

Take a few minutes to stand in awe...

Being in awe of our Creator and His creation is good for our health. In fact, it is the most effective emotion and frame of mind, at least according to one study. It found "that awe, measured in two different ways, was the strongest predictor of lower levels of proinflammatory cytokines. These effects held when controlling for relevant personality and health variables."

According to Wikipedia: Proinflammatory cytokines are cytokines that are important in cell signaling and promote systemic inflammation... In contrast to anti-inflammatory cytokines, which promote healing and reduce inflammation, proinflammatory cytokines act to make a disease worse.

Gazing at the wonder of a rainbow, reveling in the fresh air after a storm, or walking beneath a blue sky that stretches farther than the eye can see, all compel us to experience something bigger than ourselves. In awe, we sense the power of our Creator. As we lose ourselves in the curiosity and reverence of the moment, God "sneaks" good health into us. Without trying we are subconsciously benefitted. Awe not only makes us healthier people, but also better people. An experiment at Berkeley had a group look up at tall eucalyptus trees and another group look at a building. Then an accident was staged in which someone dropped pens. The tree-gazers helped pick up more pens.

Knowing that the Power that creates life and upholds galaxies is in the Bible is also awesome. "Let all the earth fear the LORD: let all the inhabitants of the world stand in awe of him. For he spoke and it was done; he commanded, and it stood fast." "My heart stands in awe of your word. I rejoice at your word, as one that finds great spoil." (Psalms 33:8-9; 119:161-162)

No wonder reading Scripture in nature is so awesome!

Week at a Glance

Today	All-Church Potluck Easter Choir Rehearsal GYM Night at PAES Sunset-Farewell to Sabbath	12:30 pm 1:45 pm 6:00 pm 6:10 pm
Sunday	Church Business Meeting Ice Cream Social to follow!	5:00 pm
Monday	PACs Cow at 124 NE 181 st Ave.	4-6:00 pm
Tuesday	Tuesday Morning Bible Study	11:30 am
Wednesday	Bulletin Information Deadline Pathfinders and Adventurers Revelation Speaks Peace	1:00 pm 6:00 pm 7:00 pm
Friday	Easter Choir Rehearsal Sunset-Welcome the Sabbath	7:00 pm 7:18 pm
Next Sabbath	Sabbath School Guest Speaker, Henry Zollbrecht Offering: Church Budget Sunset-Farewell to Sabbath	9:30 am 11:00 am 7:19 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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Support Your Church Financially online at
www.RockwoodAdventist.com/onlinegiving

Interim Pastor	David Schmidt	(503) 784-7494
Karen Bible Worker	Doh Soe	(503) 885-4826
Secretary	Kamille Ross	(971) 284-2824
Deacon Team Leader	Today	Dion Lobaina

Rockwood Seventh-day Adventist Church



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Growing Disciples Preparing People to Meet Jesus

March 10, 2018



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	Kamille Ross
Praise Time	Praise Team
Children's Story	Kamille Ross
Our Gift to God	Everyone
Adventist World Radio	
Offertory	Michael Roslyak
Scripture Reading	John 1:1-9
Prayer Garden	Barbara Specht
Special Music	Linda Waagen
Worship in Word	Paul Johnson
"The Light of the World"	
Closing Song	"Shine, Jesus, Shine"
Benediction	Paul Johnson
Postlude	Michael Roslyak

Sermon Audio available at RockwoodAdventist.com

Rockwood Community News

All-Church Potluck Today. All are welcome. Please join us downstairs for food and fellowship!

Gym Night at PAES tonight at 6:00 pm. Bring your favorite snacks, table games and gym shoes.

Don't Forget! Set your clock forward one hour tonight.

Church Business Meeting Tomorrow March 11 at 5:00 pm. We're looking at many needed upgrades on an old building, including glass front doors. Ice Cream Social afterwards!

Our Pathfinder Club is in need of a couple of deep freezers. If you have one you aren't using or need to get rid of, please call Scott Hill (503-573-2205) or Nina Kight (503-539-4250). Of course, you could always contribute cash towards purchase of these items!

PACs Cow will be at 124 NE 181st Avenue from 4:00 to 6:00 p.m. on Monday, March 12.

Camine Con Gusto (Walk with Ease) will be starting at the church March 22, on Mondays and Thursdays, from 10:00 to 12:00 noon, for nine weeks. Sponsored by OSU Extension Service and the Arthritis Foundation, this is an exercise program recommended by doctors to reduce the pain of arthritis as well as improve one's general health. Spanish and English speakers welcome. For more information, call Lucy Lores at (503) 943-9671 or (971) 361-9626.

Wedding Shower for Andrea Rivas & Jason Perry on Sunday, March 25, at 3:00 pm, here at Rockwood. They are registered at Bed Bath & Beyond, Target and Amazon.

Note from Our Kitchen - Please, don't bring any more plastic tubs and storage containers. Our cupboards are overflowing!

Ministry Placement Committee Recommendation - First Reading: Doh Soe as an Elder.

Transfers Out, Second Reading - Wendy Meisner to Pendleton; Lee and Marge Wilcox to Sunnyside; Gene, Sarah, and Nicholas Heinrich to Meadow Glade, Washington.

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

Today is the annual offering for Adventist World Radio. Radio travels where missionaries cannot go. In countries such as North Korea, people are finding desperately needed hope in Christ through AWR broadcasts.

Free Citizenship Class presented by SOAR Immigration Legal Services at the Rockwood Library, 17917 SE Stark St., on Sundays, March 18 through June 1, from 12:30 to 3:30 pm. Study for the USCIS naturalization exam and interview. Receive free study materials. Please bring your Green Card.

Rosario Singles Retreat in Anacortes, WA, April 5-8. Marvin Wray will be the guest speaker. His passion in ministry is to share the absolute assurance of God's gift of salvation. For more details and a registration form, please send an email to RosarioRetreat@gmail.com. For those without access to email, you may call our registration line at (360) 588-3179 to request info. Registration deadline is March 19, 2018.

Family Snow Camp at Big Lake! Come spend quality time with your family in the great snowy outdoors. March 25 - 28. For more information or to register visit biglake.org/family-snow-camp.

Oregon Prayer Conference March 30 - April 1, "Life on the Vine" - Embrace God's Grace and Experience His Power. The conference will be held at Twin Rocks in Rockaway Beach. For more info call Tawny at (541) 367-4913 or visit <http://orgcpersonalmin.netadvent.org/2018-prayer-retreat>