



Contacts

- Pastor - Glenn Hill
- Head Elder - Tony Estella
- Head Deacon - Eric Berger
- Head Teacher - Michelle Comstock
- Communications - Igor Kikena
- Clerk - Teresa Johnston
- Audio Visual Team

Self-care strategies after a traumatic event should include:

Resist Isolating Yourself - Reach out for support from friends, family, or a mental health professional, and share what you are experiencing. You will find emotional support and help to cope with the difficult feelings and symptoms that may arise.

Get Back to Routine - A traumatic event can disrupt regular life. Getting back to a sense of what is normal as soon as possible can help you regain control.

Face the Feelings - A key to recovery is not trying to avoid the memories but to be OK with experiencing them. Acknowledging them will help you move forward

Be Aware of Anniversaries - Realizing you will have difficulty coping around the anniversary of a significant event can help you prepare in advance and encourage a sense of control. Added support, whether from family and friends or a support group, will lessen the pain and sadness and assist over time in easing the memory.

Benefit from Journaling - Journaling allows you to express emotions that may be difficult to articulate in any other way. Feelings of anger, fear, sadness, and sorrow expressed in writing aid in emotional release and can help you organize your thoughts and make sense of a significant event, thus encouraging self-awareness and healing.

Take Good Care of Yourself - Taking care of yourself is important when managing a post-traumatic incident. Create a self-care plan that includes activities that help you relax and reduce stress, such as exercising, eating simple and healthful meals, resting when needed, striving toward a regular sleep schedule, engaging in meditation, and doing something with friends you enjoy. This can help prevent flashbacks and encourage your overall sense of well-being.

Get Outdoors - "Nature is God's physician. The pure air, the glad sunshine, the flowers and trees, the orchards and vineyards, and outdoor exercise amid these surroundings, are healthgiving, life-giving" (Ministry of Healing, pp. 263, 264). Benefits include improved mental health and mood, decreased stress, improved thinking and reasoning, and improved ability to sleep at night.

Focus on Blessings - To help your mind focus more on the positive rather than on negative distressing memories, engage in thankfulness



often. Gratitude expressed can reduce stress, enhance resilience, bring peace, and cause a ripple effect of joy.

Full Article: magazine *Stronger Together*, 1st Quarter 2025, pg. 12-16



About Us

We believe Jesus Christ is the Son of God, the Savior of all who place their faith in Him. In times of temptation, trial, and failure students are directed to the grace of Christ as a source of strength, healing and restoration.

We invite you to join us each Sabbath for our worship services, and Wednesday nights for prayer meetings.



Visit our website for other resources, like live or recorded sermons, articles, etc: ridgetopsda.com



Check out our new Facebook page: [Ridgetop 7th Day Adventist Church](#)

Like



104 King St,
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Ridgetop SDA Church
May 10, 2025

Sabbath School

9:30 - 10:30 AM

SONG SERVICE 9:30 - 9:35 am
 LESSON STUDY 9:45 am
 ADULT LESSON STUDY Sanctuary
 YOUNG ADULT LESSON STUDY Purple Room
 YOUTH / TEEN STUDY Green Room
 EARLY TEEN / JUNIOR STUDY Green Room
 BEGINNERS (BIRTH TO 3 YRS) Children's
 KINDERGARTEN (4 - 6 YRS) Classrooms are
 PRIMARY (7 - 9 YRS) located across the
 foyer at the right-
 hand side of the
 Sanctuary

Worship 10:50 AM

WELCOME & ANNOUNCEMENTS David Hill
 MISSION SPOTLIGHT The Only School for Me
 PRAISE & WORSHIP Rich Latané
 INVOCATION David Hill
 OPENING HYMN #192: O Shepherd Divine Rich Latané
 TITHE & OFFERING Disaster & Famine Relief
 CHILDREN'S STORY Brian Carris
 SCRIPTURE & PRAYER Ezekiel 34: 11, 12
 SPECIAL MUSIC

MESSAGE
A WHALE OF A LOVE STORY
 David Hill

CLOSING HYMN #76: O Love That Wilt Not Let Me Go Rich Latané
 BENEDICTION David Hill

SCRIPTURE

Ezekiel 34:11,12

For this is what the Sovereign Lord says: I myself will search for my sheep and look after them. As a shepherd looks after his scattered flock when he is with them, so will I look after my sheep. I will rescue them from all the places where they were scattered on a day of clouds and darkness.

SUNSET TONIGHT: 7:42 PM
SUNSET NEXT WEEK: 7:48 PM

Bulletin: Please submit board approved announcements by Wednesday noon to bulletin@ridgetopsda.com

Church Events

MAY 10

Transferring out: Micheal Kimbley to Highland SDA Church in Portland, TN.
Potluck: No potluck on May 17 as we will be a joint potluck with Cross Plains at the Gazebo by the Girl's Dorm at Highland Academy on May 24.
The 4th annual Scavenger Hunt: Bring your friends and family! Will begin at 7:30 with vesper.

No Prayer Meeting for the next three weeks. We meet again on Wednesday, June 4th studying the book of Romans 8:1-17.

During Camp Meeting May 24 and 31, we will be having Worship Service at the church.

MAY 14

RAES Graduation: Join us for our graduation ceremony at 6:00 pm in the Ridgetop SDA Sanctuary. After the ceremony, come to the school gym for a delightful reception where we can all share in the joy of this milestone.

MAY 17

Communion Service

MAY 18

Women's ministry meeting at 2:00 pm. Join us for the Pursued Bible study. Bring a snack to share.



PRAYER REQUESTS

- Please continue to pray for RAES students and teachers as they finish up the year. We ask God to bring us more students next year!
- Let's start praying now for our VBS program this summer. We ask the Lord to bless our leaders as they prepare for this ministry and to send children to come and learn more of Jesus and His love.

Join us!

Potluck: Third Sabbaths
Breakfast Potluck: Fourth Sabbaths, 8:30-9:15am. Bring something to share!
Prayer Time Tuesdays: Tuesdays 9:30am - 10:30am.
Prayer Meeting: Wednesdays (begin Jun 4) 7:00 pm right here at church - Study on Romans.
Pathfinders: Thursdays 6:30-8pm. Contact Kurtis Lam or Jonathan Nelson.
Adventurers: 1st and 3rd Tuesday 3:15-4:30pm. Contact Don & Marilyn Kenerson.
Community Service Center: Tuesdays 9:00-11:00am. Contact Brenda Dempsey, Helen Kelly.

Conference Events

MAY 23-30

KYTN Camp Meeting: "Blessed Assurance"
 Speakers: Ron C. Smith, Dakota Day, Pavel Goia.
 At Highland Academy.