

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	Sunset-Farewell to Sabbath	6:45pm
Sunday	Healthy Heart Team-Fred Meyers Pathfinders - Dress Uniform	11:00am 6:00pm
Tuesday	Tuesday Morning Bible Study Elder's Meeting	11:30am 7:00pm
Wednesday	Prayer Power Group	7:00pm
Friday	Sunset-Welcome the Sabbath	6:34pm
Next Sabbath:	Sabbath-School Classes Worship Service Offering: Voice of Prophecy Sunset-Farewell to Sabbath	9:30am 11:00am 6:32pm

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

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 / WiFi Password: Heisrisen

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

Join us on Facebook <https://www.facebook.com/RockwoodAdventist>

Support Your Church Financially online at
www.RockwoodAdventist.com/onlinegiving

Ministers	Everyone	(ucn) ask-them
Lead Pastor	Gene Heinrich	(503) 781-5799
Secretary	Kamille Ross	(503) 661-4100
Deacon Team Leader Today		Kevin Mengis

Rockwood Seventh-day Adventist Church



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Growing Disciples Preparing People to Meet Jesus

October 4, 2014



Exploring the Way

Small Groups

9:30 A.M. to 10:45 A.M.

Please visit our information desk in the lobby for a complete list of Sabbath School Groups. We have groups for ALL ages! We invite you to join the group of your choice.

Worship

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

Welcome	Pastor Gene
Lamb's Offering and Children's Story	Pastor Gene
Our Gift to God – Church Budget	Everyone
Offertory	Barbara Specht
Worship in Song	Vern Williford
Introduction to Foot Washing	Pastor Gene
Foot Washing	Men – Old Kindergarten Room Women - Youth Room, Families - Fellowship Hall
“My Hope Is Built” #522	Praise Team
Celebrate the Lord's Supper “In Christ Alone”	
“Live Out Thy Life within Me”	Congregation
Organ Postlude	Barbara Specht

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

Rockwood Community News

Caring Card – Please stop at the desk in the lobby and sign the card for **Casey Stilwell** who has had complications following back surgery.

Healthy Heart Team at the Gresham Fred Meyers from 11:00 am to 3:00 pm tomorrow! If you would like to help please talk to Kamille today or call her at (503) 328-8482.

Coming Soon – Rockwood's 40th Anniversary Homecoming Celebration will be held on October 18, 2014. It's not too late to invite someone you know who used to attend Rockwood to come and celebrate with us!

Greeters Needed – We are currently in need of additional greeters to serve at our door on Sabbath mornings. Some of our greeters have moved away or are no longer able to stand for any length of time. If you can smile and wish someone a “Happy Sabbath” as you hand them a bulletin, you're qualified! Talk to Craig Plunkett, (503) 307-1866.

Fridge & Freezer Cleanup - If you or your group have items in the church kitchen fridge or freezer, please be sure it is labeled and dated. There will be a clean out in preparation for the Homecoming in October. If it's not labeled, it may disappear. If it's yours and you can, please take it home.

Veggie Burgers for Sale - The Pathfinders still have veggie burger patties for sale; there are a few vegetarian left, with more vegan available. Burgers can be purchased for \$10 a dozen, \$25 for 30 or \$50 for 60 burgers. They will be delivered frozen and taste fresh. Call Nina Kight to place your order (503) 661-5736 or (503) 539-4250. These are the famous “campmeeting” burgers!

Children's Safety is a 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 be aware of their whereabouts at all times.

Our Rockwood Christmas Choir will begin rehearsals for “Follow the Star” (December 12) and our Church Christmas program (December 13) on Friday evening, October 24, at 7:00 pm. There will be six rehearsals, four on Friday evening and 2 on Sabbath afternoon. If you have questions please talk to Barbara Specht. Her number is (503) 698-2503.

Other News and Events

The Adventist Book Center's Bible and Spirit of Prophecy Sale is October 5-12. Download at www.abcflyer.com

A Memorial Service for Irene Casteel will be held at the Sunnyside Church on Sabbath, October 11, at 4:30 pm. Sunnyside is located at 10501 SE Market Street, Portland.

Beginning October 12 at 5:00 pm Healing Hope Adventist Church (15150 NE Glisan St.) will begin hosting a quarterly community vegan potluck sponsored by N.W. Veg. N.W. Veg is dedicated to bringing awareness to the power of a vegetarian life style and helping people in their transition toward making healthier, more sustainable food choices.

Flyers for the Oregon Conference Women's Retreat, October 17-19 at Eagle Crest in Redmond, OR, are on the desk in the lobby. **October 9 is the registration deadline!**

Preparing for the Harvest - Our 2014 Personal Ministry and Evangelism training event is coming to the Holden Center at Gladstone on October 24-26. The keynote speaker is Rico Hill, a health evangelist, entrepreneur, and cofounder of the international ministry the Beehive. The weekend features several training workshops, and registration includes lunch on Sabbath. Go to <http://orgcpersonalmin.netadvent.org/>

The PACS Health Clinic has an urgent need for volunteer nurses, medical assistants, and other health care professionals. Can you help PACS meet the tremendous need of primary care for disadvantaged people in the Portland area? Call 503.252.8500 or visit pacsonline.org to sign up.