KENYA, WEST AFRICA MISSION TRIP PLANNED FOR SPRING BREAK

Wolf Jedamski has just announced that the next Collegedale Church Adult Mission trip is planned for March 2–16, 2016 (with an optional touring extension) to Kenya Africa. This will be a repeat of the very successful trip the church did two years ago. The purpose of this trip is primarily to create cross-cultural relationships. Our hope is to provide opportunities for relationship building through which Christ can be shared. To facilitate this we will be working on three projects. Those include: construction work on a new secondary school for the Massai, holding medical and dental clinics and running children’s meetings.

We will be going to the Massai Mara where we will also have ample opportunities to experience God’s

WOMEN’S BIBLE STUDIES

The Women’s Ministries team announces new Bible studies beginning on September 8.

The DVD-based study “Faithful, Abundant, True” by Kay Arthur, Priscilla Shirer, and Beth Moore will be offered on Tuesdays at 10:00 a.m. in the Activity Room and 6:30 p.m. in the Senior Center. A second study will be offered at 10:00 a.m. on Tuesdays with a focus on the last week of Jesus’ life.

For more information, email susanmcclarty@hotmail.com or call the Church at (423) 396-2134.
Marriage is complicated — filled with challenges at every corner. When marriage rates fall and divorce rates climb, one can’t help but wonder whether there are any lasting marriages left...

Thankfully, many marriages exist where husbands and wives take their vows seriously. Could you learn a thing or two from these marriages?

These 10 signs will help you know if your marriage is going to last forever.

1. **You talk:** The number one sign a marriage is going to last forever? Continuous communication, both verbal and nonverbal. Successful spouses truly talk to each other, and not just small talk. These couples still frequently have lasting conversations — just like they did when they first fell in love. They establish a pattern of communication at the beginning of their marriages and never deviate from that path.

2. **You’re there for each other — no matter the obstacle:** Marriages are battered with challenges, small and large. In successful marriages, such batterings still rear their ugly heads, but spouses are there for each other no matter what happens.

   Are you sensitive to your spouse’s challenges? Sometimes, those challenges are not as evident as we’d like them to be, but your attentiveness will pay off in the end.

3. **You forgive each other over and over:** Forgiveness is an underrated aspect of many marriages. Grudges are just so easy to hold tight! But we all have our quirks, our bouts of weirdness, our failings... we all do things that could offend at every turn. Ask for forgiveness every day.

   Recognizing your own flaws will help keep your marriage strong, but honestly forgiving your spouse on a daily basis will solidify your relationship. The old adage “Never go to bed angry” is still pretty good advice.

4. **You show love and charity — daily:** Daily love and charity should come naturally if you are in love. Little acts of love and charity are easy — a kiss before work, a little note on the bathroom mirror, a phone call or text throughout the day, a small act of service (and maybe another kiss or two).

   Are you truly loving and kind to your spouse?

5. **Your spouse is the first one to hear your news — good or bad:** Do you remember when you and your sweetheart first fell in love? Who was the first person you wanted to talk to each day, the first person you wanted to share your day’s events with?

   In rock solid marriages, this is still the case. These couples literally cannot wait to tell their spouses any news. Spouses should never learn important things from Facebook or Twitter.

   continued on page 3, Marriage
MAKE A DIFFERENCE - ADOPT-A-STUDENT MINISTRY

by Pastor Carole Verrill

The new school year has begun. We have an opportunity to connect with university students to make them feel a part of our church family. On Sabbaths, Aug. 29 and Sept. 5, university students who are interested in participating in this program will be invited to visit a welcome booth in the Atrium to fill out information cards.

On September 12 and 19 church members will be encouraged to visit the Adopt-a-Student booth in the Atrium to pick up one or more of those student information cards with the intention of adopting the students for this school year.

What are the expectations? A minimum of two student-member connections per semester - a total of at least 4 per school year. Examples of connections include a meal in your home, a care package to the dorm, a trip out for frozen yogurt and a time of prayer, etc.

Marriage

continued from page 2

6. You still date once a week:
Dating is the glue that welds together communication, love and understanding. If your marriage is a keeper, you anticipate that special weekly time with your spouse.

We live in a busy, bustling world full of all sorts of things that derail our priorities. Setting aside one evening — or as many as you can — to be alone with your spouse is paramount to a continued successful marriage.

7. You never fantasize about being with someone else:
At the marriage altar, you made the promise to cherish your spouse and be loyal to him or her, for better or for worse. In our society, it is easy to get caught up in the many infidelities and immodesties found in movies, TV shows, social media... It seems commonplace in our culture to “fantasize” because everybody else is doing it.

But solid marriages do not allow these thoughts to creep in — ever. Focus, and pay strict attention to your spouse.

8. You share your hopes and dreams:
We all have hopes and dreams. Some come to life. Some don’t. But lasting couples share their hopes and dreams with each other and then work together toward bringing those goals to fruition. Nothing, perhaps, is more gratifying than achieving a common goal with your spouse.

Have you shared your dreams with your spouse? Have you worked hard together? Have you felt that connectedness grow between you, filling your marriage with even more love and hope?

9. You commit:
An unwavering commitment to your spouse cements your feelings for him or her, stirring within you a fierce loyalty. Though our culture tends to gloss over and minimize commitment and devotion, none of us can simply say or do whatever we want without consequences.

Never stop working to strengthen your commitment to your spouse, for this is the mark of truly successful marriages.

10. You give up the “blame game”:
In many marriages (particularly those that end in divorce) a tendency to blame one’s partner for anything bad that happens becomes commonplace. Fingers point. Hateful words like “it’s your fault” escape from angry lips.

In successful marriages, couples are accountable for their own actions, and they seek to help one another overcome challenges. The best couples use their individual strengths to help each other overcome weaknesses.

Even if these 10 signs are all present in your marriage, things might not always be perfect — but keep going. Your marriage will grow more perfect every day. In the end, the overall key to success hinges on trying to do what one very wise man once recommended doing...

“Your best. Your very best.”
COLLEGEVILLE COLLEGIATES—Enjoying friendships, applying Scripture! A new Collegiate Sabbath School meets weekly at 10:15 a.m. in the Training Chapel next to the Sanctuary. Contact Pastor Tim at timcross@southern.edu.

COME TO MORNING POINTE in Collegedale September 5 from 4:00 to 5:00 p.m. to sing hymns with the residents. Families with young children are coming who the residents LOVE seeing. Plan to join us the first Sabbath of each month. If you would like to do a special musical number, just let us know when you arrive.

ADVENTIST CHRISTIAN FELLOWSHIP (ACF) extends an invitation to join their group for anyone attending the University of Tennessee (UTC). If you know of students attending there or would like more information, please contact Haley gz665@mocs.utc.edu or Rick Norskov wnorskov@southern.edu for more information.

MEN’S RETREAT: Journey to Healthy Leadership will be held September 18-20 at Cohutta Springs. Cabins and motel space is available. Visit www.gccsda.com for information.

AN AARP SMART DRIVER CLASS is Tuesday, Oct. 6, 8:30 a.m. to 5:00 p.m. at the Garden Plaza of Greenbriar Cove, 4586 Forsythia Way, Collegedale. Cost for AARP members is $15; non-members is $20. Call (423) 396-5100.

VOLUNTEERS are needed for a new media ministry: to record and produce free CDs and DVDs of the church services and make them available immediately after the services for those who want a copy. Contact the Church at (423) 396-2134 and ask for Wolf Jedamski.

THE VIDEO SERIES “Optimize Your Brain” is full of ways to start improving your intellectual and emotional intelligence. Come to the Community Room at the Samaritan Center on Wednesdays 6:30-8:30 p.m., Sept. 9-Oct. 14. RSVP and to purchase workbook: timcross@southern.edu or (423) 309-1860.

FLEA MARKET AND BAKE SALE: Come help support McDonald Road Church’s youth mission trip to Belize at the church’s Flea Market and Bake Sale on Sunday, Sept. 13, 9:00 a.m. - 4:00 p.m., in the family center. Booths are still available. For more information or to donate items, contact Dan or Daryl Ford at (423) 508-8104 or (423) 504-8116.

RIDE NEEDED TO CHURCH on Sabbaths from Winding Creek Apartment on Ooltewah-Ringgold Road. Call Hyacinth Lorraine Henry at (423) 223-9709.

LABELS MAKE CENTS: Frozen food labels are no longer accepted from Loma Linda, Worthington, Vibrant Life, and Morning Star products. The manufacturers will now only accept canned product labels from Loma Linda and Worthington Foods, provided the UPC begins with 28989 or 45561. Cedar Lake canned or frozen labels are still accepted.