PIONEER

JANUARY 17, 2015

Stories the Rearview Mirror

why i believe in the **'1000 MAN MARCH'** AFTER FERGUSON

PIONEER ONE • PAGE 8 | PIONEER TWO • PAGE 11

A SONG FOR THE SABBATH DAY

While reading in the Psalms this week, I was especially blessed by Psalms 90 & 92. Michael, a university friend, had shared on Facebook a link to a song he had been listening to as he did his homework. I followed the link and sang along as I did some church work: "Singing blessing and honor and glory and power forever to our God!" (These lyrics were based on Psalm 90: 2, last part: "Even from everlasting to everlasting, you are God!") As I continued reading in Psalm 92, I noted that the title provided for this Psalm is "A Song for the Sabbath Day." The commentator's footnote regarding verses 1-3 follows: "[The] Psalmist begins with praises accompanied by music for God's love and faithfulness. It is good to express gratitude for all God's abounding blessings which spring from His goodness. Thus, thankfulness is the first activity on the day of rest." As we worship together this Sabbath Day, let's raise our voices in thankfulness, singing blessing and honor and glory and power forever to our God! -Sharon Terrell

DEDICATION

A student braves the snow last week on her way to the Undergradulate Learning Center. (Photo taken by Emmanuel Leonard)



CONTENTS

FIND IT HERE CONNECT · GROW · SERVE · GO







4 THE FOURTH WATCH BLOG Shouldn't We Be Asking?

10 SABBATH SCHOOL A Matter of Life and Death

15 STUDENT AID A Bright Future



FEATURE ARTICLE 5 Things to Boost Your Body & Brain in 2015



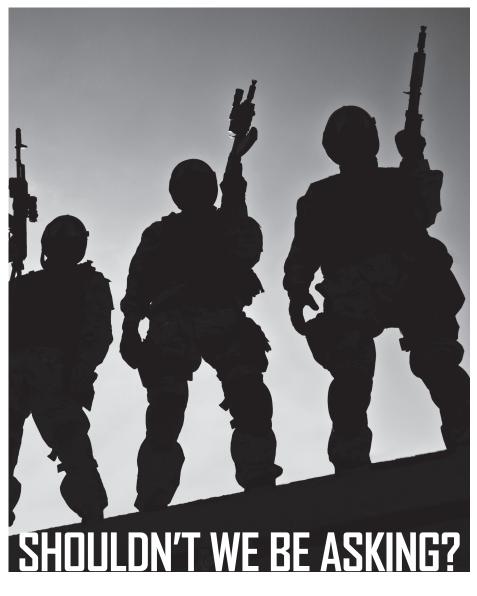
11 PIONEER TWO

11:45 AM Worship

12 ANNOUNCEMENTS 16 CONTACTS

18 SABBATH SCHOOL DIRECTORY

THE FOURTH WATCH BLOG



BY DWIGHT K. NELSON

don't want to sound like the Apostle Paul, who couldn't resist reminding his shipmates, "I told you so!" (see Acts 27:21). But last Sabbath in "Why I Believe We're Running Out of Time," we wondered together whether bloody terrorist attacks like the one in Paris can be the catalyst for setting our civilization up for strong, coercive, authoritarian control of the masses—as both Daniel 12 and Revelation 13 portend will happen just before the return of Christ.

Clearly the only way a free society can prevent these random acts of bloody

mayhem is if governments increase both security and surveillance. That's common sense. However-and this is a huge "however"-increasing security and surveillance necessitates a concomitant abrogation or reduction of civil and personal liberties, the very values cherished in democratic societies (which explains last year's hue and cry over Edward Snowden's disclosures of the government's secret tapping of cell phones and emails).

But have you noticed—in a crisis such as France is facing, public outcry strangely diminishes. Why? Because the need for security/safety trumps the desire for freedom and privacy. Last Sabbath we

noted that two days after the September 11 terrorist attacks in this nation 52% of Americans said they were willing to give up some civil liberties for the sake of national security. In the heat and fear of a crisis, people are willing to abandon long-held values, all for the sake of their safety.

So who was surprised this week when the

French Prime Minister "demanded tougher anti-terrorism measures Tuesday after deadly attacks that some call [France's] Sept. 11–and that may already be *leading* to a crackdown on liberties in exchange for greater security" (South Bend Tribune 1-14-15 emphasis supplied). Precisely the point we made last Sabbath–crises have always been the catalyst for a radical redefining of what our essential liberties really are.

Even religious liberties. Daniel and Revelation describe a global crisis-induced coercive authoritarianism that will one day command the masses to worship a church-state amalgamation (the same

IN THE HEAT AND FEAR OF A CRISIS, PEOPLE ARE WILLING TO ABANDON LONG-HELD VALUES, ALL FOR THE SAKE OF THEIR SAFETY.

confederacy that reigned in terror during the Dark Ages)–all for the sake of collective security/safety. I repeat–all it will take to start the cascade of apocalyptic dominos is a massive crisis, national or global or both. And for the sake of security/safety (ostensibly for the preservation of "law and order"), even religion practice will eventually be dictated. So declares the Word of God.

The point? The divine endgame is just a crisis away. So shouldn't we be asking God for help *now*? Before the crises strike much closer to home? The church in Acts is a profound example of "united prayer" in the face of crisis. Prayers for divine deliverance, prayers for protec-

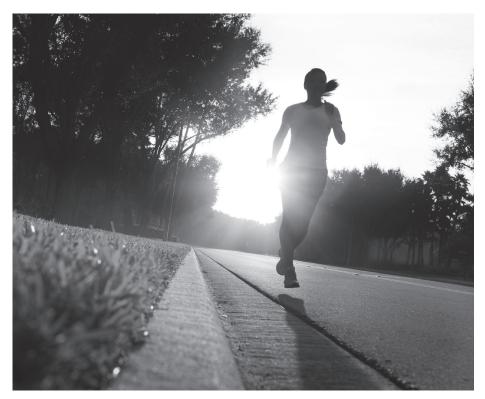
> tion from government incursion, prayers for the salvation of the masses while the doors are still open, prayers for the coming of the Kingdom of Christ-surely it is time for us to be praying those same prayers together. "[Jesus' promise in Matthew 18:19, 20-mark it in your Bible] is made on condition that the *united prayers* of the church are

offered, and in answer to these prayers there may be expected a power greater than that which comes in answer to private prayer" (Manuscript Releases 9:303 emphasis supplied). An even greater power is unleashed when we pray together!

So why not join a GROW Group and pray in a circle of new friends? Or form a band of your old friends. The key is praying *together*. If ever we needed "a power greater," wouldn't it be *now*? ■

You can follow Pastor Dwight's blog at www.pmchurch.tv/blog.

FEATURE ARTICLE



THINGS TO BOOST YOUR BODY & BRAIN IN 2015

BY EVELYN KISSINGER

S imple choices can go a long way to help boost your brain power, boost your immune system, and boost your energy for 2015.

• A 10-MINUTE WALK

A few minutes of moving can wake up your fat-burning enzyme "lipoprotein lipase." When you sit for more than twenty minutes, your fat-burning enzyme goes to sleep. Get up and move around for just a couple of minutes to "wake up" the fat-burning enzyme and get it back to its job of burning fat.

A ten-minute walk can also stimulate your brain and help you stay on task and be more productive. When life gets a little tense, remember the power of a ten-minute walk. Take a short walk inside or outside, up and down the stairs or just walk in place right there at your desk or in your home. Your brain will be refreshed and your body will get back to burning fat!

O TIME TO RELAX

Get enough sleep. This is a big secret to controlling your appetite. Without enough sleep your stress and appetite hormones may be elevated the next day which means you may be more driven to eat sweets and snack foods.

You know that you can handle so much more when you have had a good night's sleep. Your brain is sharper, you have more energy (so you don't need the boost of caffeine or sugar) and you are probably a little nicer to be around.

A REFRESHING DRINK

Drink water and give your body a bath on the inside. Your cells are thirsty for clean, clear, refreshing water. Ditch the high calorie drinks and learn to quench your thirst with the best choice-water. For some pizazz, add a twist of lemon, lime, or sliced oranges to your water.

A hot herb tea is a great way to end your meal. Push away from the table, sip and relax.

A DEEP BREATH

Take a few short minutes to sit back and just breathe deeply to calm your stress and energize your body and brain. Put your hand on your belly. Breathe so that as you take a breath your belly moves up and as you exhale it moves down-just like a baby breathes. Do this for just 2-3 minutes and notice how relaxed you feel!

O A PLATE OF COLOR

Enjoy a rainbow on your plate—a rainbow of colors. Each color—red, purple, yellow, orange, green—provides rich phytochemicals that protect your cells from damage and if they are damaged, help repair the damage. Don't miss out on the delicious taste and protective value of eating a plateful of color. Fresh fruits and vegetables make a lovely appetizer for your parties. Add color, variety and taste with the abundance of deep orange sweet potatoes, bright green broccoli, and red pepper and dried cherries added to your salad. ■

Evelyn Kissinger is Health Committee Director at PMC.

Berrien Springs Supper Club

JANUARY 28 • 6:30 PM NEIGHBOR TO NEIGHBOR 9147 US HIGHWAY 31, BERRIEN SPRINGS, MI

To support your healthful lifestyle, come and bring a friend to the monthly Supper Club that meets the last Wednesday night of the month.

January 28	Italian
February 25	Mexicar
March 25	Indian
April 29	Asian

Call 269.471.3150 to let us know that you are coming. Donations accepted. For more info, call 269.930.0505

WE WORSHIP CONNECT · GROW · SERVE · GO

Opening Voluntary I'm Just a Poor Wayfaring Stranger • Donald Hustad Introit Nobody Knows the Trouble I've Seen • African-American Spiritual Sharon Terrell **Call to Worship** Can we ever thank God enough for the gift of life in Jesus Christ? No. God wants thanks, but the thankfulness that God wants considers our brothers and sisters. How do we show God our thanksgiving and devotion to God's cause? We do it by giving kindness to the people who need mercy the most. Doxology Praise God, From Whom All Blessings Flow • 2 Invocation Dwight K. Nelson Hvmn of Praise Christ Is Alive! • 182 **Congregational Prayer** We Would See Jesus • st 4 of 494 Worship in Music Didn't My Lord Deliver Daniel? • African-American Spiritual Children's Story Jesu, Jesu, Fill Us With Your Love Ghanaian Traditional / Robert Powell Philemon 8-10, 12, 15-16 NIV • Sonia Badenas & Davide Sciarabba Scripture Therefore, although in Christ I could be bold and order you to do what you ought to do, yet I prefer to appeal to you on the basis of love.

It is as none other than Paul—an old man and now also a prisoner of Christ Jesus—that I appeal to you for my son Onesimus, who became my son while I was in chains.

I am sending him—who is my very heart—back to you.

Perhaps the reason he was separated from you for a little while was that you might have him back forever-no longer as a slave, but better than a slave, as a dear brother.

He is very dear to me but even dearer to you, both as a fellow man and as a brother in the lord.

Sharon Terrell

Hymn of Preparation

In Christ There Is No East Nor West • 587

Sermon

"Stories in the Rearview Mirror: Why I Believe in the '1000 Man March' After Ferguson" Dwight K. Nelson

Connect Cards, Tithes, & Offerings

PMC Operating

Hymn of Commitment Benediction

Lord, I Want to Be a Christian • 319

Closing Voluntary

March (Occasional Oratorio) • George Frideric Handel

PRESIDING PASTOR: Sharon Terrell; ORGANIST: Kenneth Logan WORSHIP IN MUSIC: Journey; Marguerite Samuel, director

MUSIC ALIVE SPEAKING TO THE TIME

hrist's saving journey across space and time is celebrated in "Christ Is Alive!" (hymn 182) in language for its time. About his hymn, author Brian Wren said, "In 1968 on Easter Sunday we sang a hymn called 'Christ Is Alive', which I wrote within 10 days because about 10 days before, Martin Luther King was assassinated.... I wrote the hymn after that particular event but

also hoping it would say something more universal." Several versions exist, including at least three stanzas not included in the SDA Hymnal. One of these "missing" stanzas clearly celebrates God's initiative to save us: "Christ is alive and comes to bring / Good news to this and ev'ry age, / Till earth and sky and ocean ring / With joy, with justice, love and praise."

WE STUDY CONNECT · GROW · SERVE · GO

Song ServiceBennett ShelleyWelcomeMordekai OngoSpecial FeatureYou Are a DiscipleOffertoryJonathan DoramBible Study"A Matter of Life and Death" • ClassesTheme SongMake Me a BlessingMake 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

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Benediction

Bennett Shelley

ORGANIST: Kenneth Logan OFFERTORY: Jonathan Doram, Piano

See page 18/19 for Sabbath School directory & map

WE PRAISE

CONNECT · GROW · SERVE · GO

As We Begin

I'm Just a Poor Wayfaring Stranger • Donald Hustad

Hello

Praise

This Is Amazing Grace • From The Inside Out • Mighty To Save Create In Me A Clean Heart

Prayer

Sharon Terrell

Children's Story

Jesu, Jesu, Fill Us With Your Love • Ghanaian Traditional / Robert Powell

Worship in Music

Didn't My Lord Deliver Daniel? • African-American Spiritual

Sermon

"Stories in the Rearview Mirror: Why I Believe in the '1000 Man March' After Ferguson" Dwight K. Nelson

Connect Card, Tithes, & Offerings

Closing Hymn Lord, I Want to Be a Christian • 319

As We Depart March (Occasional Oratorio) • George Frideric Handel

WORSHIP DIRECTOR: José Bourget; ORGANIST: Kenneth Logan PLATFORM MANAGER: Debbie Weithers ; MUSIC DIRECTOR /PIANO: Ilana Cady VOCAL DIRECTOR: Jonathan Dominique; BASS GUITAR: L'mar Hall; ELECTRIC GUITAR: Joel Wallace VIOLA: Bryan Urbina; DJEMBE: Stacey DePluzer; SAXOPHONE: Sebastian Serrano VOCALS: Alanna James, Shaly Torres WORSHIP IN MUSIC: Journey; Marguerite Samuel, director

PIONEER PEOPLE

SUNSET TODAY • 5:39 SUNSET NEXT FRIDAY • 5:47

SUBMIT announcements by emailing <u>bulletin@pmchurch.tv</u> or by going to <u>www.pmchurch.org</u> and click on "submit a bulletin announcement." Requests must be received Monday by 5 PM for consideration.

WEEK AT A GLANCE

| SATURDAY |

FAMILY VESPERS

5:00 PM • Youth Chapel

| WEDNESDAY |

HOUSE OF PRAYER 7:00 PM • Youth Chapel

| FRIDAY |

UNIVERSITY VESPERS

7:30 PM • Newbold Auditorium

PIONEER PULPIT

| 01•24 |

DWIGHT K. NELSON

"Stories in the Rearview Mirror: Why I Believe It's Time to Go BIG or Go Home"

| 01 • 31 |

DWIGHT K. NELSON

"Stories in the Rearview Mirror: Why I Believe These 70 Small Companies Are Greater Than the Fortune 500"

Sanctuary Flowers

Sanctuary flowers today are provided by the children and grandchildren of Pat Mauro, in honor of her 87th birthday.

Family Vespers

TODAY • 5:00 PM YOUTH CHAPEL

You are welcome to close the Sabbath with us as we spend time with God's Word, and in prayer.

Adopt a Family for Christmas Thank-you

God is Good, and the response to the needs of others was wonderful. 23 PMC families responded to the 23 families on our list. 46 children were provided new winter clothing, toys & games: Ruth Murdoch 7th- and 8th-graders "adopted" 12 children and overwhelmed them with gifts, food, and entertainment. The Upper Room Sabbath School Class adopted 7 children. A private family "adopted" 5 children. The others were "adopted" by individual families and a group of Andrews students. Several student families, on the verge of eviction, were helped by donations of \$1,223.00. Several PMC families provided food or gift-certificates for groceries. Many recipients sent Thank-You notes to their generous donors. May God continue to bless as you show His love through your caring. -Katherine Smith

Chase the Winter Blues Away

JANUARY 24 • 6:30 TO 8:30 PM ANDREWS POOL & BEATTY GYM

Join your PMC family and bring the kids to a pool and gym night where the climbing wall and racquetball courts have been reserved for us. The event is free and is sponsored by the Family Life Committee.

PMC Youth Mission

JANUARY 24 • 5:00 PM YOUTH CHAPEL

The PMC Youth Mission Honduras Team will present an inspiring vespers next Sabbath afternoon. Enjoy stories of God's work at the Hogar de Ninos Children's Home and surrounding community. The team conducted a camp for over 180 children, the nursing students served in the local hospital, neighborhood families were fed, a Daniel seminar was conducted, and love was shared. For more information contact Glenn Russell: <u>glenn@andrews.edu</u>.

RMES Annual K-8th Shining Stars Talent Show

JANUARY 24 • 5:00 PM RMES GYMNASIUM

You are invited to discover the many talents of our Ruth Murdoch Elementary students.

Scrapbooking Together

JANUARY 25 • 10 AM TO 6 PM PMC COMMONS

Did you receive a new scrapbooking tool or card-making supplies for Christmas? We would love to see what you received. Bring your scrapbooking/ card-making materials and projects and spend the whole day or just stay for a couple of hours. We provide the chocolate and prizes. Questions, contact Sherrie Davis @ 471.3134.

The Gift of Time

JANUARY 30 THROUGH FEBRUARY 1 CAMP AU SABLE

Looking for the perfect gift for your son or younger buddy? How about some time? Come to Camp Au Sable's "Lessons from the Carpenter" Father/ Son/Big Brother/Buddy weekend. Go to <u>www.campausable.org</u> and **click on "Registration" before January 22.** Bring a pocket knife and learn some lessons about walking in the steps of the Carpenter. For more information call 517.316.1570.

Compass Collegiate Sabbath School

SABBATHS FROM 10:30 TO 11:30 AM RELIGION & BIBLICAL LANGUAGES BULLER HALL

If you are interested in studying the Bible during Sabbath School together with fellow students from all over campus, this is the place for you. Enjoy singing and studying the Scriptures all semester long. Erhard Gallos and Glenn Russell are the coordinators of this Sabbath School. For more information contact Erhard Gallos at <u>gallos@andrews.edu</u> or @ 269.471.3186.

The Journey to Wholeness

FRIDAYS • 10 TO 11 AM ANDREWS SEMINARY HALL RM N-108 SATURDAYS • 10:15 TO 11:15 AM ANDREWS NETHERY HALL RM NH-134

The Journey to Wholeness 12-step meetings offer hope and help in addressing challenges, to help you become the person God and you intend. For information email <u>adventistrecovery@gmail.com</u> or call 240.346.5204.

ArtsBridge 6th Annual Super Bowl Poetry Reading

FEBRUARY 1 • 2:00 PM FIRST PRESBYTERIAN CHURCH

Poets of all ages are invited to listen, recite a favorite poem, or read a few they wrote. A reception will follow the program. For details call 269.925.7075. First Presbytherian is located @ 475 Green Avenue on Morton Hill in Benton Harbor.

Tablets for Cuba

Our brothers and sisters in Cuba have no access to Christian books, and collections such as EGW's books or the SDA Commentary are impossible to obtain. A Bible or a simple devotional book is treasured for generations. The need is so great that people loan their scarce books between families until the books are worn. The solution is to put hundreds of books and resources into a single tablet. Perhaps you received a new tablet this holiday and don't need your old one. Why not donate it to a Cuban family. For more information contact Fernando Ortiz at 471.3416 or ortizl@andrews.edu or simply bring your tablet or cash donations to the MDiv office at the Seminary. On behalf of a Cuban family, pastor or student, IGracias!

PMC Running Club SUNDAYS • 8:30 AM PMC PARKING I OT

Join Ryan and Christine Wallace on Sunday mornings for a run on the Andrews University trails. E-mail <u>boeck@andrews.</u> <u>edu</u> for more information.

Pathfinder Leadership Training

Master Guide, PLA & PIA seminars at PMC, posted @ youth.lakeunion.org/ assets/99285.

Join the Pioneer Audio Team

The Pioneer Media Team is looking for two people willing to help with audio on Saturday mornings. Responsibilities include planning, setting up, and supporting the audio needs of our weekly Church and Sabbath School programs. Experience is not necessary, but always appreciated. We are looking for a two-year commitment. Students are welcome to get involved too. To get involved please contact Joel Kitchen at <u>audio@pmchurch.org</u>.

Host an Exchange Student!

The Berrien Springs/Eau Claire Rotary Club is seeking host families for Rotary International Exchange students coming from other countries to live in the United States for the 2015-16 academic year. For an incredibly rewarding international experience without leaving your own home contact Dr. Brad Hinman, 269.471.5968 or <u>hibradly@andrews.edu</u>.

Conversation Partners

The Center for Intensive English Programs on the campus of Andrews University is looking for volunteers to be conversation partners with students who are studying English. If you enjoy learning about other cultures and making new friends, we invite you to volunteer. For information contact Amanda Meseraull at <u>meseraull@andrews.edu</u>.

Calling All Singers - Tra la la!

Our Pastor is asking for a Sanctuary Choir. Singers, please contact Jeannie Pedersen-Smith at jean.pedersen.smith@ gmail.com or 269.277.0488 for voice or a text message.



A BRIGHT FUTURE

BY JIM FORD

od has blessed each of you in one way or another. Even if times are rough right now you likely have something to give thanks for. "Count your blessings, name them one by one, and it will surprise you what the Lord hath done. You will see how the Lord has blessed." Each dollar you give to the Student Aid Fund gives a young man or woman access to Christian education. Only God knows what your blessing now, shared with someone else, might bring in the future. Thank you for supporting the Student Aid Fund.

Here is a letter from a grateful mother addressed to you, the PMC family and especially those who give to the Student Aid Fund.

"Dear PMC Family,

I would like to express my sincere gratitude for the financial assistance you provide our family so that my daughter has the opportunity to receive a Christian Education at RMES.

As a single mother of three, it has been a struggle financially; however, it is my conviction it

is God's desire that our kids are able to be taught by Christian teachers with curriculum that points to our Maker. God has rewarded our commitment to Christian Education and thus far has provided a way.

My daughter is very blessed to belong to a church family that not only worries about having good Sabbath School classes, which she enjoys very much, but that understands the importance of Christian Education in the daily lives of children.

Once again, thank you for your generosity and may God continue to bless your ministry, the church as a whole, and our school.

With much appreciation, A mother."

FOR MORE INFORMATION: Jim Ford • 471.4902 <u>fordjim@andrews.edu</u>

| PASTORS | | STAFF |

Chaplain / Pioneer • José Bourget bourget@pmchurch.org 471.6254

Discipleship / GROW Groups

Sabine Vatel vatel@pmchurch.org 471.6153

Harbor of Hope • Taurus Montgomery montgomery@pmchurch.org 269.923.9274

> Lead Chaplain • June Price madrigal@andrews.edu 471.6282

Lead Pastor • Dwight K. Nelson nelson@pmchurch.org 471.3134

Pastoral Care • Don Dronen dronen@pmchurch.org 471.3133

Stewardship • Sharon Terrell terrell@pmchurch.org 471.6151

This Generation Evangelism Rodlie Ortiz ortiz@pmchurch.org 471.6154

Youth Ministries • 471.6176

Media Ministries • Nick Wolfer wolfer@pmchurch.org 471.3246

> Music • Kenneth Logan logan@pmchurch.org 471.3231

Admin. Assistant • Genaida Benson benson@pmchurch.org 471.6565

Admin. Assistant • Lailane Legoh legoh@pmchurch.org 471.3543

Asst. Media Dir. • Jonathan LaPointe lapointe@pmchurch.org 471.3678

Assistant Treasurer • JoAnn Siagian siagian@pmchurch.org 471.7656

Bible Work Coordinator

Tabitha Umali tabitha.umali@pmchurch.org 269.340.2031

Clerk • Jackie Bikichky bikichky@pmchurch.org 471.3972

Communications • Rebecca Coleman rebecca.coleman@pmchurch.org

Executive Assistant • Sherrie Davis davis@pmchurch.org 471.3134

Graphic Designer • Rachelle Offenback bulletin@pmchurch.org 471.3647

Maintenance • Larry White white@pmchurch.org 471.3649 | MINISTRIES |

Adventurers • Daniel González adventurers@pmchurch.org 423.432.0780

> Deacons • Milan Vajdic deacons@pmchurch.org 471.0328

Deaconesses • Vida Giddings deconesses@pmchurch.org 473.2175

Elders • Russell & Cynthia Burrill elders@pmchurch.org 473.3738

> GROW Groups growgroups@pmchurch.org

Health • Evelyn Kissinger health@pmchurch.org 930.0505

Pathfinders • Matthew Johnson evergreenpathfinders@gmail.com 240.755.2661

Public Address • Joel Kitchen audio@pmchurch.org | SABBATH SCHOOL |

Adult • Judy Aitken adultss@pmchurch.org 240.7997

Birth - Grade 1 • Claudia Davisson bg1@pmchurch.org 269.208.7081

Grade 2 - Earliteen • Robert Barnhurst g2teen@pmchurch.org 473.1613

| OUR SCHOOLS |

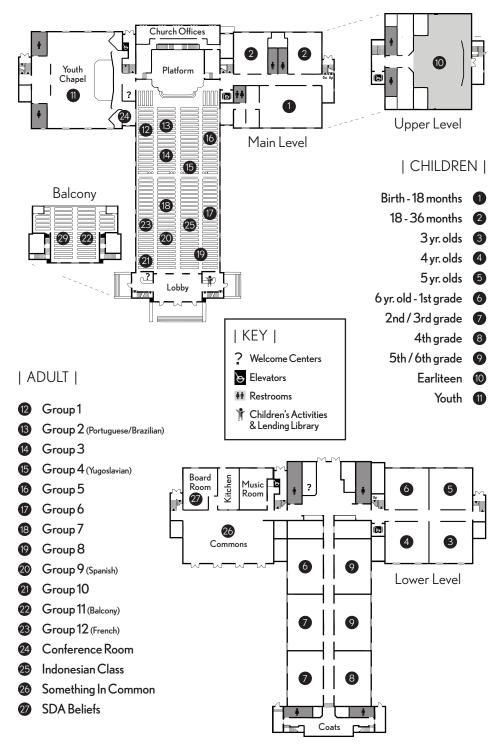
Andrews Academy • Robert Overstreet overstrr@andrews.edu 471.3148

Andrews University enroll@andrews.edu 471.7771 or 800.253.2874

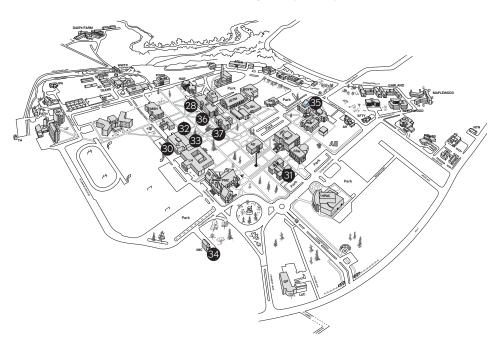
Ruth Murdoch / K-8 · David Waller

waller@andrews.edu 471.3225

PIONEER MEMORIAL CHURCH
8655 UNIVERSITY BOULEVARD, BERRIEN SPRINGS, MI 49103OFFICE HOURS
Monday – Thursday (8 to 5) • Friday (8 to 12)PHONE – 269.471.3133
FAX – 269.471.6152LIVE STREAMING
www.pmchurch.tv
Sabbath 11:45 AMONLINE
www.pmchurch.tvRADIO
WAUS – 90.7 FM
Sabbath 11:30 AM



Andrews University Campus Map



| COLLEGIATE |

- 28 H&M (Hispanic Religion Amphitheater)
- **People on the Move** (PMC)
- 30 University Sabbath School (Dining Services)

| SEMINARY |

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

| ADULT @ AU |

- 32 Main Lounge
- 3 Faculty Lounge
- 34 Back to Basics
- Living Word Fellowship
- **36** Current Events (Buller 135)
- 3 Bible Journey (Nethery 143)



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