

# The Good News

Roanoke SDA Church

4120 Challenger Avenue, NE, Roanoke, VA 24012  
540-977-0346 [www.AdventistCentral.org](http://www.AdventistCentral.org)

## August 2023



### ROSC: Revive Your Life

The first ROSC series in the spring of this year was counted a success! So a second ROSC series for 2023 was planned. The second ROSC series will be on Wednesday evenings, August 16 through September 20. There is still time to reserve your seat and one or two for your neighbors, too! See Ryan or Liz McLennan!

### KIDS SING PRAISE CHOIR

Practice Starts August 12

The KSP Choir will meet for practice the second Sabbath morning of the month from 9:30 to 10:00. The Choir will also meet the fourth Sabbath of the month from 1:00 to 2:00 after services.

The Choir is open to all children ages 5 and up! The Choir will sing and praise Jesus for a variety of programs. Sign your child up today with Nina Kesselring!

### FRIDAY NIGHT VESPERS

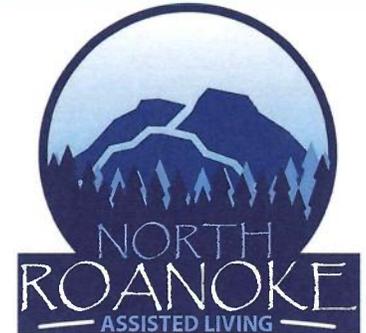
Friday Nights in August  
7:00 - 7:50

"Vespers" refers to a time of evening prayer and worship. And that's what will be happening each Friday evening at our church.

Garri Ogata, a new member of our church family, will lead out in our new Vespers programs and will coordinate the meetings of this group of friends and neighbors who gather to pray, study and worship! Friday Night Vespers will continue through the coming weeks reading and discussing the book, "Steps to Christ."

You are invited to stop by the Fellowship Room at the church on any Friday evening in August at 7:00 and join us for Vespers!

"For where two or three [or more!] are gathered in my name, there am I among them." Matthew 18:20



### Sabbath School Outreach

Sabbath, August 12 @ 1:45

You are invited to join this outreach opportunity by visiting North Roanoke Assisted Living on Sabbath, August 12 at 1:45. The KSP Choir and Primary-Junior Sabbath School Class will join us.

We will have a light lunch after services and leave the church at about 1:15 to go to the facility at 6910 Williamson Road, Roanoke, to visit our friends!

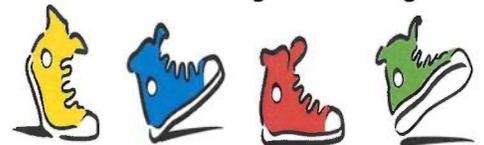
We will share the love of Jesus as we sing, pray and tell stories of His love and saving grace! Please join us!

### Walking Sundays

August 6 @ 7:30 a.m.

Please plan to join us the first Sunday in August at the Virginia Varsity Storage parking lot located at 102 Edinburg Street in Roanoke. Grab your walking buddy and let's lace up those shoes and keep moving!

As is the case with all of our events and opportunities, friends and neighbors are always welcome! So bring them along!



### Connections! Sabbath, August 19

You are invited to join us for Connections and an opportunity to build meaningful relationships with our members and guests. The ROSC: Revive Your Life team will have more of their delicious recipes for us to try! We will also have some more fresh produce to share. You are welcome to bring any fresh produce you have to share as well. We will hear more about some exciting upcoming ministry opportunities and have some great conversations!

Please plan to drop by the Fellowship Room immediately after services and have a snack, and meet and greet our guests. Come and invite a friend!



## Roanoke Adventist Christian School

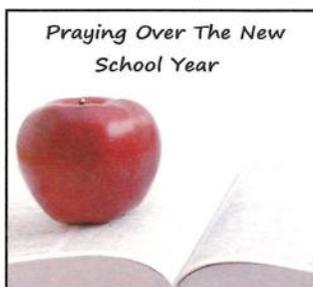
### Important Upcoming Dates:

It's hard to believe that the 2023-2024 school year is almost here! The **first day of school** will be Monday, August 21, with all students expected to be in their seats by 8:00 AM.

**Meet the Teacher and Registration Day** is Thursday, August 3, for those who have completed pre-registration. Any students still needing to register should contact the school as soon as possible to get the process started. All applications for financial assistance must be initiated through FACTS before the first day of school. Information for our families is available on the website: [www.road2school.com](http://www.road2school.com).

**Spanish Teacher Needed:** We are looking for a volunteer to teach Spanish to the students on a weekly basis. No prior teaching experience is necessary. If you are interested, please contact Jackie Powell-Long directly at the school.

**The NAD National Teachers Convention** will be held in Phoenix, Arizona from August 7 through 11. This convention is held every five years and the Potomac Conference is paying for Jackie, our head teacher, to go as our representative. Please keep Jackie in prayer during her travels and pray that the information shared will be meaningful, informative and enlightening.



## “What I Believe and Why I Believe It!”

A new Bible study group started the last week of July and will continue for a while. This study group is geared to the younger set and includes some older ones as well. Kids, youth and adults are all welcome!

The focus of this study is the fundamental beliefs of the Seventh-day Adventist church on the level our younger friends can understand. The study will answer many questions for adults as well with study guides available for all age groups.

This study is being held at the home of Robert and Shellie McLennan located at 5370 Palmetto Bluff Road, Hardy, Va. The group meets on Thursday evenings at 7:00. See Robert or Shellie for more details.

### VBS for 2023 Is In the Books!

*Armor Up!* That was the theme for this year's VBS! And that's just what the kids did!

They learned about the Armor of God and how that armor is very helpful as they grow and learn.

They learned about the Helmet of Salvation, the Breastplate of Righteousness, the Belt of Truth, the Sword of the Spirit and the Shoes of Peace!

The many volunteer leaders and helpers worked long and hard to make the program attractive and meaningful to the children in attendance.

The songs, the skits, the stories and games all came together very nicely to emphasize the importance of having the armor of God firmly in place!

Thank you for your hours of labor on behalf of God's children!

*“Well done, good and faithful servant.” Matthew 25:23*



### Kindness

Our church family has recently received several notes of thanks and appreciation.

Although Mary Snow was not technically a member of our congregation when she passed away in June, she has always been a part of our extended family. Mary's family wrote: "Thank you for the beautiful plant. Your thoughtfulness during our difficult time meant so much to all of us. Momma loved ALL her church families!"

The family of Dorothy Ratcliffe, a well-loved member for many years who also passed away in June, wrote a note to us as well. The note reads, "Thank you so much for the beautiful flowers and all the delicious food you provided for Mom's service and the family gathering afterward. We were overwhelmed by the outpouring of love in the quantity and quality of food provided. Our tables were running over!"

We also heard from the family of Jean Kennedy, another well-loved member of our church family who passed away just over a year ago. The note recounted how much Jean loved her church family and how appreciative her family was of the kindnesses shown by all of us. The letter included a sizeable gift to our church that Jean left as a final expression of love and support for the mission and vision of the Roanoke SDA Church.

A special Thank You to all of you who are boundless in loving one another and who share so kindly and generously when the need arises.

## Church Board Meeting

The 2023 Church Board met on July 10 to address some of the church ministries and business. So many things are going on with some requiring more discussion than others!

The following are some of the highlighted ministry items the board discussed:

- > The school is getting a new sign installed.
- > A joint meeting of the school board and church board will be scheduled to address future planning.
- > Sabbath School Outreach to North Roanoke Assisted Living the second Sabbath of each Month.
- > Board will send a letter to all members following up on a letter from the conference.
- > Church membership records will be reviewed and missing members will be contacted.
- > We are moving forward with repairing the church parking lot.
- > We are also moving forward with purchasing a new digital sign for the church.

All church board members are encouraged to attend the next church board meeting on Monday evening, August 14 at 6:15 p.m. at the church.

### Sabbath Morning Prayer

Each Sabbath morning a group of members and friends gather in the Fellowship Room at 9:00 for a time of prayer;

Everyone, regardless of age, is invited to come early on Sabbath for prayer. Please join us when you can!

Going to the Father in prayer is one of the greatest privileges of the Christian life. Let's not fail to gather to and enjoy that privilege.

### A Successful Sunday Work Bee

It really can be a lot of fun to work together with a common goal in mind! It can be tiring, too!

We proved it on Sunday, July 23, when 20+ people came together with brooms, mops, dust cloths, vacuums, paint brushes, and a good amount of elbow grease!

At least three brave hardy men spent a couple of hours with weed eaters in hand trimming up the retention areas along Challenger Avenue in front of the building. Sweat, scratches and bug bites didn't deter them from helping make the lawn look neat and trim.

A special thank you to each one, younger and older, that came out to help to clean, polish and reorganize! We couldn't have done it without you!



### The Roanoke Challengers Pathfinder Club

The Challengers have been on a break after a full schedule of meetings, outings, socials and more! It's time to start meeting again!

There will be a Registration and Parent meeting on Sabbath, August 19 at 1:30. All young people in grades 5 through 12 are invited to join the Club! Now's the time!

The plans right now include the State Camporee at Shenandoah Valley Academy the weekend of September 21 - 24. Pathfinders and Leaders, its time to start getting your camping gear ready!



*May you be blessed with the beauty of His grace and may His favor be lavished upon you!*

### August

- 3 Dejagay Burnell
- 3 Luzia Raleigh
- 4 Brooke McLennan
- 5 David Cruz
- 10 Aimee Royal
- 16 Amy Forrester Daniel
- 18 Tim Hogan
- 19 Darren Hackley
- 22 Ruth Gearheart
- 23 Ingrid Akers
- 23 Glenn Muncy
- 24 Mela Julin Cadiao
- 24 Kristina Pleasants
- 25 Joshua Montes de Oca
- 26 Anne Lundy
- 27 Bud Atkinson

The September 2023 issue of *The GOOD NEWS* will be distributed beginning August 26, 2023

Please send info and pictures to [RoanokeSDChurch@gmail.com](mailto:RoanokeSDChurch@gmail.com)  
Next Deadline: August 20, 2023

### Who to Contact?

Head Elder: Gregory Gooden  
540-520-5285

Clerk - Carol Doudiken  
540-580-1589

Treasurer: Mona Robinson  
757-880-0377

School: Marc Buch  
540-776-0328

or  
Jackie Powell-Long  
540-798-6061



# ROSC



## REVIVE YOUR LIFE

### About:

Our country is plagued by chronic illness. Leading research now shows that with **simple lifestyle changes** one can actually **prevent, halt, and even reverse** many of these disease processes. This includes **hypertension, heart disease, type 2 diabetes, high cholesterol, obesity, depression, and more.** Your genes do NOT have to be your destiny. Come learn how you can change your future in this upcoming 6-week series, ROSC – Revive Your Life.

### Presenter:

Dr. Ryan McLennan is dual certified in emergency medicine and lifestyle medicine. For the past decade he has spent much of his time working in the emergency department. One of the greatest moments an ER doctor can have is obtaining ROSC in a patient. So what is ROSC? It means **return of spontaneous circulation**, which is reviving someone without a heartbeat. It's literally giving someone a second chance at life. But do we have to wait until it gets this severe to revive one's life? This is the question that has led Dr. McLennan to pursue combining his work in the emergency department with lifestyle medicine.

### Info:

Every Wednesday, Aug 16, 2023 – Sept 20, 2023  
6 – 8 pm  
Dinner provided with cooking demonstrations  
Optional weight, BMI, blood pressure, & heart rate checks

### Register:

Register online at:  
[ROSCReviveYourLife.eventbrite.com](https://ROSCReviveYourLife.eventbrite.com)  
Cost: \$69/person or \$129/couple  
Earlybird \$59/person or \$109/couple (before Aug 1, 2023)  
\*Scholarships available (call for assistance)  
\*100% Money back guarantee (If not satisfied after attending 75% of meetings)



### CONTACT US

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