

PIONEER

CONNECT

DECEMBER 16, 2017

CHILDREN'S

Celebration

OF CHRISTMAS



WELCOME

to Pioneers




What a privilege to live in beautiful Michigan—especially during this season of Winter Wonderland! We welcome you, members and guests, to Pioneer Memorial Church, a place for you to experience a Christ-centered community AND to participate in a meaningful worship experience.

How blessed we are at PMC to have so many children in our congregation. Today they will be leading out in the worship services.

In Psalm 127:3, we read: "Behold, children are a heritage from the Lord, the fruit of the womb is a reward." In Matthew 19:14, Jesus said: "Let the little children come to Me, and do not forbid them; for of such is the kingdom of heaven."

As we sing, pray, and bring our gifts to Jesus today, let's praise Him for His love for children. For indeed, we are all God's children.

—Sharon Terrell

 PIONEER MEMORIAL CHURCH 8655 UNIVERSITY BOULEVARD, BERRIEN SPRINGS, MI 49103		
OFFICE HOURS Monday – Thursday (8 to 5) • Friday (8 to 12)		PHONE – 269.471.3133 FAX – 269.471.6152
LIVE STREAMING www.newperceptions.tv Sabbath 11:45 AM	ONLINE www.pmchurch.org www.newperceptions.tv	RADIO WAUS – 90.7 FM Sabbath 11:30 AM
 CONNECT CARD Scan this code to receive this week's Connect Card.		 FIND A SABBATH SCHOOL

FIND IT HERE

CONNECT • GROW • SERVE • GO



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PIONEER LIFE
#festivelyfit

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SABBATH SCHOOL
The Elect

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CONTACTS

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PIONEER @ WORSHIP
9:00 & 11:45 AM Service

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**SABBATH SCHOOL
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ANNOUNCEMENTS

#FESTIVELYFIT

BY DOMINIQUE GUMMELT

Are you fearing the next few weeks of holiday festivities?

Are you wondering how you can avoid getting lazier, overeating, getting more sedentary and somehow not lose all the fitness gains you have made this past year?

Often these worries and fears lead to complete resignation and, as a result, lead us to fully indulge in everything beyond measure, leaving us with guilty consciences, sick stomachs, sleepless nights, sluggish bodies, and bad attitudes.

The bad news is: many of us have no idea how to enjoy the holiday season AND stay healthy, active and fit at the same time.

The good news is: it is possible!

Here are some key behaviors and principles that will assist you with getting started with your transformational life journey to a healthier and happier you, particularly focusing on physical wellness elements. Coincidentally, I believe, they will also help you be 'festively fit' this holiday season and from thereon out. This is not a concept for survival, but rather a strategic plan to become **FULLY ALIVE** and enjoy life.

❶ DRINK WATER.

Always choose drinking water over anything else—at home or at a party. Cold or hot herbal teas are a good option, too. Drink two cups of water: a) when you first wake up in the morning; b) when you feel hungry or snacky outside of your regular mealtime/regular snacks.

❷ MOVE MORE, SIT LESS.

If you have the option of standing versus sitting, stand. If you have the option of walking versus driving, walk. If you have the option of moving about versus standing, move about. Regular daily physical activity and structured exercise should become a part of your foundational identity and daily routine. Include cardio, strength and flexibility exercises.

❸ REST REGULARLY.

Sleep at least 7 - 8 hours per night. Take a couple of short breaks during the day (*a power nap is ok!*). Take time for yourself to pray, reflect, relax, and think.

❹ SOMETHING POSITIVE IS BETTER THAN NOTHING.

Get away from the 'all or nothing' concept. If you can't get an hour workout in, then do 10 minutes and you will still reap positive benefits. If you forgot to add any fruits or vegetables to your meals during the day, still add an apple at night. Apply this principle where it makes sense!

❺ YOU ARE IN CONTROL.

Focus. Reflect. Choose wisely. Follow-through. (*A practical example of this is: when you are at a festivity and are about to fill your plate with goodies from the buffet, pause and ask yourself: Is it time to eat now? What have I already eaten today? What is available here that categorizes as healthy? etc.*)



6 FEELINGS FOLLOW BEHAVIOR.

Do not impulsively act on your feelings and emotions. Think about your values, your goals, your principles and then evaluate how what you are about to do relates to all of that. *(A practical example of this is: your brother asks you to go on a walk, but you don't feel like it. Do it anyway, because it is the better thing to do and the positive feelings will follow.)*

7 APPLY THE "HALF IS ENOUGH" PRINCIPLE.

When it comes to food or drink (except water), eat only half of what is on your plate (ideally, you won't take that much to begin with!). If you take a cookie, eat only half of it and pack the other half for another day (or if you can't control yourself, toss it!—DISCLAIMER: I am not in favor of wasting anything valuable, however, when it comes to your health, don't make yourself the trash bin!)

I believe that we all have the power to change, transform and live our lives to the fullest during times of joy, trouble,

hardship, success and festivities. Make a choice to apply foundational principles and you won't get bogged down with overwhelming seemingly endless challenging choices every day. Make the foundation your default and even if you are starting now for the first time, that is awesome! It is always a good time to start—even before the holidays.

It is my desire that we all can live happier and healthier lives, and during this year's holidays, we can all become and stay **FESTIVELY FIT!** ■

Dominique Gummelt is the Director of Health & Wellness here at Andrews University. Follow her on Twitter: @dominiquealive

SUPPORT THIS MINISTRY

Please indicate
"Master Plan-Evangelism"
on your tithe envelope.

WE WORSHIP

CHILDREN'S CELEBRATION OF CHRISTMAS

Opening Voluntary	<i>Christmas Portrait</i> • arr. John Cacavas
Introit	<i>O Come, All Ye Faithful</i> • Traditional Carol
Welcome	Ben Martin
Carol of Praise	<i>O Come, O Come, Immanuel</i> • 115
Congregational Prayer	Zawadi Towett, Kudzani Mbaiwa, Ajaden Little, Joshua Omwocha
Worship in Music	<i>Christmas Quatrain</i> • arr. Elliot Del Borgo
Scripture	Genesis 1:3 • David Nganga
The Light: Part 1	"He Spoke" • Ben Martin
Hymn	<i>How Great Thou Art</i> • 86 Ashley & Lucy Press, Chuck & Luke Reid, Ryan & Ben Clough, Kemmoree & Maya Duncombe
Praise in Song	<i>Here I Am to Worship</i> Builders
Scripture	John 8:12 • Maya Duncombe
The Light: Part 2	"He Came" • Ben Martin
Musical Medley	Adventurers
Scripture	Matthew 5:16 • Aiden Little
The Light: Part 3	"We Live" • Ben Martin
Praise in Song	<i>This Little Light of Mine</i> Little Lambs, Eager Beavers, Busy Bees
Call for Gifts	<i>O Children, Come Quickly</i> • Anon. Carol

Praise in Song

*Give Me Oil in My Lamp
Sunbeams, Helping Hands*

Tithes & Offerings

Ding Dong! Merrily on High • arr. Lloyd Larson

Closing Song

Carry Your Candle

Benediction

Closing Voluntary

Christmas Angels • John Edmondson

PRESIDING PASTOR: Sharon Terrell; ORGANIST: Kenneth Logan
WORSHIP IN MUSIC: RMES String Orchestra; Héctor Flores, director
OFFERTORY: RMES Handbell Choir; Elsy Gallardo-Diaz, director
CLOSING VOLUNTARY: RMES Band, Elsy Gallardo-Diaz, director
PMC ADVENTURERS: Kemmoree Duncombe-Frame, director

MUSIC ALIVE

LIGHT

How do we experience light in this season of waiting for Christ's coming, this "Advent" season? How better than with words from the beginning of John's gospel: "In the beginning was the Word, and the Word was with God, and the Word was God. . . . In him was life; and the life was the light of men. And the light shineth in darkness; and the darkness

comprehended it not" (John 1: 1, 4-5). Light is included in a significant proportion of the words for today's music. This gives significant clarity to what is being communicated. At other times, the listener may wish to try to discern in today's worship music if there are musical references to light. How would "light" (visual) be communicated through "tones" (aural)? ■

WE STUDY

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Song Service	Vladimir Slavujevic
Opening Hymn	<i>Watchman, Blow the Gospel Trumpet</i> • 368
Welcome	Melchizedek Ponniah
Scripture & Prayer	Mordekai Ongo
Mission Feature	"Gospel Outreach in India"
Offertory	
Bible Study	Classes • "The Elect"
Theme Song	<i>Make Me a Blessing</i>

Make me a blessing; make me a blessing.
Out of my life may Jesus shine.
Make me a blessing; O Savior, I pray.
Make me a blessing; to someone today.

"Make Me a Blessing," Ira Bishop Wilson
©1924, Renewed 1952 Word Music, LLC; Used by Permission. CCLI License #392652

Benediction	Vladimir Slavujevic
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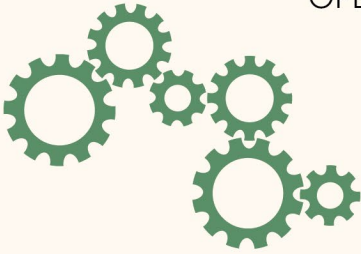
ORGANIST: Kenneth Logan
OFFERTORY: Rachel Brantley, violin; Joshua Goines, piano

pioneer memorial church
FAMILY FINANCES

As of November 30, 2017

Includes November online giving

OPERATING FUND



LINE 2 IN YOUR TITHE ENVELOPE

GOAL TO-DATE	573,964
RECEIVED TO-DATE	495,304
RECEIVED TO-DATE 2016	485,127

CHRISTIAN EDUCATION

LINE 3 IN YOUR TITHE ENVELOPE

GOAL TO-DATE	185,556
RECEIVED TO-DATE	161,525
RECEIVED TO-DATE 2016	156,986



MASTER PLAN OF EVANGELISM



LINE 5 IN YOUR TITHE ENVELOPE

GOAL TO-DATE	122,012
RECEIVED TO-DATE	91,564
RECEIVED TO-DATE 2016	86,211

SUBMIT bulletin announcements by visiting our form online at www.pmchurch.org/announcements/submit. Requests must be received Monday by 5:00 PM for consideration.

NEXT WEEK'S OFFERING
PMC Operating Expense

SUNSET TODAY • 5:15
SUNSET NEXT FRIDAY • 5:17

PIONEER PULPIT

| 12 • 23 |

DWIGHT K. NELSON

"Who Makes the Wind His Messengers:
The Christmas Compact"

| 12 • 30 |

DWIGHT K. NELSON

"The Gift of a Good Forgetter:
Your #1 New Year's Promise"

FINANCIAL FEATURE

MICHIGAN ADVANCE PARTNERS

It may be a little cold to be thinking about summer camps and campmeeting but today's offering goes toward MAP (Michigan Advance Partners) which helps cover some of these expenses. MAP also helps with building projects, education, and evangelism. What you invest in today's offering may be just the thing that brings someone to Jesus.

Memorial Service

TODAY • 3:00 PM
PMC SANCTUARY

A memorial service celebrating the life of Betty Garber will be held this afternoon. Family and friends are welcome to gather in the PMC Commons following the service.

Family Vespers

TODAY • 5:00 PM
YOUTH CHAPEL

Come and close the Sabbath with Christmas hymns and prayer.

**Adult Sabbath School
Quarterly**

Adult Sabbath School teachers or group representatives may pick up lesson quarterlies on behalf of their Sabbath on-duty leaders or Sabbath School group from the Welcome Center through December starting today. Sabbath School materials are also available for free at <http://ssnet.org/study-guides/>. For questions or to submit Sabbath School information, contact Pastor Sabine or Gracie via gracie.gaytan@pmchurch.org or 471.3133.

Christmas Eve Service

DECEMBER 24 • 5:00 PM
PMC SANCTUARY

This service is a special time for all ages to reflect on the meaning of Christmas.

Your Free Directory Pictures

Those who had their picture taken by LifeTouch for the upcoming photo directory, and did not have their pictures mailed to their home, need to come by the church office during business hours or by the lower level welcome center today, December 16, and next Sabbath, December 23, to pick up your free 8 x 10 picture.

A Foster Care Christmas

Share some joy with a foster kid this Christmas! Donate items for mini stockings (a small toy, chocolates, or small candy canes), buy a gift, or sponsor a wish list. There are collection bins in the PMC lower lobby and the receptionist area, Berrien Springs Ameriprise, and South Shore Women's Health Care in St. Joe. For more information go to gh4k.org.

Adopt a Family for Christmas

Experience the joy of bringing smiles to families struggling to provide basic needs as well as gifts to their children during the holiday season. We are looking for people to adopt a family, give a donation (money, gift cards, food, toys, etc.), or help in other ways. We hope you choose to get involved by bringing cheer and gladness to many families this Christmas. To choose a family, or for more information, call Deby Andvik (269.471.6648) or Carmelita Arthur (269.471.6651). Donations can also be made through PMC's online giving (Local Church/More Offering Categories) or write "Adopt a Family for Christmas Program" on the tithe envelope.

New 2018 Devotional Books

Pick up a flyer from the ABC at the welcome centers to receive the sale prices offered on the new 2018 devotional books.

Grow Groups!

Thinking about leading a GROW Group between February 18 to April 29? Here are just a few ideas for activities or themes to hopefully inspire new ideas: hammocking, paying your student debt, single dads, speaking other languages, learning ASL, random acts of kindness, cooking on a budget, buying your first home, engaged—now what? And many more. To be included in the Spring 2018 semester catalog, sign up your group at www.pmchurch.org/grow and help others GROW new friendships with God and each other. Questions? Contact Pastor Sabine or Gracie Gaytan via growgroups@pmchurch.org.

"Adopt" an Andrews Student in 2018!

Are you a Pioneer member, family, or GROW Group with a burden to help transform this generation and make disciples? Are you willing to offer spiritual support, encouragement, occasional care packages, and the feeling of home to a University student starting next semester? An instructional packet on your "adoptee" will be made available on Sabbath January 13, 2018. For more information, contact Pastor Sabine (vatel@pmchurch.org or 269.471.6153).

We Mourn

We grieve with Rodlie Ortiz and his family over the unexpected death of his sister, Jesenie, on Tuesday in Gainesville, Florida. Pastor Rodlie flew down on Monday in time to talk with his sister before she died. For the Ortiz family we pray the comforting grace of Jesus and the hope of His soon return. "Even so, come, Lord Jesus." (Funeral details are pending.)

B4B Collection Bins

Did you know that there are K-12 students here in our own community who struggle to have enough food each weekend? You can help! Throughout December, PMC is serving as the primary collection point for Backpacks for Berrien's food donation program. Simply find one of the two B4B collection bins here in the church, take a photo on your phone of the posted list of non-perishable items needed, then pick up a few extra things (individual serving sizes, please) the next time you're at the grocery store or Costco/Sam's Club. We only have the bins here for a few more Sabbaths so don't put it off, and thanks for your care and generosity!

Madagascar Project

Andrews University's Community and International Development department provides an opportunity for students to attend the Madagascar Study tour each year. The goal every year is to implement a humanitarian & development project. Dr. Joel Raveloharimisy, director of the CID program, has coordinated and sponsored many projects such as Mantasoa Youth Center, Orphanage Hanitry ny Ala, and Orphanage Mampitsoa, and this year's project funds a Seventh-day Adventist school, "La Chretienne" College. Students who attend this school are in need of books, computers, and resources to make their education more successful. Your tax-deductible donations can be made as one-time gifts or through several donations over time. Please visit <https://vault.andrews.edu/vault/app/pages/advance-ment/login/development> select "Madagascar Study Tour Projects." In the text box titled "My Instructions" type in "Smart Future" and this will allow you to donate to La Chretienne College.

Ten Days of Prayer

JANUARY 1-10 • 6:45-8:00 PM
4731 GREENFIELD DR.

Come and join the Youngbergs at their home for the 28th Annual Ten Days of Prayer. Start the New Year right—on your knees! Each night there will be inspiring short presentations on the Father God, our loving Savior, the Holy Spirit, and angelic ministries with personal sharing on what these have meant in incidents in your lives. Bring your prayer lists to share. This small group is for young or old. What happened after the waiting disciples prayed ten days in the Upper Room? Is this the gift that you want above all others? Out-of-state and foreign prayer requests gladly shared and prayed for.

Year-end Contributions

December 30 is the last Sabbath to return your tithe and offerings for 2017. If you plan to bring in a donation, our office is closed December 29 and 31. Your donation needs to be postmarked no later than December 31 to be included in your 2017 tax-deductible receipt. You can also make your contribution through Adventist Giving. Go to www.pmchurch.org and click the GIVING tab and choose Adventist Giving. Contributions made until 11:59 PM on December 31 will be included in your 2017 tax-deductible receipt.

More Announcements

For more PMC and community announcements, please visit our website at www.pmchurch.org/announcements.

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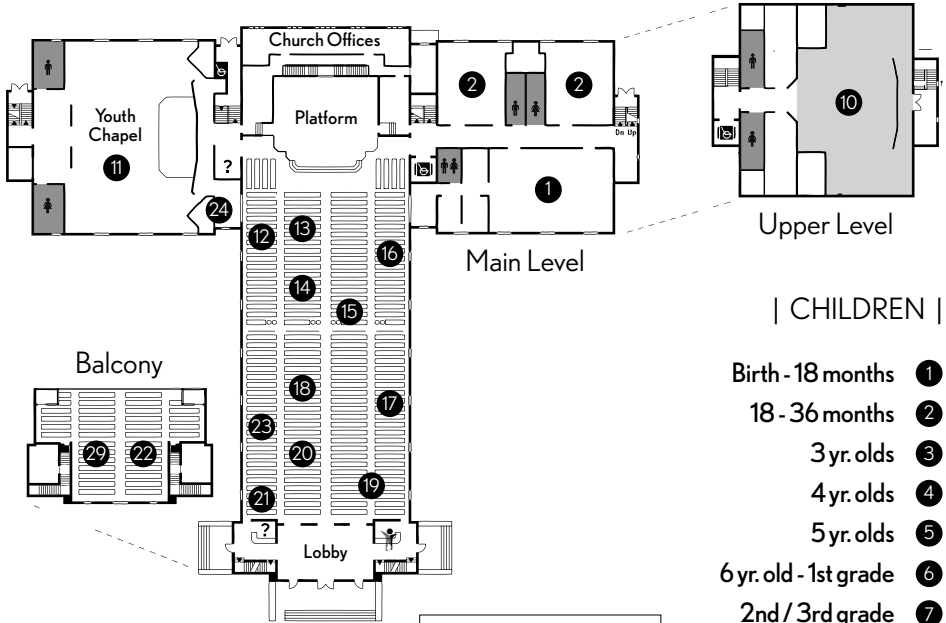
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| CHILDREN |

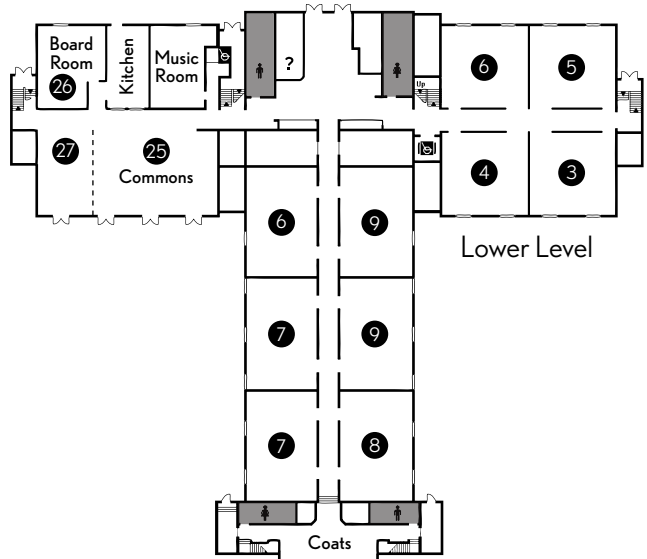
- Birth - 18 months ①
- 18 - 36 months ②
- 3 yr. olds ③
- 4 yr. olds ④
- 5 yr. olds ⑤
- 6 yr. old - 1st grade ⑥
- 2nd / 3rd grade ⑦
- 4th grade ⑧
- 5th / 6th grade ⑨
- Earliteen ⑩
- Youth ⑪

| ADULT |

- ⑫ Group 1
- ⑬ Group 2 (Portuguese/Brazilian)
- ⑭ Group 3
- ⑮ Group 4 (Yugoslavian)
- ⑯ Group 5
- ⑰ Group 6
- ⑱ Group 7
- ⑲ Group 8
- ⑳ Group 9 (Spanish)
- ㉑ Group 10
- ㉒ Group 11 (Balcony)
- ㉓ Group 12 (French)
- ㉔ Conference Room
- ㉕ Something In Common
- ㉖ Young Adults
- ㉗ SDA Beliefs

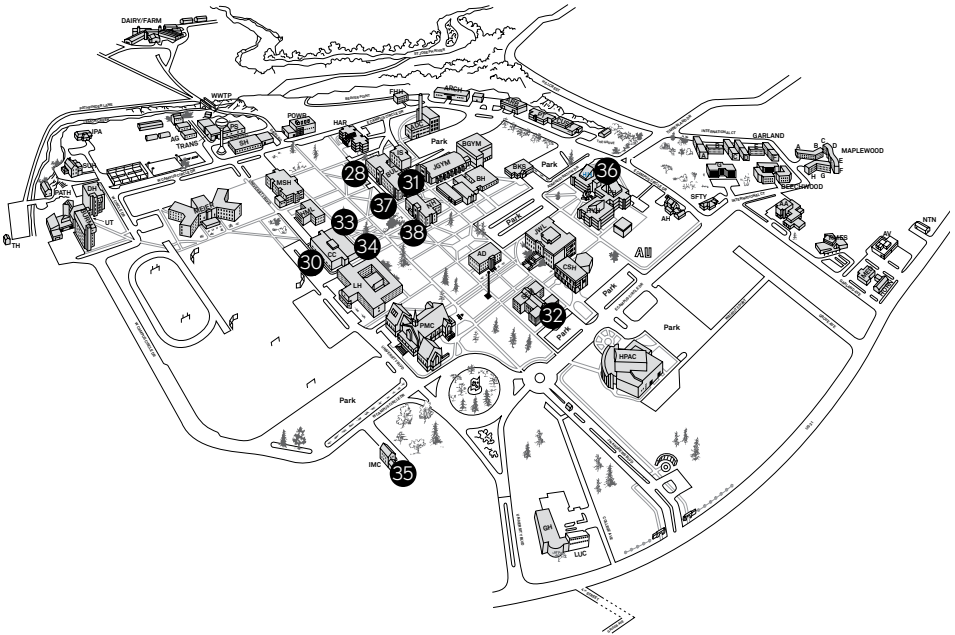
| KEY |

- ? Welcome Centers
- ⬇ Elevators
- ♿ Restrooms
- 👤 Children's Activities & Lending Library



Lower Level

Andrews University Campus Map



| COLLEGIATE |

- 28 H&M (Hispanic - Religion Amphitheater)
- 29 People on the Move (PMC)
- 30 University Sabbath School (Dining Services)
- 31 Compass Sabbath School (Buller - Religion Dept.)

| SEMINARY |

- 32 N108 (Collegiate)
- N110
- N120 (New Life Church Choir)
- N150
- N211 (Small Group)
- N235
- N310 (Russian)
- N335 (Spanish)
- S340 (Upper Room)

| ADULT @ AU |

- 33 Main Lounge
- 34 Faculty Lounge
- 35 Back to Basics
- 36 Living Word Fellowship
- 37 Current Events (Nethery Hall-134)
- 38 Bible Journey (Nethery - 143)

Christmas Breakfast

IN CHURCH



DECEMBER 23 • 9:00 TO 10:00 AM • PMC COMMONS

Come and share
our most joy-filled
holiday tradition—
a delectable Christmas

Breakfast in Church

Bring your favorite holiday sweet rolls,
and we'll provide the rest.



If you want to help serve, please call 471.3150