

Back to the Basics

by Pastor Gene

We live in a world that is dominated by chaos. Most Americans, yes even Christian Americans, race through life like a rat in a maze with little or no time for deep, meaningful relationships with their neighbors, co-workers or “friends,” much less Jesus.

The problem with a rat race is that it is end-less, self-defeating, and at least from the rat’s perspective it is pointless. Like rats in pursuit of the ever-elusive cheese, the American lifestyle exhausts us and depletes both our physical and mental health to the point that when we do find some downtime we have little to no capacity to relate with others.

The American “rat race” even diminishes our ability to experience the beauty and blessing God intended us to discover in the weekly Sabbath. Most of us our so exhausted and our relationships are so neglected that by the time Sabbath rolls around all we can do (if we even have the energy to do this) is damage control.

But alas it is a new year. It is a time for resolutions and renewed commitments. What if we resolved to refocus our priorities in 2017? What if we committed to simplify our lives? What if we made the radical decision to live as counter culturally as the members of the first-century Christian Church?

As we embark on a new year as disciples of Jesus I would like to invite you to join me on a journey back to the basics. Each week as we come together in worship at Rockwood Adventist we are going to enter our study time in pursuit of the basics attributes of the faith that propelled Jesus’ original followers.

Along the way I am praying the Holy Spirit will create opportunities for each of us to take transformational steps toward discovering the gospel of rest awaiting us in Christ.

Week at a Glance

Today	Sunset-Farewell to Sabbath	5:02 pm
Sunday	Pathfinders	6:00 pm
Tuesday	Tuesday Morning Bible Study	11:00 am
Wednesday	Bulletin Information Deadline Prayer Power Group	3:00 pm 7:00 pm
Friday	Sunset-Welcome the Sabbath	5:11 pm
Next Sabbath:	Sabbath School Classes Offering: Religious Liberty (NAD) Sunset-Farewell to Sabbath Gym Night at PAES	9:30 am 5:12 pm 6:00 pm

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

Contact Information

Office Hours: 9-3:30 Tues. & Wed., 9-3 on Thurs.
1910 SE 182nd Ave., Portland, OR 97233
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WiFi Password: Heisrisen

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Ministers	Everyone	(ucn) ask-them
Lead Pastor	Gene Heinrich	(503) 781-5799
Karen Bible Worker	Doh Soe	(704) 302-0022
Secretary	Kamille Ross	(503) 661-4100
Deacon Team Leader	Today	Constantin Moisescu

Rockwood Seventh-day Adventist Church



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Growing Disciples Preparing People to Meet Jesus

January 21, 2017



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 invite you to join the group of your choice. We have groups for ALL ages!

Worship

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

Welcome	Pastor Gene	
Praise Time	Praise Team	
Children's Story	Pastor Gene	
Our Gift to God	Church Budget	Everyone
Worship in Song	Sammy Castillo	
"Moonlight Sonata/How Great Thou Art"		
Worship in Word	Pastor Gene	
"Back to the Basics"		
Prayer Song	"Turn Your Eyes upon Jesus"	#290
Prayer Garden	LeRoy Rieley	
Organ Postlude	Barbara Specht	

Sermon Audio available at RockwoodAdventist.com

Rockwood Community News

Funeral Service for Gladys Bruington tomorrow at Lincoln Memorial Park & Funeral Home, 11801 SE Mt. Scott Blvd., at 11:00 am. (Use Gate #9, with parking on the left.) She was 96 years old, and has not been able to attend church for 3 years. Please stop at the lobby desk and sign the card for her family.

The Christmas Card Box (with some cards still in it!) will disappear this week and won't be back till December, 2017. Please check for cards that have been addressed to you!

The Finance Committee and Church Board meetings are rescheduled for Tuesday, January 24, at 6:00 pm and 7:00 pm respectively.

Gym Night at PAES has been rescheduled to January 28 at 6:00 pm. Bring your favorite snacks, table games and gym shoes. PAES is located at 3990 NW 1st St. in Gresham (across from Centennial High School).

Special Thanks - "Thank you Rockwood Family, for your cards, phone calls and prayers after my recent accident."
Pat Lundy

Pick Up Your 2016 Tithe Receipts Today! Please stop and see Arnie Schnell in the lobby today and pick up your tithe receipts. We love to save on postage!

Change Lives for Eternity - Our ministry to Karen refugees is an amazing opportunity to make an eternal difference in people's lives here in Portland. Every Sabbath at 2:00 pm our Karen family gathers to worship in their language and minister to other Karen people of all faith backgrounds, introducing them to Jesus. Please consider making a regular weekly or monthly contribution to our Karen Ministry Fund.

Need a Calendar? There are a stack of calendars, with various types of pictures, on the bottom of the literature rack in the lobby. Please help yourself!

Lost & Found Items - Please check the table in the lobby for any of your items that may have gotten themselves lost.

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.

Other News and Events

Heart Help Presents "The Passenger," a Women's Group by Drs. Ron & Nancy Rockey. This 10-week series begins on Wednesday, January 25, from 7-9 pm at Healing Hope SDA Church, 15150 NE Glisan. Details are on the bulletin board.

Founded in 1906, Liberty Magazine continues to be the preeminent resource for matters of religious freedom. Each year we have one opportunity to make an appeal to our church members for their financial support. We depend on your leadership and assistance. This year's offering date is Sabbath, January 28.

2017 Oregon Prayer Conference, March 31-April 2 at Twin Rocks Camp in Rockaway Beach. Our speaker, Melody Mason, is author of the book "Daring to Ask for More: Divine Keys to Answered Prayer." Melody coordinates the "United in Prayer Initiative" for the General Conference of Seventh-day Adventists. She also helps with resource development for the Revival and Reformation Initiatives for the world church, as well as serving in overseas missions. This prayer weekend will challenge and boost your faith as Melody shares how to take your relationship with God to the next level and go from being a spiritual dwarf to becoming a spiritual giant, interceding on behalf of others. She will share inspiring testimonies as well as practical tools and keys to grow your walk with God. You will leave this weekend a changed person! Fees range from \$75 for the weekend (attendance at meetings and meals only, you supply your own lodging), up to \$200 for the luxury lodge. Register at <http://orgcpersonalmin.netadvent.org/2017-prayer-retreat>