

# PIONEER MEMORIAL CHURCH



## Life Lessons from Alaska

AUGUST 20, 2011

8:15 AM // PAGE 8 & 11:20 AM // PAGE 11

# WELCOME!

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*Visitors, newcomers, and students returning home, we welcome you on this late summer Sabbath. You find us amidst a season of eager (and, yes, anxious) anticipation as we prepare for the new school year. But on this hallowed day, we seek sanctuary from the pressure of those endeavors. We gather to worship the God of both prescience and peace, who reassures us with an ancient promise that still sounds good: "I know the plans I have for you...plans to prosper you and not to harm you, plans to give you hope and a future" (Jer. 29:11). Visitors, please come and join us in the Commons after second service for a home-cooked vegetarian meal.*

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## THE FOURTH WATCH

[WWW.PMCHURCH.TV](http://WWW.PMCHURCH.TV)

### THE "MAGICAL MYSTERY" BUS

Just as the ubiquitous yellow school busses are revving up to begin another school year across the nation comes word about President Obama's brand new \$1.1 million mystery bus. Perhaps you've seen it on his road trip this week through some of our Midwest neighbor states—that new Greyhound-size black bus, with blacked out windows and red and blue police lights.

Few details of the bus have been released, although the Christian Science Monitor website has conjectured what the imposing bus might be like. If it shares similarities with the familiar black presidential Cadillac limousine, nicknamed "The Beast" by the Secret Service, then it, too, is built like a tank, with "8-inch thick armor-plated sides, special bulletproof glass, and Kevlar-reinforced tires . . . mounted on specially designed rims

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*Continued on 7*

# REVIVAL & REFORMATION

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## WHO AM I?

**“B**ut Moses said to God, “Who am I that I should go to Pharaoh, and that I should bring the children of Israel out of Egypt?” Ex. 3:11

“Who may ascend into the hill of the LORD? Or who may stand in His holy place? He who has clean hands and a pure heart, who has not lifted up his soul to an idol, nor sworn deceitfully. He shall receive blessing from the LORD, and righteousness from the God of his salvation.” Ps. 24:3-5

Moses desired to deliver his people, but he did not feel qualified! We seek revival and reformation—we want to be God’s instruments, but we do not feel qualified either.

Who will deliver us from our inadequacies? Does God have a plan whereby that which seems impossible becomes possible?

In Moses’ day, qualification required humbling—his humbling himself—to stand in God’s presence and to lead his people back to Canaan. Why? Because humbling—dying to self and being emptied of self—was necessary if he was to be taken over by God—similar to the bush that was burning before Moses. It didn’t make sense, but it worked.

Effective spiritual leadership and dying to self don’t seem to go together, but they do. While we may think a person dying to self is pursuing a “benevolent nobody,” or “doormat” future, we forget that the purpose of dying to self is to be taken over by the indwelling presence of God—becom-

ing God’s instrument, for the purpose of living for Him, doing His will, experiencing His empowerment, being motivated for His glory, and living a life of abundance on HIS BEHALF! Self is removed so that God can take over!

“When the heart is emptied of self, it will be ready for the baptism of the Holy Spirit, and then you will be fitted to strengthen the sheep and lambs of the flock of Christ; for *self will be hid with Christ in God...*, ...let us see to it that our hearts are cleansed, emptied of self, and turned toward heaven, that they may be ready for the latter rain. Let us be obtaining a fitting up to join in the proclamation of the angel who shall lighten the earth with his glory. *Signs of the Times*, August 8, 1892

## HOUSE OF PRAYER

WEDNESDAY @ 7 PM, YOUTH CHAPEL

Jesus lived a life of prayer on this earth. Fused with the Holy Spirit of God, He was empowered for ministry, for worship, and for hard times. At House of Prayer we are going to study the life of Jesus in the Gospel of Matthew. Together we will journey through the life of Christ to discover who Jesus really was and is today. Come join us to receive a fresh vision of Christ this year and join in on a collective conversation with God that will empower your prayer life!

# MASTER PLAN OF EVANGELISM

## KID'S PRAYER MEETING / SUMMER REPORT

Summer 2011 is a busy time for KPM (Kid's Prayer Meeting), a group of public school children from the university apartments that meets each week for Bible study, prayer and fellowship. Eight young adults lead out in various KPM activities such as teaching the Bible lesson for the evening or illustrating spiritual lessons in creative ways. Timely topics are discussed such as how to solve conflicts God's way. Three of the young adult leaders are baptized members of the PMC church family and two more are studying for baptism. This is a picture of their group at Grand Mere



Beach where they went to have fun AND participate in a baptism!

For two and half years this small group has met, grown and blossomed. Overflowing with God's love, they have shared their talents with others in the community in many ways such as providing a summertime circus for children at their apartment complex

and volunteering at Neighbor to Neighbor. Recently they set up a lemonade stand where they gave out info about their KPM small group and invited other children to join. KPM also attended the Village SDA Church vacation Bible school together. Before public school begins this fall,

the group plans to have a candlelight foot washing service, reminding each other of what we are all supposed to be about - God's business of serving others. I am amazed at the dedication of these children and I absolutely love working with them. God continues to lead us as we are willing to obey Him and do His work.

### PRAY

That children will be attracted to Jesus through KPM

### MORE INFO

Cari Vath / 269-471-6426  
vath.fulofgrace.cari943@gmail.com

### MASTER PLAN OF EVANGELISM

#### GIVE TO LINE 5

Annual Budget	\$ 131,000
Goal to-date	\$ 83,127
Received to-date	\$ 83,125
<i>(Received to-date 2010)</i>	\$ 63,832

As of August 13, 2011

# CHRISTIAN EDUCATION

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## RMES / WELCOME BACK

**W**elcome to the 2011/2012 school year at Ruth Murdoch Elementary School! We are ready and waiting to see hundreds of smiling



faces on Monday. Here's what we have in store for this year:

- Updated computers in the C Wing computer lab
- Structured ELL classes for students who are learning English
- Mr. Graves and Mr. Flores offer an exciting music program
- Smaller class sizes in the middle elementary grades
- New Jr. High mini-courses
- A Home & School Association "Welcome Back Breakfast"
- A new Spanish classroom
- An additional School Spirit Day (hint: put your thinking caps on!)
- Lots of assemblies, fieldtrips, and fun

We hope that all of our students, and parents, are in tip-top shape and ready to tackle what lies ahead in 2012. We pray for each of you daily, and we can't wait to have a building full of great students and their angels for another year.

### PRAY

That many youngsters will be led to Jesus this school year

### MORE INFO

David Waller / 471-3225  
waller@andrews.edu

### CHRISTIAN EDUCATION GIVE TO LINE 3

Annual Budget	\$220,921
Goal to-date	\$140,184
Received to-date	\$134,052
<i>(Received to-date 2010)</i>	\$122,468

As of August 13, 2011

# OPERATING EXPENSES

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## VISITOR FELLOWSHIP DINNER / JOIN THE TEAM

A vital component of our church ministries is the visitor fellowship dinner which is held after second service most Sabbaths throughout the year. More than 15 teams currently provide delicious home-cooked meals and fellowship (which sometimes includes live music) to the many visitors from around the world who stop by our campus. Visitors share their appreciation regularly with team members. For many, this act of caring on our part provides a glimpse of Jesus' ministry among us.

Have you been able to join one of our teams yet? We need many more participants, and in fact we can also use more team leaders. There is a place for you in the visitor fellowship dinner ministry. You say, "I can't cook", or "I really can't afford to furnish a lot of food". Don't worry. We can use you to help with set-up or cleanup, or visiting with our guests. Don't hesitate to get involved. Most teams serve only twice a year. Fill out the form on page 10 or contact Ben Chilson. We need YOU!



### PRAY

That our church will show God's loving spirit of hospitality to those who visit us each week

### MORE INFO

Bennett Chilson / 269-473-5077  
bennettc43@gmail.com

### OPERATING EXPENSES

#### GIVE TO LINE 2

Annual Budget	\$585,000
Goal to-date	\$371,250
Received to-date	\$328,438
<i>(Received to-date 2010)</i>	\$308,817

As of August 13, 2011

that can continue to drive even if the tires are missing.” Similarly the new bus “is probably airtight, and likely has an advanced fire suppression system, oxygen tanks, and is built to withstand a chemical attack.” And on the bus, as in The Beast, “bags of Obama’s blood” are surely on board in the event of a medical emergency. But because the bus is significantly bigger, it no doubt contains more than The Beast’s tear gas cannons, shotguns and night vision cameras. How many satellite phones and communication wizardry—to connect with government officials and world leaders in the event of a terror event—is anybody’s guess.

Actually, the Secret Service commissioned the Hemphill Brothers Coach Company to build two such busses, since the Republican presidential candidate next year will be given similar protection. Total cost for these two “mystery” busses? \$2,191,960.

(<http://www.csmonitor.com/USA/Politics/The-Vote/2011/0817/1.1-million-bus-used-by-Obama-has-high-tech-defenses-but-what-are-they>)



So how are you planning to travel this new year? Forget about a bus. If you’re like me, you’ll be glad for your trusty old bucket of bolts to simply survive another winter! But would you like to travel even better than the President?

The title for this new blog, “The

Fourth Watch,” comes straight out of a dramatic emergency (as last week’s blog noted). **“Now in the fourth watch of the night [Roman reckoning for 3-6 a.m.] Jesus went to them, walking on the sea” (Matthew 14:25).**

There’s no president alive who can travel like that! When Peter recognized it was Jesus walking the wind-lashed swells, he called out into the fury if he might come. “Come.” And Peter did, with all the bravado of a seasoned fisherman. **“But when he saw the wind was boisterous, he was afraid; and beginning to sink, he cried out, saying, ‘Lord, save me!’” (v 30).** In that split second the Savior grasped Peter’s flailing hand. “Walking side by side, Peter’s hand in that of his Master, they stepped into the boat together” (*Desire of Ages* 381).

Did you catch that? Side by side, hand in hand with the God of the universe. No mystery bus or The Beast. Instead a walk through the fourth watch, through the raging storm, with the Savior. Which is why I hope you’ll join me next week at Pioneer or this website in a life-changing journey with Christ through the Gospel of John—**“The Last Word: The Fourth Gospel for a Final Generation.”** That Peter walked on water isn’t the surprise—that Jesus wanted him to is. So pray with me L. D. Avery Stuttle’s prayer:

I cannot, dare not, walk alone  
 The tempest rages in the sky  
 A thousand snares beset my feet  
 A thousand foes are lurking nigh  
 Still Thou the raging of the sea  
 O Master! let me walk with Thee.

# PIONEER @ WORSHIP

8:15 AM

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<b>Pioneer Family Life</b>	Micheal Goetz
<b>Voluntary</b>	<i>Alone to God in the Height Be Glory / Johann C. Bach</i>
<b>Introit</b>	<i>Jesus, Guide Our Way / Adam Dreese</i>
<b>Call to Worship</b>	
<b>Doxology</b>	<i>Praise God, From Whom All Blessings Flow / 695</i>
<b>Invocation</b>	Dwight K. Nelson
<b>Hymn of Praise</b>	<i>Joyful, Joyful, We Adore Thee / 12</i>
<b>Congregational Prayer</b>	Micheal Goetz
Call to Prayer	<i>Great Is Thy Faithfulness / st. 1 of 100</i>
Response	
<b>Worship in Music</b>	<i>Great Is Jehovah the Lord / Franz Schubert</i>
<b>Offering</b>	Pioneer Memorial Church Operating Expense
Dedication Prayer	Dorothea and Christiane Gallos
Offertory	<i>The Lord's My Shepherd / Harold Darke</i>
<b>Children's Story</b>	
<b>The Word</b>	Psalm 25:8-10,12,14 NIV / Tiffany Napier & Kim Adame
<b>Hymn of Preparation</b>	<i>Open My Eyes That I May See / 326</i>
<b>Sermon</b>	Dwight K. Nelson "Life Lessons from Alaska (2): Of Guns and Grizzlies and an ATV"
<b>Hymn of Dedication</b>	<i>Father, Lead Me Day by Day / 482</i>
<b>Benediction</b>	
<b>Postlude</b>	<i>Bless the Lord, O My Soul / Charles Wood</i>

The Kids Library (in the church lobby) loans quiet activities to young families.

PRESIDING PASTOR: Micheal Goetz ORGANIST: Kenneth Logan  
WORSHIP IN MUSIC: Julia Lindsay, soprano

## CALL TO WORSHIP

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The Lord is our shepherd;

**We have everything we need.**

He gives us new strength. He guides us in right paths as he promised.

**He welcomes us as honored guests and fills our cups to the brim.**

His goodness and love is with us at all times and his house shall be our home forever.

**Let us worship God!**

## THE WORD

PSALM 25:8-10,12,14 , NIV

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Good and upright is the LORD; therefore he instructs sinners in his ways.

**He guides the humble in what is right and teaches them his way.**

All the ways of the LORD are loving and faithful toward those who keep the demands of his covenant.

**Who, then, are those who fear the LORD? He will instruct them in the ways they should choose.**

The LORD confides in those who fear him; he makes his covenant known to them.

## MUSIC ALIVE

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### JOY, MUCH JOY

It must be one of the more widely-known hymn melodies. Today's Hymn of Praise, "Joyful, Joyful, We Adore Thee", has a melody adapted from the ninth symphony by Ludwig van Beethoven. There it draws its text from the so-called "Ode to Joy." In Beethoven's work, the melody is introduced in a most-interesting way. It occurs late in a symphony in which Beethoven has introduced a variety of musical themes. As an introduc-

tion to this climactic melody that in its development concludes this colossal symphony, Beethoven reintroduces—and rejects—various fragments of what has come before. Then the hymn prototype melody enters in majestic quietude, eventually rising to an almost feverish pitch of jubilation. Could be like joy in our lives, couldn't it—entering unassumingly, expanding exponentially over time?

# SABBATH STUDY

SANCTUARY 10:00 AM

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<b>Song Service</b>	Christina Carroll
<b>Opening Hymn</b>	<i>Praise My Soul the King of Heaven / 4</i>
<b>Scripture</b>	Psalm 34:15,17
<b>Prayer</b>	Jeanie Craig
<b>Welcome</b>	Winston Craig
<b>Special Feature</b>	Glenn Russell
<b>Offertory</b>	<i>The Heart of Worship / Matt Redman, arr. Larry Dalton</i>
<b>Bible Study</b>	"Conformity, Compromise, and Crisis in Worship" / Classes
<b>Theme Song</b>	<i>Lord, in the Morning / 39</i>
<b>Benediction</b>	Christina Carroll

ORGANIST: Kenneth Logan  
OFFERTORY: Olena Rybachok, piano

**[see page 14/15 for Sabbath School directory & map]**

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## VISITORS' FELLOWSHIP DINNER MINISTRY

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**D**o you enjoy people and making them feel welcome? PMC is looking for Visitors' Fellowship Dinner Team leaders and those interested in bringing food and serving.

Ben Chilson, PMC's Visitors' Fellowship Dinner leader is seeking to expand the fellowship dinner ministry by increasing the number of Sabbaths we serve our guests and increasing the number of our members involved.

### Will you help us?

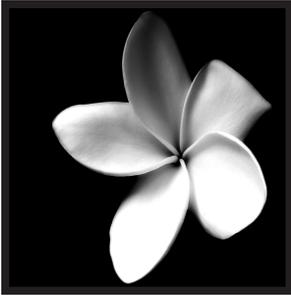
Please check below and fill out the information. Then place this card in the offering plate or give it to a deacon.

- I am interested in being a Team Leader.
- I am interested in helping on a team.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_



## **Voluntary**

*Alone to God in the Height Be Glory*

## **Introit**

*Jesus, Guide Our Way*

## **Songs of Praise**

## **Prayer**

Micheal Goetz

## **Invitation to Give**

*The Lord's My Shepherd*

## **Worship in Music**

*Great Is Jehovah the Lord*

## **Sermon**

"Life Lessons from Alaska (2): Of  
Guns and Grizzlies and an ATV"  
Dwight K. Nelson

## **Commitment**

*Father, Lead Me Day by Day / 482*

## **Postlude**

*Bless the Lord, O My Soul*



The Kids Library (in the church lobby) loans quiet activities to young families.

PRESIDING PASTORS: Micheal Goetz & José Bourget; WORSHIP DIRECTOR: Melody Collins  
VOCALS: Kara Kang, Obed Galla, Jonathan Constantine, Melissa Ruhupatty  
PIANO: Paul Ochieng; STRINGS: Jacqui Weiss - Violin, Yewon Kim - Cello  
DJEMBE: JohnHenri Rorabeck; GUITAR: Aaron Kaiser  
WORSHIP IN MUSIC: Julia Lindsay, soprano; ORGANIST: Kenneth Logan

# PIONEER PEOPLE

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SUNSET TODAY: 8:41

SUNSET NEXT FRIDAY: 8:30

*For more announcements or to submit a request for a new announcement, please visit our website: [www.pmchurch.org](http://www.pmchurch.org).*

## PIONEER FAMILY LIFE

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### **FALL REGISTRATION**

Have you registered your students for school this fall? Ruth Murdoch Elementary School registration is going on now. If you desire an Adventist school with innovative teaching, mission opportunities, positive peer influence, and more, register by calling Cyndi at 269.471.3220, or visit our website: [www.myRMES.org](http://www.myRMES.org). School begins August 22.

### **MAKE A DIFFERENCE NET 2011!**

We invite you to play a significant part in the NET 2011 evangelistic meetings. We are looking for volunteers to help with the children's programming that will take place during the meetings. NET 2011 begins on September 30 and continues on Friday, Saturday, Monday, Tuesday, and Wednesday nights through October 29. Volunteers can sign up in the church office to help.

### **SENIOR CAMP**

Senior Camp for retirees is a time of rejuvenation and seems to be kind of addicting for those who went last year. Enjoy nature walks, birding, canoeing, fishing, and new and deepening friendships. It will be September 11 to 15. Plan for it.

### **SANCTUARY FLOWERS**

The flowers in the sanctuary today were supplied by Joe & Stella Greig in celebration of the anniversary of their wedding 50 years ago, today. They have been spent 43 of those years at AU and as members of PMC. They thank God for journeying with them, and for their friends in this community who have nurtured them through Christian love and friendship. At the end of second service, if you are celebrating your 50th anniversary any date this year, please take a rose from the bouquet home with you.

### **ONE PROJECT SPECIAL CHAPEL SERVICE**

On Monday evening, August 29 at 7:30 PM EST, Andrews University will be holding a special chapel service in Pioneer Memorial Church focusing on the One project. If you are unable to attend the event, or would like to learn more about the One project, you can join us live online at [www.the1project.org](http://www.the1project.org)

### **VOLUNTEER AT NEIGHBOR TO NEIGHBOR**

We need volunteers – men and women. Join our Neighbor To Neighbor family and make a difference.

*-Laura Meyer*

## PIONEER FAMILY LIFE [CONT]

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### **3RD ANNUAL FITNESS EXPO AND 5K**

August 29, 9:00 AM. Join us for this 5K run/walk event, starting at Andrews University gym. Newly designed course, overall and age-group awards, post-race food, and lots of fun! This event is FREE for AU students, faculty, and staff. For cost information for community members, or for more information please e-mail Christine Wallace at boeck@andrews.edu, call (269) 313-2550, or visit [http://www.andrews.edu/cas/nutrition/fitness\\_expo/](http://www.andrews.edu/cas/nutrition/fitness_expo/). All participants must fill out a registration form, so please arrive no later than 8:30 AM to sign up for the run/walk! For expo information contact Dominique Wakefield at wakefiel@andrews.edu or (269) 471-3256.

### **CAN YOU HELP FEED THE PATHFINDERS?**

The PMC Pathfinders are looking for donations of food for their upcoming camporee Sept 15-18. The Lake Union Camporee is happening right here in Berrien Springs at the campgrounds. If you are willing to help, there is a sign-up sheet at each of the visitor centers. If you cannot help provide food, perhaps you can help with a monetary donation that can be put toward the cost of food.

### **BAPTISMAL SERVICE**

Marenda Escobar will be baptized in the sanctuary following 2nd service at 1:30 PM All are welcome to join us for the short baptismal service.

### **HEALTH PROFESSIONALS' RETREAT**

Calling all doctors, dentists, nurses, and allied health professionals! Michigan Conference annual Health Professionals' Retreat will be held September 16 -18. The guest speaker will be Mark Ranzinger, MD, FACS. Join us for inspiration, education, motivation, children's programs, and relaxing golf on Friday morning and other activities! Or come Friday evening when the meetings begin! Families and singles welcome. Email schristie@misda.org or call 517-316-1527.

### **PATHFINDER/ADVENTURER REGISTRATION:**

Are you in K-4? Come, join the PMC Forever Friends Adventurers. If you are in grades 5-10, then you may join the PMC Evergreen Pathfinders. Registration will be Wednesday, August 24 from 6:30 to 8:30 PM in the 5th grade Sabbath School room. We are looking forward to seeing our previous members, as well as new ones. If you have questions, please call Joe and Kathy Capps, 815-5090.

### **NOMINATING COMMITTEE**

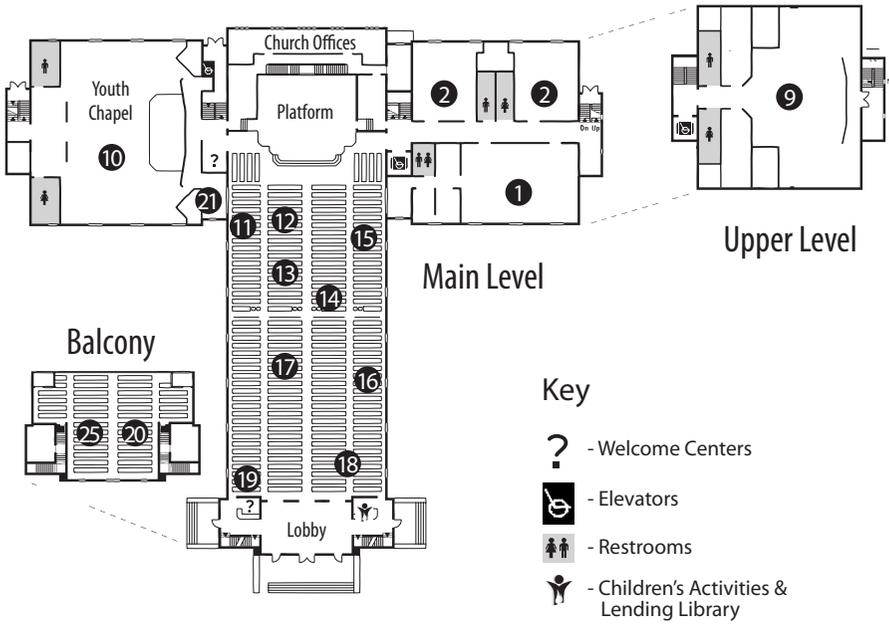
#### **Second Reading**

Elder—Evan Knott;  
F/O Deacon—Dennis Blesh,  
Brenton Offenback;  
Asst SS Sup Birth-1st Grade—  
Barbara Reid;

#### **First Reading (Corrections)**

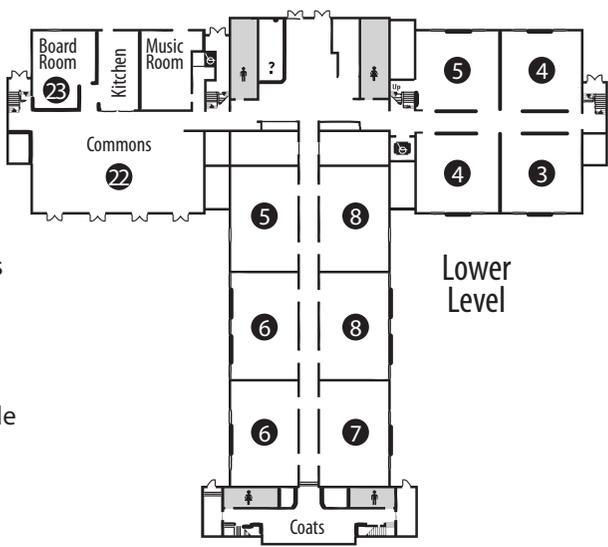
Stewardship Committee: Chair—  
Tari Popp;  
Ex-officio—Sharon Terrell  
Member—Philip Giddings, III

# 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

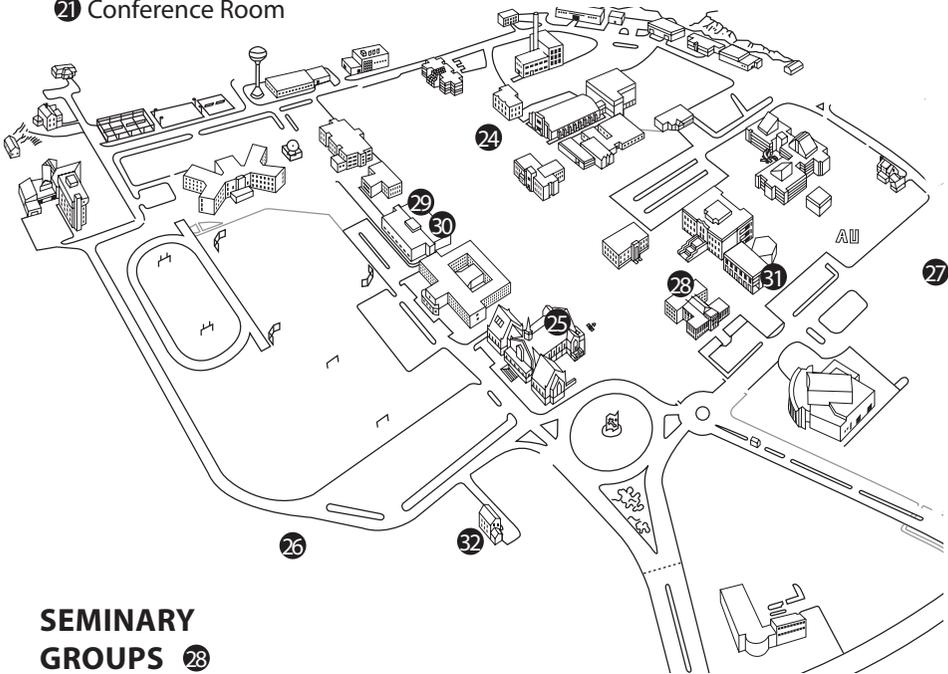
- 24 The Vine (Buller Student Lobby)  
H&M (Hispanic - Religion Amphitheater)

- 25 People on the Move (PMC)

## YOUNG ADULT

- 26 Elements (Fireside Fellowship House)

- 27 HAM Horn Museum (downstairs)



## SEMINARY GROUPS 28

- |                               |                   |
|-------------------------------|-------------------|
| 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

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

# CONTACTS

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## PASTORS

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nelson@pmchurch.org  
471.3134

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[small groups] Esther Knott  
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[music] Kenneth Logan  
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[campus chaplain] Timothy P. Nixon  
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## OUR SCHOOLS

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## MINISTRIES

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[public address] Joel Kitchen  
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[small groups] Joni Bell  
smallgroups@pmchurch.org  
815.4739

## PMCHURCH MEDIA

### ONLINE

[www.pmchurch.org](http://www.pmchurch.org)  
[www.pmchurch.tv](http://www.pmchurch.tv)

### RADIO

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

### CMRadio

[www.andrews.edu/cm/cmradio](http://www.andrews.edu/cm/cmradio)  
*Live Stream - 11:30 a.m. service*

### LIVE VIDEO STREAMING

11:30 AM — [www.pmchurch.tv](http://www.pmchurch.tv)

### TELEVISION

WHMETV 46  
*Sunday noon & midnight*

SAFE TV, HOPE CHANNEL & 3ABN  
*See websites for local listings*  
[www.safetv.org](http://www.safetv.org)  
[www.hopetv.org](http://www.hopetv.org)  
[www.3abntv.org](http://www.3abntv.org)



## 2011-2012 Health & Wellness Schedule

We here at Pioneer Memorial Church are always happy to see people involved in healthy activities. Please join us for some of the programs and events listed here, and feel free to contact us with any questions.

### Seminars

#### DE-CLUTTER YOUR LIFE!

Jan. 8, 2012, 2:00 pm

Think: 'Ultimate Home Makeover.' De-clutter your living spaces, including home, car, dorm-room, workspace, etc. The winner of our drawing gets one FREE in-home house-cleaning and reorganization day. Light refreshments will be served. The cost is \$5 per person, and \$2 for students.

#### SIMPLE SOLUTIONS

Jan. 12 – Feb. 2 (4 Thursdays), 6:00 pm

Simple Solutions is a four-session, dynamic lifestyle intervention program. Learn how to deal with stress and depression in a more positive way and discover the relationships between biblical and scientific principles of a healthy lifestyle and better coping ability.

#### BACK HEALTH

Jan. 29, 2012, 2:00 pm

This seminar will provide attendees with an easy-to-follow training plan. It will also include demonstrations, fitness plans, and hands-on examples. Just \$2 per person.

### Special Events

#### 'LET'S MOVE' DAY

September 25, 2011, 2:00 pm

Join us for an afternoon of exercise demonstrations, challenges, and fun activities.

#### 'HEALTHY HOLIDAY MEALS'

November 6, 2011, 4:00 pm

We will demonstrate how to prepare a traditional, healthy, holiday meal. A full meal is provided. The cost is \$5 per person, and \$3 for students. Free babysitting!

#### 2ND ANNUAL 'SUSHI 101'

February 26, 2012, 4:00 pm

Healthy food doesn't have to be bland food! Learn how to prepare vegetarian sushi. A full Japanese meal is provided. The cost is \$7 per person, and \$3 for students. Free babysitting!

#### 3RD ANNUAL 'PIZZA 101'

April 8, 2012, 4:00 pm

We will demonstrate how to prepare traditional, healthy, and delicious pizza. A full pizza and salad meal is provided. The cost is \$5 per person, and \$3 for students. Free babysitting!

The cooking events above are lead by:  
Christine & Ryan Wallace

### Ongoing Programs

September 2011 - April 2012

#### WEEKLY EXERCISE CLASSES

PMC — Monday & Wednesday, 6-7 PM.  
FREE, just bring clothing and shoes.

#### WALKING CLUB

PMC — Sunday, 9 AM. FREE.

#### RUNNING CLUB

PMC — Sunday, 8 AM. FREE.

#### S.T.E.P. WALKING CLUB

PMC — Monday, 8 AM. FREE.  
(Spending Time in Exercise & Prayer)

For more information, please contact:  
Ryan and Christine Wallace  
E-mail: [health@pmchurch.org](mailto:health@pmchurch.org)  
Web: <http://www.pmchurch.org/health>

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# “The Last Word: The Fourth Gospel for a Final Generation”

**a new year series @ pmc — beginning next sabbath**  
august 27, 2011 // 8:20 am & 11:20 am

*bring your andrews study bible and let john bring you to JESUS*