

IMPORTANT TIMES

Service Times

- Sabbath School
Sabbath 9:20 AM
- Worship Service
Sabbath
10:50 AM
- Bible Study
Wednesday
7:00 PM

Sunset Times

- May 1: 8:10 PM
- May 7: 8:15 PM
- May 8: 8:16 PM
- May 14: 8:22 PM
- May 15: 8:23 PM
- May 21: 8:28 PM
- May 22: 8:29 PM
- May 28: 8:34 PM
- May 29: 8:35 PM



Oak Grove News

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Sabbath Manifesto by Brian Mills

A new phenomenon is spreading across the internet. People all over the world are logging out of their email, closing their web browser, switching off their cell phones, turning off the television, and spending 1 day a week reconnecting with their own small corner of the world. From sundown on Friday to sundown on Saturday, they are disconnecting from the technological world and reconnecting with family, friends, and nature.

Many of these people aren't participating in this Sabbath rest for religious reasons either. They've found the health benefits of taking a day to step back from a life of constant noise and activity and simply enjoy some quality time with their families, friends, or even just a good book.

At the heart of this phenomenon is the Sabbath Manifesto, a website created by a group of Jewish professionals looking to reconnect with the principles of their heritage. They knew the importance of the weekly Sabbath, and have now invited anyone and everyone interested to join them in observing a weekly day of rest.

The Sabbath Manifesto has ten principles for making the most of a Sabbath-day's rest:

1. Avoid technology
2. Connect with loved ones
3. Nurture your health
4. Get outside
5. Avoid commerce
6. Light candles
7. Drink wine (or grape juice)
8. Eat bread
9. Find silence
10. Give back

The group encourages participants to start by focusing on one principle each week, and to interpret each principle in a way that brings about a restful Sabbath day.

The Sabbath Manifesto has also set up the "Unplug Challenge", which began with the National Day of Unplugging on March 28th of this year. The challenge is to completely disconnect from technology for 24 hours, and instead spend that time relaxing and putting their ten principles into practice. Thousands of people participated in the National Day of Unplugging, and many more have taken the "Unplug Challenge" since then.

Even though many of us have been observing the Sabbath for many years, we can still learn a few things from this group, particularly from their "Unplug Challenge". Technology is a

wonderful thing, with many uses for furthering God's kingdom, but how often do we let it get in the way of our own personal relationship with Jesus?

With that thinking in mind, I am issuing a challenge to you, the congregation of the Oak Grove Seventh-Day Adventist Church. I challenge you to unplug on Sabbath May 8th. Turn off the computer. Turn off the television (yes, even the 3ABN and Hope Channel shows). Turn off the cell phone. Do one of the following: sing with the Sunshine Band after the fellowship meal; visit with some friends after church; take a nice, relaxing stroll through Burr Oak Woods; spend time participating in some other relaxing activity that helps bring your focus on God. Come to the Vespers service at 7:15pm.

Good luck in meeting this challenge. I encourage every one of you to participate and to keep the challenge going even after the initial day is over. Even if you only accomplish a few of the items in the challenge, you'll still be growing into a closer friendship with Jesus, and isn't that what the Sabbath is all about?

Open House

Please join us in honoring and celebrating Tiffani Lynn Bradbury and her graduation with high honors from Blue Springs High School.

When: Saturday May 29th

Time: 6pm - 10pm

Where:

2105 NE 4th St

Blue Springs, MO 64014

(816)427-2855

Radio & TV Programming

Here is a listing of Adventist radio and television programs available in our area:

Radio:

Revelation of Hope - 8:30 am Sabbaths on AM 1030

Adventist Radio - 2:00 pm Sabbaths on AM 1030

Voice of Prophecy - 7:30 am Sundays on AM 680

SDA Pastors Q&A - 9:00 am Sundays on AM 710

Television:

It Is Written - 12:30 pm Sundays on TBN

- 11:00 pm Thursday on Time Warner Channel 4

Breath Of Life - 12:30 pm Sundays on TWN

Amazing Facts - 5:30 am Wednesday on ABC Family

Amazing Facts Presents with Pastor Doug Batchelor

- 5:30 pm Sabbaths on Time Warner Channel 4

- 11:00 pm Thursdays on Time Warner Channel 4

Editor's Notes by Brian Mills

With April gone, we're a third of the way through the year already. My how time flies when you're having fun!

I am in need of a person or a small group of people to write a series of blog posts for the church website. To correspond with the unplug challenge issued, I would like to have a series of weekly

posts on practical Sabbath-keeping. I'm sure there are many of you who have some interesting Sabbath traditions to share, or even just some tips on fun activities to help make Sabbath the delight God intended it to be.

If you're interested in contributing to this project, please contact me at

oakgrove@oakgrovesda.org.

If you've got a something you'd like to share in the next newsletter, please contact me at newsletter@oakgrovesda.org.

I can't do the newsletter alone. I need your help to make sure there are interesting stories each month to share with all of you.