“Happiness is like manna; it is to be gathered in grains, and enjoyed every day. It will not keep; it cannot be accumulated; nor have we got to go out of ourselves or into remote places to gather it, since it is rained down from Heaven, at our very doors.” —Tryon Edwards

Upcoming Events

June 2-21 » Fit for Life I Camp » Cohutta Springs Youth Camp
June 9-23 » Pathfinder Mission Challenge » Pine Ridge, SD
June 9-23 » God in Shoes Mission Trip » Pine Ridge, SD
June 16-21 » Adventure Camp » Cohutta Springs Youth Camp
June 16-23 » Paintball III Camp » Cohutta Springs Youth Camp
June 16-23 » RAD Horse Trip » Cohutta Springs Youth Camp
June 16-23 » Paintball III Camp » Cohutta Springs Youth Camp
June 16-23 » Wakeboard I Camp » Cohutta Springs Youth Camp
June 16-23 » C.I.T. Camp » Cohutta Springs Youth Camp
June 18 @ 7:30p » How to Become Friends with God Series » Better Living Center, TN
June 22 @ 9:30a » Faith, Family & Community Day » Atlanta Southside Church, GA
June 22 @ 2:00p » Health Rally » Ringgold Church, GA
June 23-30 » Tween/Pathfinder Honors Camp » Cohutta Springs Youth Camp
June 23-30 » Ultimate RAD Camp » Cohutta Springs Youth Camp
June 23-July 14 » Fit for Life II Camp » Cohutta Springs Youth Camp
June 29 » Stewardship Sabbath » Cookeville Church, TN
June 29-30 » Abundant Living Weekend » Cedar Ridge Church, TN
June 30-July 7 » Teen I Camp » Cohutta Springs Youth Camp
June 30-July 7 » Rock Solid I Camp » Cohutta Springs Youth Camp
June 30-July 7 » Basketball Camp » Cohutta Springs Youth Camp
June 30-July 7 » Rock Solid Basketball Camp » Cohutta Springs Youth Camp
June 30-July 7 » Whitewater/Kayak Camp » Cohutta Springs Youth Camp
June 30-July 7 » Gym-Masters Camp » Cohutta Springs Youth Camp

July 1-5 » Gym-Masters Day Camp » Cohutta Springs Youth Camp
July 4 » Independence Day (office closed)
July 5 » Day of Prayer and Fasting
July 7-14 » Teen II Camp » Cohutta Springs Youth Camp
July 7-14 » Rock Solid II Camp » Cohutta Springs Youth Camp
July 7-14 » Golf Camp II » Cohutta Springs Youth Camp
July 7-14 » Soccer Camp » Cohutta Springs Youth Camp
July 7-14 » Wakeboard Camp II » Cohutta Springs Youth Camp
July 8-11 » 3-Point Play Basketball Camp » Conyers, GA
July 13 @ 2:00p » Health Rally » Oglethorpe Church, GA
July 14 @ 10:00a » SNOW Day in July » Cartersville Church, GA
July 14-19 @ 6:00p » Vacation Bible School » Hiram Church, GA
July 14-21 » Natural Remedies Seminar » Wildwood Lifestyle Center and Hospital, GA
July 14-21 » Surf Camp » Cohutta Springs Youth Camp
July 15 » God in Shoes Outreach » Jellico, TN
July 16 @ 6:30p » Unsealing Daniel's Mysteries Seminar » Better Living Center, TN
July 16-21 » Family Camp » Cohutta Springs Youth Camp
July 21 @ 1:00p » Cohutta Health Expo » Community Center, Cohutta, GA
July 22 » CHIP Program begins » Atlanta Metro Church, GA
July 27 » Stewardship Sabbath » Hamilton Community Church, TN

REGISTER FOR EVENTS ONLINE AT REGISTRATION.GCCSDA.COM

[Please note that some of these events may have registration deadlines that have already passed.]
Come get away with your spouse for this year's Marriage Retreat, to be held Oct. 25-27 in Gatlinburg, Tenn. Be blessed as you listen to the testimony of Rick and Cindy Mercer. Register at registration.gccsda.com.

Copy&Paste

**GAP Camp:** Standifer Gap Seventh-day Adventist School will be having a summer day camp for only $75 a week! Gap Camp will be held from 9:00 a.m. to 4:00 p.m. Monday-Friday from **June 3 to Aug. 2** for ages 4-12. Before and after care is available. Pay the first week’s tuition to hold your place. Limited spots available. The registration form and more info are available at sgsdaschool.org/article/10/gap-camp or contact the school at 423-892-6013 or Glen Wolters at 423-310-0652 or wolterseg@gmail.com.

**MAC Camp:** The Marietta Adventist Church is excited to announce the launch of MAC Camp, and Christian summer day camp, operating on the grounds of the Marietta Adventist Church and Carmen Adventist School. The camp will be held **June 10 to July 26**, Monday-Friday, from 8:30 a.m. to 5:00 p.m. MAC Camp is designed to introduce young people to Jesus, give them new life experiences, and provide a structured environment for parents who need full-time child care. It's a full experience with many of the same activities found in a traditional residential summer camp. In addition, MAC Camp will be providing daily academic instruction for kids to help bridge the gap between grades. For more information, visit our website at macdaycamp.org.

**How to Become Friends with God series:** Learn to know God better. Four Tuesdays, starting **June 18**, at 7:30 p.m. Meetings will be held at the Better Living Center (235 Delay St., Athens, TN). Presented by pastor Ron Wooten and elder Bill Harper. Mark your calendar now so you won't miss a night of these four inspiring meetings. If you need directions, please contact: Linda Curtis at 423-744-7611.

**Faith, Family & Community Day:** Atlanta Southside Church will be hosting their Faith, Family & Community Day on Sabbath, **June 22**, with Sabbath school beginning at 9:30 a.m. The schedule also includes the divine worship service, a fellowship luncheon, health screening, cooking seminar, and evening concert. Please join us and bring your friends and family!
**Gardening Seminar:** Ever wanted to grow your own food, but aren’t sure where to start? Or are you an experienced gardener looking for some new ideas? Bountiful Blessings Farm is hosting a week-long gardening seminar, **June 23-29, 2013.** We are a family-run, certified organic farm providing produce to 100+ families in the Nashville area. Further details, as well as an outline of the week’s activities, may be found at [bountifulblessingsshared.com/seminars/](http://bountifulblessingsshared.com/seminars/). We'd love to have you attend! If you can't make this one, you might be able to join us in the upcoming seminars, either during Oct. 20-27, 2013, or Jan. 26- Feb. 2, 2014.

**Abundant Living Weekend:** The Cedar Ridge Church will be hosting an Abundant Living Weekend **June 29-30.** Guest presenters will be Curits and Paula Eakins. Schedule includes Sabbath morning worship at 11:00 a.m., Sabbath afternoon seminar at 3:00 p.m., and a Sunday afternoon cooking class from 3:00 p.m.-5:30 p.m. ($10 registration fee—includes recipe handouts and food samples). For more information, contact JB or Irene Williams at 423-478-0029.

**SNOW Day in July:** SNOW (Spiritual Needs of Women) Day is a one day, Christian women’s retreat. Your day will be enriched with music, worship and joy. Come let your heart be filled with the Holy Spirit as you fellowship with your sisters in Christ. The event will be held **July 14** from 10:00 a.m. to 4:00 p.m. at the Cartersville, Ga., Church. Register by June 30. Visit [gccsda.com](http://gccsda.com) and click on the "Events" banner to find the event and download a registration form.

**Wildwood Natural Remedies Seminar:** This seminar will be held **July 14-21** at the Wildwood Lifestyle Center and Hospital in Wildwood, GA. The theme is "Natural Remedies" and will focus on the basics about what they are, as well as their implementation. Topics will include: Natural remedy myths; Depression; Chronic pain; GMO; Nutrition; and much more! There will be a daily hands-on cooking class. In the afternoons, there will be 12 hours of practical training in hydrotherapy, massage, and food preservation. There will also be a 3-hour track on herbs and poultices. For more information or to register, call 800-844-1099, ext. 1042 or 423-521-5058.

**Unsealing Daniel's Mysteries Seminar:** This free seminar is a chapter-by-chapter study of the book of Daniel. It begins Tuesday night, **July 16,** from 6:30 p.m. to 8:00 p.m. at the Better Living Center (235 Delay St., Athens, TN). It will run for 12 consecutive weeks every Tuesday night. If there is enough interest, there will be a daytime seminar at 1:00 p.m. If you plan to attend any of the sessions, please register by July 14.
at danielseminar.eventbrite.com. Tell all your friends about this seminar!

CHIP Program: The Atlanta Metro Church will begin their CHIP program on July 22. The CHIP teaches how to prevent, arrest, and even reverse many health conditions through education, motivation, support, and friendship found in the program. Learn to reduce the risk of heart disease, normalize blood pressure, lower cholesterol, lower triglycerides, stabilize fasting blood sugar, reduce BMI, and improve sleep, resilience, and depression. Pre-register by calling 404-395-9459 or email atlanta_chip@yahoo.com. The church will be offering free information screenings, as well, on June 30, July 7, and July 14 at 2:30 p.m. and 3:30 p.m.

Wildwood Regaining Eden Seminar: This seminar will be held July 31 to Aug. 4 at the Wildwood Lifestyle Center and Hospital in Wildwood, GA. The theme is "By Beholding," and is based on the premise that whatever you behold will eventually transform you, whether positively or negatively. Topics will include: What is abuse?; Depression; Overcoming anger and bitterness; Sustaining your emotional health; Fascinations; How food affects recovery; and much more! There will also be a daily 3-hour cooking class and a Q&A session. For more information or to register, call 800-844-1099, ext. 1042 or 423-521-5058.

Southern Union Women's Conference: Time is running out to register with the early-bird discount for this event, to be held Sept. 5-8 at the Charleston Area Convention Center in South Carolina. Registration is available online at southernunion.com/womensconference or by calling 800-732-7587. Early-bird registration ends June 27. Download bulletin inserts.

Festival of the Laity FREE Virtual Conference: Get equipped for effective ministry with no registration, travel, or hotel expenses! The North American Division Adult Ministries Department is offering FREE online training for Sabbath School, Personal Ministries, and Prison Ministries leaders through the Virtual Festival of the Laity, held Sept. 11-14, 2013. Attend from the comfort of your home, church, or office—all you need is a computer with internet access. All of your church’s leaders can benefit these live broadcasts presented by globally respected facilitators. Visit festivalofthelaity.com to sign up.

2015 GC Session Music Audition: The North American Division Music Committee for the 2015 General Conference Session (July 2-11 in San Antonio, Tex.) is now accepting applications from musicians/groups desiring to perform at the 2015 General Conference Session. Applications can be downloaded at the 2015 General Conference website at gcsession.org. Click the "Music Application Packet" tab and follow all directions. Applications will be processed through December 31, 2013.
Cohutta Cancer Survivor Weekend: Cohutta Springs Conference Center would like to offer a weekend for cancer survivors and their families sometime next spring and would like some feedback. Do you know a family who could benefit from a cancer survivor weekend? Would your church like to sponsor in some way? Are you interested in becoming a corporate sponsor? Please contact Peggy Hallman at missions@cohuttasprings.com or call her at 706-695-9093.

Other Announcements

Sweet Pea Garden Pantry
Sweet Pea Garden Pantry, a vegetarian deli, is now open in Jellico, Tenn. (I-75 exit 160 to 1st light; an hour north of Knoxville). Menu includes homemade soups, salads, sandwiches, smoothies, and light desserts. Open for lunch Sunday-Friday and until 7:00 Tuesday, Wednesday, and Thursday. Contact at 423-784-9484 or visit Facebook page.

Eden's Pathway 10 Day Daniel Challenge
Our next 10-day program is coming up soon (July 9-16). If you would like to join us for a 10-day cleanse program, please call our office to schedule (423-338-4144). Enjoy your special time to cleanse and refresh your body while learning to live a healthy lifestyle.

Summer Housing at Advent House (UTK)
If you'll be studying at UTK during the summer, we have a room available for rent at Advent House. Please contact Michaela Lawrence Jeffery, Advent House director, for more information. 865-522-3193 or mlawrence@gccsda.com

Bible Research—Online Bible Studies: BibleResearch.info is a website dedicated to providing free online video Bible studies for those seeking answers to their spiritual questions. If you would like to advertise this powerful resource on your personal, business, or church website, email Brian at brianyoung@gccsda.com to receive a web banner.

Recent News

Press Release: Knoxville to Host Free, Plant-Based (Vegan) Cookout
Murphy Church Hosts Healthy Cooking Class

Calhoun Adventists Open the Door to God’s Closet

Duluth Students Rank High at TEAMS Engineering Competition
Press Release: Knoxville to Host Free, Plant-Based (Vegan) Cookout

A free, plant-based (vegan) cookout will be held Sunday, June 30, from 4:00 p.m. to 7:00 p.m. at 1717 Little Creek Lane, Knoxville, Tenn. Free food and a screening of the documentary “Forks Over Knives” will be available to all pre-registered participants.

The event is sponsored by InStep for Life Health Ministries, the Knoxville Vegan Supper Club, and the Knoxville First Seventh-day Adventist Church and is being hosted to encourage community residents to live healthier lives through exercise, sunshine, spiritual emphasis, and a vegetarian/plant-based, whole foods diet.

While there is no entrance fee, donations will be accepted on site. The event is limited to 50 people, and the registration deadline is June 24. Participants should bring their own lawn chairs and/or blankets for seating.

For more information and to register, visit knoxvilleinstep.com or contact Kimberly Crider at 865-264-3894.

Georgia-Cumberland Conference of Seventh-day Adventists © Copyright 2011-2013
Carob Version 1.0.0
Murphy Church Hosts Healthy Cooking Class

Carolyn Newkirk, a well-known cook among her family and friends, prepares roasted vegetables.

Image attributed to Joan Bilbo

Last fall, on Nov. 13, 2012, more than 30 Union County residents gathered at the Seventh-day Adventist Better Living Center in Murphy, N.C., to enjoy samples of vegetarian and vegan foods, as well as watch demonstrations on how to create delicious and healthy recipes.

Ron Westfall, a physical therapist and local resident, included information about foods and the reasons to eat healthier while several cooks demonstrated how to make different dishes. The recipes given to each participant encouraged using whole, unprocessed foods, grains, legumes, and plenty of fruits and vegetables.

Written by Joan Bilbo
Calhoun Adventists Open the Door to God's Closet

On April 9, 2013, the Calhoun, Ga., Church opened its doors to God's Closet. The newly established outreach ministry is meeting a Calhoun community need: clothing for families in need.

Jessi Hodges knew that the Jan. 30 twister that hit Gordon and Bartow counties destroyed people's closets along with their other possessions. Those closets needed replenishing. She experienced her first time helping tornado victims with much-needed clothing two years ago when storms hit Ringgold, Ga., and into Tennessee. To fill the present need, Melissa DeArk and other willing church volunteers came to the aid, spurred by Hodges. By Feb. 13, the church was set up to devote two days to distributing free clothes and offering prayer to 215 people.

The clothing recipients were so impressed and grateful, making statements like, “For free? We can have what we need?” The appreciation shown by those who were helped urged Hodges and DeArk to ask the church board if they might establish a continuing ministry through the church. God's Closet is now a part of the church's outreach, with Hodges and DeArk as co-directors. They are serving this free clothing distribution with the Bible text from Matt. 25:36 as their motto: “When I was naked, you clothed me.”

Hodges urges the necessity even without a tornado crisis.

"People are losing jobs right and left. Keeping up with the American standard of living is hard to do," she said. "After we distributed the clothing in February, we've continued helping people along the way and wanted to continue."

She points out that DeArk and she also work close together teaching kindergarten children in Sabbath school every week.

"We have the same heart for helping," she said. "You know that saying, 'sisters-in-Christ'? We really have become sisters."

Hodges speaks with high respect of DeArk.

"Melissa, a mother of three, is a cancer survivor. Cancer almost took her, but I find her to be one of the most loving and selfless people I've ever met."

At this time, families in need must come by referral from the church itself or the church food bank. The church is accepting donations of new or gently used items from individuals or businesses. Children's spring clothing and sneakers are especially
needed. For inquiries about need, call the church office at 706-629-5470. God's Closet is open twice each month on the second Tuesday and Thursday during the hours of 9:30 a.m. to 1:00 p.m. God's Closet is also on Facebook (search for "God's Closet-free clothing ministry).

Written by Betty Kossick

Georgia-Cumberland Conference of Seventh-day Adventists © Copyright 2011-2013
Carob Version 1.0.0
Duluth Students Rank High at TEAMS Engineering Competition

Eighth-grade students from Duluth Adventist Christian School in Duluth, Ga., have been recognized for their achievement in the Technology Student Association’s 2013 TEAMS (Tests of Engineering Aptitude, Mathematics and Science) Engineering Competition. Placing first in the state and third in the nation, this team of students solved complex mathematical problems and provided answers to cyber security questions related to this year’s competition theme: “Engineering a Secure Cyberspace.”

Teams of four to eight high school students prepare in the fall for the one-day TEAMS competition, which takes place nationally during February and March. Preparation includes extensive theme-related research, as well as mathematical problem solving.

This year, more than 1,000 teams of middle and high school students participated in the TEAMS competition from across the nation. These students have a strong interest in engineering, and most plan to pursue a career in science, technology, engineering, or math. Top teams at the state and division level have shown exceptional aptitude in engineering and problem solving.

Like other TSA competitions and programs, TEAMS is designed to encourage more students to pursue engineering by having them learn and experience how engineering impacts everyday life and how engineers help solve social and community problems.

About TSA
The Technology Student Association (TSA) is a national organization devoted exclusively to the needs of students in science, technology, engineering, and mathematics (STEM). TEAMS is one of several STEM programs offered by TSA. Membership in TSA includes more than 180,000 middle and high school students in 2,000 schools spanning 48 states. TSA partners with universities and other organizations to promote diverse STEM competitions and opportunities for students and teachers. TSA is supported by educators, parents, and business leaders who believe in the need for a technologically literate society. From engineers to business managers, our alumni credit TSA with providing a positive influence in their lives. For more information, please visit tsaweb.org and teams.tsaweb.org.

Written by Jana Taylor, eighth-grade teacher at Duluth Adventist Christian School