Scrolls.

For the Latter Rain has fallen,
And the Vintage is full grown
Waiting for the Heavenly Reaper
To return and claim His own.

In the Shadow of His Presence,
There my Heart is wont to stay
Till that grand and glorious Harvest
When the Master comes one Day.

With the New Year Come Changes...

McDonald Manna Gears Up for Changes in Design, Features

By Melissa Turner, editor

As with most fields of work, the creative line of work requires a quiet evolution in order to stay fresh and on top of things. Not only does change help those who create, design and present to stay focused and creative, but it also helps those who receive something fresh and something captivating to learn and grow themselves.

I appreciate the feedback I get from readers, especially since I have specifically asked for your comments recently as we plan for the new year, and twenty years for the Manna! When you receive your copy of the January 2007 Manna in your mail next month, you will find a brand-new newsletter...not just because it is a new month, but because the Manna will have a new design and new features to celebrate a fresh start for the new year.

I ask for your continued feedback and comments as we seek to make the Manna a vital communication tool and foster its role in connecting our growing church family.

Here are some ideas that are already on the drawing board. Please feel free to add to these by e-mailing me at manna@mcdonalddroad.org.

Profiles - In order to encourage each other in our Christian service, we want to profile active McDonald Road members who are making a difference in the church, the community or the world through active missionary and evangelistic efforts.

Book Reviews - We want to occasionally highlight commentary from our own members on new and worthwhile SDA or Christian books they've read recently and which are available either at the local Bible book store or through the McDonald Road Church library.

Recipes and Hints for Healthy Living - In light of McDonald Road's recent CHIP program, we want to offer members new healthy

recipes and tips for healthy living--physically, mentally, emotionally and spiritually.

Means and Methods - To strengthen skills and participation in mission work, here and abroad, we hope to highlight principles and practices for personal evangelism as well as introduce local charities and non-profit organizations that can use our 900+ helping hands.

Church events - To encourage greater awareness of and participation in regular church events, such as weekly prayer meetings and vespers programs, we will be highlighting events for each month.

These early suggestions are just the beginning. There will certainly be more changes to come as this process evolves. But, lest our readers fear everything is going to be changed completely, let me

remind you of the outstanding features of the McDonald Manna which will remain.

Pastor's Challenge - Each month, one of our three pastors writes an inspirational thought for the Manna.

Church business news - We will continue to report on urgent business news such as board minutes, financial reports, membership transfers and offering schedules. Birthdays and anniversaries will continue to be a part of the Manna as well.

Adrian Boyer's poems - We are so grateful for McDonald Road's Poet Laureate Mr. Adrian Boyer's poetic contributions to each month's Manna.

Kid's Corner - Children and youth are a special part of our church family. We want to continue recognizing them by offering them a special place in our church newsletter each month.

Thank you for being a part of the McDonald Manna and for contributing whether it be through commenting, writing articles or simply reading each month. May God bless you in the new year to come!



"On the Drafting Table"

Christian Life

A Christmas Story

No More Little Lambs Will Ever Have to Die

The Story of a Young Shepherdess Who Meets the One Whose Sacrifice Will End All Mourning, Death, Crying and Pain

By Melissa Turner, editor

As a tenderhearted shepherdess, I fall in love with each new lamb that joins my herd. And I am anxiously awaiting the newest arrival tonight. I'm carefully watching Millie, my tall and noble ewe who is expecting to give birth anytime now. She has that motherly look in her eye and she seems more uncomfortable than usual. I settle into my nest of canvas tarps and warm woolen blankets nearby to hunker down for the evening, resting quietly yet always keeping an eye on my dear, dear sheep. I love these wooly creatures God has given me to care for.

I rest peacefully for a long while, every now and then lifting up dear Millie to the Lord in prayer. But then suddenly a terrible "baaaaaaaah" comes bellowing from just over the hillside. I jump up and start running toward Millie so quickly my torch just about blows out, but the flame holds on and I stick the wood stump into the soft mud near Millie and bend down to rub her soft ears and say a few quiet words of encouragement. She is on her side and looking at her I know it will be soon.

Then I see him with his pointed little newborn face. I grab a hold of the new lamby and wrap him up in a soft blanket and rub him dry as he squirms in my arms trying to leap free. As he struggles to get out of my arms, his little fuzzy face rubs against my face. I hug on him a little, but, realizing he is soon tired of that, I let little "Mikey" run free. Of course, he doesn't really run free. He sort of wobbles and dances around clumsily as he tries out his land legs. Millie rolls back up onto her feet and reaches over to lap on her new baby, cleaning his face and behind his ears. My heart melts as I watch this tender moment.

A few days later, I'm hugging on my little lamby again. I can't get enough hugs and cuddling from this little creature. But Father is coming in the distance and I know what he'll say to me. As he walks into the stable, my heart races and I want to scoop up my little lamby and run for the hills.

"Rebecca, I have told you not to get attached to these sheep of yours. You know that some of them will serve a greater purpose than simply being your little pets," he says, reproaching me for not wanting to let Mikey go to the temple service.

How can I let this sweet little lamby go? My heart is torn. "Father, can't we take one of the other sheep?" I plead. Father's eyes soften as he replies in a gentle tone, "No, my daughter. This one must go to take our place at the altar." A sharp pain collects in my throat as tears flow from my eyes. Little lambs are so precious. They are simply the cutest baby animals in the world. They are so sweet and innocent. Why do things have to be this way?



I know it is the right thing to do, but it hurts deeply. So this is what sin is! It hurts. But someday it isn't going to hurt like this anymore. Someday the Lamb of God will bring healing to our people and His great promise of new life will endure forever. That is what God is going to give His Lamb for—to end this pain I'm feeling right now and all the other times. With tears streaming down my cheeks, I nod for Father to tie Mikey up behind the donkey for his journey. It hurts to let this little lamb go. My heart screams out for him. Just one more hug. But my friend has to go and meet his life's purpose.

Several weeks pass and I find myself sitting quietly in my snug nest of blankets once again, watching out over the sheep and gazing up at the star-filled sky. As I look from

one star to the next, trying to guess the constellations, I notice one star is growing bigger and bigger. It's coming toward me! As the star comes closer, heavenly music falls upon me like a refreshing breeze. Suddenly, an angel, hovers over me. What do I do? But the angel says, "Do not be afraid. I bring you good news of great joy that will be for all the people. Today in the town of David a Savior has been born to you; he is Christ the Lord. This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger." As the angel finishes, a group of angels immediately appears and begins singing praises. "Glory to God in the highest, and on earth peace to men on whom his favor rests," they sing.

Could it be? The Lamb of God has come! I look out across the hillside and other shepherds and shepherdesses begin to fall on their knees, praising God for His goodness. "We must go and see the new baby," I cry out to my companions. "Yes, we must go and see this child," elderly John replies. He has been waiting all his years for this precious moment.

As we set out, our sheep are left behind. But in our hearts we know the angels are watching over them. No danger will harm our precious lambs tonight! We must go see God's Lamb and welcome Him to our world. We journey into town and follow the bright star in the sky to a cave tucked in the hillside behind a bustling inn. A warm glow comes from the cave as we quietly step inside to find the sweetest scene. Baby Christ lies cuddled in His mother's lap cooing as she kisses His soft, sweet little face. In that moment, I think of sweet little Mikey those first few moments when I rubbed him dry and hugged on his soft, sweet little face.

It is in this quiet, holy moment, I finally realize that someday this baby, the Lamb of God, will pay the ultimate sacrifice so no more little lambs will ever have to die. There will be no more death or mourning or crying or pain forever more. Amen!

Critter Corner

Uncle Burney's

"River Bull"



I suppose that every country boy has his favorite story or stories about how he escaped from a charging bull. Since I spent a lot of my young life on a farm I found it necessary, a time or two, to jump a fence or crawl up a tree to avoid some very upset bull. If I remember correctly though, I just might have been the one to do the upsetting.

Later on in years when I was in my early twenties, some of my friends and I decided to take a long boat trip down the Kissimmee River in southern, central Florida. The old river was dark and beautiful. It wound around through the upper Everglades and wetlands for over a hundred miles. The wildlife was abundant and easy to see. That whole area was a giant sponge, just soaking up the water. The Swift meatpacking and cattle company owned or leased thousands of acres along this old river. Many of their cattle became wild and lived with the local wildlife for many years. This area was home of Florida Panther, black bear, wild boar and a variety of birds.

The second day on the river we often had to pull the boat through thick lily pads and shallow marsh grasses. We thought that we had passed the worst section when to our dismay we came to a sandy beach that narrowed the river to 20 or 30 feet. This bend was very shallow and required raising the motor and pulling the boat across the sand

bar and into deeper water.

I was getting back into the boat when a big, black shadow appeared above us on the riverbank. The sun was low but still shined in our eyes. We could see well enough to know that it was an outline of a large bull. He was all muscle and his horns were at least three feet across and he wasn't happy we were there. We also found out very soon that he was very fast. Before we could get the engine started he charged off that bank and right at us. When he hit the water it didn't slow him down very much and he put a good crunch in the rear of our only transportation out of there. One would think that an impact like that would dislodge a horn, but not this guy's. The engine was going by now but shallow water made our progress painfully slow. Splashing water in his face only made him madder but what else could we do? Soon he was out of the water and again made another run at us. This time we moved just in time to avoid those horns so he jumped in and swam after us for some distance. That was one determined bull.

Those three days on the Kissimmee were unforgettable in many ways and now I mostly remember the good and funny parts. I'm very thankful that God has allowed me to enjoy much of what nature has to offer and he has provided safety while doing so.

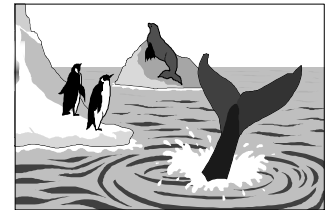
Water Wonders

"Leafy Sea Dragons"

A Story by Mrs. Janice Parker

Killer whales are found all over the world, but they prefer to swim in cool waters. Wilma the Killer Whale leads her pod of whales in the coastal waters of Alaska. Her pod, or family group, consists of her daughters and sons. Sometimes several pods will join together making a large group of whales.

Killer whales show very distinctive markings. Their jet-black bodies have white patches over their eyes, under their jaws, on their bellies and sides. Wilma is smaller than her mate, Willy. She is about 24 feet long and he is about 27 feet long. They both have a long dorsal fin.



Killer whales have well-developed senses and can hear a large range of sounds. They also have excellent vision in and out of water. Wilma and her friends, like dolphins, use echolocation or sounds they make that bounce off objects to let each other know where they are and to find food. It is thought that each pod group might have a different "dialect" or sound click to communicate to each other.

Pods work together to hunt for food. They send out sounds until they locate a school of fish, then they all swim in that direction and surround the fish and take turns feeding. Besides fish, Killer whales also eat squid, birds, seals, sea lions, penguins, dolphins and many other small sea life.

Wilma and Willy mate all through the year. Wilma will have a baby about every three to 10 years and it takes 17 months before her baby will be born. Her baby is called a calf and it is eight feet long at birth. It will stay with the pod even when it is grown. They live to be about 50 to 80 years old.

Church News



Campaign for Community Collections Taken Through December

Our Campaign for Community has already begun and will last until the end of December. This is what we do now in place of the ingathering of years ago. All the funds stay here in the U.S. to help in times of disaster and other needs. Each church member's goal is \$50.00. Let's each do our part to reach our church goal. Please contact Janice Parker, McDonald Road Campaign for Community leader, for more information.

Southern Adventist University's School of Music Presents Its Annual Christmas Concert

At the Collegedale Seventh-day Adventist Church

Friday, December 8 at 8:00 p.m.

Sabbath, December 9 at 3:30 p.m.



Get Involved in Missions: Help Supply McDonald Road Youth Group's Building Project in Belize for March 2007

Nails

Studs

Flooring boards

Plywood sheets

Cement sacks

Floor joists

Paint gallons

Doors

Metal roofing sheets

Belize Mission Trip donations can be turned in with your offering. Just mark your title envelope "Belize Mission Trip." You can also pledge online by "buying" a board or bag of cement, etc. You can reach the trip homepage from <http://www.mcdonaldroad.org>. If you would like to give for a specific person, please contact Pastor David Cook for more information. Mail your pledge to ATTN: Youth Mission Trip, McDonald Road SDA Church, 5440 McDonald Road, McDonald, TN 37353