

# MANNA

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Newsletter of the  
McDonald Road Seventh-day Adventist Church

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“Train a child in the way he should go, and when he is old he will not turn from it.”

- Proverbs 22:6

## Call to Mission Aviation

Ever since I returned from Guyana and my introduction to Mission Aviation seven years ago I have always wondered “God, why do I hold a Commercial Pilot’s License?” God had clearly called us to Guyana. We were excited to follow God’s leading, even though it was tough following in the foot steps of my oldest brother, who had given his life for his love of God and aviation. Now for years, I had sat on the sideline, reading of the needs for mission aviators, always asking the question, “God, are you calling me?”

The question came up again last December. I came home from work that Friday to a quiet house. Odil and the Kids were on a home schooling field trip, so I sat down with a pile of mail. As I looked over the AWA (Adventist World Aviation) newsletter, an article on the back page titled “A Needle in a Hay Stack” caught my attention. It described the challenges of finding people with both the qualifications and a willingness to work in mission aviation.

“Lord, are you calling me?” I thought as I read through the article written by the wife of the pilot working with Peru Projects in Pucallpa, Peru.

Eight years ago, I had spent a week at the Peru Projects airbase taking jungle pilot survival training. It had been a tough week. I had spent much of that week struggling with God about His calling for me to fly missions. That training was on the 10th anniversary of my brother’s death in a mission aviation accident in central Mexico. By the end of the week God had made it clear to me that He had called, and I left Peru with the agreement to purchase an airplane from them to be used in our work in Guyana.



*Bordered to the east by Suriname, to the south and southwest by Brazil and to the west by Venezuela, it is the third-smallest country on the mainland of South America.*

- continued on page 5 -

# 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.

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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](mailto: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](mailto:manna@mcdonaldroad.org).

**"Uplifting Jesus"**

McDonald Road  
Seventh-day Adventist Church



# Pastor's Challenge

## Phyto What?

Have you ever thought about how food can be such an inconvenience at times? I have. You get going on some activity and then you have to stop because your stomach is empty. What a bummer!

Maybe. But I've been reading about how the fruits and veggies we eat (or should) have these incredible compounds called phytonutrients. "Phyto" just means from plants. What's amazing is that these compounds have strong health-promoting properties, helping the body fight against things like cardiovascular disease, cancer, diabetes, dementia and many other things.

In fact, the antioxidant ability of certain foods to fight cancer cells can't be fully explained on the basis of just the vitamins in foods such as spinach or broccoli or kale or blueberries. It is the other compounds from those foods that raise the antioxidant power of human blood. Enter the fighting phytonutrients.

Do you remember that statement in Revelation that the leaves of the Tree of Life will be for the healing of the nations? Wouldn't it be reasonable that the same Creator-God would build healing properties in the plant foods that He created for our use now?

Of course, we all have to eat to have strength. On a deeper level, though, I think eating all the fruits and veggies that God created for us is a great opportunity to remember that we came from God. He created us, and our life depends on our cooperation with His plans. If we don't eat the good stuff, we won't have the health that He designs us to have.

And the more we live like most Americans do, the more we will get the diseases most Americans get. As a whole, Americans eat 51% of their calories from refined and processed foods. That includes most of the foods you see in the grocery store in a box or a bag with a food label. And they eat 42% of their calories from dairy and animal products. That's why saturated fat and cholesterol levels are sky high. Furthermore they eat only a measly 7% from fruits and vegetables.

It makes me think of what Isaiah 55:2 says, in the God's Word translation: "Why do you spend money on what cannot nourish you and your wages on what does not satisfy you? Listen carefully to me: Eat what is good, and enjoy the best foods."

While that text primarily refers to the spiritual diet of listening to God's Word, I think it can also illustrate that God wants only the best for us, even in the realm of what we eat.

In fact, "studies have shown that eating fresh fruits, beans, vegetables, seeds and nuts reduces the occurrence of cancer. If consumption of plant food intake goes up 20% in a population, cancer rates typically drop 20%. But cruciferous vegetables have been shown to be twice as effective. As cruciferous intake goes up 20% in a population, cancer rates drop 40%" (Dr. Fuhrman's Healthy Times Newsletter, July 2007).

Wow! Only the Creator could design food that nourishes us that well.

So when we eat those blueberries or that bunch of broccoli, let's remember that we are eating life and health. Those foods are God's present-day versions of the leaves from the Tree of Life.



*Pastor Paul Carlson*

- Paul Carlson

# Church Business

## Unanimous Support for New Middle School

The church body met in business session on Wednesday, July 16th. At that time it was unanimously voted and approved that the McDonald Road Church pledge \$150,000.00 to the Greater Collegedale School System's capital campaign for our new middle school. Several dozen students have been turned down because of a lack of room. Murray Cooper, Spalding principal said most of the money has already been pledged and that almost half of the cash is in hand. Construction is planned to begin later this year.

Our amount is just 1.7% of the total cost of the school which is projected to be \$8.5 Million. Our pledge is to be paid in three yearly payments of \$50,000.00 each. The first payment is to be made when the middle school building project is at the 25% completion stage. Subsequent payments are to be made annually after that point.

Many members of the McDonald Road Church have already pledged their support of this worthy project, and have been regularly making their pledge payments either through the church or directly to the school system. It has been agreed that once construction begins, all on-going pledges should be made through the church, and will apply toward our \$150,000.00 obligation.

Those wishing to start paying down this pledge now may do so by marking your tithe envelope as Middle School.

The members present at the business meeting felt strongly that our church families would be able to meet this pledge without needing to borrow additional funds. Pastor Gettys suggested that by each of our 500 families giving only \$100.00 per year for three years, a total of \$300.00 for each family, this pledge could be paid in full!

Paying the amount of \$300.00 over a three year period is less than \$8.50 per month per family! What a bargain! In return we will have a middle school facility of which we can be proud, a school facility where our children will learn of Jesus, a school facility where children will not have to be turned away due to lack of space.

The Bible tells us to train up a child in the way he should go, and when he is old he will not depart from it Proverbs 22:6. Thank you for making it possible for our Greater Collegedale School System to continue doing their part to help prepare our children for heaven.

- Sheryl Baker



Construction on the Greater Collegedale School System's new middle school is scheduled to begin later this year.

## Sermon Schedule

"How to Raise Your Children from the Dead" by Don Gettys	Sabbath, August 2
"Rooftop Faith" by Don Gettys	Sabbath, August 9
"The Little Lad's Lunch" by Don Gettys	Sabbath, August 16
"Eyes and Mud Pies" by Don Gettys	Sabbath, August 23
"Death Zero, Jesus Won!" by Don Gettys	Sabbath, August 30

### Samaritan Center Needs:

The Samaritan Center needs donations of school supplies for the Stock Their Lockers campaign. See page 4 for more details.

### Offering Schedule

Aug. 2	Local Church Budget
Aug. 9	Andrews / Loma Linda / Oakwood
Aug. 16	Local Church Budget
Aug. 23	Georgia-Cumberland Ministries
Aug. 30	Cohutta Springs

# Reaching In

## Prospæctus

By Adrian Boyer

The Days racing by...  
in a frenzy of Years...

Oft leave us quite breathless...  
with wonders and fears...

As swift on the heels...  
of each Day there pursues...

Impatient Tomorrows...  
on wing-shodden shoes...

But nevertheless...  
there are handsome rewards...

In doing those duties...  
each Daytime affords...

If we with all diligence...  
reacón with care...

Each opportune Moment...  
God gives us to share...

For somewhere beyond us...  
resplendent and sure...

The Kingdom of Heaven...  
waits fair and secure...

So let us move forward...  
as God shows the way...

Thru all Life's Tomorrows...  
that press us Today!

## Pathfinders Gear Up for International Camporee

McDonald Road Pathfinders are planning to join over 30,000 Pathfinders from over 100 countries for the largest six-day Adventist Youth Event in the world at the Courage to Stand International Camporee in 2009. It is an exciting time to make new friends and experience awesome, Christ-centered programming!

Taking a large club like ours to this event takes months of planning and fund raising. Consider how you can help make this trip a reality for our Club. With gas prices going up and up extra help will be needed. Please mark your title envelope with *Oshkosh-Pathfinders*.

Thanks For All Your Support!

**Pathfinder Registration:** All parents whose children are in grades 5-10, please mark your calendar for Aug. 11, 6:30-8:30 p.m. We will be filling out applications and medical forms, fitting for uniforms, paying registration fees and receiving the calendar for the 2008-2009 Pathfinder year. Parents need to be present and plan to stay for the whole time.

**Remember:** Your child needs to be a Pathfinder, in good standing, for the whole 2008-2009 year, in order to attend the August 2009, Courage To Stand International Camporee in Oshkosh, WI.



## Thank You

The other day I took my mother to the grocery store. She got four or five little plastic bags of food...not very much. I was shocked when I saw the total... it was over \$70! When we get gasoline, we are cruelly reminded that we live in challenging times. A question arises: Should we cut back on our giving to God's work? After all, we do have to pay the bills.

How do we make ends meet in a bad economy? An old adage says: Spend less than you make and earn more than you spend. That is easy to say but hard to do. If you can, only buy things that are that are deeply discounted. Pay cash; you can't afford credit charges. Keep that old car. Combine trips. Make yourself indispensable at work; you don't want to lose your job. Keep faithful to God...you will do so much better with God on your side. In hard times, some of us might be tempted to cut back on our giving to God's work. Should we reserve so that we might preserve?

God says: "If you give, you will receive. Your gift will return to you in full measure, pressed down, shaken together to make room for more, and running over. Whatever measure you use in giving large or small it will be used to measure what is given back to you" Luke 6:38. Especially in rough times, we need God as our partner. Thank you for your continued faithfulness. May God richly bless you. I know you need His blessing.

- Don Gettys

# Reaching Out

## Stock Their Lockers Needs Your Help!

For many families, paying for food, rent, and utilities is a stretch in our dismal economy—not to mention the exorbitant cost of today's school supplies.

"When I was in grade school, "school supplies" meant a pencil and a pad of paper," recalls Tony Dahlberg, executive director at the Samaritan Center. "Today it's a whole new ball game."

That's why the Center hosts Stock Their Lockers, an annual school-supply distribution event that eases the strain on struggling families. Last year, through your donations you helped us reach more than 140 children. This year, especially with the dip in the economy, that need has drastically increased.

If you would like to help, here are our major needs:

- Backpacks
- 3-Ring Binders
- Tabbed & Pocketed Folders
- Wide Ruled Filler Paper
- Blunt Scissors
- Tissues
- Hand Sanitizer
- Pencil Cases
- Black and White Composition Notebooks

Please turn in donations by August 6. To learn more about Stock Their Lockers or to make an appointment to receive help during School Supply Distribution Week, call 238-7777.

- Angela Baerg



*Last year, Stock Their Lockers helped more than 140 students.*

## Call to Mission Aviation - continued from page 1 -

When Odil got home that Friday afternoon, I showed her the article. Her reply was short. God knows where we are, they know us. If God wants us in Peru they know how to contact us. I had to agree. Maybe I was just subject to my own desire to fly missions, and this was not God's calling at all.

Sabbath morning I woke up with Peru still heavy on my heart. As I cleaned up the breakfast dishes, I prayed, "Lord, if you want us in Peru make it clear, if not, let me get this thought out of my mind." Upon arriving at church I scanned the bulletin looking to see if Peru was on the agenda, it was not. After early church was over, I was standing in the lobby waiting for Odil when Steven Grabner of OCI walked out of the Sanctuary. When he made eye contact with me across the lobby I thought, "I may be in trouble." He walked directly over to me. He didn't waste time with a "good morning" or "happy Sabbath". His first question was, "Are you a pilot?" I confirmed I was. His second statement was, "Peru needs you to fly for them." Then he started telling me all about Peru Projects. Little did Steven know of my prayer session that very morning.

When Odil caught me talking to Steven, I was in trouble. She assumed I had approached him but Steven and my son Andrew had to come to my rescue. Steven explained that he had been at an OCI board meeting the previous weekend and had heard of the need in Peru. He showed us where he had written in his day timer, "Orville Donesky, Pilot?" He explained how he had intended to call all week but had not had time. Now on God's timing here we were talking about the needs of Peru.

Friends, as I look around me, I perceive things on this world are not right. Is the economy as bad as I am told, I do not know. Is the environment as bad off as is reported, I am not sure. Is the threat of terrorism and international conflict as much of a problem as I am being told, I do not know. But I do know that this world is a mess. I hear of third graders trying to kill their teacher. Something is not right. People, kids are choosing to sell out to God, or Satan. The middle ground is evaporating. Where are you?

When God calls, you will know it. He has a personal plan for each of us. Not all of us are called to go overseas. All He wants is for us to follow His leading. I am not inviting you to Peru. That is where God is calling our family. God may have you right where He wants you. Are you actively working for Him in the situation He has put you in? Have you heard Him asking you to do something more for Him? Are you willing to do it, even if it is way outside of your comfort zone?

- Orville Donesky

# Kids' Corner

## Jungle Jaunts with Jack and Jerry

"Those birds were sure cool looking," exclaims Jerry.

"Where are we going?" asks Jack.

"We're going up this road for a little ways to the river. We have been sitting for quite a while and need to get out and stretch our legs," explains Oscar. "Remember the rules for when we get out of the van?"

"Sure do," Jack and Jerry say together. "Stay with the group and don't go wandering off, don't try to touch the animals, and when you say get in the van, go immediately and get in," reply both boys.

"You have good memories," laughs Oscar. "It is very important to do all those things if a problem arises."

Oscar stops the van on a bridge overlooking the river. The family gets out of the van.

"It feels so good to be standing," exclaims mother.

"I could stretch a mile if I didn't have to walk back," jokes Dad.

"Just look how big those crocodiles are," shouts Jack. "If you will hold one of their mouths shut Jerry, maybe I could ride one!"

"No thanks, Jack. I don't feel like crocodile wrestling today," replies Jerry.

"There sure are a lot of crocodiles sunning themselves. They look like you could walk up to them and touch them," observes Jack.

"Don't be fooled by how they look," admonishes Oscar. "They can wake up and move very fast."

Jack gets out the Wild African Animals book and reads: "Crocodiles have a four chambered heart, a diaphragm and a cerebral cortex and are the most advanced of all reptiles. Their outer shape helps them move quickly in the water. They tuck their feet to their sides, which helps them swim faster. They have webbed feet, which help them make quick turns and walk on the river bottom when the water is shallow. Crocodiles are very fast for short distances even on land. They have very powerful jaws that are capable of biting down with 3,000 pounds of pressure per square inch (psi), compared to 100 psi for a Labrador retriever or 350 psi for a large shark. Even though they look slow, crocodiles are top predators in their environment. Crocodiles can be very dangerous to humans. The Saltwater and Nile crocodiles are the most dangerous, killing hundreds of people each year in parts of Asia and Africa. They eat fish, mammals, birds and even smaller crocodiles. The sex of a crocodile embryo is determined by temperature. Males are produced at about 31.6 degrees Celsius and females at slightly higher or lower temperatures. It takes about 80 days for the eggs to hatch. Baby crocodiles are about 20 cm long when they hatch. Adult crocodiles can be up to 6 meters long and weigh up to 2,000 pounds in large species. They live to be around 70 years old on average. Crocodiles' meat and skin have many uses. The skin is tanned and used to make shoes, purses, wallets, briefcases and belts. Crocodile meat is white and has a delicate flavor and taste. Special cuts of meat are taken from



its back and tail. Many countries in the world consume it."

Jerry takes out his notepad and writes "Crocodile."

"Will we ever get to see the lions?" he muses.

- Janice Parker

**How many words can you make from the word CROCODILE? Use each letter only once.**

_____	_____
_____	_____
_____	_____
_____	_____

# Connecting

## Adventurer Club & Eager Beaver Information

Adventurer Club 2008-2009 registration will be held on Wednesday, August 6, from 6:00 – 7:30 p.m. in the gym. If you will be out of town and unable to attend registration on August 6, please let us know and we will get you pre-registered. Adventurer Club meets every other Wednesday evening from 6:00 – 7:30 p.m. in the gym.



### Adventurer classes range as follows:

Busy Bees – 1st grade (child must be in 1st grade for the 2008-2009 school year to register as a Busy Bee)  
Sunbeam – 2nd grade  
Builder – 3rd grade  
Helping Hands – 4th grade



Our **Pre-Adventurers** program consists of **Eager Beavers** (age 5). Please carefully consider when you allow your child to join Eager Beavers. If your child will not begin first grade the year after Eager Beavers, they will need to repeat Eager Beavers, or wait a year to join Busy Bees. *We will not be offering Little Lambs (age 4) as part of our Pre-Adventurers program this year.*

Listed below are some of the **special events** we have planned for this year:

- Bike Ride & Picnic
- Fall Fun – Corn Maze
- Camping, Paddleboats, Canoes, Hiking and Hayride at Cohutta Springs Camp
- Adventure Sabbath & Pot Luck
- Collegedale Christmas Parade
- Camp Out in the Family Center
- Creative Discovery Museum Overnight Camp Out (We have the entire museum to ourselves)
- Family Fun Day at Cohutta Springs
- Train Ride & Picnic (TN Valley Railroad – Chattanooga)
- Investiture with a special secret surprise celebration to follow in the gym

(All special events are on a day other than our regular every other Wednesday night meeting—special events are not required attendance.)

Adventurer Club is a wonderful way for your children to grow in their walk with Jesus. Plan on lots of family fun and fellowship with old friends and new friends you will make as part of the Adventurer Club Family. If you have any questions, please call the McDonald Road Church Adventurer Club Directors, Carl & Linda Smith, at 423-892-8349.

- Linda Smith

## What is Adventurers?

The Adventurer Club is a Seventh-day Adventist Church-sponsored ministry open to all families of children in grades 1-4 who agree to keep the Adventurer Pledge and Law (read the Pledge and Law at [www.adventurer-club.org](http://www.adventurer-club.org)).

The Adventurer program was created to assist parents in their important responsibilities as a child's primary teacher and evangelizers. The program aims to strengthen the parent/child relationship and further the child's development in spiritual, physical, mental, and social areas. In this way, the church and school can work together with the parent to develop a mature, happy child.

- [www.adventurer-club.org](http://www.adventurer-club.org)

# What's Happening

**Share Him** is looking for speakers for our India trip starting October 24, 2008. Please prayerfully consider joining our team in preaching the Three Angels Message to the people of India. For more information contact Bob Folkenberg, Jr. at 423-716-0167.

**Adventist Retired Worker's Dinner:** Sunday, August 10, Collegedale Church Fellowship Hall. 12:00 Noon. All ASI members or retired SDA workers (10 yrs. or more) are urged to attend. Spouses invited also. Jon Green, authority on local history, will present what promises to be an especially interesting program.

Food plan:

A-B: potatoes, rice, pasta;

C-F: vegetables;

G-J: dessert;

K-M: bread, rolls, sandwiches;

N-R: salads;

S-Z: entrees.

**Coming Soon!** We are excited to announce that we are going to start working on a new pictorial directory of our church family. The directory is a great help in connecting names and faces. Online sign-up will start the middle of August. Please keep an eye on the church web page and bulletin for more information in the next few weeks

**Covenant of Praise** men's chorus will begin its eighth year of music ministry in September. We have openings in all parts for men who have a desire to share Jesus with others through music. Previous chorus experience is desirable, but not necessary. Rehearsals are on Friday evening in the SAU music building. For information, please contact Herb Poulson (396-4998), Jerry Wasmer (991-7505) "As long as He gives us breath, we will give Him praise!"

## 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

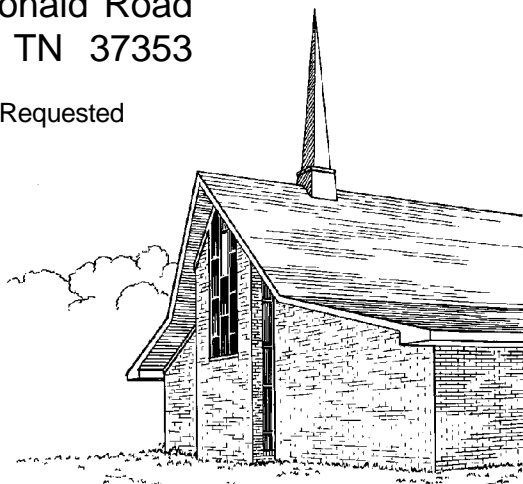
10:00-11:20 a.m.

### Prayer Meeting

Wednesdays at 7:00 p.m.

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