

## The Healthiest People on Earth

"I discovered that I could eat what is the most nutritious, the most delicious, most inexpensive, most uncomplicated, most time-saving, easiest-to-prepare diet that is available on our planet."

So declares John Howard Weeks, who departed from and returned full circle to the healthful lifestyle practices in which his parents raised him. Weeks is a professional writer who has worked as a journalist and columnist as well as authored/coauthored or edited six books prior to his current one, *The Healthiest People on Earth*.

He is also the great-great grandson of Ellen G. White, co-founder of the Seventh-day Adventist Church and, particularly to the point, progenitor of the Adventist health message. See the flyer on the bulletin board for more details.

## Impact Your Health - Portland

Rockwood has committed to give \$3,000 to support these free Medical/Dental/Vision clinics. The clinics will be held at Portland Adventist Academy, 1500 SE 96th Ave., Portland, on Friday, Aug. 10 and Sunday, Aug. 12, from 8 am-4 pm.

The following volunteers are needed: Dentists, Dental Assistants, Dental Hygienists, Registered Dental Assistants, Physicians, NP's, PA's, Optometrists, Ophthalmologists, Opticians, Lifestyle Counselors, Food Service, Nurses, EMT's, PT's, RN Foot Care Specialists/Podiatrists, Chiropractors, Beauticians/Barbers, Massage Therapists, Child Care Attendants, Students, and General Volunteers.

To register as a volunteer go to:

[volunteer.ImpactYourHealthPDX.com](http://volunteer.ImpactYourHealthPDX.com) For more info visit [ImpactYourHealthPDX.com](http://ImpactYourHealthPDX.com) or contact the Coordinator, Brenda Duerksen, at [brendad@me.com](mailto:brendad@me.com); (916) 223-3896, (971) 202-9042, or via email [ImpactHealthPDX@gmail.com](mailto:ImpactHealthPDX@gmail.com).

To contribute to this fund make your check payable to Rockwood, and in the memo write "Impact Your Health."

## Week at a Glance

Today	Fellowship Meal for Visitors Sunset-Farewell to Sabbath	12:30 pm 8:53 pm
Tuesday	Tuesday Morning Bible Study Elder's Meeting (read Chapter 6)	11:30 am 7:00 pm
Wednesday	Bulletin Information Deadline Pathfinders & Adventurers Prayer Power Group	1:00 pm 6:00 pm 7:00 pm
Friday	Sunset-Welcome to the Sabbath	8:57 pm
Next Sabbath	Sabbath School Speaker: Pastor Ted Struntz Offering: Chaplaincy/Multilingual Ministry All-Church Potluck Sunset-Farewell to Sabbath	9:30 am 11:00 am 12:30 pm 8:58 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 182<sup>nd</sup> Ave., Portland, OR 97233  
Telephone: (503) 661-4100

E-Mail: [RockwoodAdventist@gmail.com](mailto:RockwoodAdventist@gmail.com)

Website: [www.RockwoodAdventist.com](http://www.RockwoodAdventist.com)

**WiFi Password: Heisrisen**

**Support Your Church Financially online at**  
[www.RockwoodAdventist.com/onlinegiving](http://www.RockwoodAdventist.com/onlinegiving)

Pastor	Ted Struntz	(251) 776-2718
Karen Bible Worker	Doh Soe	(503) 885-4826
Secretary	Kamille Ross	(971) 284-2824
Secretary	Jeannie Andrews	(503) 669-7666
Deacon Team Leader Today	Kevin Mengis	

# Rockwood Seventh-day Adventist Church



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## *Growing Disciples Preparing People to Meet Jesus*

June 2, 2018

## Exploring the Way

### Sabbath School Classes

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

*Please visit our information desk in the lobby for a complete list of Sabbath School Classes. We invite you to join the class of your choice. We have classes for ALL ages!*

### Worship

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

Welcome	Pastor Ted Struntz
Praise Time	Praise Team
Children's Story	Norma Green
Our Gift to God	"Local Church Budget" Everyone
Offertory	Michael Roslyak
Scripture	John 14:1-4
Prayer Garden	Todd Lincoln
Special Music	Faaletonu Family
Graduate Recognition	Pastor Ted Struntz
Worship in Word	Pastor Ted Struntz
Closing Song	"We Have This Hope" #214
Benediction	Pastor Ted Struntz
Postlude	Michael Roslyak

*Sermon Audio available at [RockwoodAdventist.com](http://RockwoodAdventist.com)*

## Rockwood Community News

**Fellowship Meal for Our Visitors** following the church service today. Please join us downstairs!

**Honoring Our Graduates** - Today Rockwood is honoring the following students: David Termine, University of Portland School of Nursing; Alianna Lobaina from PAA and Hayden Roe from Sam Barlow; Gabriel Fullard-Leo, Khin Paw, March Faaletonu, Mara Kramer and Quintin Ulloa from 8<sup>th</sup> grade.

**Elder's Meeting on Tuesday**, June 5, at 7:00 pm. Please read chapter 6 of our book, "Christ Our Righteousness."

**All-Church Potluck next Sabbath, June 9.** Please come prepared to join us as we eat and fellowship together.

**Our Youth Department** has organized a Sports Camp at PAES June 19-21, from 9 am to noon. They will need adult chaperones for the event. If you can assist, please call Michel Fullard-Leo at (503) 473-2393.

**Student Aid Applications** for the 2018-2019 school year are due by July 1. If you will need church aid in order to have your child attend PAES or PAA next year, please pick up an application from Kamille and turn it into the office by July 1.

**Our Ministry Placement Committee** is recommending the following names to the church for 2<sup>nd</sup> Reading: Bob Jordan and Stephen Ilie as Deacons, and Emiley Kelley as Vacation Bible School Leader.

**Transfers/2<sup>nd</sup> Reading** - IN: Ruben and Anna Coeto from Tualatin Spanish. OUT: Cheryl Reimche Carver to Hood View.

**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.

**A Big Thank You** to all who came to the fairgrounds last weekend and supported out Pathfinders. You are so appreciated! - Scott Hill, Pathfinder Director.

## Area News & Events

**Better Life Camp Meeting** - Mark your calendars and plan to attend Better Life Camp Meeting at Milo Adventist Academy on June 8th and 9th! Registration has already opened and we would love to see you there! Please call Better Life at (541) 474-3089 to reserve your spot.

**PAA Graduation** - Sunday, June 10, 2018 - 2:00 pm  
**PAES Graduation** - Thursday, June 14, 2018 - 7:00 pm

**Are You Interested in a Mission Project** in your home state? Come enjoy the opportunity of spending 2 weeks (June 17- July 1) on the beautiful campus of Milo Adventist Academy working on projects, such as painting, Camp Umpqua improvements, and campus security enhancements to name a few. Go to <https://maranatha.org/projects/tgid2748/> to register and download an info pack. For more information, call Randy Thornton, Principal, at (541) 915-2950.

**There's a New Basket in the Coat Rack Area** - This basket is for school supplies for children in need, and will be distributed during Impact Your Health August 10 and 12. They need backpacks, pencils, scissors, erasers, Pee-Chee folders, notebooks, etc. These items are due by July 16. If you would rather send a check than do the shopping yourself, make your check payable to Hood View SDA Church, and send it to PO Box 999, Boring OR 97009. Please memo "Impact Your Health School Supplies."

### Words of Wisdom

A Family Altar can Alter a Family.  
God does what few can do - He forgets the sins of others.  
God doesn't want shares of your life -  
He wants controlling interest!