

Announcements & Church Business ~ March 14, 2020

VISITORS ~ Welcome to Hilo! Please join us for potluck after the church service. We will meet in the cafeteria, just follow the front sidewalk to the end of the adjoining buildings. Thank you for joining us as we worship on this blessed Sabbath day!

POTLUCK: Please join us for fellowship and bring a dish to share. Please take your dish home to be washed and help clean up. Next Sabbath, March 21st will be led by the Sabbath School teachers.

ANNOUNCEMENT: The Pathfinders are putting on a food drive for those in need in our community. There will be a box in the foyer of the church to put any canned goods and other non-perishable items. All donations should be given by today, March 14.

TREASURER'S REPORT:

Monthly budget: \$8,804.00
Final Offering total for February: \$ 7,331.32
Amount needed to meet budget: \$1,472.68

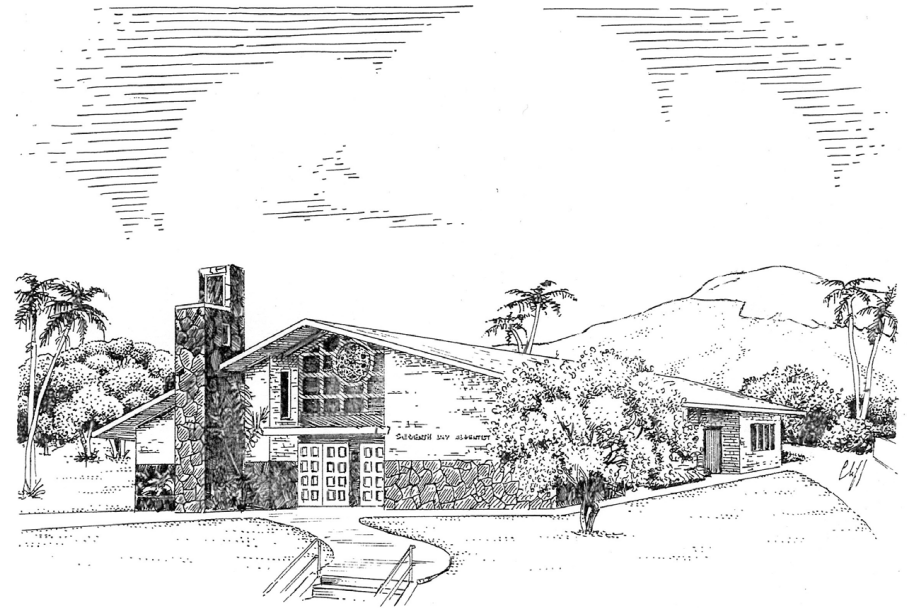
****BULLETIN REMINDER:** The bulletin secretary for March is Sara Beth Andres. If you wish to put approved information in the bulletin, please email the bulletin secretary at bulletin.hilosda@gmail.com **NO LATER than WEDNESDAY MORNING.**

CHURCH CALENDAR & SPEAKER INFORMATION:

March	16-20	MLS Spring Break
	19	Church Board Meeting 6PM
	21	Speaker: Ceaser Zavala
	21	Singing Bee at Veterans 3PM
	23-28	MLS Scholastic Book Fair
	28	Speaker: Junior Kumpel (Communion)

Hilo Seventh-Day Adventist Church

162 Kapiolani Street • Hilo, Hawai'i



SEVENTH-DAY ADVENTIST CHURCH

The Hilo Seventh-Day Adventist Church

162 Kapiolani Street • Hilo, Hawaii 96720

Church Email: hilosda@gmail.com, Website: hilosdachurch.adventistfaith.org

Bulletin Email: bulletin.hilosda@gmail.com

OUR MISSION IS

“To serve as Jesus served, to love as He has loved us, having a personal faith relationship with Him while supporting and embracing both member and nonmembers in worship, nurture, and community outreach.”

Head Elder – Fernando Martinez	960-2864
Mauna Loa School Principal - Mr. Joey Freitas	936-8066
Mauna Loa Preschool Director - Mrs. Janie Bumanglag.....	935-1545

Learn of Him – Sabbath School

Sabbath School begins at 9:15 a.m. in the sanctuary

Chorister.....Emress Matsumoto

Welcome..... Josiah Kumpel

Song.....

Scripture & Prayer..... Josiah Kumpel

Mission Emphasis..... Josiah Kumpel

Visitors are welcome to join one of the Bible classes in the Sanctuary:
This week’s lesson: **“From Battle to Victory”**

SCHEDULE FOR SERVICES THROUGHOUT THE WEEK:

WEDNESDAY NIGHT LIVE: Come each Wednesday for worship in the Word, testimonies, music, and prayer, starting at 6:30 pm. Bring your ukulele, guitar, etc. and worship in song together. Children’s worship will be provided. Let us come together and praise the name of Jesus!

[*Sunset Tonight 6:29 pm*]

Hilo Seventh - day Adventist Church Family Worship Service

March 14, 2020 10:40 am

Welcome.....Casey Ludwig

Worship in Praise

Gathering Music..... Michael Andres

Call to Worship *“The Lord is in His Holy Temple”*Hymn ♪692
Congregation: Please Stand and Remain Standing

Invocation Horace Farr

Opening Hymn *“My Hope Is Built On Nothing Less”*Hymn ♪522

Tithe & Offerings Casey Ludwig
All loose offerings will go to the **World Budget**
or mark the tithe envelope for your fund of choice.

Children’s Story Celeste Lincoln

Worship in Prayer & in The Word

Altar of Prayer. Casey Ludwig
Hear Our Prayer, O Lord.....Hymn #684

Gift of Music..... Esther Nakashima

Scripture Reading..... *“Matthew 24:9, 10”*Casey Ludwig

Sermon..... *“When the Storm Comes”*Horace Farr

Closing Song..... *“Will Your Anchor Hold”*Hymn ♪534

Benediction..... Horace Farr
Please be seated after the Benediction.
Have a Blessed Sabbath and Mahalo for worshipping with us today.

Health & Wellness in a Challenging Time

- Consider practicing basic social distancing measures like limiting your time spent around large groups and avoiding close contact with people (e.g., handshakes, aloha kiss, hugs).
- Avoid touching your eyes, nose, and mouth.
- Stay home if you start to feel ill.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

All travelers from China and other affected areas should monitor their health for 14 days after they left that location and avoid social contact.

- During this time, stay home and avoid group settings, including work and school.
- Have another family member/friend, who didn't travel from this location, run errands for you, such as picking up food or medicine.
- Avoid using public transportation, taxis, or ride-shares.
- Watch your health, and if you have a thermometer, take your temperature 2 times a day.

If you become ill with a fever (100.4°F/38°C or higher) or cough, and have recently left an area having widespread community transmission of COVID-19 or have had prolonged close contact with a person confirmed to have COVID-19:

- Stay home and avoid contact with others except for seeking medical care.
- If you need medical care, call ahead to your doctor's office or an emergency room and let them know about your travel history.
- If you need emergent medical care, call 911.
- If you have difficulty accessing medical care or have questions about how to care for yourself at home, call HDOH at (808) 586-4586.

The information provided in this publication was obtained from the State of Hawaii, Department of Health, Disease Outbreak Control Division. Complete information can be obtained at:

<https://health.hawaii.gov/docd/advisories/novel-coronavirus-2019/#do>

The Seventh-day Adventist Church places strong emphasis on health and well-being. The Adventist health emphasis is based on biblical revelation, the inspired writing of E.G. White (co-founder of the Church), and on peer-reviewed scientific literature. As such, we encourage responsible immunization/vaccination, and have no religious or faith-based reason not to encourage our adherents to responsibly participate in protective and preventive immunization programs. We value the health and safety of the population, which includes the maintenance of "herd immunity."

We are not the conscience of the individual church member, and recognize individual choices. These are exercised by the individual. The choice not to be immunized is not and should not be seen as the dogma nor the doctrine of the Seventh-day Adventist Church.

<https://www.adventist.org/articles/immunization/>



Health & Wellness in a Challenging Time

Understanding Current Threats to Our Health and Knowing What to Do

Influenza and the Corona Virus Disease 2019

Health & Wellness in a Challenging Time

Influenza

About The Flu

Influenza, commonly called the “flu,” infects the respiratory tract (nose, throat, lungs). Unlike many other viral respiratory infections, such as the common cold, the flu can cause a more severe illness and possibly life-threatening complications.

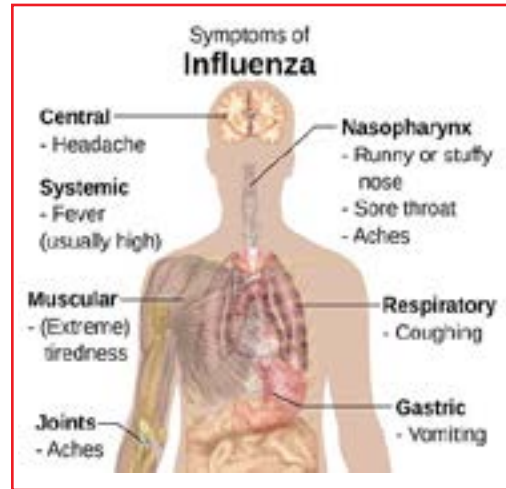
Transmission

Influenza viruses are spread person-to-person via large respiratory droplets through coughing and sneezing. They may also be picked up from contaminated surfaces and then touching mucosal surfaces such as the eyes, nose, or mouth.

Prevention

The most effective way to prevent getting sick with the flu is to be vaccinated with the influenza vaccine every year. Vaccination is recommended each year due to the constant evolving nature of influenza viruses. People at high risk of flu complications (young children, older people, pregnant women and people with certain chronic health conditions) are especially encouraged to get the vaccine yearly.

To prevent yourself from getting sick or spreading the flu, cover your mouth and nose when coughing or sneezing. Avoid close contact with people who are sick (or stay away from others when you are sick). Wash your hands frequently with soap and water. Avoid touching your eyes, nose, or mouth.



Health & Wellness in a Challenging Time

Corona Virus Disease 2019 (COVID-19)

Source and Spread of the Virus

An outbreak of a new coronavirus disease in 2019 (COVID-19) that began in Wuhan, China has been developing since December 2019. This outbreak now includes tens of thousands of infections in China and thousands of confirmed cases in a number of other countries, including hundreds in the United States.

What can I do?

Prepare for what to do if COVID-19 becomes widespread in our communities. Protect yourself and your family from COVID-19 and other respiratory diseases.

Prepare – You can prepare now for a potential outbreak of COVID-19 in Hawaii:

- Stock up on all prescription medications and other items like food and cleaning products so you can care for yourself and your family at home if someone becomes ill. Supplies of these items may be scarce in the event of a pandemic. Do not hoard.
- Plan for the possibility of school closures, cancelled events and activities.
- Consider talking to your employer about strategies for preventing the spread of illness in the workplace (e.g., alternative scheduling, telecommuting, online meetings).

Protect – Following everyday preventive actions can prevent or slow down the spread of respiratory illness in the community:

- Get your flu shot. People with seasonal influenza will exhibit similar signs and symptoms as COVID-19 (fever and cough). If more people are protected against influenza, this will reduce confusion and the burden on our healthcare system.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid close contact with people who are sick.