



Sermon **"Do You Deserve It?"**
by: **pastor Matthew Vixie**

Offering: **World budget** 4% of these offerings are designated to support Annual Sacrifice - Global Missions

"After all, I passed on to you what I had received from the Lord. On the night he was betrayed, the Lord Jesus took bread"

~ 1 Corinthians 11:23 (GW@T)

Sabbath School Classes

Babies & Children They'll meet upstairs. (go out the front door & take the stairs on your left.)

Young Adults Twice a month they'll meet just beyond the bathroom (up the ramp) & around the corner.

Adults They'll meet in the sanctuary.

This Week

We (11/18 @ 6:30 PM): Prayer & Study: Come to the church tonight for a time of prayer to be followed by Bible study. Tonight we will be studying the chapter 2 in the book of Hebrews.

.ETC

Learning to Unlike Sugar: Did you know that our food likes and dislikes are largely learned? We eat what we like and like what we eat. Our taste buds adapt to what we give them. Cindy Williams, director of health ministries, dives in to how we can teach our bodies to focus less on sugar. Read the rest of the story at www.uccsda.org/learning-to-unlike-sugar (or ask Yvonne for a print-out).

Dealing with Long-Term Stress: Look at 5 strategies

CONTINUED ABOVE ON REVERSE

to help your body defeat long-term stress. Our conference's Health Ministries director, Cindy Williams, continues her series on stress and how it affects our bodies. Read article at uccsda.org/dealing-with-long-term-stress (or Yvonne can make a print-out).

Can Cold Showers Treat COVID?: Our Director of Health Ministries, Cindy Williams, writes on the efficiency of using hydrotherapy to combat the COVID-19 virus. Read at www.uccsda.org/can-cold-showers-treat-covid (or ask Yvonne for a print-out).

Did You Miss the Fall Women's Virtual Retreat? If so, never fear! The complete retreat is available at our website (uccsda.org/womensretreat), along with the recipes that Jeanne Ekvall discussed and additional info on starting a greeting card ministry. Thank you to all that joined us.

Lewis-Clark Valley Sundown

Saturday, November 14, 2020 6:02 PM

Friday, November 20, 2020.....5:51 PM

Wi-Fi:

LEWIS-CLARK VALLEY ADVENTIST MEDIA

TELEVISION:

Direct TV..... Ch 368
Local TV..... Ch 36.2
Satellite..... Galaxy 19
also: SatMex 6, Glorystar 104

Cable One..... Ch 49
DirectTV..... Ch ?-
Dish..... 9393
Local TV..... Ch 36.1
Satellite..... G-19



RADIO



Glorystar..... 109
Local TV..... Ch 36.3

Direct TV..... Ch 368
GloryStar..... Ch 105
Local TV..... Ch 36.4
Satellite..... Galaxy 19

