



Dear Brothers and Sisters:

This week was a very sad week; one of our youth in the prime of life was taken away by the cold hand of death. This is a tragedy and the question that we need to answer is how we should respond to this untimely death. As I reflect on this matter I am drawn to a passage of Scripture found in PROVERBS 27:1 “Do not boast about tomorrow, for you do not know what a day may bring forth.” If we are completely honest, we are all guilty of procrastinating from time to time. Let's face it, there are certain tasks that are really hard to get motivated to do like: Cleaning out a closet or a storage room or going through stacks of old newspapers and magazines or returning phone calls to people you dread talking too! But sometimes we procrastinate when it comes to doing some really important things such as: going to the doctor for important things. Have you procrastinated on making that dentist appointment because you are afraid of dentists? Have you procrastinated on getting that physical checkup because you are afraid of what the doctor might tell you? If you will carefully examine the things you procrastinate on most often, chances are it is because of fear. And there are times when we procrastinate when it comes to important spiritual matters, such as reading our Bible or spending time in prayer or giving up a sinful habit or talking to loved ones or friends about sinful habits or talking to loved ones or friends about Chris or even accepting Christ and being baptized. Procrastinating on important spiritual matters can not only have a serious effect on our relationship with God, it can even have eternal consequences.

The apostle James expresses the importance of taking care of business today and not tomorrow. We have to realize that tomorrow may never come as James says, James 4:13 13 Now listen, you who say, “Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money.” 14 Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Have you been putting off becoming a Christian because you are not ready to make the commitment to serve God with your whole mind, heart and soul? Don't you think it's time that you stop gambling with your soul and thinking that you will always have tomorrow. Let me tell you that Jesus is coming soon, and He will come in an hour when we think not! He will come when we aren't expecting Him. He will come at a time when we are least ready. He will come at His appointed time and we need to be always watching and waiting for that day, that hour, and that minute to come. Don't drop your guard. Don't believe the Devil's lies and let him lull you to sleep in the very House of God. Don't allow yourself to fall into apathy. Stay vigilant! Stay ready! For at the hour when you think not – that's when Jesus is coming again. Let's be found faithful to the end: ever watching and ever waiting for his soon coming. Don't let that day catch you unaware!



Congratulations to the
Poconos Adventist Christian School (PACS)
Graduates For 2016

Today's worship will be conducted by the PACS in support of it's 2016 Graduates.

Call To Worship:Psalms...98:I

Opening Song#92.....Congregation

ScriptureDaniel 3:I -2.....Guest

Graduation Ceremony

Sermon.....“Cool Faith in a Hot Furnace”Sis. Patricia Francis

Hymn of Consecration#590.....Congregation

PLEASE REMAIN SEATED UNTIL USHERED OUT



PASTORAL ANNOUNCEMENTS

How to invest in the Future of our Children?

The most important decision that we can make for our children is how to manage our children's education, it only makes sense to ask the One who invented education.

"You shall therefore impress these words of mine on your heart and on your soul And you shall teach them to your sons, talking of them when you sit in your house and when you walk along the road and when you lie down and when you rise up." (Deuteronomy 11:18-19)

What we have here is a clear biblical mandate to saturate our children's minds with the Word of God. It's a difficult task under any circumstances, but virtually impossible in a public school setting. Once inside those doors, children spend 30 to 40 hours a week being told that God, if He exists at all, is no longer relevant. No matter how spiritually grounded your child may be, the repetition of such destructive ideas can't help but have an adverse effect.

It is a sad but true irony: public schools, the self-proclaimed shapers of the human mind, have chosen to ignore the God who created the human mind. To their chagrin, they have robbed themselves of their most valuable "textbook," and the only available source of absolute truth.

"The fear of the Lord is the beginning of wisdom," writes Solomon. "And knowledge of the Holy. One is understanding" (Proverbs 9:10). As students pursue the knowledge of math, biology and music in a Christian setting, they're chasing after the knowledge of God. And the by-products of such an endeavor - wisdom and understanding - are the God-given rewards for which every good student strives.

One of the principal reasons that many good Christian Seventh-day Adventist Parents send their children to the public school is what they deem as academic superiority. Contrary to popular opinion, students at Christian schools consistently out-perform their public school counterparts. Their standardized test scores are way above the curve, and they're better prepared for college upon graduation. Even in the areas of math and reading, subjects that are "less spiritual" in content, students at Christian schools have proven their superiority

The truth is while you get what you want for your children, what have you and your children lost long term?

The bible tells us "that good company improves bad morals, many of us would have a welcome reprieve. Unfortunately, the opposite is true. Bad company corrupts good morals (1 Corinthians 15:33), the Apostle Paul tells us, and we can assume he was writing to a predominantly adult audience. You can imagine what he might say to a group of impressionable children and young teens.

Make no mistake: your kids will be exposed to bad company no matter where they go to school. Sometimes they may even be the bad company. But in a Christian environment, they'll be much less likely to find themselves surrounded by destructive influences, and far more likely to find positive ones.

Regardless of what you may think about Christian school, we encourage you to seek God's thoughts on the matter before choosing an academic home for your children.

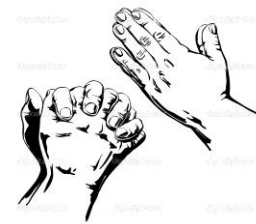
Church Board meeting

The Stroudsburg Monthly Church board meeting convenes on Saturday night June 04 at 6:30 pm. No agenda item will be accepted on the night of the meeting. All departmental leaders need to submit their agenda to the pastor and church clerk at least seven days in advance of the church board meeting. Please remember to that you are expected to present your reports and planning for the rest of 2016 in writing.

Let's all go to camp meeting

My Dear Brothers and Sisters,

Please begin planning for Pennsylvania Conference Camp Meeting 2016 which, if time should last, will be June 10-12, 2016. It will be a spirit filled and exciting week for all ages. Special activities have been planned for our children and youth on Sabbath and Sunday June 12. May the Divine power and Spirit of the Holy Ghost revive and energize us to do the work that the Lord has called us to do. Let us remember to Pray for our conference and conference leadership as they seek to address the challenges of leading Gods church to higher heights in times like these.



THE CHURCH AT STUDY

June 4th, 2016

9:15 AM — 10:45 AM

Theme: Lest We Forget

- Welcome.....Sis Batson and Elder Woodley-Brown
- Opening Song.....#612.....Congregation
- Scripture Reading1st Corinthians 12:12-27..... Sisters Cato &
- Opening Prayer.....
- World Mission Emphasis..... Sis Josephine Aaron
- Lesson Study: Second Quarter, 2016.....Lesson #10
- Welcome Visitors..... Elder Woodley-Brown
- Special Music.....Sis. Morris
- Closing Remarks..... Elder Woodley-Brown

HEALTH NUGGET

The Diet that Helps Allergies

Eat at least 2 servings of omega-3 rich foods daily because deficiency of this special fatty acid increases risk of allergies. Walnuts, chia seeds, spinach, soybeans, or ground flaxseed are good vegetarian sources of essential anti-inflammatory alpha linolenic acid. Although olive oil is not an omega-3 fat, it also exerts anti-inflammatory effect and can be used in moderation with good results.

Reduce any consumption of omega-6 fats (including corn, safflower, sunflower, or peanut oils). Excessive use of these fats, as opposed to omega-3 ones, tends to increase inflammation in the body.

Seriously limit sugar; it shifts body chemistry toward inflammation.

Emphasize intake of foods containing LOX inhibitors. LOX enzymes are involved in the production of pro-inflammatory leukotrienes, which are key contributors to allergies and asthma. Inhibitors reduce their formation. Fortunately, a wide variety of plant foods contain them. Anthocyanins, the phytochemicals that compose the purple, red and blue pigments in foods, are natural LOX inhibitors. Certain phytochemicals from pomegranates, garlic, onions, sesamin from sesame seeds, and resveratrol from red grapes and blueberries, inhibit both leukotrienes and another pro-inflammatory enzyme called COX-2

. <http://newstartclub.com/resources/detail/natural-remedies-for-seasonal-allergies>

PASTORAL ANNOUNCEMENTS

Coming soon!

I am thrilled to announce that we will hold our Family Enrichment Gospel Crusade in **Stroudsburg July 23 to August 13, 2016**. The crusade will begin at 7 PM on Saturday night and continue nightly. We look forward to working with local church officers and members to help promote the event, and we encourage all church members to bring the lost and hurting.

There is urgency in my heart to spread the Gospel of Jesus Christ in Stroudsburg and beyond. I hope that you will be there with us to help promote, pray, volunteer, and give as God leads us into this great harvest of souls in the upcoming Evangelistic meetings.

My dear Brethren and Friends, God has called us as his people and Church to join together as fishers of men and under the anointing of the Holy Spirit, we will cast our nets into the human ocean and pull as many that will be added to God's Church. When we do our part, the Holy Spirit will cooperate. God is pouring out His Spirit with glorious indifference to our differences! He said, "I will pour out of my Spirit on all flesh." And it seems to me He pours Himself into the mold of any vessel. Please determine now that you will be a vessel who is willing through the Power of the Holy Spirit to attend and bring family, friends, and guest to the upcoming crusade.

Yours in the Blessed hope

Pastor Livingstone Aaron



ANNOUNCEMENTS

Up-Coming Events

Adventist Youth Society (AYS): Today, at 5 PM.

Sabbath Prayer Session: Today - Immediately after Divine Service in the Kindergarten class room, all are welcome. Remember, starting today and continuing every First Sabbath, Group Grief Support will be incorporated into the prayer sessions. You are Not Alone.

Pathfinders: Will be meeting every Saturday Night and Sunday morning for practice until the upcoming Pathfinders Fair.

Health Ministries exercise Class continues June 25, after sunset in the gym, \$6 for class and hydration.

It is time again for our Family Picnic. The Sabbath School team is planning an exciting trip this year to Quassy Park in Connecticut. More information to come. And please reserve August 14 in your calendars. Please fill out the related survey located in your bulletin.

Vacation Bible School (VBS) time is here. All children please invite your friends to join you in learning about Jesus. August 1 – 13, 2016, more information to follow.

Intro to White Water rafting in Jim Thorpe. Sunday July 10th at 12:45 p.m. Group rate: Adults: \$54.74. Kids ages 6-17: \$47.25. \$20.00 deposits from each individual attending needed within the next 4 weeks in order to secure reservation for the church. Deadline for payment in full is June 25th after Sabbath. Sign-up sheet is on the bulletin board in foyer. For more information, speak with Dr. Pascal.

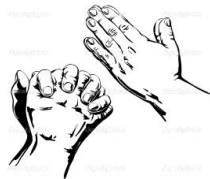
Prayer Line: will be on hiatus until further notice.

PACS End Of Year Events

- Graduation Weekend:
 - Graduation Service, Stroudsburg Church, Today June 5th
 - Banquet Sunday June 6th at Desaki Restaurant

All are welcomed to join us for our Graduation events (see School bulletin board for more information).

Thank you for your support throughout the school year.



Q2 THEME SONG: LEARNING TO LEAN^{c6}

**(Chorus) Learning to lean
Learning to lean,
I'm learning to lean on Jesus
Finding more power than I've ever dreamed
I'm learning to lean on Jesus.**

**The joy I can't explain fills my soul
The day I made Jesus my king
His Blessed Holy Spirit is leading my way
He's teaching and I'm learning to lean**

**Sad broken hearted, at an alter I knelt
I found peace that was so serene
And all that He asks is a childlike trust
And a heart that is learning to lean**

**There's a glorious victory, each day now for me
I've found peace so serene
He helps me with each task, If I'll only ask
Everyday now I'm learning to lean**

Memory Text

Matthew 21:42 New International Version (NIV)

⁴²Jesus said to them, “Have you never read in the Scriptures:
“The stone the builders rejected
has become the cornerstone;
the Lord has done this,
and it is marvelous in our eyes’¹⁹?”



CHURCH BUSINESS

Choir Rehearsal Schedule

- Sanctuary Choir – Sabbath after AY
- Youth Choir (12 years and up) – Sabbath at 2:30 PM
- Children’s Choir (2 years thru 11 years) - Sabbath at 3PM

Board Meetings 1st Sabbath of each month

Baby Dedications Third Sabbath of Each Month

Medical Personnel on Duty.....Sis. Laverne Ventiere

Pathfinders Club: meets every 1st and 3rd Sunday of the Month.

This Bulletin is also available on-line.. @ <http://www.stroudsburgsda.org>

Like Us on Facebook @ *Stroudsburg Seventh-Day Adventist Church*

Please send all Requests for Church Related Information to.....
stroudchurchclerk@gmail.com

All heads of departments are asked to check their mailboxes weekly and also check the calendar on the church’s web site to make sure that their planned events are correctly represented.

Notice:

To submit your ideas on the Church Building Plans or Fundraising, please email the Building Committee at **building@pacs-sda.org**

SICK & SHUT-IN

Bro. Richard Adams 1361 Resica Falls Rd, East Stroudsburg 570-223-7727

Bro. Drakes at Brookmont Health Care Center Effort, PA 610-681-4070

Sis. Nemesia Rance 267 King St, Stroudsburg, 570-619-5338

Bro. Norma Leap 570-992-4970

Please remember; **Brother Colegangle** and **Brother Samson** in your prayers.

Financial Report as of 05/28/2016

	For The Month	For The Year
Amount Needed	\$10,998	\$ 131,976
Amount Collected:	\$12,275	\$ 59,616
Amount Difference	+\$1,277	\$ -72,360

Sunsets

CSF3 Today: 8:28 PM

Next Friday: 8:32 PM

STEWARDSHIP MOMENTS

Our lives are God's gift to us; how we live is our gift to God

What is Stewardship of Time and Talent?

It is the wise and responsible use of the special gifts God has entrusted to each of us. It is believing that God has created each one of us with unique abilities and attributes including our personalities, interests, motivations, life experiences, talents and skills, hopes and dreams -- which make us who we are. We are one of a kind creations of God with unique contributions to make in this world.

Why Is This Important?

Our lives have real meaning only when we use our gifts in accordance with God's will. As we grow in stewardship, we grow in our relationship with God. We grow in our ability to hear and accept God's call and to let our life be guided by God's will, not our own desires and impulses.

How Can I Be a Good Steward of My Time and Talents?

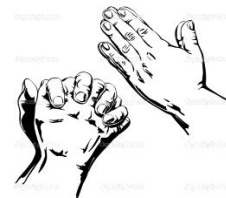
In short, put God at the center of your life. We are provided with many opportunities each day to be good stewards. We just need to be aware of the choices we make and the significance of our decisions. Time...don't let it slip away!

No gift is greater than time, and yet, nothing is so easy to waste. Contrary to our cultural norms, good stewardship of time doesn't mean being busy all the time. Time spent in prayer, nurturing relationships with our family and friends or just enjoying the beauty of the world around us is time well spent. In fact, taking "time out" to nourish ourselves spiritually can be the best thing we can do to deepen our relationship with God.

Questions to Ponder;

Take some time to reflect on these questions and perhaps take them to prayer, asking for God's guidance, with gratitude for this marvelous gift.

1. How do I "kill time"?
2. When have I most appreciated time?
3. What do I think God wants me to do with my time?
4. What obstacles keep me from being a good steward of my time?



WHO ARE SEVENTH-DAY ADVENTISTS?

WHAT SEVENTH-DAY ADVENTISTS BELIEVE

We believe that Jesus Christ;

Is found throughout the entire Word of God. (John. 5:39; II Tim. 3:16, 17)

Is the divine Son of God and our personal Savior. (John. 1:1-3; Heb. 7:25)

Offers His righteousness to all who accept Him by faith. (Rom. 4:3-5)

Soon coming will be visible to all, and at that time He will raise the dead.
(I Thess. 4:16, 17; I Cor.15:52)

Is the source of a new birth experience. (John. 3:3-5)

Is the Creator of the world, and established the 7th day Sabbath for His people to remember His creative power. (Heb. 1:1, 2; Ex. 20:8-11)

Is our example that the Ten Commandment Law is a reflection of God's perfect character, and that it is our pattern for successful living. (John. 15:10, James. 2:8-12)

In the Old and New Testaments, outlined the free giving of tithes and offerings to support the work of the church. (Mal. 3:10; Matt. 23:23)

Through His baptism, gave an example of His death and resurrection, and new life through our baptism. (Mark. 1:9; Rom. 6:3-5)

Through the Holy Spirit, makes our body His temple. (I Cor. 3:16, 17)

Gives the gifts of the Spirit for the unity of the faith and the perfection of the saints.
(Eph. 4:8-11; I Cor. 12)

Expects modesty and deportment in His children. (I Tim 2:9, 10)

Is now our heavenly Priest, and gives His last message for all mankind that,
"the hour of God's judgment is come." (Rev. 14:6-12; Heb. 8:1-6)

COME AND WORSHIP WITH US	OUR PEOPLE
<p>Prayer Meeting - Wed. 7:00 pm First Service - Sat. 8:30 am Sabbath School - Sat. 9:45 am Second Service - Sat. 11:00 am Adventist Youth Society Sat. 1 hour before sunset</p> <p>c1</p>	<p>Pastor: Livingstone Aaron 570-355-5762 416 Tranquility Ct. Long Pond, PA 18334 Email: laaron@paconference.org</p> <p>Church Clerk: Stacey Charles 570-534-5311 Head Elder: James Obegi 201-423-3227 Community Services: Jamala Asiyu - 570-369-5213 Pocono Adventist Christian School— 570-421-5577</p>