

## Free Food Market & PACS COW

Oregon Food Bank news release, April 2018:

“In an average month, an estimated 260,000 people are receiving food from a food pantry in the Oregon Food Bank Network. The rate of food insecurity (being without access to a sufficient quantity of affordable, nutritious food) in Oregon is 14.6%. About 552,900 Oregonians are food insecure, of those 194,070 are children.”

On an average Sabbath, attendance at Rockwood Adventist is 175 people. Look around. If 14.6% of the congregation were food insecure, that means 26 people sitting near you might not have access to sufficient affordable, nutritious food. Maybe you are that person.

Rockwood Adventist volunteers have been making an impact on food insecurity every month at PACS COW and the Free Food Market. PACS COW (Commodities on Wheels) visits the Rockwood Building, at 124 NE 181st, every 2nd Monday from 4-6 pm. This mobile food pantry provides food to at least 28-30 needy qualified families each month.

Another opportunity is Harvest Share, renamed Free Food Market in May, 2018. Oregon Food Bank has relocated Free Food Market from the Rockwood Adventist parking lot to the Rockwood building to allow better access by public transportation. The MAX Blue Line is only 1 block away. Every 4th Tuesday from 8-10 AM, the Free Food Market welcomes anyone who needs fresh fruit and vegetables.

If you are food insecure, please come to these events. Rockwood Adventist volunteers are always needed and welcome at the COW and Free Food Market.

As a volunteer, you can make a difference for our Rockwood friends and neighbors at the COW on Aug. 13 and the Free Food Market on Aug. 28.

## Week at a Glance

Today	Fellowship Meal - Cancelled today! Sunset-Farewell to Sabbath	8:34 pm
Wednesday	Vacation Bible School Prayer Power Group	6:00-8:00 pm 7:00 pm
Friday	Sunset-Welcome to the Sabbath	8:25 pm
Next Sabbath	Sabbath School Speaker: Pastor Ted Struntz Offering: Oakwood/ Andrews/ Loma Linda U All-Church Potluck Sunset-Farewell to Sabbath	9:30 am 12:30 pm 8:24 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



*Growing Disciples  
Preparing People to Meet Jesus*

August 4, 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 P.M.

Welcome	Pastor Ted Struntz	
Praise Time	Praise Team	
Children's Story	Kamille Ross	
Our Gift to God	Church Budget	Everyone
Offertory/Worship in Song	Timothy Fullard-Leo	
"It Is Well with My Soul"		
Prayer Garden	Pastor Ted Struntz	
Worship in Word	Pastor Ted Struntz	
"In the crowd"		
Closing Song	"Face to Face"	Hymn #206
Benediction	Pastor Ted Struntz	
Organ Postlude	Joyce Bredemeier	

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

## Rockwood Community News

**Fellowship Meal** - Please note that the Fellowship Meal for today has been cancelled. We apologize for any inconvenience this may cause you.

**All-Church Potluck** next Sabbath, August 11. Please come prepared to join us in food and fellowship, and remember to bring extra for our guests!

**Ministry Placement Search Committee Ballots** are in your bulletins this week. Members, please write the names of three people you believe would be good at setting up a committee to elect 3 new officers for our Ministry Placement Committee. Good candidates must be Rockwood members and should be well acquainted with our Rockwood members. Place your ballot in the offering plate as it is passed, or on Kamille's desk in the church office.

**The 2018-2019 School Year** will be starting soon! Pledge forms for Student Aid are in your bulletins this morning. Your help makes it possible for many of our Rockwood young people to attend PAES and PAA. Thank you for your prayerful consideration.

**Interpreters for Impact Your Health** - Rockwood has been asked to help supply interpreters for Impact Your Health (free medical, dental and vision care for those without adequate coverage) at PAA this coming Friday, August 10, and Sunday, August 12. We need Russian, Romanian, Ukrainian, Karen, and any other less common language you can speak! If you can assist as interpreter at these clinics please contact Bob Hessong at (503) 667-4875.

**Vacation Bible School** continues each Wednesday evening, from 6:00 to 8:00 pm, through August.

**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.

## Area News & Events

**Citizenship Classes at the Library this Summer** - Come to the Rockwood Library, 17917 SE Stark St, on Sundays, July 1 through September 30, from 12:30 to 3:30 pm. There is no charge for these classes.

**Big Lake Youth Camp** is hosting a Golf Tournament on Sunday, September 9<sup>th</sup>, at The Reserve Vineyards and Golf Club in Aloha. Funds raised will go directly to camp needs. This year our most urgent needs are a new roof for our Lodge (\$80k) and a new roof for our Shop (\$100k) before the rain and snow arrives. Visit our website for more info and register to play at [www.biglake.org](http://www.biglake.org), or call the Oregon Conference, (503) 850-3583.

**Online Summit on Abuse on September 25** - Registration is now open at [enditnowNorthAmerica.org](http://enditnowNorthAmerica.org). 1 in 3 girls and 1 in 5 boys will be sexually abused before they turn 18. Keeping the people in your church, school, and camp safe starts with being informed. Would you know how to help if you suspected someone was being abused? Love shouldn't hurt. Join us to help stop the violence.

**"Up From The Ordinary"** - Oregon's 32nd Annual Women's Retreat at Eagle Crest Resort, with Jean Boonstra, Associate Speaker for Voice of Prophecy, October 12-14. Breakout speakers are Dr. Joyce Choe, MD, MPH, Pastor Jana Lee, and Deborah Turner. Special musical guests: Gary & Shelly Parks and Katrina Koch. Teen speaker: Erica Jones, Associate Director of Women's Ministries, NAD. Teens coming with a mom or mentor come for only \$55.00. Register by going to [AdventSource.org](http://AdventSource.org) or by calling (800) 732-7587. Flyers are available on the lobby desk.

**PACS Ongoing Needs** - Portland Adventist Community Services is in need of non-perishable food items, including baby food and formula. They can also use toilet paper and diapers! Another need is clean/empty egg cartons (sizes: dozen or 18 count). Please place your contributions in the PACS box in the coat rack area.