

MANNA

October 2007 Vol. 20, No. 10



Newsletter of the
McDonald Road Seventh-day Adventist Church

In this issue. . .

Pastor's Challenge	2
Financial Update	3
Church Board Notes	3
Worthy Student Fund	3
Poem by Adrian Boyer	4
Building Fund Update	4
Discover the "Aaah of Spa"	4
Golf Cart: Share Your Input	4
Earliteens Reach Out	5
Samaritan Center Thanks You	5
Kid's Corner	6
We Want You, cont.	7
What's Happening	8

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you."

~ Matthew 28:19-20

Improve Your Health

If you would like to improve your health, the McDonald Road Church has just what you need. From Oct. 14 - Nov. 8, the church is offering a program called the Coronary Health Improvement Project, also known as CHIP, to help people learn how to prevent, normalize, and even reverse heart disease, high blood pressure, adult onset diabetes, high cholesterol, and obesity.

Judy DeLay, CHIP director for the McDonald Road Church, says she started becoming concerned about her health in the fall of 2003. She noticed that her cholesterol level was climbing, so she changed some of her habits and was able to

lower it. Next she saw that her blood pressure was rising, so she made some lifestyle changes and brought that down too. "I thought I was doing good with my numbers," she said, "but then I realized with CHIP I could have better numbers."



CHIP is a 4-week lifestyle education program with thousands of graduates worldwide. It was founded by Dr. Hans Diehl,

director of Lifestyle Medicine Institute of Loma Linda, Calif., whose research has shown that many of today's diseases are reversible through some simple lifestyle changes.

Previous CHIP participants have experienced an average of a 17% drop in cholesterol, lost an average of 7 pounds per week, and many have reduced or eliminated their need for blood pressure and blood sugar medications (in consultation with their doctor).

At the McDonald Road CHIP series, participants will meet on Sunday, Monday, Tuesday, and Thursday evenings each week for a video-lecture series by Diehl and taste testing foods. There are optional cooking schools so people can learn how to make healthy meals and shopping tours to show where to find health foods and what to look for on the labels. Two "HeartScreen" sessions, one before the series and one after, include blood tests so participants can see how their health has improved from participating in the project. After the program, an ongoing alumni association helps people stick with the changes they decide to make.

To learn more about CHIP, contact Judy DeLay at 423-396-3355 or visit one of the free information and registration sessions listed on page 8.

~ Rebecca Brooks

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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.

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Associate Pastor Paul Carlson
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The church office is open Monday through Thursday from 9 a.m. to 3 p.m. and Friday 9 a.m. to 1 p.m., unless otherwise announced.

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Submissions Deadline: The third Thursday of each month, unless otherwise specified. Submit items in writing at the church office; by fax (396-3433); by e-mail manna@mcdonaldroad.org; or by mail at 5440 McDonald Road, McDonald, TN 37353. Submissions by phone are not accepted.

Electronic Submissions: Submissions may be made via e-mail with the following attachment formatting: Word or WordPerfect documents, text files, and graphics or photos saved as jpeg, bmp, or gif files. Please submit electronic files by e-mailing them to: manna@mcdonaldroad.org.

"Uplifting Jesus"
McDonald Road
Seventh-day Adventist Church



Pastor's Challenge

We Want You!

When my father was still single, he had the opportunity to attend the wedding of a friend. Now, this friend happened to be a girl that he'd had a crush on for years. Well, somewhere during the course of the festivities, my Dad and the bride had a moment to chat. For some strange reason, she blurted out that she had once had a terrible crush on him. What a bittersweet moment for my Dad! He was flattered that she had like him, but what an opportunity missed! If only he had acted on his crush. If only he had known she felt the same way. (Of course he's glad how things turned out now).



Pastor David Cook

With that in mind, I want to make sure that this doesn't happen to you – in the realm of mission trips, that is. Perhaps you have thought about going on one with us. But, like my Dad, you don't really know if you are wanted or needed. If you had more information, maybe you would act.

Let me make it very clear. We want you to come with us! Please don't wait until it's too late. We would hate to say, "We wanted you but now there's no more room!"

Our desire for you to come is not out of desperation. In fact, our second trip has a waiting list! Our first trip, though sparse, should have enough people to go. Yet, we DO want you. Yes you, the one reading this. We want you because we know how much better it will be with you along. We want you because you can help us grow. We want you because you deserve the thrill of mission service.

Are you like my Dad? Do you just need more information? Well, let me help you with that. Let me share what awesome things God has in store for us in Belize.

Which trip?

Our second trip (March) has a waiting list. However, our first trip, (January 31-Feb. 11) has plenty of room. We think we have anywhere from thirteen to twenty seats left to fill. So, yes, we still have room for you!

Who Qualifies?

You may be asking, well, can I go? Am I the kind of person you need? Wasn't this supposed to be a youth trip? Let me be clear: As long as you have a reasonably healthy body, you can go. (A heart for missions is optional—you'll get it while there!)

~ Continued on page 7 ~

Sermon Schedule

- "At Jesus' Feet" Sabbath, October 6
- by Pastor Don Gettys
- "Evangelizing" Sabbath, October 13
- by Pastor Don Gettys
- "God is Very Good" Sabbath, October 20
- by Pastor Don Gettys
- "Seven Sabbaths" Sabbath, October 27
- by Pastor Don Gettys

Reaching In

Reminiscences

By Adrian Boyer

It's nice to be remembered
By Friends of long Ago;
Of Cronies we've not seen in Years,
Or Folks we used to know.

To cherish every Moment Shared
In haleyon Days of Yore,
And thus relive in Memory
Those Friendships o'er and o'er.

A Letter or a Card will do,
If distance intervenes,
To bring those Mem'ries back again
Of carefree treasured Scenes.

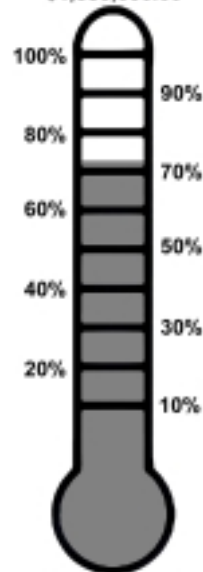
For Somewhere in the distant Past
May lurk a Memory
Just waiting to be lived again,
In some fond Reverie.

Who knows but it may bring a Smile,
Of fill their Hearts with Cheer,
And keep afresh the Friendships made
Some bygone Yesteryear.

So why not take a Moment then,
And drop a Line or Two
To that old Friend you've known for Years
Who'd love to hear from you?

Church Building Fund Update

Building Fund Goal:
\$1,833,000.00



Raised as of 8/31/07:
\$1,313,750.61

Are you enjoying the new children's wing, expanded lobby, and larger fireside room that were part of the McDonald Road Church building expansion? In the time since fundraising for the expansion began in 2001, the church has raised over \$1.3 million, which is a significant amount.

"I feel like we've made so much progress," says Pastor Gettys. "Sometimes we don't realize how far we've come until we can look back on where we've been. We realize how God has led in all of this and we're getting closer and closer to the goal."

As of Aug. 31, 2007, there is only \$519,908.39 to go for the mortgage to be paid off completely. If each family gives an average of just \$50 per month, this debt could be eliminated within the next two years.

"I would just like for us to really do our best, each family, giving what we can to help put this debt to rest as quickly as possible, so that the church can get on with more mission projects and other things that God has called us to do," says Pastor Gettys. "Our debt is a weight over our heads that we would like to eliminate so we can go on with the other things that we should be doing."

~ Rebecca Brooks

Discover the "Aaah of Spa" in October

McDonald Road Church Women's Ministries invites you to discover the "Aaah of Spa" at the Heart Spa on Sunday, October 21st from 8:30 a.m. to 4:15 p.m. Here's a sample of what's in store for those at the spa:

- Healing Hands - Heart and hands are softened as women get paraffin treatments and a soothing devotional experience, sharing and praying with each other.
- Pampering Pedicures - Women rest their weary feet as they enjoy a fresh and fun devotional while they receive and give a pedicure.
- Refreshing Facials - Women enjoy a revitalizing facial as they rest, reflect, and share their life stories.
- Relaxing Massages - Women unwind during neck and shoulder massages as they find rest in Jesus.
- Heart to Home Creations - Women create their own special spa supplies to take home, where the pampering continues.

The \$25.00 cost includes all materials, treatments, breakfast and lunch.

~ Sheryl Baker, Women's Ministries

Golf Cart: Share Your Input

You may have noticed the golf cart in the parking lot the past few Sabbaths. The church is providing this cart as a service to those in the congregation who may need a ride. Please call the church office at (423) 396-3462 to let the church know if you have used the cart and if you would like to see this service continue.

Reaching Out

Earliteens Reach Out in Rockwood, TN

The Earliteen class of the McDonald Road Church, with about thirty friends, family members, and Sabbath School leaders, set their sights northward for a class mission trip in August. Their goal: volunteer at a Remote Area Medical (RAM) clinic in Rockwood, Tenn., helping to give free dental and vision care to people who couldn't afford it.

The work started late Friday afternoon as the volunteers from the McDonald Road Church helped unload the RAM trucks

and trailers and assisted in setting up the clinic in the gymnasium of Roane State Community College. Work commenced again at six o'clock on Sabbath and Sunday morning as, after registering with the clinic staff, the volunteers split up into the sections of the clinic they had agreed to work in. Some saved patients' seats in the immense lines. Others staffed education tables. Still others worked in the eye clinic, giving eye exams, helping people choose the frames for their glasses, and escorting patients from one part of the clinic to another. Other workers put time in at the kitchen and dental clinic. No matter his or her capabilities, everyone was able to help with something. And the rewards definitely outweighed the exhaustion and 12-hour days when patients expressed their gratitude to the volunteers.

"We really appreciate you guys coming in to do this," one patient told a volunteer who was saving a seat.

Despite the fact that this comprised the first mission trip for many of the Earliteens and several of the adults, the class was delighted when one of the clinic doctors invited the group to participate in another RAM clinic in April of 2008.

"It really gives you a good feeling inside," Gerine Miller, one of the Earliteens, explained with a smile.

~ Briana Weaver



Photo by Kristal Weaver

The Earliteen Sabbath School class helped at this dental clinic.

The Samaritan Center Thanks You

The Samaritan Center would like to thank you for your faithfulness in giving last year, so far this year, and in the portion of the year that remains! Thank you for consistently supporting us as a Food Pantry Partner and stocking us with nonperishables so that we can use our funds to purchase fresh fruits, veggies, and other foods that compose a well-rounded diet.

Thank you for supporting us with \$7,517.33 during our 2006 Campaign for Community. In addition to your CFC donation, you also gave \$1,200 in subsidy in 2006 and \$825 so far in 2007! Your consistent generosity is invaluable; after all, you are the Samaritan in the Samaritan Center.

Because of support like yours, in 2006 the Samaritan Center was able to minister to our community with:

- \$51,767 in food	- \$40,596 in thrift	- \$22,240 in utilities	- \$1,924 in prescriptions
- \$5,513 in furniture	- \$4,487 in baby supplies	- \$2,435 in gasoline	- \$799 in medical supplies

In total, we helped more than 4,000 people with nearly \$130,000 in aid! You helped us help others with rent so that kids could have a place to come home to, with electricity so that they could have light by which to do their homework, with water to keep them hydrated and clean, and with food so that they wouldn't become malnourished. You helped individuals and families that couldn't otherwise afford life-sustaining medications, that needed our guidance in learning to budget their incomes, and that couldn't have recovered from a fire or a natural disaster without our assistance.

These are only a few of the ways that your Samaritan Center support has made a difference in your community. Thank you for helping us help others!

Kids' Corner

Jungle Jaunts with Jack and Jerry

Jack, 12, and Jerry, 10, have just moved with their parents to Tanzania, Africa to be missionaries. Dad has promised that as soon as they are settled, he will take them on a jungle jaunt to see the animals.

"Dad, when do we get to go see the animals? We have been here for two weeks already," asked Jack and Jerry.

"Well, boys, the plan is for us to leave early Sunday morning. Do you think you can get up by 5:30? It's an hour drive to the game park and we need to be there by dawn in order to see the animals. They come out early in the morning and at dusk."

"Sure can!" chorus the boys. Will Sunday ever get here, thought Jack. Jerry and Jack go over their list of things to put in their daypacks. "Let's see," said Jerry, "my hat, water bottle, binoculars, camera, bug spray, snacks, note pad and pen, and a book about wild animals in Africa. I think that covers it."

Very early Sunday morning, Dad, Mom, Jack, and Jerry are on their way to the game park. After about an hour, they see a sign that says "Slow Down Entering Wild Animal Country." It is still quite dark when the headlights of the car shine on an animal walking along the side of the road. Its eyes gleam bright in the lights.

"What is it?" cries Jerry. Dad slows down so they can get a better look at the animal. There, by the side of the road, is a large spotted leopard.

"Wow, what a beauty!" exclaims Jack. The leopard snarls at them and takes off into the jungle.

"I'm sure glad we are in the car," says Mother.

They enter the game park just as it is beginning to get light. "Let's look up the spotted leopard in our wild animal book and see what we can learn about it," suggests Dad.

Jack finds the place and reads, "Spotted leopards are one of the four largest cats. Their fur is tawny-colored with dark rosette shaped spots."

"What does rosette mean?" asks Jerry.

"Well, you know what a rose looks like," says Mother. "It means that the spots have curves like the petals of a rose instead of just smooth like a circle."

Jack continues, "Leopards are excellent tree-climbers and hunt mostly at night. They will eat about any small animal, but mid-sized antelope make up most of their diet. If other large animals are around they will drag their catch up a tree or hide it in dense brush. Leopards are graceful and stealthy, probably the most accomplished stalkers. They are also strong swimmers,

but don't like water as much as tigers. Even though they are good climbers, they can't come down a tree head-first because their ankles aren't very flexible. African leopards mate all year long. The female will have one to two cubs. She finds a cave or crevice in a rock for a den. She uses the white tip on her tail to communicate to her cubs when they are in tall grass. Although year-old leopards are able to care for themselves, they stay with their mother for 18 to 24 months."

Taking his note pad, Jerry writes "Spotted Leopard" at the top. "Just think! Our first animal is a spotted leopard, and we didn't think we would even see one," says Jack. "I wonder what animal our next jungle jaunt will bring."

~ Janice Parker



Use the code to decipher the information below:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

Can a man $\bar{3} \bar{8} \bar{1} \bar{14} \bar{7} \bar{5}$ the $\bar{3} \bar{15} \bar{12} \bar{15} \bar{18}$ of
his $\bar{19} \bar{11} \bar{9} \bar{14}$ or a $\bar{12} \bar{5} \bar{15} \bar{16} \bar{1} \bar{18} \bar{4}$ change his $\bar{19} \bar{16} \bar{15} \bar{20} \bar{19}$?
Neither can you change yourselves to $\bar{12} \bar{15} \bar{22} \bar{5}$ goodness
when you're $\bar{1} \bar{3} \bar{3} \bar{21} \bar{19} \bar{20} \bar{15} \bar{13} \bar{5} \bar{4}$ to doing $\bar{5} \bar{22} \bar{9} \bar{12}$.

Jer. 13:23 [Clear Word]

Connecting

We Want You! ~ Continued from page 7 ~

But we can use anybody who is able to do medium to heavy labor. Not many of our youth have signed up for this trip so we are opening the doors to everyone. However, though this trip is mostly adults, it will still *support* the youth.

What will we build?

The March trip will be geared toward our youth Sabbath school class. This group will build better bathrooms and a faculty home for Eden Primary. Eden, a large Adventist school, desperately needs someone to provide live-in security. They are constantly dealing with vandalism and theft.

So what does this have to do with the first trip in February? We have decided that this trip will support the March trip by paving the way (literally). The first trip will dig in the ground, shovel sand, mix cement and pour slabs. The second will hammer nails, drill holes, and saw wood.

How will we share Jesus?

This is one of the best parts of our mission. We will continue to minister in the small town of San Antonio. This village is made up mostly of Yucatec Indians. Many of whom speak only Spanish or Mayan. We will do a Vacation Bible School and anything else that presents itself.

The strongest religion in San Antonio is Pentecostalism. This movement has fed the spiritualistic roots of the indigenous people. Yet, it isn't meeting all of their spiritual needs. We have a dream of one day seeing an Adventist church built there. The exciting thing is that the locals share our dream. One of the Adventist pastors in the city is from San Antonio. He longs to see his people set free. We have promised to help fulfill that dream.

I'm especially excited about our connection with the local church. We are most effective when we support the local Adventists. When we just come and try to take over, we have trouble. But it is incredible to see what happens when we work together. Last year I was thrilled to see our teens working alongside Belizean teens for the VBS.

What will we do for play?

Of course we will take time to rest and play in the paradise of Belize. On the first trip will be a bit less structured than the second. Each family/person will be allowed to choose the excursion of their liking. There will be many options including snorkeling, diving, cave tubing, birding, horseback riding, canoeing and shopping. As a group, we will take time to visit Mayan ruins, waterfalls, and perhaps even a place where monkeys hang out.

Where will we stay?

We will be staying at a hospital facility in the town of San Ignacio. From there, it will be an easy walk to our worksite at the school. We will have bunk-style beds and warm showers. We will eat most of our meals at the Hospital cafeteria while taking time to sample some of the (safe) local food.

How much must I raise?

If you are going on the first trip, plan on \$1,050 dollars per person. We will need a 60\$ deposit by November 1. This guarantees your seat on the plane.

What will our itinerary be like?

This year's flights will be easy! Basically, we leave in the afternoon and arrive in the evening on both flights, and there are no layovers. Just one hop from Atlanta to Belize City and back again.

So, are you interested? If so, please call or email me. My phone number is 423-505-8405 and my email address is pastordave@mcdonaldroad.org. I will be out of town the beginning of October, but you can contact Amy Cash at ascash@southern.edu. We'll be waiting to hear from you!



Dan Ford inspects the outhouse that badly needs to be replaced.



The local children will learn about Jesus through Vacation Bible School.

~ Pastor David Cook

What's Happening

Belize Mission Trips: McDonald Road Church will be taking mission trips to Belize in January and March 2008. To reserve your spot, visit mcdonaldroad.org and click on the link for the Belize Youth Trip.

Coronary Health Improvement Project (CHIP): Know someone who is concerned about their health? Bring them to one of the free information and registration sessions for McDonald Road's upcoming CHIP Oct. 14 - Nov. 8.

- Oct. 4 - Memorial Hospital
Classroom, 6:00 & 7:30 p.m.
- Oct. 8 - Southern Adventist University
Banquet Room 2, Noon
- Oct. 8 - McDonald Road Church
Fireside Room, 7:00 p.m.
- Oct. 9 - Collegedale City Hall
Conference Room, 6 & 7:30 p.m.

The Greater Collegedale School System Constituency Meeting is October 9 at 7:00 p.m. at Collegedale Academy's auditorium. All are welcome to attend.

The McDonald Road Cookbooks have arrived. For more information and to learn how to get yours, please call Jan Oliver at 396-3099.

Help us promote our website address at: <http://mcdonaldroad.org> and our e-mail: church@mcdonaldroad.org. Be sure to bookmark it for yourself- and if you have a personal website, include our church web address in your links!



Regular Programs

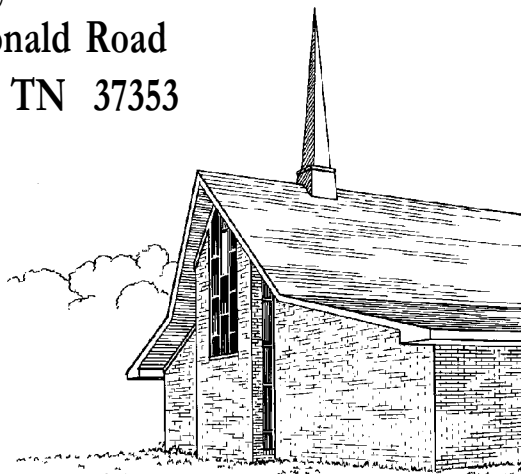
Weekly Worship Services
First Service
Saturdays at 8:50 a.m.

Second Service
Saturdays at 11:25 a.m.

Sabbath School
Saturdays at
10:00-11:20 a.m.

Prayer Meeting
Wednesdays at 7:00 p.m.

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"Uplifting Jesus"

