



Dear Brothers and Sisters,

Greetings in the name of our soon coming Savior and Lord, We are living in perilous times, there is no doubt that the coming of Jesus is much closer than we think. The Bible says in James 5:8 "Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh." The Second Coming of Christ is the blessed hope; it is an event of promise. The clarion call of Scripture is that we live in anticipation and preparation for that great day. "Christ is coming soon. He declared that when there would be wars and rumors of wars, when there would be famines, pestilences, and earthquakes in diverse places, we might know that the time of his second appearing is near. The wickedness, the turmoil, the disturbances on every side, should be regarded by us as signs that the day of God is at hand. 'When these things begin to come to pass,' he declared, 'then look up, and lift up your heads; for your redemption draweth nigh' "(Review and Herald Nov. 19, 1914).

If we are to understand the drawing near of our redemption we must adopt the frame of mind of the Lord's listeners. The redemption that is at hand will not bring us to Heaven. The people to whom the Lord was speaking would not think in terms of making their eternal home in Heaven. The message is simple today. Yet, this text is a time-sensitive message. The text before us in Luke 21: 28 is straight forward and clear. I see three verb forms that are all time sensitive in Luke 21: 28—(1) It's time to straighten up. (2) It's time to lift up our heads (3) It's time for Jesus to return--our redemption is drawing near, I want us to examine three action verbs that the Word teaches—two of these we are to obediently follow The last verb is what Jesus will do, whether or not we are prepared. The last verb is sure—our redemption is drawing near. Nothing can deter our redemption from coming soon.

The real truth is that we are all closer to death than the second coming of Christ; I am not saying that Jesus coming is not imminent. The fact of the matter is that we may die before Jesus Comes. Whether we are prepared for Jesus' return, straightened up, with our heads lifted up, He is still coming soon. The tarrying of the Lord is running out. Eggizo means to be at hand, to come near, to draw near, or to approach closely. Whether we are ready or not, Jesus is coming. Time is running out. The squeeze is on. This could be the last Sabbath worship for someone present here today.

He could come today, but if not, we should look for Him tomorrow. He could come this week, but if not, we should look for Him next week. He could come this year, but if not, we should look for Him next year. His coming may even be years away, but nonetheless we are wait and expect Him to come just as He said. We are in a state of being ready while continuing to get ready, walking in all the light God gives us and at the same time pressing on and seeking further instructions from God. To be ready means to live continuously in readiness for the Lords coming. Jesus says, "Be ready." "Therefore be ye also ready: for in such an hour as ye think not the Son of man cometh" (Matt. 24:44). Are you ready? Am I Ready?

Yours in the blessed hope
F1 Pastor Livingstone Aaron

Introit.....“We Have Come Into This House”.....Praise Team
 Call to Worship..... Eld. Bernard Lewis
 Doxology.....“Praise God from Whom”.....Congregation
 Invocation..... Pastor Livingstone Aaron
 Welcome..... Eld. Bernard Lewis
 AnnouncementsChurch Clerk
 Pastoral Announcements.....Pastor Livingstone Aaron
 Hymn of Adoration.....#12.....Congregation
 Scripture Reading.....Isaiah I: 10 - 20.....Bro. Job Odondi
 Intercessory Prayer.....Deacon. Gailly Honore

“I Must Tell Jesus”

Special Music.....
 Children’s Story.....Sis. Rashana Richards
 Offertory.....Bro. Kofi Opoku

“We Give Thee but Thine Own”

Praise and Worship.....Praise Team
 Hymn of Meditation.....#495..... Congregation
 Sermon..... Pastor Livingstone Aaron
 Hymn of Consecration#334.....Congregation
 Benediction..... Eld. Bernard Lewis

PLEASE REMAIN SEATED UNTIL USHERED OUT

PASTORAL ANNOUNCEMENTS

Let's make Building God's house of Worship our Priority

As in the days of Haggai, many of God's people today, are busy with their own homes, works and desires, and leave the house or work of the Lord undone (Haggai 1:2-13). God often withholds His blessings when we take this approach. We must begin to become concerned about building God's house and His Kingdom. A sanctuary is a sacred place. Sacred means holy. Holy means purity and separation from that which is common. Historically, a church sanctuary has always been considered a sacred place where God's people come together to worship Him in reverence and awe; in spirit and in truth. They separate themselves from the common everyday elements of the world in order to glory in God's goodness.

John Ruskin wrote these lines, which are applicable to the vision of the builders of this structure:

When we build, let us think that we build forever.

Let it not be for present delight nor for present use alone.

Let it be such a work as our descendents will thank us for, and let us think as we lay stone on stone that a time will come when those stones will be held sacred because our hands have touched them, and that men will say as they look upon the labor and wrought substance of them,

"See, this our Fathers did for us."

Here we behold that which links our lives with the centuries and the generations that have gone by. In architecture, stained glass, wood carving, we enter into the great stream of the history of the Christian Church.

Dean Sperry of Harvard wrote this, "If the church does nothing else for the world than to keep an open house, symbolic of the home land of the soul, where in season and out of season men may re-affirm their faith in the fatherhood of God, it is doing the social order, the greatest possible good, and no other service it renders to society can compare in importance with this."

Notice:

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



CHURCH AT WORSHIP ^{c4}

May 21st, 2016

First Service

Introit.....Sweet, Sweet Spirit
(Please Remain Standing)

Call to Worship..... Eld. Bernard Lewis
(Congregation, Please Stand)

Invocation..... Pastor Livingstone Aaron

Welcome..... Eld. Bernard Lewis
(Congregation, Please Sit)

ADORATION & PRAISE

Hymn of Adoration.....#12.....Congregation
(Please Remain Standing)

Intercessory Prayer..... Eld. Paul Richards
(Those Able, Please kneel)

STEWARDSHIP & GRATITUDE

Offertory.....Eld. James Obegi

PROCLAMATION OF THE WORD

Scripture ReadingIsaiah 1: 10 - 20.....Sis. Delia Palmer

Sermon..... Pastor Livingstone Aaron

Hymn of Consecration.....#334..... Congregation

Benediction..... Eld. Bernard Lewis

THE CHURCH AT STUDY

May 21th, 2016 9:15 AM — 10:45 AM

Welcome..... Bro. Harold Bell

Opening Song.....#251 Congregation

Opening Prayer..... Bro. Harold Bell, Jr.- Class of 2016

Interview with Terell Green – Class of 2018

Lesson Study: Second Quarter, 2016.....Lesson #8

World Mission Emphasis..... Sis. Quianna Adindu – Class of 2017

Welcome Visitors.....Jeynab Williams – Class of 2017

Special Music..... Jasmine Yansen –Class of 2017

Closing Remarks..... Bro. Harold Bell

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>

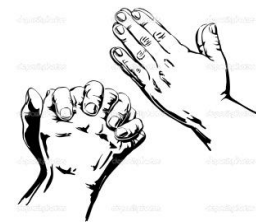
PASTORAL ANNOUNCEMENTS

Each one wins one to the savior!

Our goal as a church is for each member to reach someone for Christ. Every person who made a commitment that morning is now asking God for their “one” to be convinced of their need for Christ. We are begging God for boldness, and **seeking opportunities** to teach about Jesus. If and when that person accepts Christ, every person who made a commitment today, is going to **personally mentor** the new Christian and help them understand the rest of the Great Commission: being baptized and observing all things that Christ commanded us.

Our focus does not stop with Reaching One. The Great Commission also commands us to be intentional about discipleship. It ought to be our desire that every believer be involved in Each One Teach One. The second phase of our Evangelistic challenges is every member to commit to helping the new convert assimilate into the church for discipleship. We are challenged to bring the new believers to one of the discipleship arms of the church via; Sabbath School, Small Group or youth ministry, women or men ministry class. If we see someone come to new life in Christ and fail to help them begin their journey of discipleship we are not truly embracing the command of Jesus in Matthew 28:18-20 *And Jesus came and spoke to them, saying, “All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age.” Amen*

Invite Your Friends and Family each one, reach one - invite your friends and family to be enrolled in our Joyful way to Eternal life bible study program today. Sign up with Personal ministries to Share your faith with someone you want to meet in heaven.



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.

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

Men's Ministry Fellowship evening May 21, 2016 at the Community Center – Discussion Topic: “Am I my Brother’s Keeper”, come and enjoy.

It's time to get moving again. Next exercise class is May 21, 2016 after sunset in school gym.

Women's book club. Next meeting will be held on May 22nd from 11am- 1pm sharp. Come prepared to discuss chapters 3,4 from the book I FORGIVE BUT and bring a friend.

Children's Church: Next Sabbath May 28th. in Class room, All children 12 and under are welcome to attend.

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

- Knoebels Amusement Park – May 26, 10 AM – 6 PM (contact school staff for more information)
- Graduation Weekend:
 - Graduation Service, Stroudsburg Church, 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^{CG}

**(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**

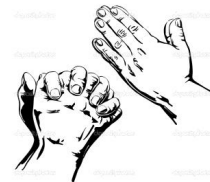
**Sad broken hearted, at an alter I knelt
I found peace that was so serene
And all that He asks is a childlike trust
And a heart that is learning to lean**

**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 16:15 New International Version (NIV)

¹⁵“But what about you?” he asked. “Who do you say I am?”



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. Joyce Anderson & Eld. Donna Wilson

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.

Help Wanted

- The Building Committee and The Communications department are looking a Creative Writer, if you have a passion and talent for the written word, please see Eld. Michael Douglas or Bro. Mark Morris.

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 **Sister Pitts, Brother Colegangle** and **Brother Samson** in your prayers.

Financial Report as of 05/14/2016

	For The Month	For The Year
Amount Needed	\$10,998	\$ 131,976
Amount Collected:	\$ 5,458	\$ 52,799
Amount Difference	\$- 5,540	\$ -79,177

Sunsets

CSF3 Today: 8:17 PM

Next Friday: 8:22 PM

STEWARDSHIP MOMENTS

What is in thine hand?

The Lord said to [Moses], "What is that in your hand?" He said, "A rod." And he said, "Cast it on the ground. So he cast it on the ground, and it became a serpent; and Moses fled from it. But the Lord said to Moses, "Put out your hand, and take it by the tail" -- so he put out his hand and caught it, and it became a rod in his hand -- "that they may believe that the Lord, the God of their fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has appeared to you." Exodus 4:2-5.

The staff was, indeed, a necessity for making a living, and sometimes for simply staying alive. No shepherd dared leave home without it. The rod was indispensable, essential, and vital to the everyday life of the shepherd.

"Throw it down." For all Moses knew, God was telling him to get rid of his rod. He might never see it again. And it was a good rod. It had just the right grip and flex and swing weight. Moses was used to it.

I suspect, if we were to narrow it down to the one most important possession of all, it would be our money. If we had to give up all else and begin fresh with only one material possession, we would choose money. We could, after all, use money to purchase all the other necessities -- food, clothing, shelter. Money tends to be the one thing we hold onto tighter than anything else. It is, after all, the one thing we have which provides all the essentials, and even some of the luxuries we need and expect in life. We take great pains to make sure we have enough and to keep from spending it too quickly.

Our decisions to keep more and give less say less about our financial savvy than they do about our faith. What we do with our money is the greatest indicator of our Christian commitment -- more so than how much time we spend doing church work, or how many visitors we invite to church, or how many good deeds we do. If you want to know what a person really values, what a person really believes in, read his or her checkbook ledger.

How do we really know that we will not have enough money if we faithfully return tithe and offerings to the Lord? How do we know we cannot afford to increase our giving? We will not until and unless we step up in faith and try! Our future, economic and otherwise, is in the hands of one person, and His name is Jesus. When we trust God enough to throw down our money in support of His church, we cannot know what to expect. When He allows us to use His money, we will perform miracles to be forever remembered in His Church.

What is that in your hand? Throw it down!



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>