The Church at Study
9:30 a.m.

Sanctuary
“Family Seasons” ..............................................David Lowe,
..........................................................Eduardo Gonzalez, Bill Calkins
Fellowship Hall
“Family Seasons” ..............................................Paola Gardner
Fireside Room
Young Adults (ages 18 - 35) ................................Pastor Jason

Adult Sabbath School Classes

Beginners 0 - 3 years  Cradle Roll Room
Kindergarten 4 years - K.  Kindergarten Room
Primary 1st - 4th grades  Primary Room
Junior ("Revamped") 5th - 6th grades  Junior Room
Waffle Bar 9:30-9:45 am Sabbath mornings
Earliteen 7th - 8th grades  Pastor’s Office
Youth 9th - 12th grades  Youth Room

To access a previous broadcast, go to our church website and click on “Video Archives” on the left side of the home page. Can also be seen on Roku.

For an audio CD copy from the Audio-Visual Dept., order on a “Welcome” card and enclose a donation of $3.00 each in an offering envelope marked “Sermon CD”.

Hearing Assistance Devices – check out from the A/V booth.

For an expanded version of our bulletin announcements, click on “Weekly Bulletin” on the right side of our home page.

We Welcome You
Church Address:
3975 East Las Posas Road
Camarillo, CA 93010

Office Hours: 9:00 am-1:00 pm M-F
Phone: (805) 482-4632
Fax: (805) 445-7725

“The Pantry”
Food Share for needy families
Tuesdays, 4:00-6:00 pm

Church Website: www.camarillosda.org
To watch the live broadcast of our Sabbath School, Worship Services, and some other church events online, click on LIVESTREAM at the left side of the home page. You can watch from any device. Also may be viewed on Roku, Facebook, or YouTube.

Church E-mail: office@camarillosda.org

Welcome & Church Life
David Lowe
Praise Team
#861

Opening Hymn  “Burdens Are Lifted At Calvary”  #476
Invocation
Pastor

Offering  Church Budget
(Loose offerings go to Church Budget)
Jonathan Greaves

Offertory
Niccole Modell

Doxology  “Praise God, From Whom All Blessings”  #694

Children’s Story & Lambs Offering
Pastor Erwin

Scripture & Prayer  Jeremiah 29:11  Kim & Lanny Swarts

Insights & Connections

Message  “REPROGRAMMING THE STRESS RESPONSE”  Dr. Wes Youngberg

Benediction  Dr. Wes Youngberg

Pastoral Staff
Elder Erwin J. Joham pastorerwin@camarillosda.org
Lead Pastor (prefers text messaging) ..........(Cell) 805-603-8774
Jason Whitley pastorjason@camarillosda.org
Associate Pastor ...........................................(Cell) 661-714-5498
Dr. David Lowe dlowe_md@msn.com
Head Elder .......................................................(Cell) 805-377-2726
Calvin Gardner calvin@camarillosda.org
Youth Director .................................................(Cell) 323-204-7109
Suzanne Goodrich office@camarillosda.org
Ministry Assistant ........................................... (Office) 805-482-4632

NEXT SABBATH: April 13, 2019
Message: Pastor Erwin
Offering: Christian Record Services
Small Fellowship Lunch
Deacon: Chad Hooper
Sunset: 7:25pm

Camarillo Seventh-day Adventist Church
De-stress
**Church Life**

**WELCOME!** We’re glad you’re here to worship and praise the Lord, our Creator and Redeemer. New guests are invited to fill out a welcome card.

**COURTESY REQUEST:** To maintain a reverent atmosphere, please silence electronic devices (cell phones etc.) during the service.

**TODAY’S FLOWERS** are given in celebration of Karen and Joe Crouch (Loh) on their anniversary. “Happy Anniversary from Kelvin and Betty!”

**DIABETES UNDONE “KICKOFF WEEKEND”** – our community health event presented by Dr. Wes Youngberg, DrPH, MPH, CNS, FA CLM – continues this morning at 10:45 am with the topic of: “Reversing the Stress Response.” And don’t miss Dr. Youngberg’s final presentation later today at 5:30 pm: “How Reversing Pre-Diabetes Undoes the Main Causes of All Chronic Disease – Say Goodbye to Heart Disease and Lower Your Cancer Risk Dramatically”.

**FELLOWSHIP LUNCHEON TODAY:** We cordially invite all our guests to join us for a healthful luncheon of “Haystacks” in the Fellowship Hall.

**DIABETES UNDONE Interactive Workshop:** A hope-filled, 8- session video course to help you reverse diabetes and reclaim your health. Sundays, April 7 to May 19, and the final class on Monday, May 27, 2019 – 4pm to 6:30pm. $159 participant kit includes the workbook, cookbook, lab tests and 10 meals. See bulletin flyer for more info. You may register after Dr. Youngberg’s 5:30pm presentation tonight, April 6.

**APRIL CHURCH CALENDARS** are available in the foyer.

**YOU CAN BE A BLESSING to our Astro Falcons!** Place you donation for our winning Robotics team at Linda Vista in one of the colorful “Giving Envelopes” in the lobby display. Thank you so much for your generosity in helping them reach their goal!

**CRV FOR LINDA VISTA ROBOTICS!** Donate your CRV (California Refund Value) cans and bottles. Bag them up and bring them to the recycling area in the lobby. (No cardboard, paper etc. please - just CRV valid items). Thanks for helping our Astro Falcons.

**BULLETIN INFORMATION DEADLINE** is Wednesday at noon.

---

**NEXT WEEK’S REMINDERS:**

**SUNDAY, APRIL 7:**
- 4:00-6:30pm: DIABETES UNDONE

**TUESDAY, APRIL 9:**
- 8:00 - 11:00am: Pantry Set Up
- 4:00 - 6:00pm: Pantry Distribution

**WEDNESDAY, APRIL 10:**
- 10:30am OR 6:30pm: BIBLE STUDY with the Pastor(s):
- **“FIRST CORINTHIANS, A Verse-by-Verse Look at a New Testament Church.”** All are welcome to join us either in the mornings or evenings.
- 6:15p: PATHFINDERS MEETING

**THURSDAY, APRIL 11:**
- 6:30pm: VEGAN GOURMET CLUB - Dr. John Tanner, shares his personal story of heart disease and how to avoid or reverse this and other killer diseases with the right diet.

**FRIDAY, APRIL 12:**
- 6:00pm: Rol (Revelation of Love) SMALL GROUP

---

**NEXT FINANCE & CHURCH BOARD MEETINGS:** Tues., April 16.

**YOUR PERSONALIZED NAME TAG** may be picked up at the Guest Registry booth. Thanks for returning it after the service.

**JAIME JORGE BENEFIT CONCERT** for persecuted Christians in the Middle East. Sat., April 27, 6:00pm at the Camarillo SDA Church. Also featuring the Newburians of Newbury Park Adventist Academy, Javier Gonzalez and Paulette Jumalon. For more info, visit livefor1.com, call 301-806-4059 or email save@livefor1.com.

“**THANK YOU**” from the pantry for your caring and generous support of our community outreach. Special thanks to our hard working & dedicated volunteers.

**SUNSET TONIGHT:** 7:19pm.

---

**Scripture for the Day**

“For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.”

**Jeremiah 29:11 (NKJV)**
If you'd like to receive Camarillo Church office e-mails, please notify us by sending an e-mail with your request to Suzanne at: office@camarillosda.org.

Please give us more opportunities to serve the Lord. See the Opportunity Board in the foyer by the guest registry. Any questions, contact Chad Hooper or Reini Blech.

For those who are out of town, unable to attend due to illness, or who would like to share with family and friends — there is a live broadcast of our Camarillo SDA Sabbath School (9:30 a.m.) and worship service (10:45 a.m.).

Go to our website at www.camarillosda.org and click on LIVESTREAM on the left-hand side of the home page (no longer on the bottom of the page). To access previous services, click on the Video Archive link on the left-hand side of the home page of the church website, and on Roku.

For those who are out of town, unable to attend due to illness, or who would like to share with family and friends — there is a live broadcast of our Camarillo SDA Sabbath School (9:30 a.m.) and worship service (10:45 a.m.).

Go to our website at www.camarillosda.org and click on LIVESTREAM on the left-hand side of the home page (no longer on the bottom of the page). To access previous services, click on the Video Archive link on the left-hand side of the home page of the church website, and on Roku.

THE PANTRY THANKS YOU for your generous support of our community service outreach through monetary donations, food and clothing. You make a difference to our neighbors in need!

AN EXCITING CAMPUS PROJECT at Linda Vista Adventist Elementary is happening, and we need your help. The renovation of all four student restrooms and the creation of a staff restroom have been long overdue. In order to fund and complete the project that is in progress, we need to raise approximately $40,000. Please consider making a monetary donation to LVAES. Thank you for your continued support!

LINDA VISTA ADVENTIST ELEMENTARY SCHOOL is now enrolling for the school year. For more info or for a tour of the school, call (805) 647-2220.

NEWBURY PARK ADVENTIST ACADEMY (NPAA) is now accepting applications for grades 9-12 for the 2018-2019 school year. We would love to have you join our school family! Contact us at 805-498-2191 or registrar@mynpaa.com.

OUR AUDIO/VISUAL DEPARTMENT needs a minimum of 24 hours notice (by 10:00 a.m. Friday) for anything other than the usual services. Special needs include: additional microphones, tracks or video played, special music, PowerPoint, and all practice/rehearsal sessions. Contact the A/V person on duty. The A/V leader, Reini Blech, can be reached at 805-501-6667. Thanks for your consideration.

2019 FLOWER CHART is posted in the foyer. To commemorate a special occasion or honor the memory of a loved one, mark your chosen dates accordingly. Please print clearly! Place your $35 donation for each bouquet in a tithe envelope. At least one week’s notice is needed when ordering sanctuary flowers (notify the Floral Designer Team, headed by Flo Lowe, if you want a certain color or type of flower or plant arrangement). If you wish to place a customized message in the bulletin, please notify the church office a week ahead. Remember to take your flowers home with you after the service. Thank you!