DINNER WITH THE DOCTOR

by Eliana Farley

The Health Ministries Committee has chosen February, Heart Month, to launch “Dinner With The Doctor”, a monthly out-reach event for our church and community. These second Monday-of-the-month dinners will be held in the Fellowship Hall from 6:00 to 8:00 p.m. at a cost of $5 per person.

The total vegetarian menus will be geared toward providing dishes for what is hoped to be the gateway to healthier dietary choices. It is planned to select recipes throughout the year in a mix of everyday family sit-downs as well as company occasions.

The first night, February 11, an easy trick to shaping the dinner roll hearts will be demonstrated, along with other helpful tips for fixing the various meal components and this will be a typical aspect of the monthly formats.

The goal of the doctors and health professionals is to educate, motivate and inspire attendees to replace their health-erosive lifestyle with a health-enhancing one. “Preventing and Reversing Heart

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SONRISE VOCALIST AND RESURRECTION AUDITIONS

SonRise, a walk-through resurrection pageant, will be held on campus Sabbath, March 30. Thousands of people view the Pageant each year. Without your help, we would not be able to reach out to our community and share the good news of Christ’s sacrifice to us in this unique, interactive way.

If you would like to audition for the vocalist at Crucifixion, be prepared to sing one verse of “Were You There?” a cappella. Vocal auditions will be held January 24.

Auditions for Resurrection’s Satan, Gabriel, demons, and angels will be held Tuesday, Jan 29, from 6:00 to 9:00 p.m. Have prepared a 60-90 second movement piece. The piece should be to music of your choosing but make sure it is appropriate for a church setting. The parts you are auditioning for are non-speaking and rely heavily on your ability to move in a fluid, timed and expressive manner. Dance training would be helpful but it is not a requirement. To achieve the best results for this audition try to base your routine around a story. Through your movement and music we should be able to relay to you the story you are trying to tell. If in doubt, use the story of the part you are auditioning for.

All requests to be given the link to the online cast application should be sent to Maurice and Tina at sonrisecasting@southern.edu. If you do not have email, call (423) 284-9219.

Recruiting for the Marketplace and other volunteer areas will take place in February.
THE ART OF MARRIAGE

The first video of The Art of Marriage series was shown January 16 to a more-than-full room of married and soon-to-be married people. All ages were represented. Pastor Tim explained that this series was not targeting those with marital problems but also couples with strong marriages.

The Art of Marriage, a free video-based marriage conference, brings together some of the most respected and influential pastors and experts on marriage and family to share with you and your spouse. It also brings a fresh approach to a video conference.

LEARN TO DESTRESS
by Abby Houtchens

Would your life be less stressful and more productive if you had better tools to work through difficult, anxiety producing life transitions...like job loss, empty nest, graduating, breaking up, divorce, death of loved one, loss of health, aging parents, breaking away from addictions, etc.?

Learn to identify and begin to master negative emotions, thoughts, and behaviors accompanying change and loss, whatever life transition you are facing.

Forming adult (18+), Men's and Women's groups beginning the first week in February.

Space is limited. Call or text Abby Houtchens, LPC, NCC, BCC, for details and availability: (423) 400-2219. Or email abbyh@southern.edu.

A NEW KIND OF SUPER BOWL PARTY

FOOTBALL! Tis the season... Plan your Super Bowl party with extra meaning this year!

Instead of just cheering for your team, be a fan of your community too by inviting guests to bring along a football, soccer ball, basketball, or sports-related backpacks and school supplies for a child in need.

Bring your collection to the Samaritan Center where it will help kids throughout the year, and especially as they are getting ready for school and during the Christmas season! For more information contact Linda Shriver-Buckner at (423) 238-7777, ext. 20.

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Disease" will be the topic for the first talk and the meal will tie into the theme.

This undertaking requires much coordination and prep work. Help is needed with phoning, registration, greeting, advance dish preparation, set-up, assembling of salads etc., serving, set up and clean-up, just to name a few. Everyone can enlist in promoting and extending invitations to friends, neighbors, and co-workers. We solicit your prayers!

There will be opportunity for sign-ups in the Atrium during the next few Sabbaths or one can contact Pastor Sam Chetty at 396-2134 or Eliana Farley at 238-9030 for more info.
THE TIME IS GETTING CLOSER

Since 1996 our Church has presented SonRise as a gift to our surrounding communities. Every year, God has blessed tremendously and many lives have been changed. However, SonRise would not be possible without you. Your involvement as volunteers has made this great endeavor a much easier process! If you have volunteered in the past, we want to urge you to volunteer again. (Sign up, don’t make us call you!) If you have never volunteered, here is your chance to start a tradition of participation!

There are many areas that need your help. Some of the areas include setting up and tearing down the Marketplace scene, the Sanctuary scene, and the Resurrection scene. We need people to distribute tickets, greet, serve refreshments, provide and prepare food, check costumes out and in, wash costumes, and help the soldiers get their armor on. We also need people to help check the staff shirts out and in the day of SonRise. These are just a few of the many areas you could be involved in.

SONRISE KEY POSITIONS AVAILABLE

We are currently looking to fill some of the key SonRise positions. All areas are important to help SonRise run smoothly.

• Staff Shirt Coordinator—Coordinate volunteers to hand out and collect staff shirts the day of SonRise. Wash and inventory shirts for storage.

• Donations Coordinator—Solicit donations (monetary and product) from area businesses for the Marketplace. (Product examples: “out of date” fruits and vegetables, dough, gift cards, etc.)

• Animal Coordinator—Call the animal owners and coordinate the setup of the animal pens for the area between the Church and AW Spalding. Be present the day of SonRise.

A complete job description is available by contacting Sherrie at sonrise@southern.edu or 396-2134.

The Marketplace needs people to set up shop and “sell” their wares. While the church has some props to loan out, it is our hope that you will take ownership of a booth and begin gathering your own props that you can use from year to year.

Sign up sheets will be available February 16 and 23, as well as a table in the Atrium. This year’s SonRise is March 30.

Over the next several weeks begin talking to you family, friends, and your small group as to how you can become involved in SonRise 2013. To learn more about SonRise, visit www.comeseefjesus.com.

IN MEMORY

Jessie Mae Demaree, mother of Ed Demaree and Doug Demaree, passed away January 13. A memorial service will be held locally at a later date. Memorial contributions can be made to Maranatha One Day Church Project: Maranatha Volunteers International, 990 Reserve Dr., Suite 100, Roseville, CA 95678.

Clymera Lorren, wife of Bob Lorren and mother of Denise Cutshall and Katrina Bisson, passed away January 9. Services were held January 19. Memorial contributions may be made online at www.hopetv.org or mail to Hope Channel, P.O. Box 5303, Thousand Oaks, CA 91359.

FAMILY LIFE

Our modern culture tells us cohabitation is a great alternative to marriage and divorce is a convenient solution to difficulties—consider what some current research reveals:

www.frc.org/marriwebsite/162-reasons-to-marry

Married people in their fifties have more assets than single, never-married, divorced, or separated individuals.

Engaged? Build a marriage to last a lifetime through thorough preparation! Contact Pastor Tim at timcross@southern.edu six months prior to wedding for more information.

Married? Plan to invest in your marriage by participating in The Art of Marriage on Wednesday evenings in the new Youth Room at 6:30 p.m. through February 20. This is an excellent new DVD curriculum produced by FamilyLife.
SENORS DAY OUT: A number of people have responded about the idea of having more opportunities for Senior citizens to socialize and fellowship. A brainstorming meeting will be held on Thursday, Jan. 31. Respond to Shelly Litchfield at (423) 413-1954 or shelly.litch@gmail.com to find out the time and place of this meeting. Your ideas are needed!

AARP is offering free income tax preparation in the Senior Center for taxpayers with middle and low income, with special attention to those age 60 and older. Call 396-2134 to schedule an appointment for Monday’s only, February through April 8, from 9:00 to 3:00 p.m., except February 18. Each family member filing a return needs to schedule separate appointments.

PRE-K & KINDERGARTEN ROUNDUP at the Standifer Gap Adventist School will be Wednesday, Feb. 6, at 12:00 pm. If you have or know of a child who will be going into PK or K next year, invite them to come to this fun day! A group from the Creative Discovery Museum will be there. If you are interested in attending this exciting event, call (423) 892-6013.

SPA DAY: Chattanooga First Church’s Women’s Ministry department invite all ladies to Spa Day on Sunday, Jan. 20, from 2-5 pm at the their church. There will be professional massages, facials, manicures, eye brow shaping, reflexology and more. Admission is either bringing a gift to be given to ladies at Room at The Inn or $10 at the door. Invite your friends for a fun afternoon—there will be door prizes and light refreshments.

BEREA GARDENS SEMINAR: Bob and Lynnita Gregory from bereagardens.com will be at the McDonald Road Church to promote the principles of health, diet, and agriculture on Sabbath, Feb. 9, at 2:30 p.m. and Sunday, Feb. 10 from 9:00 a.m. to 4:00 p.m. Do you have an interest in educating yourself in the principles of agriculture and the relationship it has to a fulfilled Christian lifestyle? The Bible has much to teach us about this activity, the industry ordained for man from the beginning, and as with all things Biblical, the messages are timeless and more pertinent for this generation than any other. Contact Dorothy Walter for more information 236-4148.

DISHWASHER OPERATORS needed for bereavement meals. Contact Elaine Dodd if you wish to be part of this comforting and rewarding ministry: (423) 667-9413 or edodd@epbfi.com.

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OUTDOOR FAMILY FELLOWSHIP (OFF) meets the second Sabbath of each month for some afternoon outside activity and potluck supper. Email tamathafarrow1@gmail.com to be added to the email list.