

Fit Facts: Sources of dietary iron - The best sources for dietary iron are actually plant foods! Soybeans, lentils, spinach, tofu, sesame seeds, kidney beans and pumpkin seeds are the richest sources, beating out all meats. Garbanzo beans and navy beans are also great sources for dietary iron. www.Happyherbivore.com



**Healdsburg Seventh-day
Adventist Church**

November 11, 2017

Our mission is to be a family-friendly church
encouraging growth in Christ and daily readiness for His return.

The Church at Worship

11:00 - 12:15

Gathering for Worship

Church Life | Don Carpenter

Praise Songs

Derice Hogle & Vikki Jarrett

Prayer | Bill Wetherell

Gifts of Worship | Don Carpenter

World Budget: Annual Sacrifice

Children's Story | Renee Brassington

Scripture | Richard George

Luke 21:28-31

Worship in Song | Derice Hogle

Sabbath Message | Chris Peters

Look Up

Worship in Song | Derice Hogle

Congregation may dismiss themselves at their convenience.

The Church at Study

Children's Sabbath School Ministries

Beginners | Ages 0-3

Kindergarten | Ages 4-6

Primary | Ages 7-9

Junior/Earliteen | Ages 10-14

Youth | High School

Adult Sabbath School Ministries

The Book of Romans | Multipurpose Room

Benefit of the Doubt | Patio Room

Luke | Behind Organ

At Your Service

Pastor: Jimmy Painter

james.painter@nccsda.com

Secretary: Trudy Brajnikoff

Tuesday & Thursday | 10:00-2:00

707-433-1737 | healdsburgsda@gmail.com

Church Website: healdsburgsda.com

Serving Today:

Worship Leader | Don Carpenter

Deacons | Bob Fenzel, Richard George,

Emil Nougier, & Bill Wetherell

Music Coordinator | Derice Hogle

Keyboard | Elaine Privat

Audio Visual | Privat Family

Flowers | Michele Privat

Greeters | Pam Hall & Judy Drummond

Kitchen | Darlene Ortner

The Church Calendar

Today | 12:30 | Lunch Bunch

Today | 5:01 | Sunset

Sun | 3:00 | RAA's Fall Festival | Sebastopol Church

Tue | 6:00 | Prayer Group | Steensma Home

Tue | 7:00 | Pathfinders | Cloverdale

Wed | 1:00 | Choir Practice

Fri | 4:57 | Sunset

Sab | 9:00 | Fellowship Breakfast

Sab | 9:45 | Sabbath School Classes

Sab | 11:00 | Worship Celebration

Sab | 12:30 | Lunch Bunch

The Church In Action

1. **Welcome to Healdsburg Church!** Today we celebrate because our redemption is drawing near.

2. **Today's Offering** is for the World Budget with a portion going towards our Annual Sacrifice (Global Missions.) This gift will take the gospel message to the more than two-dozen countries and regions where there is no Seventh-day Adventist Church.

3. **Men's Chorus** will meet for practice after church.

4. **Next Sabbath** our annual Thanksgiving Worship Celebration will be filled with songs, Scripture, and Drama. Invite your family and friends!

5. **Sabbath Afternoon Mission Opportunity!** The Sonseekers Pathfinders invite you to join them in feeding the hungry in Cloverdale. Helpers are needed to pick up cans, drive around town, and sort food in Cloverdale this Sabbath, November 11. We will begin at 1:30 and finish when it gets dark.

6. **The Healdsburg Church Christmas Dinner** will be shared in the Multipurpose Room on Sunday evening, December 11, at 6:00.

7. **Redwood Adventist Academy's Fall Festival** will be held tomorrow, November 12, 3:00-6:30pm, at the Sebastopol Church. We invite you all to come and enjoy an afternoon of fun & games & delicious food that supports our classes & school.

6. **Redwood Adventist Academy** will rise from the ashes! Last week, the adjuster from Adventist Risk Management met on the school site with Principal Angie Weems, John Rasmussen, Jeffrey Maxwell, Albert Miller, and Richard Magnuson to discuss moving forward with rebuilding the school. We are so thankful for the support the school has received from all over our conference, our union, and the country. It has been a huge blessing and has lifted up those at the school during this time of loss.

Offering Schedule

11/18 | Local Church Budget

11/25 | Local Church Budget

12/2 | Local Church Budget

12/9 | World Budget: Community Services

