

## TO SERVE YOU IN MINISTRY

[Office@chulavistasda.org](mailto:Office@chulavistasda.org)

619-422-0405

[www.chulavistasda.org](http://www.chulavistasda.org)

Andreas Mellas, Senior Pastor  
Don Them, Head Elder  
Fervin Callo, Head Deacon  
Elida Mellas, Head Deaconess

[mellasae7@gmail.com](mailto:mellasae7@gmail.com)

619-818-1861  
619-987-3264  
858-603-1368  
619-818-1861

For Livestream and Online YouTube church service videos go to church website above.

**United Prayer:** Sun. & Fri. from 7- 7:30 pm. **619-378-1053** access code **698425.**

**Please:** Set cellphone ringers on **silent or vibrate** in order to encourage reverence in the sanctuary during services. **Thank you.**

**Support:** Christmas gift giving. Visit [bit.ly/tecate2024](http://bit.ly/tecate2024) or use QR Code in foyer for more info. Money donations in tithe envelopes, state "Tecate" and amount.

**Support Our Pathfinders:** Through the purchase of a beautiful calendar for year 2025 for \$10. Forms are in the church foyer with instructions.

### MORE ANNOUNCEMENTS AT END OF ONLINE BULLETIN.

## OUR WEEKLY CALENDAR

Today: **Noonish – Church Potluck in Fellowship Hall**  
12:10 p.m. – Prison Ministry  
~~1:30 p.m. – Women's Ministry CANCELED~~  
~~2:30 p.m. – Outreach in Community CANCELED~~  
2:00 p.m. – "How to Eat for Autoimmunity" by Dr. Choe  
3:00 p.m. – "Natural Remedies" by Mercy Ballard, RN

Sunday: 10:00 p.m. – "Powerful Benefits of Soaking & Sprouting" Choe MD  
11:00 a.m. – Cooking Demonstrations by Mercy Ballard, RN

Monday: 6:30 p.m. – Pickle Ball contact Aldie Garcia  
Tuesday: 6:30 p.m. – Pathfinders & Adventurer Club Meetings  
Wednesday: 7:00 p.m. – Prayer Meeting  
Thursday: 6:30 p.m. – Pickle Ball contact Aldie Garcia  
Friday: 7:00 p.m. – Health Ministry

Next Sabbath: 11:00 a.m. – **Worship Service** – Pastor Andreas Mellas  
Offering: Adventist Community Services (NAD)

## FUTURE EVENTS

**Dec 14** United Prayer in Sanctuary (2<sup>nd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> Sabbath)  
**Dec 14** Vespers/Volleyball Night in Gym with Pathfinder food sales  
**Dec 21** Outreach in the Community at 2:30 p.m. (1<sup>st</sup> & 3<sup>rd</sup> Sabbaths)  
**Jan 04** Women's Ministry in FH Board Room at 1:30 p.m.  
**Jan 20** Church Board Meeting in FH Board Room at 7:00 p.m.

# Chula Vista

## Seventh-day Adventist Church



*Welcomes You!*

*"This is the day which the Lord has made:  
we will rejoice and be glad in it." Psalm 118:24*

**102 Fourth Avenue  
Chula Vista, CA 91910**

**619-422-0405**

## THE CHURCH AT WORSHIP

December 7, 2024, 11:00 a.m.

*"Oh come, let us worship and bow down;  
let us kneel before the Lord our Maker." Psalm 95:6*

**Hymn of Praise** "Jesus Is Coming Again" #213  
**Introit** "Holy, Holy, Holy"  
 (congregation please kneel wherever possible)  
**Invocation** Aldie Garcia  
**Welcome /Announcements** Aldie Garcia  
**L.I.F.E.** Efren Montalban

**Hymn of Praise** "O for a Thousand Tongues to Sing" #250

**Morning Prayer** Aldie Garcia  
**Prayer Response** "Let the Words Of My Mouth" Congregation

**Lamb's Offering/Children's Story** Pastor Andreas Mellas  
**Worship in Giving** (Local Church Budget) Aldie Garcia

**Message in Song** Lisa Marie Alberro

**Scripture Reading** Revelation 14:6, 7 Zyanya Paniagua

**Message** "Plant-based or Paleo? Choosing the Right Paradigm" Joyce Choe, MD MPH

**Closing Hymn** "All Hail the Power of Jesus' Name" #229

**Benediction** Joyce Choe, MD MPH

**Hymn of Hope** "We Have This Hope" (#214) Congregation

\*Be seated as deacons dismiss to maintain reverence.

**To serve you this morning:**  
**Greeter(s):** Renee' Harder **Lead Deacon:** Darrel Wadham  
**Worship Service Chorister:** Florence Montalban  
**Worship Service Pianist:** Nathanael Montalban

Sunset Today: 4:42 p.m.

Sunset Next Friday: 4:43 p.m.

## WELCOME TO OUR GUESTS

Our church family is so blessed to have you in our service today. Welcome and thank you for coming!

## THE CHURCH AT STUDY

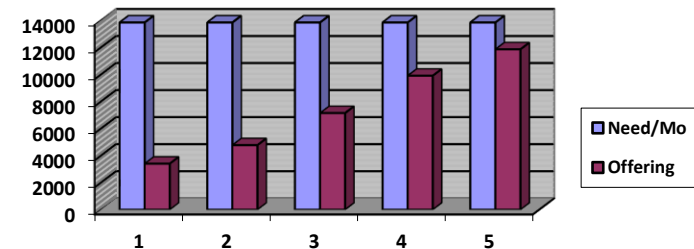
**Song Service 9:15 a.m.** Chorister – Aida Alberro  
 Pianist – Nathanael Montalban  
**Welcome 9:30 a.m.** Rosa Allen  
**Scripture & Prayer** Tim Lawrence  
**Mission Story** Nancy Galeano  
**Closing Prayer** Rosa Allen

**9:50 – 10:50 a.m.** Adult General Study in Sanctuary Mark Allen

Additional Adult & Spanish Classes are held in Fellowship Hall.  
 Guests are welcome to join any class.

**9:30-10:45 a.m.** Children's Sabbath School  
 Classes are held in Fellowship Hall, by age division.  
 Please let us know if you need assistance, we're happy to help guide you!

Church Budget November 2024



## CHURCH BUDGET REPORT 2024

Weekly Budget	\$ 2,877	Received last week	\$ 1,955
YTD Expected Expense	\$138,092	Received YTD	\$ 102,883
YTD Actually Spent	\$142,907		

**GIVING:** Thank you for your faithful giving. Tithe and offerings can be sent to the church office or use online giving on our website [chulavistasda.org](http://chulavistasda.org) or at [www.adventistgiving.org](http://www.adventistgiving.org).

## MORE ANNOUNCEMENTS

**CHURCH TEXT LINE:** Sign up to receive encouraging texts and updates. Text livingfaith2020 to 84576.

**THE CHRISTIAN BOOK AND NUTRITION STORE:** In National City is still open. You will have to consult internet for new hours or call them at 619-475-1414.

**WE ARE UPDATING OUR DIRECTORY:** Please send your name, email, home address, and current phone number to church email at [office@chulavistasda.org](mailto:office@chulavistasda.org) Thank You.

**CHURCH SERVICE:** Join us from anywhere by watching our Worship Service Online at [www.chulavistasda.org](http://www.chulavistasda.org) . Click on Livestream during church service time or click on Prev. YouTube or Vimeo anytime.

**ADDITIONAL PARKING:** We have additional parking in the dirt lot. We encourage the young and able to park there to free up other parking for older adults. Thanks.

**Gentle Reminder from Safety Officer:** Please drive slowly on church grounds as we have children running around and darting out of buildings. Thank you.

**Prison Ministry:** Interested in volunteering, speak with Starry for info on process.

**NEW OFFICERS:** Go to Church Volunteer Policy Process link on church website. Or continue onto page three of this bulletin to see the policy and links.

### SECC OF SEVENTH-DAY ADVENTIST 2024 CHURCH OFFERING SCHEDULE

#### NOVEMBER

- 02 Local Church Budget
- 09\* Annual Sacrifice for Global Mission (GC)
- 16 Local Church Budget
- 23 Conference-Wide Church & School Building Fund
- 30 Union Designated

#### DECEMBER

- 07 Local Church Budget
- 14\* Adventist Community Services (NAD)
- 21 Local Church Budget
- 28 Conference Advance

#### 13TH SABBATH SPECIAL PROJECTS OFFERINGS:

- 1st Quarter Southern Asia Division (SUD)
- 2nd Quarter Euro-Asia Division (ESD)
- 3rd Quarter Inter-American Division (IAD)
- 4th Quarter North American Division (NAD)

## CHULA VISTA Seventh-day Adventist CHURCH

102 Fourth Ave, Chula Vista, CA 91910 PRESENTS:

# THE AUTOIMMUNE RECOVERY PLAN

With Dr. Joyce Choe and Mercy Ballard, RN

**Friday Dec 6** at 7:00 PM Trusting God Through Health Crisis  
By Mercy Ballard, RN

**Sabbath Dec 7** at 11:00 AM Plant-based or Paleo?  
Choosing the Right Paradigm by Joyce Choe, MD MPH  
&  
at 2:00 PM How to Eat for Autoimmunity by Joyce Choe, MD  
&  
at 3:00 PM Natural Remedies by Mercy Ballard, RN

**Sunday Dec 8** at 10:00 AM The Powerful Benefits of Soaking  
and Sprouting by Joyce Choe, MD, MPH  
&  
at 11:00 AM Cooking Demonstrations by Mercy Ballard, RN

Joyce Choe, MD MPH and Mercy Ballard, RN have over twenty years of experience practicing in the medical field. They are coauthors of [The Autoimmune Plant-Based Cookbook](#) and founders of [Med Missionary](#) and [The Autoimmune Recovery Plan](#) accessible at [WholenessForLife.com](http://WholenessForLife.com)



## Church Volunteer Policy

Any SECC local church that will use volunteers in any capacity is required to follow this Church Volunteer Policy. There are two types of volunteers, volunteer 1 and volunteer 2 - volunteer level 2 requires additional requirements since they work frequently and closely with children. All volunteers must sign an acknowledgement form.

**Volunteers level 1&2 must** Sign and submit [SECC Volunteer Acknowledgement Form](#). Form is attached or can be accessed at link below.

### What to complete:

- (volunteer level 1) Training in Mandatory Reporting
- (volunteer level 2) Live Scan Fingerprinted Background Check
- Any volunteer with driving as part of their duties, a DMV check/clearance is required

## Child Abuse & Neglect Identification & Mandated Reporting

- **Where To Get the Training**
  - <https://mandatedreporter.ca.com>
  - upload the certificate of completion to VOLUNTEERS
- Must be done **every two (2) years**

## Volunteer Level 2

- Complete the **“Request for Live Scan Service” Form**
- **Once Request for Livescan Service form is completed, Google location of “Livescan” business closest to where you live, go get your fingerprinting process done.**
- **Pay for Livescan, obtain receipt and submit to church for Reimbursement**
- **Livescan is done only one time for volunteer level 2**

This information was condensed from:  
[seccadventist.org/2023/08/18/ab506-volunteers](https://seccadventist.org/2023/08/18/ab506-volunteers)

For questions, please contact Don Them at: 619.987.3264