

An Introduction to Communion

Anyone who has accepted Christ as his or her savior is welcome to participate in our communion service. As a Seventh-day Adventist Church, we celebrate communion once every three months and on other special occasions throughout the year.

Communion is an occasion of solemnity and heart-searching, of rejoicing and anticipation. Our service is designed to bring the congregation encouragement and spiritual renewal. As we partake, we joyfully proclaim the Lord's death until He comes again. At the conclusion of the service, a special offering is taken for the needy.

First Time Participants

If this is your first time to participate in a communion service, we invite you to join the appropriate group for the ordinance of humility (foot washing). Someone will gladly guide you through the service and/or you are welcome to just observe. Those who choose not to participate in The Ordinance of Humility, including children, are welcome to remain in the sanctuary for a brief video presentation.

The Ordinance of Humility or foot washing service is meant to symbolize Christ's washing of his disciples' feet at the Last Supper. Participants separate by gender or families to the appointed area to conduct this ritual. This allows men to serve men, women to serve women, and/or family members to serve each other. Ordained by Jesus, this service symbolizes a renewed cleansing, and a willingness to serve one another in Christ-like humility, and to unite our hearts in love. (John 13:5-20)

The Lord's Supper is a participation in the emblems of the body and blood of Jesus as an expression of faith in Him, our Lord and Savior. Preparation for the Supper includes self-examination, repentance, and confession. The emblems for this service consist of unleavened bread and unfermented wine (grape juice). (1 Cor. 10:16, 17; 11:23-30; Matt. 26:17-30; Rev. 3:20; John 6:48-63.)

Week at a Glance

Today	Feed the Homeless - Meet Here Sunset-Farewell to Sabbath	3:00pm 7:28pm
Sunday	Pathfinders-Field Uniform	6:00pm
Wednesday	Prayer Power Group 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: Church Budget All-Church Potluck Choir Rehearsal Sunset-Farewell to Sabbath	9:30am 10:00am 11:00am 12:15pm 1:30pm 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		David Stefonek

Rockwood Seventh-day Adventist Church



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Growing Disciples Preparing People to Meet Jesus

March 30, 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
Lamb's Offering and Children's Story	Pastor Gene
Our Gift to God - N.P.U.C.	Everyone
Offertory "On a Rugged Hill"	Joyce Bredemeier
Rockwood Adventist Choir	"Joy in the Morning" "Praise! Praise!"
Communion Thoughts	Pastor Gene
Foot Washing	Men - Cradle Roll II Women - Youth Room, Families - Fellowship Hall
Rockwood Adventist Choir	"Once Upon a Tree" Celebrate The Lord's Supper
"Stand Up Stand Up for Jesus" #618	Congregation
Benediction	Pastor Gene
Organ/Piano Postlude	Joyce & Jane

A Love Fund Offering for those in need will be taken at the door as you leave after the service.

Rockwood Community News

Our Youth came up with the idea of feeding the homeless! If you can join us today, please meet at the church parking lot at 3:00 pm. We have a good supply of prepackaged food to hand out, so all you need to bring is yourself!

Caring Card ~ Please stop at the desk in the lobby and sign the card for the Lundy Family. Orrin's father passed away this past Sunday.

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.

Transfers-2nd Reading ~ IN: Mikhaylo Roslyak from the Portland Russian Company. OUT: Ted Jenkins to Beaverton.

Healthy Heart Team ~ Our next screening will be on Sunday, April 7, from 11:00 am to 3:00 pm. We're always in need of additional greeters. If you can smile and hand a flyer to someone who is coming in the door you're perfect for the job! Please talk to Kamille if you can assist us on the 7th. (503) 661-4100.

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

Registration is Open for Big Lake Youth Camp's summer season 2013 for kids aged 7-17. Hurry and reserve a spot for your camper soon. For more info go to www.biglake.org or phone (503) 850-3583. Large discounts for Oregon SDAs.

Lents Spring Fling for Ladies on Sunday, April 7th, from 10:00 am to 3:00 pm. Registration starts at 9:30 am. The theme is "What Is Growing in YOUR Garden? Plant A Seed!" As always a delicious vegetarian lunch will be provided with music, singing and lots of laughter. There is no cost, but donations are happily accepted. Please call (503) 774-7290 and pre-register. Leave your name/s and how many will be in your party. Thanks!

"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.

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.

Prison Fellowship Volunteer Conference April 13 at New Harvest Church in Salem. Call (800) 251-7411 x 8130.

Collegiate Young Adult Retreat April 19-21 in Camas, WA. Details on bulletin board. Register online before April 14 for only \$25, www.collegiatespringretreat2013.eventbrite.com

Oregon Adventist Men's Chorus Spring Festival, April 27, at 7:00 pm at the Adventist Community Church of Vancouver. **Reserved tickets required!** Call (503) 410-6970 and order your free tickets, or go to www.oamctickets.eventbrite.com (Church is located at 9711 NE St Johns Rd, Vancouver, WA.)

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.