CALENDAR

Oct. 27-31—Stop Smoking Class—LaFollette Company
Oct. 28—Collegedale National Night Out—Collegedale, TN
Oct. 31-Nov. 2—Pathfinder Teen Challenge
Oct. 31-Nov. 2—Marriage Retreat—Callaway Gardens

Nov. 1—How to Conduct a Reversing Diabetes Seminar—Conference Office
Nov. 1—Stewardship Sabbath—Crossville Church
Nov. 1—The King's Heralds Concert—Calhoun Church
Nov. 1-2—Will Clinic (Jeff Wilson)—Wildwood Church
Nov. 2—Sandy Erickson Race for Christian Education—Collegedale, TN

Nov. 7-8—ShareHim Homeland Lay Evangelism Training—Conference Office
Nov. 7-9—Southern Union Health Meeting—Southern Union Conference Office
Nov. 7-9—Makeover: Hispanic Youth Rally—Cohutta Springs
Nov. 7-9—Teen Prayer Conference—The Oaks Retreat, Greeneville, TN
Nov. 8—Coble Elementary 50 Year Reunion—Coble Elementary
Nov. 8—Bel Canto 20 Year Reunion—Coble Elementary
Nov. 8—Health Expo—Decatur Church
Nov. 9—Service Outreach Weekend—Collegedale Community Church
Nov. 9—Fall Fest Health Fair—Douglasville Church
Nov. 9—"Taste and See" Cooking Class—Apison Church
Nov. 9—Get Well/Stay Well—Ladd Springs Church

Nov. 15—Stewardship Sabbath—Thomasville Kenyon Memorial Church
Nov. 15—South Georgia Convocation—Columbus, GA
Nov. 16—ARW Arts, Crafts, and Hobbies Fair—Collegedale Church
Nov. 16—Sounds of the Season—GCA Church

Nov. 22-23—Will Clinic (Jeff Wilson)—Ogden Road Church
Nov. 27—Thanksgiving Day (office closed)

FOR YOUR BULLETIN...
Sandy Erickson Race for Christian Education—November 2
Join us for our 3rd annual race on Sunday, November 2! Events include a 5K and kids’ 1-mile fun run, both held at Collegedale Adventist Middle School in Collegedale, TN. Race proceeds benefit the Greater Collegedale School System Worthy Student Fund and educational improvements for the school system. For more information, visit www.sandyericksonfunrun.com.

New! Teen Prayer Conference—November 7-9
This year’s Teen Prayer Conference will be held Nov. 7-9 at the Oak Retreat in Greeneville, TN, and will feature guest presenter Kevin Wilffly. Come and discover a place to connect more deeply with Jesus through Spirit-filled presentations, connect with God by experiencing a special prayer room, and be equipped and inspired through special breakout sessions led out by youth leaders. To learn more, visit www.gccsda.com/events/deep

John L. Coble Elementary 50 Year Reunion—November 8
John L. Coble Elementary, in Calhoun, Ga., is celebrating 50 years of quality Christian education. Founded in 1964 on the campus of Georgia-Cumberland Academy, this school has provided the foundation of Adventist education for hundreds of students. A special alumni and friends celebration is planned for Sabbath, November 8, 2014. This special day will be filled with praise, worship, fellowship, music, history, pictures, tours of both the old and new buildings, and memories galore! Guest speaker will be Brennan Kirstein, chaplain of Southern Adventist University, and former youth pastor of Calhoun Church. Lunch will be provided after the church service. If you plan to attend and stay for lunch, please RSVP at coble50th@gmail.com. If you have pictures from when you attended Coble, please email them to the same address. Also, if you want updates and to reconnect with old friends, please join our Facebook group page, John L. Coble Elementary School Alumni & Friends or follow on Twitter @Coble50th. If you attended or supported Coble Elementary in the past 50 years, please plan be at John L. Coble Elementary on Sabbath, November 8, 2014, at 10:00 am, celebrating how far God has brought this little school!

Bel Canto 20 Year Reunion—November 8
Bel Canto, the fifth-eighth-grade touring choir of John L. Coble Elementary in Calhoun, Ga., is 20 years old this year! Since 1994, this select choir has been sharing Jesus through the gift of music. If you were ever in Bel Canto, or are a parent or supporter of Bel Canto, you are invited to a fun-filled afternoon of memories and music. We will celebrate Bel Canto’s past 20 years with a slide show, mass choir concert, fun, and fellowship. Please make plans now to be at Coble Elementary School on Sabbath, November 8, 2014. The Bel Canto events will be in the afternoon following the morning celebration of John L. Coble Elementary School’s 50th anniversary. A brief rehearsal will be held at 2:30 pm for the mass choir concert. The program will begin at 3:30 pm. We need your help with pictures for the slide show and old Bel Canto uniforms. If you have pictures to include in the slide show, please email them to belcanto20th@gmail.com. And, if you have old dresses or other Bel Canto attire to include in a fashion show, please email us at the same address and let us know what you have and what size it is. Even if you don’t have pictures or uniforms, please RSVP to belcanto20th@gmail.com and let us know you’re planning to attend. You will then be on our email list for updates and other communication. For updates and to reconnect with old friends, please join the John L. Coble Bel Canto Facebook page and you will receive an invitation to the Bel Canto reunion event page. We can’t wait to see all of you!

South Georgia Convocation—November 15
Join guest speaker Ron Clouzet for this one-day convocation in Columbus, Ga., about "The Reality of the Holy Spirit." You are sure to be blessed! The day begins at 9:45 a.m. with Sabbath school and includes two message, a music program, and a potluck lunch. For more information, please visit www.gccsda.com/events/HSConvocation or call 706-629-7951, ext. 340.

ARW Arts, Crafts, and Hobbies Fair—November 16
Adventist Retired Workers fellowship is extending an invitation to the entire community to attend this event, to be held on Sunday, Nov. 16, from 10 a.m. to 3 p.m., in the Collegedale Church fellowship hall. Exhibitors will be showing off their many talents, including crafts and hobbies of a wide variety. Many will be offering items that are just right for holiday gifts. Also, food will be sold. This occasion is free and open to the public. Come and enjoy! Contact Pastor Jim Hoffer at 706-965-2425 for further information, or email him at kw8tjm@catt.com.

GCA's Sounds of the Season—November 16
This year the GCA Instrumental Department of Music is hosting its Fourth Annual Sounds of the Season fundraising event on Sunday, Nov. 16, at 4:00 p.m. All are invited to relax for two hours while you are waited on by our music group members. You will be provided with a special holiday meal and delicious desserts while listening to the beautiful performances of our instrumental students. Tickets are $34 each. For more information, contact Mark Torsney at matorsne@gcasda.org.

ANNOUNCEMENTS

Northeast Tennessee Camp Meeting Presentations
Craig Carr's presentations from Northeast Tennessee Camp Meeting are available in MP3 and video formats. Visit www.gccsda.com/events/NETNCampMeeting2014

Pews for Sale
The Standifer Gap (Chattanooga, Tenn.) church is remodeling our sanctuary and is selling our old pews. We would prefer to sell them as a whole but will piece them out individually or in smaller bundles. We have 2 4-foot pews; 19 5-foot pews; 22 12-foot pews; and 8 14-foot pews. They are cantilever style so they need to be attached to the floor. We would like $4,500 for everything, but will consider any offer. Call/text 765-430-0607 or email derekkara@att.net

NEWS STORIES
LaFollette Company Honors Bible Memorization and Attendance
Children of the church company in Tennessee received recognition for their perfect attendance or memorization of all 13 memory verses. Read the story

Auburn (Ga.) Church Promotes Let's Move Initiative
The Auburn Church participated in the North American Division (NAD) Let's Move Day on Sunday, September 21, 2014. For their first year, they hosted a free community event with a focus on physical fitness and healthy living. Read the story

Lawrence Jeffery Begins New Chapter of Ministry
On Aug. 30, the Knoxville Adventist community, along with ACF students from other campuses, came together to affirm Lawrence Jeffery's call to ministry in a commissioning service. Read the story

Newport (Tenn.) Church Has First CHIP Class
The first Newport CHIP (Complete Health Improvement Program) class of sixteen participants and staff celebrated the beginning of a new healthy lifestyle Sept. 21, 2014. Read the story

Oshkosh Camporee 2014: As Seen From the Mud Pit!
Dale Smith shares his first-person account of this year's Oshkosh event, in all its muddy glory. Read the story
LaFollette Company Honors Bible Memorization and Attendance

These are the children of the LaFollette Company in Tenn. who either had perfect attendance or knew all 13 memory verses for the first quarter of 2014. Congratulations on your accomplishments.

From left:

Boys - Daniel Job VanOrnum, perfect attendance and most improved verse memorization almost doubling what he learned in the last challenge; and Maxwell Myers, all memory verses (and the KJV version - not the little one from the lesson packets).

Girls - Abigail VanOrnum, all verses; Kyndra Huckaby and Amelia Myers, all verses (full KJV version); and Rachel VanOrnum, all 13 verses and perfect attendance.

by Tawmi Grebe-Mitchell
The Auburn Church participated in the North American Division (NAD) Let’s Move Day on Sunday, September 21, 2014. For their first year, they hosted a free community event with a focus on physical fitness and healthy living. In the spring of 2014, the church Social Committee Director, Shelli-Ann Jackson, RN, BSN, MSN, initiated the planning process with the team and began to form various relationships with the City of Auburn and local businesses including those in the neighboring cities of Dacula and Winder. The team received food, drink, and monetary donations from more than 20 local companies including: State Farm Chris Beck, Ranchero Mexican Restaurant, Serenity Salon & Barber, FlemMack Home & Lawn Improvements, and DNJ Consulting- Kangen water distributors who were present all day assisting with promotion and even assisting with setup/ breakdown of the event site.

In an early discussion on event day, police Sgt. Marc Pharr said, “This is the first event of this kind for Auburn, I am eager to see what kind of turn out we get…”

By the end of the day they had 150 people registered and participating in the various activities. The Barrow County Fire Department was scheduled to be present and stayed for three hours. The Auburn Police Department also patrolled the event throughout the day. Jeff Westberg, church pastor, provided the security at the main gate. At the First Aid Station, there were registered nurses and other clinical staff onsite providing blood pressure screening, Kangen water demonstration, education, and brochures on heart attack, stroke, diabetes, and high cholesterol, etc.

The event day included a 2k fun run/walk, music, refreshments, giveaways, hula hoop, jump rope, tug of war, group fitness, relay races, a bounce house, and an obstacle course.

Auburn Church Let’s Move Day List of Sponsors

1. Anytime Fitness
2. Auburn Elementary School
3. Chick- Fil-A
4. Coco Cola
5. DNJ Consulting- Kangen Water Distributors
6. Family Dollar
7. FlemMack Home & Lawn Improvements
8. Gold's Gym
9. Habitat4humanityworld.org
10. Ingles Supermarkets
11. JNI Consulting  
12. Kroger  
13. McDonalds  
14. Publix  
15. Ranchero Mexican Restaurant  
16. Riverside Pizza  
17. RoadID  
18. Serenity Salon & Barber  
19. State Farm Chris Beck  
20. Subway Restaurant  
21. Walmart- Winder  
22. YMCA  
23. Zaxby's  

by Shelli-Ann Jackson,  
Director, Social Committee/Event Coordinator, Auburn Church
Georgia-Cumberland Conference

“Have you ever thought about going to seminary or studying theology? You manage to weave theology into your papers somehow, so maybe you should consider that.”

This was the question one of Michaela Lawrence Jeffery’s professors asked her during her graduate studies. She thought it odd, as she was attending a public university at the time.

“It’s the kind of question a pastor would ask you, or an Adventist, or at least a fellow believer,” Lawrence Jeffery said.

But it made her think about what she was doing with her life. Her goal was to be an English literature teacher, but she soon realized her calling was in ministry. She recognized that God was working through the talents He gave her in her local church. Before she knew it, she found herself at seminary.

“When I started seminary, I was all in,” she said. “I was ready to tackle whatever this all meant.”

While at the seminary, a professor introduced her to Adventist Christian Fellowship (ACF).

“At that point in time, I didn’t know anything existed in terms of spiritual support for [Adventist] students in public universities,” Lawrence Jeffery said.

When an opening for an ACF director was available at the University of Tennessee, Knoxville, she applied, got the job, and has been serving there for the past five years.

“I suppose it was a perfect fit,” she said. “There is so much from my background that has helped me be ready for this space.”

On Aug. 30, the Knoxville Adventist community, along with ACF students from other campuses, came together to affirm Lawrence Jeffery’s call to ministry in a commissioning service. Her father, lead pastor at Toronto West church in Ontario, Canada, was the keynote speaker.

“Today is full of a mix of things,” Lawrence Jeffery said. “There’s a sense of affirmation of what God has called me to and anticipation of ‘what happens next.’”

photos and story by Brian Young
The first Newport CHIP (Complete Health Improvement Program) class of sixteen participants and staff celebrated the beginning of a new healthy lifestyle Sept. 21, 2014.

CHIP is about choices - the better the choice, the better the health. During twelve sessions that began August 21, the class covered basic topics about lifestyle and the effects that choices have on health. Six follow-up sessions will take place over the next several weeks.

With the data collected from the CHIP programs across North America over the past 25+ years, research has evaluated the results and to date there are nearly thirty articles that have been published in peer reviewed scientific journals. These articles can be found at www.chiphealth.com – just look for the link to scientific articles. Cardiovascular disease, diabetes, obesity, and elevated cholesterol are at the top of the list of health issues that can benefit from lifestyle changes.

During the four week program, collectively, participants that did the screening, lost a total of over 45 pounds, with one person losing 16 of those pounds. Cholesterol was lowered by a total of 220 mg (almost half of that by just two individuals.) There were three participants in the Diabetic or Pre-Diabetic Range. One of those reduced the blood sugar by 61 points.

During the four week program “miles” were walked. The goal was 1,013 “miles” which is equivalent to walking from Newport, Tenn., to Montreal, Quebec in Canada. The class exceeded that goal. Benefits result from actually walking, or it can be 20 minutes of any other kind of exercise for those who are trying to increase the amount of activity each day but have limitations.

Now Club CHIP will be launched. This provides support for each other as the group continues the journey toward better health. Club CHIP is open to guests, and the public is encouraged to come see how to begin to enjoy food much more, and to learn to EAT TO LIVE, instead of LIVING TO EAT!

The South Pacific Division of Seventh-day Adventists purchased CHIP from its founder, Hans Diehl, Dr.H.Sc., M.P.H., and created a brand new video series which was launched at our own Cohutta Springs Conference Center at the CHIP Summit in Nov. 2012.
Diehl is still featured in the video series as one of the main speakers, joined by Darren Morton who specializes in exercise, and Andrea Aubrey a practicing Internal Medicine physician. Throughout the series, other speakers join as experts in their particular field. With new videos and new materials, CHIP is taking its place as a well-respected and endorsed program by many specialists and organizations in the Lifestyle Medicine field.

Both the CHIP Program and the CHIP Training now have CME’s and Continuing Education for non-physician healthcare professionals available through Loma Linda University. For more information about how to bring CHIP to your Church, you can contact Peggy West, CHIP Area Developer at Peggy.West@chiphealth.com or 423-638-7804.

by Peggy West, RN, Licensed CHIP Facilitator
Oshkosh International Camporee, 2014: as seen from the Mud Pit!

It all started Monday, August 18, after months and months of planning, fundraisers, collecting permission slips, and grocery shopping; we finally pulled into the Oshkosh Campsite in Wisconsin. After our long ride, we were directed to our campsite. The sun was setting fast as we made it to our home for the next four days.

Oh, by the way, did I mention that it was raining? It had been raining for several days. You know what it's like when you have a bus full of teenagers and near teens after a long ride, they wanted out! Our adults, TLTs, and Guides put on our raingear and out we went for our first adventure. What kind of Pathfinder campout would it be without rain, or snow or something?

Those of us that were lucky, climbed out of the bus to put up our big tarp/canopy. Then all the guys were able to get off the bus and helped to pitch the tents under the tarp. Then they lined up the tents nice and straight. Once the tents were set and staked down, it was time for the rest of the pathfinders to get wet. Everyone made a beeline for their tents and into their nice, warm sleeping bags.

By the morning, the rain had stopped and we saw what was waiting for us. There was mud here, mud there, and there was mud everywhere! The roads were sooo very muddy. Even though the roads didn’t look so good, everyone wanted to venture out to see what was going on. So on came the ponchos and rain gear; off we went slipping and sliding, down our “street” and around the corner. We could see that everyone was huddled around each other for warmth. There were a few die hard ‘pin’ traders, like us, out there trying to trade all the while slipping and sliding. Don’t get me wrong the Camporee Volunteer personnel came out spreading hay to make the ground a little more “terra firma”.

We decided it was time to head back to camp. I did my best to stay upright, slipping and sliding to the left, then to the right. Where was the straw or hay that was supposed to be thrown out? I saw the trackers, up ahead of us, but with all the mud, the trackers had sunk in the muck and another vehicle was trying to pull the tracker out of the hole.
As I was trying to keep from sliding too much and watching the activity up the road. I felt my feet slipping, so I tried to plant my other foot a little more firmly, that didn’t work and I was on my way down face first. I put my arms out to hopefully keep my face out of the mud. Luckily, I had my rain jacket on to protect my upper, but my legs, ankles and feet were covered with Wisconsin plaster, I mean mud. Pathfinders from the nearby campsite called out to see if I needed help. But nobody wanted to leave their nice warm, firm ground. I told them I’d be ok and that my campsite was only two sites up. I looked around and asked, “Where is He? I’ve been looking for Him for a long time now.”

You should have heard the hoots and hollers that came from my loving Pathfinder family. People even left the chow line to get their cameras to prove they had indeed seen the incredible “MUD MAN” from OshKosh.

by Dale Smith