

Announcements (con't)

Prayer Time, every Sabbath after the worship s
Youth Room

Gardening w/ Kyle, Tuesdays, anytime between 11 a.m.
and 7 p.m. at the church & school.

Exercise class for women, Tuesdays, 4:30 p.m.
Church parking lot.

Ohana Bible Study Meetings

Tuesday, 5:30 p.m., Home Convenience Center
329-3356 or 960-2406

Wednesday, 6p.m., 15-18 age group meet at Church. Contact
Pastor for info. (808) 315-8124

Wednesday, 6:30p.m., Adult Ohana meet at Church Fellowship
Hall. Contact Jim Kiyabu 285-1525.

Thursday, 6 p.m., Mercill's Home, 315-1098, Potluck, study.

Friday 7 p.m. Reyes home 334-1437

Friday 7 p.m. Stephens' home 325-1532

Fellowship meeting, Fri, 6 p.m., Parker Home,
Contact Curtis 936-9446



Health Nugget

“Did you know that a simple seed may hold the secret to helping in the prevention of cancer, heart disease, and even Alzheimer’s? Flax seed, also known as common flax or linseed, comes in two different varieties – brown and yellow, or golden. Both types are high in omega-3 fatty acids, lignans, and fiber. Particularly over the past decade, extensive research has shown that the omega-3s found in flax may help to prevent Alzheimer’s. Omega-3s are also noted for their role in helping to prevent heart disease and cancer. Lignans are powerful antioxidants. They bind to estrogen receptors and interfere with the cancer-promoting effects of estrogen in the body. This is why a recent clinical study showed that consuming flax seed can help to prevent breast and prostate cancers. Finally, most are familiar with the health benefits of fiber. Flax seed is high in both soluble and insoluble fiber. Flax is noted for its ability to prevent or eliminate constipation. Among many other benefits, flax seed has also been shown to help lower cholesterol, reduce the likelihood of developing diabetes, fight inflammation, and minimize menopausal symptoms. Cultivation of flax goes back as far as ancient Egypt. It is one of the oldest crops grown today. When you consider the ability of this simple seed to help prevent a wide variety of diseases, it is no small wonder that so many have relied on its benefits over centuries past.”

Kona Seventh-day Adventist Church

808-323-3317

82-1013 Kinue Road

or

P.O. Box 1280,

Captain Cook, Hawaii

96704

<http://www.konasdachurch.org>

Pastor: Luis Camps 808-315-8124

E-mail: pastorkonasdachurch.org

Head Elder: Mark Oskins 960-5651

Kona Seventh - Day Adventist Church



January 21, 2012

The Mission of the Kona SDA Church

**Is to
connect people with God,
connect people with each other,
help them to grow spiritually,
and empower and equip them for service.**

**Please join us for Fellowship Luncheon
following the worship service.**

Announcements

Thank you for your well wishes and constant prayers. God has honored your prayers and is blessing me with recovery. Glenn Taka

Elder's Meeting, today, January 21, 2:00 p.m. in the Youth Room.

Health Fair, Sunday, January 22, 10 a.m. to 3 p.m. at the fellowship Hall and school grounds. Lecture on Diabetes, Reducing your Cardiac risk, Toxin Free home environment, Ergonomics and Back pain, Vegan Cooking class, Healing through Lomi Lomi. Fun activities for children. Invite your friends. Contact Jodi Leslie for information.

Church Board Meeting, Monday, January 23, 5 p.m.

Please continue to pray for Glenn, Uncle Louis, Auntie Nora, Bette, Lorene and any of our shut ins.

Bulletin Information: Please contact Josie Matatumua at josie.vermeulen78@gmail.com or 430-9861 before Wednesday noon.

Vision: Hope and Healing

January 21, 2012

At Study
9:30 – 10:40 a.m.

Superintendent Charlotte Miller
Lesson Study Kiran Emler

Interlude
10:45 a.m.

Praise Song Praise Team
King's Business David Luke

At Worship

Hymn of Praise "We Praise Thee With Our Minds" #642
Call to Worship *Hebrews 13:4* Ileiana Mitte
Keiki Story Audrey Freitas
Lamb's Offering Keiki
Thoughts on Giving * *Church Budget* Cyndi Kiyabu
Worship in Giving Praise Team
Praise Songs Praise Team
Garden of Prayer Jim Kiyabu
Worship in Music
Prayer Response Praise Team
Message "4 Keys to Intimacy" Pastor Camps
Benediction "Marie's Benediction" Organist



* Mark the tithe envelopes, loose offerings for church budget

Thank You For Visiting

I am: (check all that apply)

- A first time visitor
- New to the area
- A resident of Kona
- Looking for a new church home

You're Name: _____

Address: _____

Phone Number: _____

Email Address: _____

Are You a Member of Another Church?

If Yes, Church Name: _____

I would like information about the Kona Adventist Church

I would like to know more about the Kona Adventist Christian School
Church Outreach Programs

Women's Ministries

Children's Ministries

Would like to join the Kona SDA Church
By transfer from another SDA church
By Baptism
By profession of faith

Please request my transfer from: _____

Cut out and place in offering plate

