

Community is our Core

by Pastor Gene

According to many health and wellness experts one of the often overlooked areas of our body is also one of the most ignored – the core. Don't know where your core is? You are not alone. Most people have little knowledge about their core muscle group and the important role they play in your overall health.

Our core muscles are found in our trunk and pelvis. These muscles stabilize the spine and give the body the ability to move while handling various loads. They do this by transferring energy from larger muscles to smaller ones. Typically when people talk about core muscles they think of abs but those are just the ones we see on the surface. It is the deeper muscles like the pelvic floor muscles, hip muscles, and erector muscles that form the foundation of your core. Spend all your time developing your abs at the neglect of the important core muscles and the result is a weak core.

When it comes to the health of a church we often spend too much time working on our "abs" while we neglect the more important muscles that lie beneath the surface, muscles that make up the foundation of our core – the "community" muscles.

At Rockwood Adventist Church we believe biblical discipleship is an ever-growing process of exploring the ways of Jesus, living the truth we discover in Jesus, and sharing the life we have in Jesus. In order for each of us to fulfill the discipleship role God has planned for us we must be actively engaged in a New Testament like community

Through the miracle of Christian community our lives are transformed and the truth of Jesus begins to permeate all aspects of our lives. If are not currently experiencing the life change power of Jesus in your life maybe you need to develop your "core muscles" not by joining the gym but by joining a small group. To find out more contact Pastor Jared at (503) 888-0141

Week at a Glance

Today	Bob Penner Memorial Service Sunset-Farewell to Sabbath	3:00pm 7:28pm
Sunday	Pathfinders-Field Uniform	6:00pm
Tuesday	Harvest Share	7:30am
Wednesday	Prayer Power Group Easter Choir Rehearsal	7:00pm 8:00pm
Friday	Sunset-Welcome the Sabbath	7:35pm
Next Sabbath:	House of Prayer Experience Sabbath-School Classes Church Service Offering: NPUC Special Sunset-Farewell to Sabbath	9:30am 10:00am 11:00am 7:37pm

Do You Have An Urgent Prayer Request? To start the prayer chain please call the church office (503) 661-4100.

Contact Information

Church Office Hours

10-3 on Mon., 9-4 Tues. & Wed., 9-3 on Thurs.

1910 SE 182nd Ave., Portland, OR 97233

E-mail: RockwoodAdventist@gmail.com

Website: www.RockwoodAdventist.com

Telephone: (503) 661-4100

Please note that messages left on voice mail after office hours on Thursday will not be heard until Monday morning.

Support Your Church Financially online at

www.RockwoodAdventist.com/onlinegiving

Ministers	Everyone	ask-them
Lead Pastor	Gene Heinrich	(503) 781-5799
Small Group Pastor	Jared Spano	(503) 888-0141
Secretary	Kamille Ross	(503) 661-4100
Deacon Team Leader Today		Ken DesCamps

Rockwood Seventh-day Adventist Church



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Growing Disciples Preparing People to Meet Jesus

March 23, 2013



House of Prayer Experience

9:30 A.M. to 9:55 A.M.

Do you need hope? Do your friends, family, and/or neighbors need hope? Join our Church leaders every Sabbath morning as we pray for our community, our church, and our families. If you are longing for hope in the midst of apparent hopelessness the House of Prayer Experience is for you.

Small Group Bible Study

10:00 A.M. to 10:45 A.M.

Please visit our information desk for a complete list of Saturday Morning Bible Study Groups. We invite you to join the group of your choice.

Worship

11:00 A.M. to 12:15 P.M

Welcome & Greeting Time	Pastor Gene
Praise Him	Praise Team
Lamb's Offering & Children's Story	Pastor Gene
Our Gift to God	"OC Youth/Ed Fund" Everyone
Organ Offertory	Grace Williams
Worship in Song	"Via Dolorosa" Pearl Zimmerman
Worship in Word	Pastor Gene Heinrich
	"Who Is Jesus?"
Closing Song	"He Is Lord"
Prayer Garden	Todd Lincoln
Organ Postlude	Grace Williams

Audio and Video Recordings of our weekly Bible Teachings are available online or through our media library located in the lobby.

Rockwood Community News

Strong's Concordances for those who attended at least 8 of the "Islam & Christianity" meetings have arrived! Please pick yours up in the lobby after the service this morning.

A Memorial Service for Bob Penner (son of former members Bernard & Alice Penner), will be held here today at 3:00 pm. There is no other family left in the Portland area, however both of Bob's siblings have come to town for the service. Be sure to stop at the lobby desk and sign the card for them.

Special Thanks ~ "I want to thank my church family for your cards and prayers during this time I was on bed rest." – **Sharon Frey**

Easter Choir Rehearsal ~ Our next rehearsal will be on Wednesday, March 27, at 8:00 pm. Talk to Barb Specht (503) 698-2503 if you have questions. A rehearsal schedule is posted on the bulletin board. Our Choir's Easter special will be next Sabbath, March 30.

Transfers-1st Reading ~ IN: Mikhaylo Roslyak from the Portland Russian Company. OUT: Ted Jenkins to Beaverton.

Vacation Bible School this year at Rockwood will be July 8 to 13, 9 am to Noon. We need volunteers for our kitchen crew and group leaders. Talk to Jane Roe (503) 663-9398 or Michelle O'Meara (503) 490-2154.

Children's Safety is a top priority at Rockwood Adventist. The Child Protection Policy and Guidelines are available on the bulletin board. Parents please escort your children to the restrooms and to be aware of their whereabouts at all times.

Other News and Events

Experience the Drama of history's greatest event! Go to www.FollowTheLamb.us for information and free tickets to the 3rd annual presentation of Follow the Lamb, Sunday March 31, Gladstone Campground- Holden Center.

Registration is Open for Big Lake Youth Camp's summer season 2013. Children aged 7-17 and families are welcome to join us for a week filled with friends, fun, and adventure. And all in a positive Christian environment. Hurry and reserve a spot for your camper soon. For more information go to www.biglake.org or phone (503) 850-3583. Large discounts are available for Oregon Conference Adventists. Give a child the experience of a life-time!

Sunnyside Adventist Church's Spring Family Musical today at 5 pm. Come enjoy an evening of inspiring music with a variety of talented musicians. Refreshments will be served following the program. Sunnyside Church is located at 10501 SE Market Street, Portland.

Oregon Adventist Men's Chorus Spring Festival Concert, April 27, at 7:00 pm at the Adventist Community Church of Vancouver. Seating is limited - **reserved tickets required**. Call (503) 410-6970, or sign up online for your FREE tickets at www.oamctickets.eventbrite.com. The Church is located at 9711 NE St Johns Rd in Vancouver, Wash.

Gays in the Family: How would Jesus respond? This event, sponsored by the North Pacific Union Conference, will be held at the Holden Convention Center in Gladstone, April 5 – 6. Please see your bulletin insert for additional information and registration details.

"9 Ways to Prevent Diabetes" at the Pleasant Valley SDA Church April 2, at 7:00 p.m. Evidence indicates that as much as 90% of type 2 diabetes is preventable. That's good news for those that have a family history or early indications of high blood sugar. Founder and Board Chair of Wellsource®, Donald Hall, D.Ph., CHES is the presenter. Pleasant Valley is located at 11125 SE 172nd Ave., Happy Valley, Oregon.

Job opportunity at the Adventist Book Center! Receiving department and occasional cashiering, 25 to 28 hours a week, plus two Sundays per month. You may download an application at Oregonconference.org and bring the completed application to the ABC in person.