

MANNA

October 2008 Vol. 21, No. 10



Newsletter of the
McDonald Road Seventh-day Adventist Church

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“Accept one another, then, just as Christ accepted you, in order to bring praise to God.”
- Romans 15:7

Middle School Plan Altered

One hundred ninety-nine people signed in at the Church Business Meeting held on September 7 [at the Collegedale Church]. There were 191 Collegedale members and eight from the other two Greater Collegedale School System constituent churches. [McDonald Road Church is a constituent church of the Greater Collegedale School System.]

It was recommended by the Church Board to alter the Middle School plan of building classrooms for grades 6-8 and the Music Wing to a phased project with grades 6-8 as phase one and the Music Wing as another phase to be relocated to the campus of Collegedale Academy, rather than attached to the Middle School.

This change was recommended due to the majority of the Music Wing use would be by the Academy. After much consideration by both the Elementary School and Academy it was decided that it was not practical to have the Academy students walk across the road

for music rehearsals. Also, most concerts would be held at the Academy, and it was not practical to move instruments back and forth. The Academy asked that the Music Wing be moved to the Academy campus and they would take over the fundraising.

While many present at the meeting were concerned about the Middle School music program, they were assured that the music program would continue in the common area of the Middle School. An amendment to the recommendation was made for the Building Committee to study a revision of the architectural plans to provide dedicated space for the music programs at the Middle School.

The votes were collected and 144 voted for the plan alteration with 15 voting no. With a majority vote, the Middle School will proceed as a phased project with grades 6-8 as phase one and the Music Wing as another phase to be relocated to the



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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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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

Joy and Peace

One of the toughest spiritual battles I have ever faced was a battle with legalism. I had started my walk with God just glad to be forgiven. Then I had become excited by world events and was sure Jesus was coming soon. Since He was coming so soon, I decided to get ready. I wasn't sure exactly what that meant, but I would do whatever it took. So I began to make all sorts of reforms—many of which would have been fine if done for the right reasons.

I started with cutting out dairy and caffeine. I figured this would certainly take me down the road of righteousness. I mean, talk about sacrifice! Then I cut out all secular music and T.V. From there I quit my camp job in order to do more "holy" work.

When I arrived at my colportering job, I thought I'd reached heaven. All the girls wore dresses, we couldn't eat cheese and we only sang hymns. Oh, the study we did. We would spend hours soaking in the great truths for our time. Truths like how dating was evil, drama deadly and wearing shorts a sin.

We also spent time lamenting the fallen state of our pastors and conference officials. We were filled with righteous indignation. We couldn't believe how wrong they could be. Why didn't they preach against cheese? Why did they allow drama? Why did they let wedding rings in the church?

Our days were long and hard. We spent the mornings training and the rest of the day selling. But we were just glad to suffer for the truth. Perhaps the pain would cleanse our evil desire to eat three meals a day.

Of course I lost weight. And my back started going bad for the first time. I also found that I wasn't as happy as I had been. My stomach was in a knot. I worried that I might not give up everything. I had no joy or peace.

However, there were some light moments. Once we stopped at a burger shop for our afternoon meal. The lady taking orders was announcing them over the loud-speaker. "Hamburger: hold the burger, cheese and mayo. Grilled-cheese sandwich; no cheese." As she droned on I turned to see that the other customers were staring



Pastor David Cook

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Sermon Schedule

- "The Face of Jesus" Sabbath, October 4
- by Don Gettys
- "The Skinny of How We are Saved" Sabbath, October 11
- by Don Gettys
- "An Arm and a Leg" Sabbath, October 18
- by Don Gettys
- "The Hedge" Sabbath, October 25
- by Don Gettys

Reaching In

Our Lives are Bound by Seasons Four

By Adrian Boyer

Our Lives are bound by Seasons Four...
of Summer, Spring, and Fall,
With Winter as the Ultimate...
compounded of them all.

The Spring's a Time to dance and dream...
a joy for all and Each,
For ramblin' after Rainbow-Gold...
that's always out of Reach.

So near is Summer to the Spring...
that's charmed by June's warm Sun,
The carefree Heart may not discern...
when Summer is begun.

But Summer Days and Summer Ways...
must all too soon decline,
As unfulfilled some Visions fade...
as fades the leafshorn Vine.

The Days begin to lose their Length...
while evening Shadows close
Upon the shrinking Shafts of Day...
and on the fullblown Rose.

The Autumn brings Maturity...
of ripened Fruits and Grain --
A harvesting of Summer Days...
that will not come again.

Rude Winter broods upon a cloud...
in cold Finality,
To claim the Greatest and the Least...
whoever they may be.

A Time when all the Seasons blend...
in trackless Realms of White,
And Silence stills the smallest Voice...
that cries against the Night.

Our Lives are bound by Seasons Four...
however our Dismay,
Imprisoned by the Bars of Time...
to wait a Winter's Way.

East Ridge Church Plant

It was unanimously voted by the McDonald Road Church Board on Sept. 15 that the McDonald Road Church support a new church plant in the East Ridge, Tenn., area. Jay Anders, one of those spearheading the effort, shares the following information. He asks for your prayers of support as they start this outreach.

"At one time there was a church school in the East Ridge area and we know we are going to encounter folks that have a positive outlook on the Seventh-day Adventist Church. Our plans are to meet with the conference officials and get their support for the plans we feel we are being asked to do. With their blessing and the Lord's help we will start meeting there in early November. We have a great number of outreach activities and we would gladly welcome the support of the church.

"The outreach possibilities are diverse as is the demographic makeup of the area. Our group had discussed and is excited about the following outreach activities: stop-smoking clinics, depression recovery seminars, cooking classes, public surveys, literature evangelism, health expos, Bible work, and evangelistic meetings. To do this we will need workers, financial support, and a great deal of prayer. The church board has established a church plant fund that all members can contribute to.

"Some might ask, why would a group want to do this. McDonald Road is a great church, it is a large, growing, and an active church. Our desire is to take all these positive qualities and plant them in East Ridge. We desire to engage ourselves and all that join this project to become more personally involved in win souls for the kingdom not just warming pews in the church. Our vision is to seek to become the kind of church described in the Bible, where there's relevant teaching, heart-changing worship, warm fellowship, earnest prayer, and growth in Jesus.

"Our mission is to be an evangelistic congregation, which is committed to a heart-changing church and life experience. Our church services and evangelistic outreaches will have clear, powerful Biblical messages and outstanding music. Visitors will be greeted warmly and a personal contact will be established with them. Our aim is to maintain an evangelistically-minded church the entire year.

"This church plant is a team, a church family activity. The steering committee for this church plant is the following families: Anders, Doneskys, Grabiners, Hollies, Ruhlins and Pastor Gettys. Others are coming on board daily. We are excited about what the Lord is going to do through us."

- Jay Anders

Reaching Out

Letter from Ebeye:

McDonald Road church member Lorraine Rollins recently began serving as a missionary in Ebeye, an island in the North Pacific Ocean. She has been writing letters to our church, which you can find at www.mcdonaldroad.org. The following letter is from Sept. 7, 2008. The photos are from Emily Lorenz, another missionary in Ebeye.

Hi Friends,

It is definitely different down here. I like it though, It takes some getting used to. I don't like having to wear skirts every day, but it's ok.

The people here are really nice they say good morning or good night, and Yakwe (which means hello or welcome). They say good night even if it's 2:00 in the afternoon, lol (Laugh Out Loud!). The kids are very accepting, except for when they are in class. ;)

We have a shower, we share one bathroom amongst four girls, which isn't bad at all. The water is always cold, they can't afford to have hot water. We get to bathe with fresh water only if it rains, the rest of the time we bathe in salt water.

The power goes off randomly. Sometimes it will be off for four hours, sometimes six. It's been out for four days before. When the power goes out the water doesn't work either. They have two wells, one salt water for flushing toilets and the other which has fresh water for cooking and showers. Sometimes after we go swimming or snorkeling we take a community shower at the well, it's fun.

We have a stove, microwave and rice cooker (which we accidentally melted the bottom out of). And we use them when we have power. Otherwise we use the little propane stove that we have, which is out of propane right now. Food is very expensive up here, they have no veggie meat :(, and they are low on fruits and veggies. The ones they do have cost about 2 to 3 dollars a pound and usually isn't of good quality. The principal has a washing machine in his apartment for us to wash clothes in. Megan, my roommate from Canada is an extremely good cook, so we don't starve.



Lorraine (right) was glad to have some fruit. She says she usually only gets oranges because the fruit is so expensive.



Lorraine (left) poses for a picture with another missionary.

No, we don't have any family's that take us in on the weekends, but that is ok. Just pray that we get sponsors in the Kuajelein Atoll so we can go on the island and shop and stuff like that.

It is both hot and humid down here, but not too bad. The snorkeling is so wonderful down here. I wish you all could see it. God's creation is just so beautiful.

There is so much more I could write about, but I have to go :(. I will keep in touch. Oh, Mom & Dad, I recieved the package with all the trail mix and stuff. I really appreciate it, very much. Thank you so much! I miss everyone and will keep in touch.
Lorraine

Kids' Corner

Jungle Jaunts with Jack and Jerry

It's mid afternoon as the van leaves the area where the rhinos were. The boys are silent. Jack wonders how many animals are left to be seen. Jerry stares out the left window of the van watching a group of Thompson Gazelles lope by. Grazing in the grass are five elephants, two young staying close to their mothers and one half grown elephant. A family of gorillas is walking along the road.

"Look, boys," says mother, there are some animals that look like wild dogs on the right."

As the van gets closer, Oscar explains, "Those are Spotted Hyenas and they can be very dangerous. "Just then the hyenas give out a hysterical laugh making both boys jump.

"Wow! That really scared me," declares Jerry. "Bet you can't laugh like that Jack.."

"That sound gave me the shivers," exclaims Jack. "I don't think I want to hear that laugh in the dark."

Jerry gets out the Wild African Animals book and reads: The Spotted Hyena is the largest of the hyenas. It is native to Sub-Saharan Africa except the Congo basin. They occur in habits from extremely cold to hot and dry lowland and mountain ranges. They can also survive near human habitations. The spotted hyena is known for their hysterical laugh that sounds human like. They are powerful hunters and get most of their food from live prey.

Adult spotted hyena is about 4 feet in length and about 2.5 feet tall at their shoulders. The males are a little larger than the females. They weigh between 100-150 pounds. Their fur is cream to light brown over most of their bodies with irregular dark spots. Their muzzle is black. The fur on their heavily muscled neck is coarse and reversed. The front legs are more heavily built than their hind legs giving them a distinctively sloped look. They are built for endurance, having a large heart which allows them to run 6 miles per hour without tiring. They have been clocked at up to 30 miles per hour in a chase. They are good swimmers and can walk on the bottom of the river while holding their breath. The hyenas have very strong jaws and their bit force is up to 1,000 pounds, making it easy to crush bones, even those of an elephant. They live to be about 12 years old in the wild.

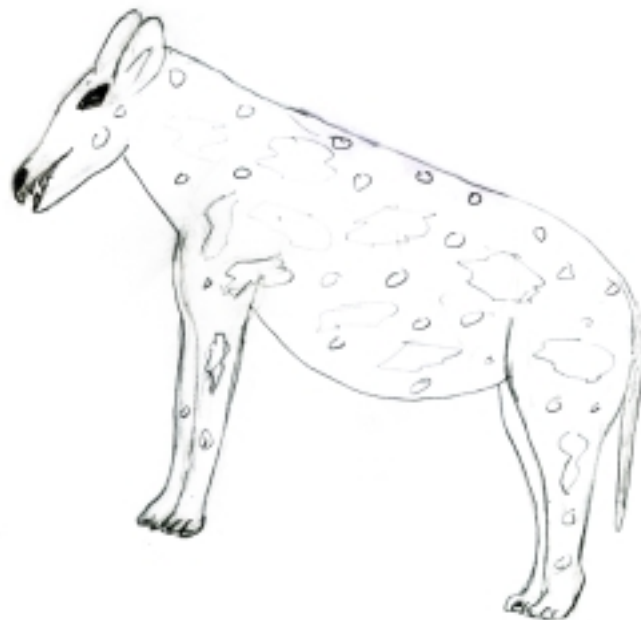
The female spotted hyena gives birth to 2 cubs and has a difficult time. Many first born cubs often die. The cubs are born with their eyes open and fully developed teeth. It takes 4 months for the cubs to be born and they weigh from 1½ to 3½ pounds at birth. They live entirely on their mothers' milk for the first 8 months. Her milk is very rich with a protein content of 15% and

a fat content of 14%. Because of the richness of her milk she can leave her cubs for several days without feeding them. They are weaned when they are about 15 months old. Hyenas mature at about 3 years. Female cubs stay with their natal clan, but the males leave when around 2 years old.

The spotted hyena is the most vocal of African animals. They make 11 different sounds from low, soft, or grunting sounds to growling groans and giggling, yelling laughs.

Jack takes his notepad and writes Spotted Hyenas. He wonders if they will they see any lions.

- Janice Parker



WORD SEARCH: Find these words up, down, across, or diagonal in the puzzle.

LAUGHING PREY
HYENA CREAM
SPOTTED MUZZLE
AFRICA CUBS
NATIVE WILD
HUNTER CLAN

P M U Z Z L E T
S R C R E A M E
P M E A F D V G
O U D Y L I N O
T N G I T I M A
T T W A H L N C
E E N G S E Z L
D R U B Y U F A
C A U H P S R N
L C A F R I C A

Connecting

Middle School Plan Altered - continued from page 1 -

campus of Collegedale Academy, rather than attached to the Middle School. The Building Committee was directed to study a revision of the architectural plans to provide dedicated space for the music ensemble at the Middle School.

Several days after the Business Meeting the Building Committee met and set a date of October 26 to have all funds raised and/or pledged. As of September 18, \$296,378 is needed in new pledges in order to have 100% of the construction costs pledged. [McDonald Road Church has pledged \$150,000.00 toward the building project. Those wishing to start paying down this pledge now may do so by marking your tithe envelope as Middle School.]

- Collegedale *Churchbeat*, Sept. 24

Pastor's Challenge: Peace and Joy - continued from page 2 -

at as. Finally she took our last order and announced, "Hamburger: no burger, no cheese, and WHO ARE YOU GUYS?" Everybody in the store laughed, even us. We truly were a "peculiar people."

By the end of that summer I was miserable. But I would do what was right, even if it killed me. Back at Southern I joined an underground "resistance" movement. We prayed for reform at our school. We rebuked Destiny Drama members. We argued with theology professors.

But why wasn't I happy? I spent many hours face-down in a study room pleading with God. "What is wrong? Why am I so anxious? Why am I so fearful?"

About this time I began studying Romans. Day by day I was forced to deal with texts like, "Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ." (Romans 5:1). I didn't have peace so was I not justified? Was I on the wrong path?

Then I took a trip to the Library. A professor had asked me to do a Spirit of Prophecy search about a certain topic. It was one on which he and I strongly disagreed. As I read one passage after another, I began to feel sick. Each one burned in my heart like fire. They all told me I was wrong. Finally, I fell down and whispered, "Lord? What have I done?!!"

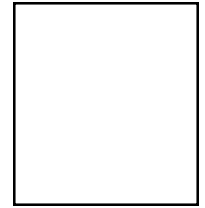
At another time I was reading the Desire of Ages. I was in the chapter about Jesus' crucifixion. I meditated on the price that He had paid for my sin. I realized that I had been denying Him the right to save me. I had been saving myself.

By the end of the chapter I was doubled over and crying. I saw just how foolish and proud I had been. Tearfully, I gave my heart back to God. I placed my trust in Him for my salvation. And you know? I immediately began to have more joy and peace.

- David Cook

McDonald Road
Seventh-day Adventist Church
5440 McDonald Road
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Return Service Requested



“Uplifting Jesus”

What's Happening

Know a Missionary from McDonald Road?

Ask them to send their stories and photos to anna@mcdonaldrd.org. We love sharing the mission experiences of our McDonald Road Church members.

Life Changes Fast! Our church family needs your help keeping track of all your new information. Have you recently moved? Changed your phone number? Married or had a baby? Did we have the wrong date listed in the Manna for your birthday or anniversary? Please remember to let us know. Call the church office with any updates at 423-396-3462.

Habitat for Humanity: Would you or your church like to volunteer for practical ministry in Atlanta? Sign up to help with the Habitat House Project Sundays through Nov. 2. Click here for details and to sign up.

Love for a Lifetime Marriage Conference: We invite you and your spouse on an exciting, fun, Christian weekend date. Oct. 31-Nov. 2, 2008 at the Winshape Retreat in Rome, Ga. Sponsored by the Georgia-Cumberland Conference Family Ministries department. To learn more, visit www.gccsda.com or call 800-567-1844, ext. 341.

Men's Congress: Reserve Oct. 17-19, 2008 to join your friends at Cohutta Springs for the annual Men's Congress. Our theme this year is "My Help Comes from the Lord" with guest speakers Paul Hoover and Olivier LeMaitre. You won't want to miss this outstanding event. Visit www.gccsda.com to learn more, and register by Oct. 6.

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.