



## Did You Know?



The Religious Liberty Department of the Southern Union is available to help members with Sabbath accommodation issues in the workplace. This service is free to members and non-members alike. Contact the Southern Union, Pastor Bob or Religious Liberty Leader Monica Basantes for more information.



## News You Can Use



**Attention all Deacons and Junior Deacons:** There will be a short meeting during the fellowship meal **TODAY, February 4th**. We will meet in one of the side rooms during potluck. All Deacons and Junior Deacons are encouraged to attend.

Women's Ministries would like to invite all the Ladies to an evening of fun & creativity on **Thursday, February 16th at 6:30 pm** in the ARC Resource Room! Come & learn how to make a healthy Edible Bouquet! See the flier for more details.

**Attention Seniors-**A very special Valentine's Luncheon is being planned just for you! It will be held Wednesday, February 15<sup>th</sup> at 12:00pm at Sherry Armstrong's home. Lunch will be provided. Please contact Sherry at 919-859-6909, to RSVP or if you have any questions.

**The Marriage on the Rock Seminar** will be **Friday, February 17th** at 7 PM and **Sabbath, February 18th** at 3 PM. The Seminar is Free. Join hosts Pastor Jimmy and Karen Evens for a Valentines weekend marriage seminar that will teach couples...

- ~ The Four Foundational Laws of Marriage
- ~ The Elements of Financial Intimacy
- ~ How to Disarm Destructive Behaviors of Husbands and Wives
- ~ The Keys to Sexual Fulfillment

**Health Ministry: February's Health Revolution Challenge is "Get Moving!"** If you do not have an exercise program, now is the time for change. Our bodies are the temple of God, and He intended for us to be active and use the over 600 muscles He gave us. What you don't use, you will lose. There is no better time to commit to be fit. Good nutrition, spiritual food, and exercise are necessary for an active and healthy Christian life. Each week, there will be information on our blog [www.RaleighSDAHealthRevolution.blogspot.com](http://www.RaleighSDAHealthRevolution.blogspot.com) - to help you through this challenge.

Our very own, Alexa Broome, a certified personal trainer, will help us kickoff this challenge on **Tuesday, February 7th at 6:30 pm** in the ARC at "Get Moving with Alexa!" No matter what your fitness level, gender, or age may be, Alexa has a plan for YOU to get moving without going to the gym! Come and bring a loved one! Wear comfortable shoes and clothing and bring any exercise item that you may have such as mats, bands, tubing, balance balls, and weights.

## News You Can Use Cont'd

Please complete the Health Ministries survey in your bulletin to help us plan a fitness program that is just right for you! Also, visit our special display in the lobby to obtain more useful information on exercise.

Health Ministries is now on Facebook! Please become our friend and invite others to do the same at "Raleigh SDA Health Ministries" to stay up to date on what's going on in Health Ministries.

Mountain Media Ministries, a nationally and highly sought-after authority on sustainable living, will present a free Sustainable Preparedness two-day seminar on **March 17th, 3:30 pm, and March 18th, 2:30 pm**. Plan to attend if your answer is "NO" to the following question: Would you be able to provide the following basic necessities of life - water, food, heat, and healthcare - for you, your family, or others when faced with economic instability, a natural disaster, or extended power grid failures? For more information, please see the Health Ministries bulletin board in the lobby or e-mail [register4health@embarqmail.com](mailto:register4health@embarqmail.com).

Social Committee and Men's Ministry present **FAMILY MOVIE NIGHT ...COURAGEOUS. 2 days: February 25th at 7pm sharp and February 26th at 4pm sharp**. Come join us for this must see movie! Snack Shack opens 30 minutes before the show on both days. Come hungry and enjoy popcorn, nachos, veggie dogs, drinks, and more...for minimal prices, proceeds helping Social Committee and Men's Ministry funds. Please Contact Kamlesh Rangrej or Connie Bernard if you have any questions.

**Where are you men of courage?** Men's Ministry is starting a small group on the movie Courageous. It will begin March 3<sup>rd</sup>, 1:30pm in the ARC. Please contact Kamlesh Rangrej at [kamlesh.rangrej@yahoo.com](mailto:kamlesh.rangrej@yahoo.com) or 919.627.4141 for more details. Let's resolve in 2012 to be Godly men!

A new curriculum on *Peacemaking for Families* will begin February 25th at 3 PM in the sanctuary. You can make sign up or make inquiries with course instructors Judy Gray and Elizabeth Salisbury.

**Donation Receipts for 2011** are ready and can be picked up, please see Jane Dendy, Pam or Alan Fitts.

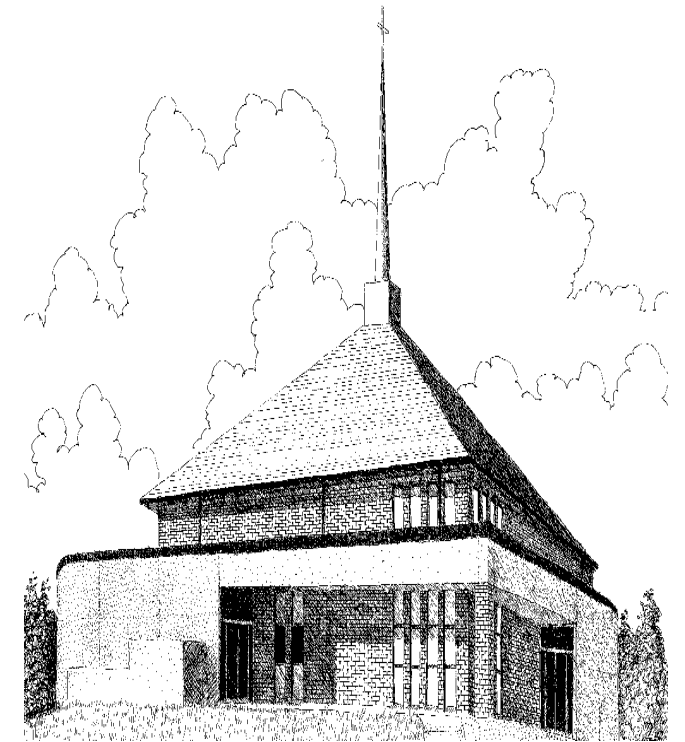
**Carolina Conference Family Ministries** -The Carolina Conference Family Ministries is having its annual Romance at the Ranch in 2012 and we are very excited! Our new Director of Family Ministries, Pastor Eli Rojas, looks forward to meeting and fellowshiping with you at Nosoca Pines. If anyone has questions please call the conference office at 704-596-3200. More details will be provided next month in the church bulletin.

**Casting Call** - We are recruiting the cast and crew for our annual Easter production of "His Last Days" and Agape Feast. Please visit our website for more information about these wonderful programs and to submit your volunteer form at [www.hislastdaysshow.com](http://www.hislastdaysshow.com). You may also contact the program director, Lisa LaFave, at (919) 749-3381.

# Welcome to the Seventh-day Adventist Church of Raleigh

## Our Mission

*As members of the body of Christ,  
the Raleigh Seventh-day Adventist Church is passionately  
focused on seeking Christ, living His values daily and  
proclaiming His imminent return.*



**February 4<sup>th</sup>, 2012**

4805 Dillard Drive  
Raleigh, NC 27606

Phone: (919) 851-1302

Website: [www.raleighadventist.org](http://www.raleighadventist.org)

## Welcome to the Seventh-day Adventist

### Church of Raleigh

We are here to serve you!

Please call us if we can be of assistance.

Bob Cundiff-Pastor.....919-233-1114

[pastorbobis@yahoo.com](mailto:pastorbobis@yahoo.com)

Tim McLendon-Head Elder.....919-757-7747

[mclendont@hpw.com](mailto:mclendont@hpw.com)

Alan Fitts- Head Deacon.....919-553-2595

Pam Fitts- Head Deaconess/Clerk.....919-553-2595

### Church Budget

Through January 28<sup>th</sup>, 2012

Month

#### **Conference Funds**

Tithe \$50,213.34

#### **Local Funds**

Income \$29,067.15

Expense \$28,083.62

Mortgage Loan Balance \$ \$1,614,404.00

*"The Church Budget is based on 75% of our annual Tithe. We are suggesting that for every dollar you pay in tithe, give .76 cents to Church Budget so we can reach our goal. Tithe does not fund the church expenses needed each month to operate the church and its ministries. Since tithe is not used to pay for local church expenses, we hope that when you return tithe you will also contribute to the church budget."*

### Church and Bulletin Information

#### Deacon & Deaconess of the week

Alan Fitts & Mary Hagensicker

► Please submit all bulletin items, including prayer requests, to Wendy Gonzalez by **Thursday @11am** to: [raleighsdabulletin@gmail.com](mailto:raleighsdabulletin@gmail.com) or call 919-851-1302 and leave a message.

► For announcements on Power Point, email Jason Fitts at: [cjasonfitts@yahoo.com](mailto:cjasonfitts@yahoo.com) by Wednesday @ **7:00pm**.

► For church calendar updates email: [raleighsdacalendar@gmail.com](mailto:raleighsdacalendar@gmail.com)

### First Service 8:30 am

Opening Prayer

Songs of Praise

Offering

Prayer

Sermon

Benediction

*First Worship Service – 8:30 am*

*The Church in Study – 9:35 am*

*The Church in Worship-10:45am*

*February 4<sup>th</sup> 2012*

Kings Business

Welcome

Praise and Worship

Praise Team

Offering

Elder Eduardo Tanaka

Congregational Prayer

Elder Whiz Broome

Special Music

Danica Baylon

Sermon

Pastor Bob Cundiff

*"The Three Angels Message"*

Pianist

Antoinette Martin

### Words of Wisdom

*"Worry is blind and cannot see the future. But Jesus sees the end from the beginning."*

Desire of Ages p. 330

### Week at a Glance

#### Today

10:30am-W.I.T.

12:15pm-Special Prayer Session with Elders Tim McLendon & Whiz Broome, Prayer Chapel

12:30PM-Fellowship Potluck & Deacons meeting

3:00pm-Adventurers

5:30pm-Basketball League

\*The joy and blessings of the Sabbath conclude today **5:43**

\*And begin again..... **Next Friday 5:52pm**

#### Sunday, Feb. 5<sup>th</sup>

9:00am-12:00pm-Pathfinder meeting

#### Tuesday, Feb 7<sup>th</sup>

6:30pm-Health revolution Support Group meeting, "Get moving with Alexa", ARC

#### Wednesday, Feb. 8<sup>th</sup>

**7:00pm**- Prayer meeting,

### Next Sabbath's Speaker

Pastor Bob Cundiff

### Looking Ahead

#### February 2012

16-Women's Ministry event, 6:30pm-ARC

17- Marriage on the Rock seminar, 7:00pm

18-W.I.T., 10:30am-ARC

Marriage on the Rock seminar, 3:00pm

Adventurer Meeting, 3:00pm

Basketball League, ARC, 5:45pm

19-Pathfinder meeting, 9:00am-12:00pm

24-26-Pathfinder Camping

Feb 25-Peacemaking for Families begins

25-Family movie night, 7:00pm

26-Family movie afternoon, 4:00pm

#### March 2012

3-Fellowship Potluck

Men of Courage series begins, 1:30pm-ARC

Adventurer Meeting, 3:00pm

7-11-Just Claim It (JCI) Global Youth Prayer Conference

11-Pathfinder outreach

17-ACA Sabbath

17, 18- Sustainable Preparedness Seminar

23, 24-Mad About Marriage

### Prayer Requests

George Morris

To add a name to the prayer request list, please contact [raleighsdabulletin@gmail.com](mailto:raleighsdabulletin@gmail.com) or call 919-851-1302. Thank you.