

The Good News

from the
Roanoke Seventh-day Adventist Church
February 2025



A Note from Pastor Chris Buttery

NO GREATER LOVE

Like all preceding Winter Olympics before the one held in Sochi, Russia a few years ago, nations put their confidence in someone to bring home the gold. That year for America it was Shaun White (aka "The Flying Tomato"). Driven by the fear to come in second place on the half-pipe, White put his body into a vigorous training program ahead of the Games. America's hopes were dashed however when White came in fourth place.

All athletes push their bodies to the limit to receive gold, but there is something far more deserving of our time and effort. Jesse Owens, an Olympic gold medalist himself, touched on it when he said:

"Awards become corroded,
friends gather no dust."

Unlike the fading glory of past success, true friendships endure the eroding effects of time and change and thus deserve our utmost care and attention.

What do genuine friendships look like? How do we keep them healthy and from falling apart? The Bible offers timeless principles and guidelines for living and living the abundant life. Here's what it has to say about friendship: "Anyone who withholds kindness from a friend forsakes the fear of the Almighty." (Job 6:14). Being kind is a key part of being a good friend. Kindness includes understanding, patience, and encouragement.

"One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother." (Proverbs 18:24).

("No Greater Love" is continued on Page 2.)

Online Prayer Meeting!

Many of us enjoyed the 10 Days of Prayer that was held via Zoom during the month of January. Participants enjoyed praying together, encouraging one another and learning more about God through His Word. We enjoyed it so much that we want to continue praying together during February and March!

The Online Prayer Meeting will meet via Zoom on Wednesday mornings at 6:30 and Wednesday evenings at 7:30. You are invited to join either or both meetings!

The Online Prayer Meeting will last for 30 minutes, starting and ending promptly. There will be a short devotional followed by the opportunity to offer short prayers of praise and thanksgiving, requests for God's guidance for our challenges and decisions, followed by prayers of intercession for local needs of our church members, families, neighbors and others.

Devotionals and Zoom links will be sent out the day before each Online Prayer Meeting so watch your email and plan to join us for our Online Prayer Meeting.

Jeremiah 29:13 says, "And you will seek Me and find Me when you search for Me with all your heart." Let's search for Him together.

WANT TO GO?
SNOW TUBING
Let Jennifer Dodge know as soon as possible!

\$21 PER PERSON • 90-MIN. SESSION • MUST BE 36" OR TALLER

February 23, 2025

MASSANUTTEN RESORT
1522 RESORT DRIVE
MASSANUTTEN, VA 22840

The poster features a winter scene with snow-covered hills, evergreen trees, and two people tubing down a snowy slope. The text is in various shades of green and blue, with the main title in large, bold, dark green letters.

"No Greater Love"

(Continued from Page 1)

Loyalty is a valuable ingredient to a healthy relationship. Sticking by a friend through their ups and down's, even when you see their ugliest attributes, feeds essential trust, This type of friendship forgives and inspires healing and growth.

"Perfume and incense bring joy to the heart, and the pleasantness of a friend springs from their heartfelt advice." (Proverbs 27:9). Good friends give advice without judgment that helps and encourages us. True friends will always seek to speak the truth with grace.

And finally, "My command is this: love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends." (John 15:12-13). True friendship involves deep love and sometimes sacrifice.

To see what a true friend looks like, we need look no further than Jesus, the Friend of sinners. He exhibited true love when He gave His life for you and me so that we might have eternal life. He is our never-failing Friend who has promised to be with us throughout our days on Earth. Has He ever really let you down?

During this love and friendship season, and beyond, may we each strive for that ultimate prize of knowing personally the One who has called us His friends.



Roanoke Challengers PBE Team

This year's Pathfinder Bible Experience ("PBE") Team scored very well on the first round of testing! They have advanced to the next round and will travel to Maryland to participate on Sabbath, February 8!

Please keep the Team in your prayers as they study their Bibles and demonstrate what they have learned. Pray also for their safety as they travel to various locations for the competitions.

ROSC: Revive Your Life

Have you signed up yet to participate in the latest ROSC session? Are you bringing a friend or family member?

Now's the time to revive your life! See Ryan or Liz McLennan to sign up as soon as you can!

Unashamed: How to Give Bible Studies

Have you ever thought about leading a Bible study? Have you wondered how to start one or how to give one effectively?

Now's your chance to learn! You are invited to join Pastor Chris for the first of a three part class and see how it can be easily done!

Starting Sabbath, February 15 at 1:00, you are invited to the come to the sanctuary for an hour, with pen in hand as you will want to take some notes.

Dates and times for parts two and three of the class will be announced a little later. Stay tuned to learn how to share God's Word!

Prayer Box

Have you noticed the new Prayer Box on the table in the foyer? It is placed there to receive your prayer requests and praises. The requests and praises will be prayed over by our pastor, elders and praying family members in the church.

You are invited to fill out the Prayer Request Card provided and drop it in the box. It will be shared, or not, as you indicate on the Card. Let's pray!

ROSC
REVIVE YOUR LIFE

Reverse Disease

Our country is plagued by chronic illness. Leading research now shows that with simple lifestyle changes one can actually prevent, halt, and even reverse many of these disease processes. This includes hypertension, heart disease, type 2 diabetes, high cholesterol, obesity, depression, and more. Your genes do NOT have to be your destiny. Come learn how you can change your future in this upcoming 6-week series, ROSC - Revive Your Life.

Dr. Ryan McLennan is dual certified in emergency medicine and lifestyle medicine. For the past decade he has spent much of his time working in the emergency department. One of the greatest moments an ER doctor can have is obtaining ROSC in a patient. So what is ROSC? It means return of spontaneous circulation, which is reviving someone without a heartbeat. It's literally giving someone a second chance at life. But do we have to wait until it gets this severe to revive one's life? This is the question that has led Dr. McLennan to pursue combining his work in the emergency department with lifestyle medicine.

Info

Every Thursday, Jan 30, 2025 - Mar 6, 2025
6 - 8 pm
Dinner provided with cooking demonstrations
Optional weight, BMI, blood pressure, & heart rate checks
Register online at:
ROSCReviveYourLife.eventbrite.com
Cost: \$70/person or \$130/couple
Earlybird \$60/person or \$110/couple (before Jan 1, 2025)
*Scholarships available (call for assistance)
*100% Money back guarantee (If not satisfied after attending 75% of meetings)
Childcare available for children 4 and older or potty trained.

4120 Challenger Ave NE,
Roanoke, VA 24012

540-580-1589
mclennanmd@gmail.com

Church Board News & Notes

The 2025-2026 members of the Roanoke SDA Church Board met on Monday evening, January 13, 2024, to discuss the plans and vision of our church. Following are some of the highlights from the meeting:

- > Church and school were approved to receive evangelism funds from NAD
- > Broken window in Fellowship Room Repaired - thank you, Gregory Gooden
- > New session of ROSC will include guests from the community as well as Members - January 30 - March 6
- > 2025 Orientation Supper for Church Officers and Ministry Leaders deemed a success
- > William Dodge IV and Ernesto Epalanga have agreed to serve on the 2025 Finance Committee - thank you William and Ernesto
- > Board approved "Empowered Spending" as presented by Finance Committee
- > Head Deacon approved to spend up to \$500 per repair and/or routine and scheduled maintenance
- > Valentine's Banquet to be held Sunday, February 16 at 4:30
- > Snow Tubing Day Trip to Massanutten scheduled for Sunday, February 23
- > Joyce Hurt to be recommended to church serve as Head Deaconess

The next Church Board meeting is planned for Monday evening, February 10 at 6:15.

Save the Date!

Online Prayer Meeting -
Wednesday Mornings and
evenings in February and March

Bible Study Class #1 - Sabbath,
February 15 @ 1:00

Valentine's Love Feast - Sunday,
February 16 @ 4:30

Blood Drive - Sabbath, February
22, 8:30 to 1:30

Snow Tubing Day Trip - Sunday,
February 23

Roanoke SDA Church

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540-512-4545



- 2 Brian Hurt
- 5 Amber Armstrong
- 6 Logan Dovidio
- 6 Mariah King Willard
- 8 Magenta Tembo
- 8 Larry L. Atkins, Jr.
- 9 Richie Price
- 10 John Hodgkin
- 12 Alyvia Dixon
- 13 Greg Grisso
- 14 Edith Busienei
- 19 Alex Gonzalez
- 19 Judit Raduly
- 19 David Snow
- 20 Donovan Royal
- 21 Sara Williams
- 23 Brandon Roth
- 24 Bill Nicely
- 26 Taylor Agee
- 26 Christian Chitwood
- 26 Yari Corsi Carmona
- 27 Becky Pendleton
- 28 Emilia Epalanga
- 28 Iggy Martinez



If church services are cancelled or meeting times are changed due to bad or dangerous weather on Sabbath mornings, or for any other reasons any time, announcements will be made by robocall, email and on our church's website.

Please make sure Carol has your current contact info and stay tuned . . .

New Notice Board

There is a new information/notice board on the wall near the Church Office. This board will have a list of current Church Officers and Ministry Leaders posted, as well as the most recent church board minutes and financial report. The info will be updated regularly throughout the year to help keep you informed about your church.

Plan to stop by the new notice board and take a look. Let's stay informed!

American Red Cross Blood Drive

February 22 @ 8:30 to 1:30

We invite church members, friends and members of our community to come together to donate life giving blood during our blood drives.

We will partner once again with American Red Cross for a Blood Drive on Sabbath, February 22, 8:30 to 1:30. Please see Judy Hodgkin to sign up so you can donate.

Please pray that the donated blood will reach those who need it most. Pray also that we will show the love of Jesus to everyone involved in the blood drive, workers and donors alike, and that they will want to know more about the Jesus we serve.



The March 2025 issue of

THE GOOD NEWS

will be distributed beginning
February 22, 2025
Next Deadline: February 20, 2025