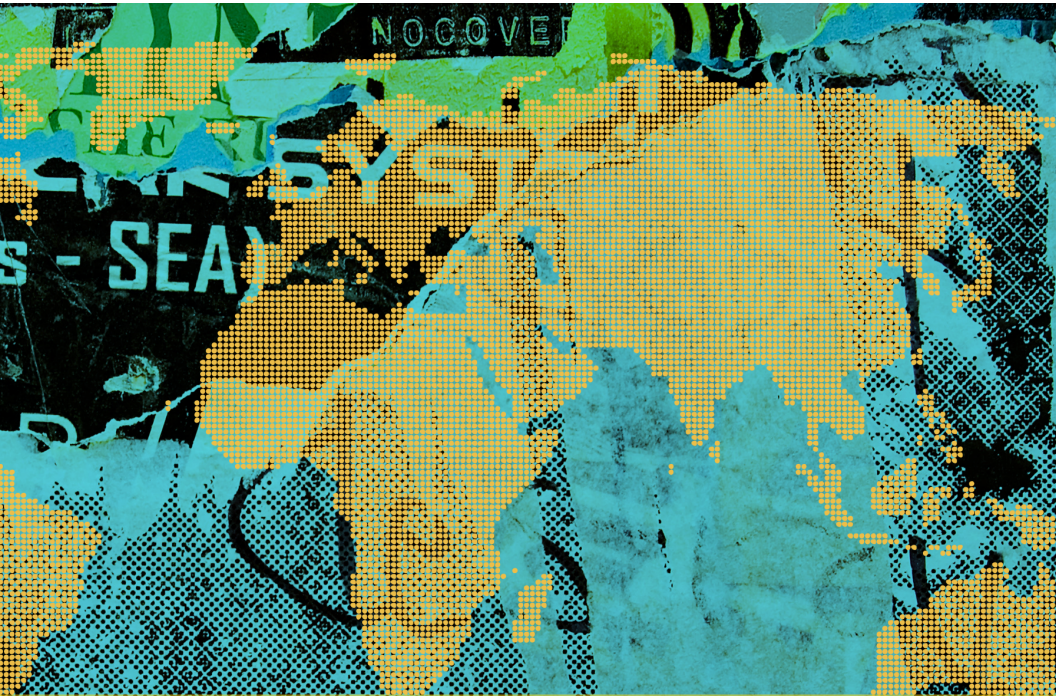


PIONEER MEMORIAL CHURCH



THE RADICALS

THIS *GENERATION*, THIS *WORLD*, THIS *TIME*

PART ONE // JANUARY 8, 2011

8:15 AM // PAGE 10

11:20 AM // PAGE 13

WELCOME!

Welcome to our visitors and guests and friends who join us for this high and joyous worship! From wherever you've come, we're simply glad you came. And we hope that in these worship moments with Jesus, your heart and life will receive from God the very gifts you need for the journey ahead. Join us downstairs in the Commons after second service for a home cooked vegetarian meal. Welcome!

FIND IT HERE

PAGE FOUR

Church Reports

PAGE TEN

8:15 AM // Service
The Word
Music Alive

PAGE TWELVE

Sabbath Study
11:20 AM // Service

PAGE FOURTEEN

Pioneer People -
Announcements

PAGE TWENTY

Sabbath School Directory

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Contacts

PASTOR'S BLOG

WWW.PMCHURCH.TV

NEW SECRET FOR NEW YEAR'S RESOLUTIONS

Scientists think they've found the secret to our good and bad habits. It has to do with the pleasure-sensing chemical dopamine, coursing up and down our body's internal highways. According to an AP report this week, dopamine "conditions the brain to want that reward again and again—reinforcing the connection each time—especially when it gets the right cue from your environment" (*South Bend Tribune* 1-4-11). For example, you enjoy munching on chips (no doubt a healthful kind). You usually do it before supper, while you're watching the evening news. (I know the routine well!) Dopamine links your desire for those chips to the environmental stimulus of watching the evening news, and pretty soon your brain's dopamine-rich striatum region links both activities to a desired reward—

Continued on 18

REVIVAL & REFORMATION



THE PRAYER ROOM

Monday to Thursday

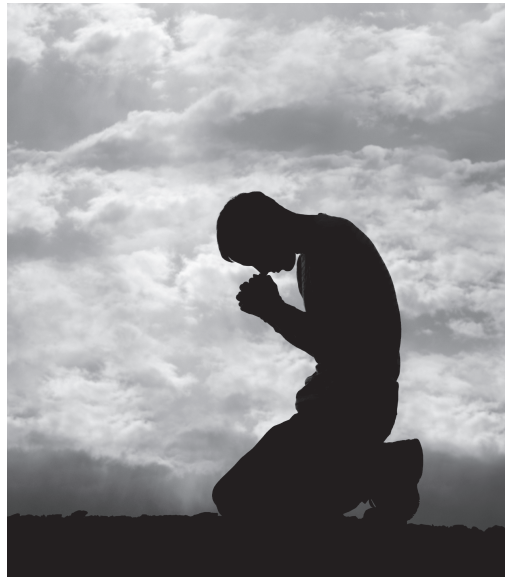
12:30-1:20 p.m. // PMC Sanctuary

UNITED IN PRAYER

In the book of Acts, the disciples came together to pray in unity. Seeking the outpouring of the Holy Spirit they came together to pray. At Pioneer Memorial that is what we are seeking too. Revival and reformation through the Holy Spirit is just the beginning of what God wants to do in our lives collectively. Come and be part of the movement of united prayer.

31 DAYS OF PRAYER

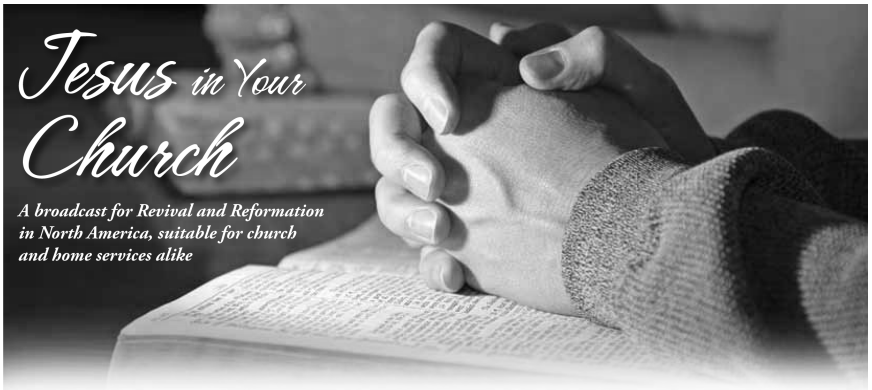
Today PMC is launching a new series of daily devotionals based on the classic of the Christian faith, *Steps to Christ*. In just 31 days we will be going on a journey of daily prayer and readings designed to take us to the throne room of Christ and develop a stronger and deeper relationship with Jesus. Ellen White's classic is a well-loved favorite. Whether you are reading it for the



first time or pulling it from the shelves of your home library you are sure to be blessed as we actively seek Jesus together. You can also access the daily readings of *Steps to Christ* on Facebook. Just add the event '31 Days to Peace and Happiness' to your Facebook page and read the devotionals online, already set up for your convenience. If you would like to read the book itself,

Continued on 17

NET 2011 \ JESUS IN YOUR CHURCH



LIVE // TODAY
HOPE CHURCH CHANNEL

4:30-6:00 PM EST

With Dr. Ron Clouzet, speaker for Net 2011
www.PropheciesDecoded.com

POWERFUL, TRANSFORMING MESSAGES

- How to Love God With All Your Heart
- How to Love People As Yourself

INSPIRATIONAL MUSIC

- Featuring Rob Folkenberg III

AMAZING TESTIMONIES

- Featuring Pavel Goia, Judith Miranda, and Ruthie Jacobsen

MASTER PLAN OF EVANGELISM

NET 2011 \ JESUS IN YOUR CHURCH

Net 11 promises to be a wonderful opportunity for us to invite our friends and educated colleagues to an event especially designed for them. Dr. Ron Clouzet, NADEI director of the North American Division Evangelism Institute (NADEI), NAD Field Secretary and PMC member will be the speaker. Uplinked from Madison Campus Church in Nashville, Tennessee, September 30- October 28, 2011, it will be preceded by two other uplinks earlier in the year. First in May there will be an uplink on Creation with Dr. Clouzet and a renowned Adventist scientist. Dr. Michael Hasel and Dr. Clouzet will host a program on archeology at PMC on March 11-12 to which you will be in-

vited to bring your friends; this event will be video taped live at PMC and uplinked to all participating churches across the nation early in September.

All these programs will be a part of the Master plan for Evangelism during 2011. We will not only want to support Master Plan, but also to plan to bring our friends to each of these Net 11 events. A special call for revival and reformation will be issued by Dr. Clouzet in a live telecast on the Hope Church Channel on January 8 that will kick off Net 11. It will be broadcast at 11-12 a.m. and another live broadcast from 4:30 -6 also on the Hope Church Channel. Be sure to turn in to these live events.

PRAY

Pray for the leaders of Net 2011 and those who will be attending these programs.

MORE INFO

Skip MacCarty / 269. 313.6154skip@pmchurch.org

MASTER PLAN OF EVANGELISM GIVE TO LINE 5

Annual Budget	\$114,000
Goal to-date	\$109,600
Received to-date	\$100,498
<i>(Received to-date last year)</i>	\$121,199
As of December 11, 2010	

MASTER PLAN OF EVANGELISM

MICHIGAN CITY \ AU STUDENT EVANGELISTIC SERIES

Beginning this coming Friday, January 14, AU students will be conducting the Prophecy Seminar, Exploring the Bible to Find the LOST Christ of Prophecy. Meetings will continue Saturdays, Wednesdays and Fridays through January 29, held at the Barker Middle School at 319 Barker Rd in Michigan City, IN.

This series is both a follow up to a Michigan City evangelistic series the students participated in last fall, and a lead up to another evangelistic series that the students will conduct in the same location in March.

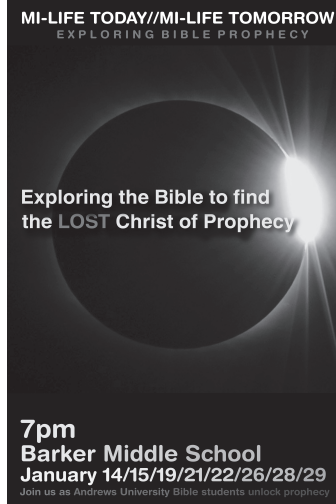
These evangelistic meetings are part of the Michigan City Evangelistic Initiative, a school-year long evangelistic commitment that about thirty AU students have made to Michigan

City where Adventists have only two small churches (around 30 cumulatively attending on Sabbath) in a community of 25,000. They have not had an evangelistic series there in the previous 26 years.

Besides the evangelistic series the students are involved in, many of the students participating drive to Michigan City on Sabbaths to attend Sabbath School and worship services, and to visit door to door in the community in the afternoons. Some of the students also go to Michigan City during the week

to conduct Bible studies.

You can support events like the Michigan City Evangelistic Initiative by your prayers and contributions to the Master Plan of Evangelism.



PRAY

Pray for the health and wellness of all our church and community members.

MORE INFO

Christine Wallace / 269. 313.2550
health@pmchurch.org

MASTER PLAN OF EVANGELISM

GIVE TO LINE 5

Annual Budget	\$114,000
Goal to-date	\$109,600
Received to-date	\$100,498
<i>(Received to-date last year)</i>	\$121,199

As of December 11, 2010

OPERATING EXPENSES

HOMEBOUND \ THE THERAPY CAT

Pioneer Memorial Church has a very active Homebound Ministry – a group of people dedicated to visiting our members who are confined to their homes or a facility because of health problems or old age. Esther Hamel is one of the team members who enjoys this ministry for Jesus, and recently she recruited somebody else to join her.



"I have a cat named Big Boy weighing in at about seventeen pounds," said Esther. "He has always loved to crawl under things and into bags of any sort. He is also very docile." One day the idea came to Esther to put Big Boy's talents to good use. Carrying him in a special bag decorated with tigers, she brought him along on her regular visits to the homebound.

"Big Boy loved the way people fussed over him," reported Esther. "And if we visited someone who was not too keen on cats, he just stayed in his bag and pretended he was a stuffed toy."

Now Big Boy is a regular team player – a bona fide therapy cat. Welcome, Big Boy! You put a smile on everyone's face!

PRAY

Pray that our members who are homebound will be blessed with God's abiding presence.

MORE INFO

Marian Holder
Morose72@att.net

OPERATING EXPENSES

GIVE TO LINE 2

Annual Budget	\$575,000
Goal to-date	\$552,850
Received to-date	\$498,114
Received to-date (last year)	\$509,215

As of December 11, 2010

MASTER PLAN OF EVANGELISM

WEEKLY EXERCISE CLASS \ GETTING STRONGER

A PMC church member was accustomed to waking up and exercising with Dick Nunez on 3ABN. However, due to her new work schedule, she was no longer able to continue her daily routine. She prayed for a solution. One Sabbath morning, she came to PMC, and on the screen was an advertisement for exercise classes. She praised God for this solution!



Since attending the exercise classes, she has felt stronger, leaner, and fitter. PMC's Health and Wellness Team conducts weekly exercise classes on Mondays and Wednesdays from 6:00 – 6:50 p.m. in the PMC Nursery. The cost is \$1 per person, per class. If you have not tried a group exercise class, come and try out a class.

PMC's monthly C.R.E.A.T.I.O.N. Health Seminars will continue on Thurs. January 20. The topic is T – Trust. Guest speakers for this series include Dr. Winston Craig, Evelyn Kissinger, Dominique Wakefield, and Christine Wallace.

PMC also has a new running club. We meet on Sundays at 8 a.m. in the PMC Commons. If you like to run, then join us on Sunday mornings for a group long run.

We have a lot of health tips, training plans, and important health information on our website, so please visit www.pmchurch.org/health.

PRAY

Pray for the health and wellness of all our church and community members.

MORE INFO

Christine Wallace / 269. 313.2550
health@pmchurch.org

MASTER PLAN OF EVANGELISM

GIVE TO LINE 5

Annual Budget \$114,000

Goal to-date \$109,600

Received to-date \$100,498

(Received to-date last year) \$121,199

As of December 11, 2010

CHRISTIAN EDUCATION

RUTH MURDOCH \ OBSERVING HIS CREATION

Ruth Murdoch Elementary School students are blessed to have lighthearted, critter loving teachers. Having classroom pets is a great way to teach students responsibility, to teach them the complexity of God’s amazing design, and to have fun!

Want to learn about reptiles? Visit Mr. Bennett’s 5th grade room where you’ll find a bearded dragon in a desert-like environment. How about birds? Mrs. Hickerson’s 3rd graders get to listen to the chirping

love birds. Interested in fish? Mrs. Bowlby’s 4th grade class enjoys a fish pond in the middle of the classroom!

If you want to get really wild, go to the Jr. High. You’ll find spiders, fish, rats, and a ball python appropriately named “Fluffy.”

“You are masters of the fish and birds and all the animals.” Genesis 2:28 (CLB) These words are taken very literally at Ruth Murdoch Elementary School.



PRAY

Pray that God will continue to bless our students and staff as we teach them about God’s amazing world.

MORE INFO

David Waller \ 471.3225
waller@andrews.edu

CHRISTIAN EDUCATION

GIVE TO LINE 3

Challenge Goal	\$250,000
Annual Budget	\$217,572
Goal to-date	\$209,200
Received to-date	\$190,694
Received to-date (last year)	\$180,848

As of December 11, 2010

PIONEER @ WORSHIP

8:15 AM

Pioneer Family Life	Skip MacCarty
Voluntary	<i>Come, Thou Fount of Every Blessing / Gilbert Martin</i>
Introit	<i>The God of Abraham Praise / Traditional Jewish Melody</i>
Call to Worship	
Doxology	<i>Praise God, From Whom All Blessings Flow / 695</i>
Invocation	Dwight K. Nelson
Hymn of Praise	<i>Lead On, O King Eternal / 619</i>
Congregational Prayer	Skip MacCarty
Call to Prayer	<i>Make Me A Blessing</i>
Response	
Worship in Music	<i>Wonderful Words of Life / Gilbert Martin</i>
Offering	Religious Liberty
Dedication Prayer	Brandon von Dorpowski
Offertory	<i>Christ Is the World's Light / Anonymous Melody</i>
Children's Story	
The Word	Psalm 67:1-7 NKJV / Ingrid Dumitrescu Kimberly Park
Hymn of Preparation	<i>Christ Is the World's True Light / 345</i>
Sermon	Dwight K. Nelson "The Radicals: This Generation, This World, This Time"
Hymn of Commitment	<i>O, Zion Haste / 365</i>
Benediction	
Postlude	<i>Guide Me, O Thou Great Jehovah / Kenneth Logan</i>

PRESIDING PASTOR: Skip MacCarty ORGANIST: Kenneth Logan
WORSHIP IN MUSIC: Bradley Krueger, tenor

CALL TO WORSHIP

Blessed are those whose way is blameless, who walk in the way and the law of the Lord!

Blessed are they who seek them with their whole hearts and do no wrong.

We praise you with our whole hearts, O God; Do not forsake us!

Blessed are you, O Lord, blessed is your name forever and ever!

Let us worship God.

THE WORD

PSALM 67:1-7 NKJV

God be merciful to us and bless us, and cause His face to shine upon us, that Your way may be known on earth, Your salvation among all nations.

Let the peoples praise You, O God; let all the peoples praise You.

Oh, let the nations be glad and sing for joy! For You shall judge the people righteously, and govern the nations on earth.

Let the peoples praise You, O God; let all the peoples praise You.

Then the earth shall yield her increase; God, our own God, shall bless us.

God shall bless us, and all the ends of the earth shall fear Him.

MUSIC ALIVE

LIGHT FOR THE WORLD

“Christ Is the World’s Light” is a twentieth-century text by Fred Pratt Green (see text, *SDA Hymnal* 234). Here Pratt Green speaks of Christ as Light, Peace, and Life. Pratt Green became one of the most widely-known of hymn writers, yet under unusual circumstances. After ministering for decades, he desired to paint in his retirement. However, he served on a hymnal committee,

saw a need for quality hymn texts, and wrote hymns extensively. He said, “Only one thing matters: that the hymn shall be right for use in worship. To me, inspiration, the ‘given’ element in all art, is the mystery that lies behind all creativity and that essential part of creativity we call craftsmanship. So I decided not to wait to feel inspired, but to get to work, and to do my best.”

Song Service	Allison Ireland
Welcome	Charles Dowell
Scripture and Prayer	Liana Kim
Special Feature	ASAP Pray for Us / Martin Kim
Offertory	<i>We Three Kings / John Henry Hopkins</i>
Bible Study	"Divine Provision for Anxiety" / Classes
Theme Song	<i>Make Me a Blessing</i>
Benediction	Allison Ireland

Organist: Kenneth Logan; Offertory: Marianne Kordas, violin

SABBATH SCHOOL SPOTLIGHT

SOMETHING IN COMMON

Depression Recovery Program DVD series with Dr. Neil Nedley will began January 1. When depression enters your life, it doesn't have to be thought of as a life-long condition or even tolerated. Depression is reversible! Dr. Nedley's Depression Recovery Program has

successfully helped many patients through both an outpatient clinic and a 10-day residential program. Now you too can participate in this program for the next eight weeks each Sabbath morning from 10 to 11 a.m. in the PMC Commons

[see page 20/21 for Sabbath School directory & map]



Voluntary

Come, Thou Fount of Every Blessing

Introit

The God of Abraham Praise

Songs of Praise

Prayer

Skip MacCarty



This Generation

Keren Toms with Stephen Eric

Invitation to Give

Christ Is the World's Light

Worship in Music

Wonderful Words of Life

Sermon

*"The Radicals: This Generation,
This World, This Time"*

Dwight K. Nelson



Postlude

Guide Me, O Thou Great Jehovah

WORSHIP DIRECTOR: Michael Paradise; PLATFORM MANAGER: Richard Parke
ORGANIST: Kenneth Logan; VOCALS: Jose Gonzalez, Heidi Gonzalez, Justin McAuliffe
VIOLINS: Jonathan Thompson, Natanael Tejada, Rachel Brantley; CELLO: Steven Debulgado
BASS: Brenston King; PIANO: Enoc Lopez; DJEMBE: Matt Master; GUITAR: Kasper Houghton
WORSHIP IN MUSIC: Bradley Krueger, tenor

PIONEER PEOPLE

SUNSET TODAY: 5:29

SUNSET NEXT FRIDAY: 5:37

For more announcements or to submit a request for a new announcement, please visit our website: www.pmchurch.org.

PIONEER FAMILY LIFE

“10 DAYS OF PRAYER” CONTINUES

This evening at 6:30 the Ten Days of Prayer continues in the home of John and Millie Youngberg at 4731 Greenfield Drive. Come and be blessed. Prayer goes up and power comes down!

COUPLES AGAPE CELEBRATION

Married couples of all ages are invited to join us for a special supper meal and inspirational evening on Friday, February 11, 6 PM in the Commons. Call Sue Rappette at 471-6565 to register. Reservations and payment deadline is Thursday, February 3. *Sponsored by the Family Life Committee.*

SMALL GROUP HUDDLE

Small group leaders are invited to a huddle on Sabbath, January 15 from 5 to 7 PM in the PMC Commons. A light supper will be served. Please RSVP at 471-3972 or bikichkj@andrews.edu.

NEIGHBOR TO NEIGHBOR REOPENING

Neighbor To Neighbor will reopen on Tuesday, January 11. Thrift Store hours are Tuesdays and Thursdays from 10 a.m. to 6 PM. For additional information, call 471-7411.

THANK YOU

What a wonderful church family is PMC. Thank you for all the cards, the food and flowers that came to us when we were feeling the great loss of Millie's brother, Lee.

- Arne and Millie Swanson

Thank you so much for the flowers, prayers and words of comfort given to us during this difficult time.

- Nilsa Ruban

Thank you, PMC Family for your overwhelming thoughtful support during and after Ron's surgery. The beautiful flowers, and your kind messages, e-mails, phone calls, cards and many prayers meant so much! What a Blessing! Praising God for His healing grace! *Ron and Betty Whitehead*

NOMINATING COMMITTEE FIRST READING

F/O Deacon—Christon Arthur, Lawrence Schalk; Host/Hostess Assoc. Director—Shirley Skala

MEMORIAL SERVICE

There will be a memorial vespers service at Eau Claire Seventh-day Adventist church on January 22 at 5 PM. for Walter Booth who died on December 26.

AN ACT OF COMPASSION

Many will recall that Sheryl Vance was involved in a tragic accident on January 5 of last year. Sheryl was on her way to work at AFM when she was struck by a hit-and-run vehicle. A confused and fearful teenager was found to have caused the accident. In an act of compassion, when the young man was to be sentenced for the crime, Edwin Vance, Sheryl's husband, freely forgave him and asked the judge to be lenient.

On Wednesday last week, the Vance home on Rangeline Road caught fire.

Although they own their home, they do not carry homeowners insurance. As you can imagine, the medical and other expenses related to Sheryl's accident have been astronomical. And now their home burned...

We invite you to share with this family who has been through so much this past year. Donations can be dropped off at the office of Adventist Frontier Missions on Ferry Street in Berrien Springs.

HEALTH AND WELLNESS MINISTRY EVENTS

FOR MORE INFORMATION ON ANY OF THE ANNOUNCEMENTS BELOW

—**VISIT:** www.pmchurch.org/health—**E-MAIL:** health@pmchurch.org

C.R.E.A.T.I.O.N. HEALTH

The monthly C.R.E.A.T.I.O.N. health seminar continues on Thursday, January 20 with T - Trust. Pastor Keren Toms, Andrews University's Chaplain for Outreach will be our presenter. A soup, salad, and bread supper is served. The cost is \$5 per session, which includes the seminar, supper, and instructional material.

PMC RUNNING CLUB

Need a new year's resolution? Come join us for Sunday morning runs starting on Sunday January 9 at 8 AM. We will run around the Andrews University campus and surrounding areas. There are different pace groups, so don't worry about being left behind! If you need a training plan, contact us and we will provide one for you.

EXERCISE CLASSES - NEW LOCATION AND TIME FOR 2011

Jump start your new year's resolution with exercise classes in the PMC Nursery from 6:05 - 6:55 PM. The intermediate/advanced class meets on Mondays starting January 10, and the beginner class meets on Wednesdays, starting January 12.

CAMPUS CONCERTS

JUNIOR CLARINET RECITAL

Sunday, January 9, 1 PM—The Department of Music presents Daniel Mendoza in his Junior Clarinet Recital. The recital, featuring music by Arnold, Brahms and Poulenc was originally planned for December 5 but was postponed because of inclement weather. It will now take place on Sunday, January 9 at 1:00 p.m. The recital is free and all are welcome.

SECOND SUNDAY: PENNY KOHNS FACULTY FLUTE RECITAL

Sunday, January 9, 4 PM—Penny Kohns presents a faculty flute recital as part of the Second Sunday Concert Series brought to you by 90.7 WAUS, the Department of Music and the Howard Performing Arts Center on Sunday, January 9, 2011 at 4:00 P.M.. She will be performing Sonata in E Flat Major for Flute, Harpsichord, and Cello by J.S. Bach, MEI by Kazue Fukushima, Concerto No. 1 in G by W.A. Mozart, Sonata for Flute and Piano by Francis Poulenc. Joining her is Wen-Ting Ong, piano, Linda Mack, harpsichord, and Aaron Sinnett, cello. No tickets are required.

BENEFIT CONCERT FOR HAITI

A special benefit concert will be held Wednesday, January 12, at 4:15 P.M. at the Howard Performing Arts Center. This event will feature music by Andrews University (AU) students as well as video clips from AU and Haitian Adventist University (HAU) students directly affected by last January's earthquake. The President of the Adventist Haitian University will also be interviewed. This event will be aired on the Hope Channel. There will be a silent art auction and tee shirt sales in the lobby. Students can charge their admission to their Student I.D. cards and will be joining the CIDP Club. For all other patrons, tickets are a donation of donated directly to the HAU

JUDAIC MUSICAL CONCERT

Saturday, January 15, 7 PM—Seminary Chapel. Experience authentic Jewish music! Rachel Hyman is a Jewish American musician who found Jesus and the Adventist Church in the year 2000. She specializes in Israeli music. Rachel has given concerts in eight countries and thousands of her Hebrew musical albums have sold around the world.

31 DAYS OF PRAYER

Continued from 3

we have included in the bulletin, the portion of daily readings for each of the 31 days. And don't forget to join us at House of Prayer, as we explore as a faith community what it means for us

to be in relationship with Jesus. What can happen in just 31 days? Life transformation. Not just for yourself but for those you will be praying for. So join us as we take this journey together.

DAILY READINGS FROM *STEPS TO CHRIST*

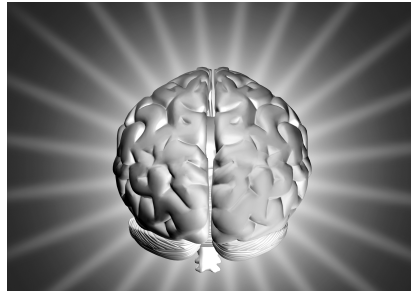
DAY	PG. #	BEGINNING WITH
1	1	Nature and revelation alike testify of God's love...
2	3	Jesus did not suppress one word of truth...
3	5	Man was originally endowed with noble powers...
4	7	The heart of God yearns over His earthly children...
5	10	The prayer of David after his fall...
6	11	The same divine mind that is working...
7	13	The impenitent sometimes excuse themselves by...
8	15	When Satan comes to tell you that you are a great sinner...
9	18	When sin has deadened the moral perceptions....
10	20	In giving ourselves to God...
11	22	As your conscience has been quickened by the Holy Spirit...
12	25	Some seem to feel that they must be on probation...
13	27	If any man be in Christ...
14	29	There are two errors against which the children of God...
15	30	When we speak of faith...
16	33	As with life, so it is with growth...
17	34	When the mind dwells upon self...
18	37	God is the source of life and light...
19	39	The spirit of unselfish labor for others gives depth...
20	41	Many are the ways...
21	43	Jesus said of the Old Testament Scriptures...
22	45	Through nature and revelation...
23	47	If we take counsel with our doubts...
24	50	God does not mean that any of us should...
25	52	Many, especially those who are young...
26	54	It it were possible for created beings...
27	55	Peter exhorts his brethren...
28	58	Many, walking along the path of life...
29	59	All have trials...
30	60	Some are always fearing...
31	62	The Lord...

pleasurable taste and relaxation. Turn on the news, get hungry for chips—munch some chips, turn on the television. The more repetitions, the stronger the dopamine tie that binds.

“Why are bad habits stronger? You’re fighting against the power of an immediate reward,” says Dr. Nora Volkow, director of the National Institute on Drug Abuse and an authority on the brain’s pleasure pathway. It’s the fudge vs. broccoli choice: Chocolate’s yum factor tends to beat out the knowledge that sticking with veggies brings an eventual reward of lost pounds. ‘We all as creatures are hard-wired that way, to give greater value to an immediate reward as opposed to something that’s delayed,’ Volkow says” (ibid).

And the problem is that we tend to overestimate our ability to resist temptations around us, “thus undermining attempts to shed bad habits, says experimental psychologist Loran Nordgren, an assistant professor at Northwestern University’s Kellogg School of Management. ‘People have this self-control hubris, this belief they can handle more than they can,’ says Nordgren, who studies the tug-of-war between willpower and temptation” (ibid).

All of which means that establishing good habits and ridding bad habits requires more than simply composing another list of New Year’s resolutions. “Been there—done that.” Based on this AP report of their studies, here are five new routines researchers recommend adding to your good-habits strategy:



1. **“REPEAT, REPEAT, REPEAT THE NEW BEHAVIOR**—the same routine at the same time of day.” Pick a time of day, select an activity, and stick to it. Personal prayer and Bible study first thing the morning. Walking, jogging, working out at the same time each day. The striatum will eventually recognize the new habit and will “reward” you for faithfulness to the new routine, or “disturb” you when you neglect it.
2. **“EXERCISE ITSELF RAISES DOPAMINE LEVELS,”** which means adding this good habit to your routine will raise your feel-good sense of vitality.
3. **“REWARD YOURSELF WITH SOMETHING YOU REALLY DESIRE.”** A new book or a CD or an outfit you’ve been needing reinforces your own intentions to stick to good habit routine.
4. **“STRESS CAN REACTIVATE THE BAD-HABIT CIRCUITRY.”** So “chilling out” isn’t such a bad idea when your circuits are on overload.

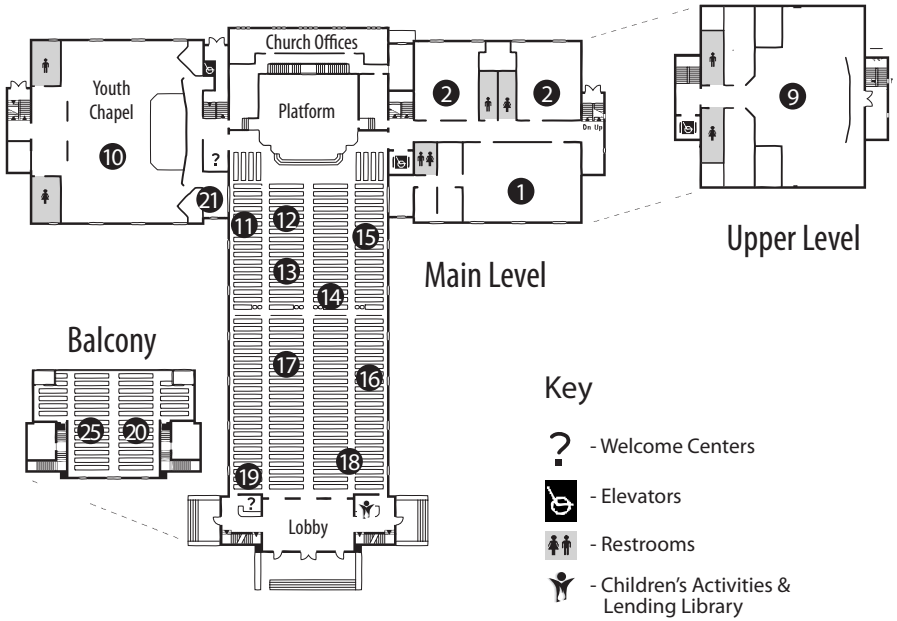
- 5. **“CUT OUT THE RITUALS LINKED TO YOUR BAD HABITS.”** As the report puts it, “No eating in front of the TV, ever.”

But there’s one more strategy science can never measure. It’s your faith-factor. Repeat this dynamite promise from God daily and your striatum will quickly get the message:

“I can do all things through Christ who strengthens me” (Philippians 4:13). Too simple? Hardly! Begin each day in quiet conversation with Him through a story-a-day reading through the Gospels, and you will unite yourself with Christ himself, as you discover for yourself his omnipotent friendship—a power even stronger than dopamine.

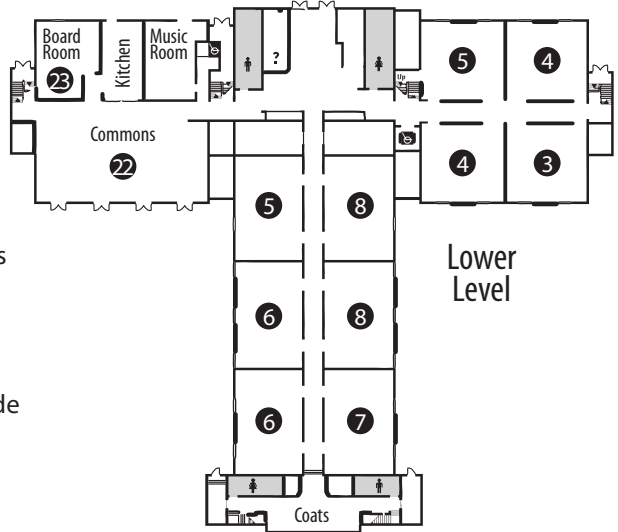
NOTES

SABBATH SCHOOL DIRECTORY



[children]

- ① Birth - 18 months
- ② 18-36 months
- ③ 3 yr olds
- ④ 4 - 5 yr olds
- ⑤ 6 yr old - 1st grade
- ⑥ 2nd/3rd grade
- ⑦ 4th grade
- ⑧ 5th/6th grade
- ⑨ Earliteen: 7th/8th grade
- ⑩ Youth: 9th-12th grade



PIONEER CLASSES

[adult sanctuary]

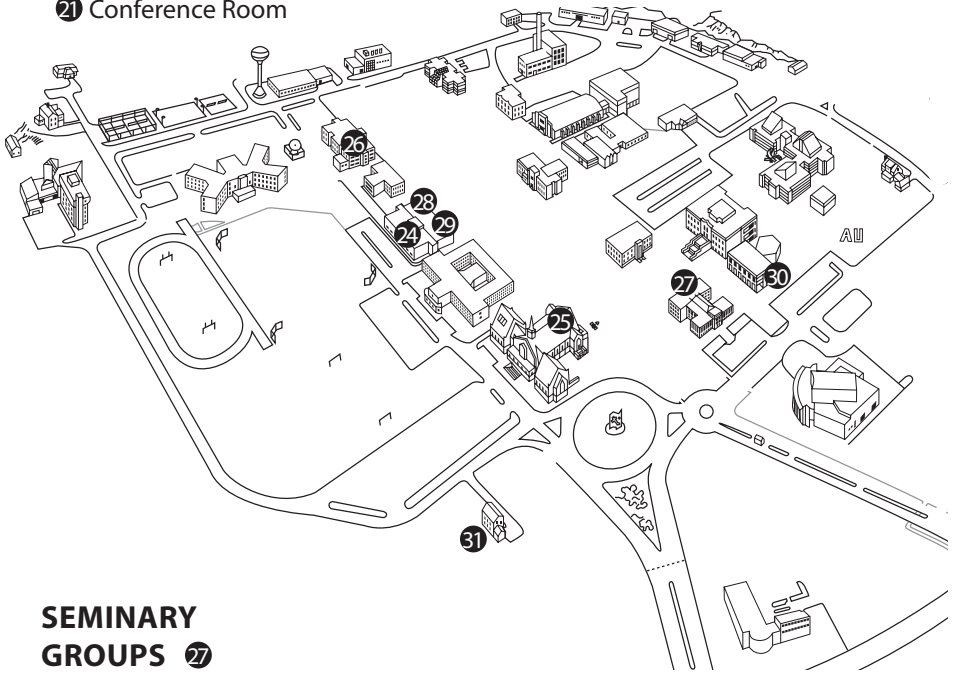
- 11 Group 1
- 12 Group 2 (Portuguese/Brazilian)
- 13 Group 3
- 14 Group 4 (Yugoslavian)
- 15 Group 5
- 16 Group 6
- 17 Group 7
- 18 Group 8
- 19 Group 9
- 20 Group 10 (Balcony)
- 21 Conference Room

[miscellaneous adult]

- 22 Something In Common
- 23 Seventh-day Adventist Beliefs

COLLEGIATE

- 24 Encounter (Campus Ministries Office)
Refresh (Upstairs / Cafeteria)
H&M (Hispanic - Religion Amphitheater)
- 25 People on the Move (PMC)
- 26 Elements (Marsh Hall)



SEMINARY GROUPS 27

- | | |
|-------------------------------|-------------------|
| N108 (Collegiate) | N235 |
| N110 | N310 (Russian) |
| N120 (New Life Church Choir) | N335 (Spanish) |
| N135 (Living Word Fellowship) | S215 (French) |
| N150 | S340 (Upper Room) |
| N211 (Small group) | |

ADULT @ AU

- 28 Main Lounge
- 29 Faculty Lounge
- 30 Perspectives
- 31 Back to Basics

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PMCHURCH MEDIA

ONLINE

www.pmchurch.org
www.pmchurch.tv

RADIO

WAUS - 90.7 FM
Sabbath 11:30 a.m.

CMRadio

www.andrews.edu/cm/cmradio
Live Stream - 11:30 a.m. service

LIVE VIDEO STREAMING

11:30 AM — www.pmchurch.tv

TELEVISION

WHME TV 46

Sunday noon & midnight

SAFE TV, HOPE CHANNEL & 3ABN

See websites for local listings

www.safetv.org
www.hopetv.org
www.3abntv.org



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HOUSE OF PRAYER

WEDNESDAY @ 7 PM, SANCTUARY

"The War You're In" is our new winter theme at House of Prayer. Through the apocalyptic classic, *The Great Controversy*, let's share specific spiritual strategies that offer God's winning hand for your daily battle. Have you read the new NKJV *The Great Controversy*? Pick one up at the ABC Christian Bookstore in town and check it out. Discover the classic that it really is. Beginning Wednesday at 7 PM. in the Pioneer sanctuary. Co-curricular credit for university students.

COMING SOON

1.15 \ DWIGHT K. NELSON

"The Radicals:
This Generation, This World, This Time"—
Part Two

1.22 \ DWIGHT K. NELSON

"The Radicals:
This Generation, This World, This Time"—
Part Three

