

Church Announcements
Please Silence Phone or Mobile
Device while in the sanctuary

The power of your giving—
 returning God's tithe(10%) & giving
 to Church Budget, (5–10%). Thanks,
Your support is appreciated.

JANUARY BIRTHDAYS:

greet our January birthday's.

****Ruth Reeves** Jan 8
****Regina Pearson** Jan 13
****Jaleesa Clark** Jan 23

Add Birthday or Anniversary
text Elder Danny

Atlanta Metro Life! February
Issue NOW at atlmetrosda.org,

Church Business Meeting

Metro members invited to attend in
 person; Sun. Feb, 15; 11:00 am

Nightly Prayer 8 pm Zoom

ID 834 2543 1144; PC: 089712; or
 Ph.# 301-715-8592 Mtg ID & pc .

Training 2026—you're all invited
 to join us as we resume in February,
 we will meet 2nd Sabbath to agree on
 the schedule and begin training.

Youth Summer Camp 2026 —
at Cohutta Springs — Who Am I?

Ages 7-9 June 21 –26; Family Camp
 July 14-19; ages 10-11 June 7–14, 14-
 21; ages 12-13 June 28-July 5; ages
 14-17 Camp July 5-12 & RAD Camp.
www.cs-yc.com — info & registration

Church Announcements cont.
Prayer Meeting: Wed 7:30 pm
 Zoom Mtg. ID:853 4344 3792
 Passcode 540222

Great Bible Courses—you can
Study or invite someone to study!
bibleschools.com/en/165



Metro's Health Ministry Presents—
 Often called “NEWSTART,” the
 SDA health message includes
 eight natural laws of health that
 promote physical, mental, and
 spiritual well-being. We plan to
 share helpful information to assist
 you in improving your health;
Read February focus in Atlanta
Metro Life—atlmetrosda.org

N – Nutrition

E – Exercise

W – Water

S – Sunlight

T – Temperance

A – Air

R – Rest

T – Trust in God

January's focus is to encourage
 you to challenge yourself to eat
 better. Therefore we look at the N
 for “Nutrition”: Eat a balanced,
 plant-based diet focused on whole
 grains, fruits, vegetables, nuts,
 and legumes.

PLANT-BASED FOOD LIST		
EAT	LIMIT	AVOID
• APPLES • PEARS • BANANAS • ORANGES • MANDARINS • GRAPES • BLUEBERRIES • STRAWBERRIES • RASPBERRIES • CHERRIES • MANGO • PINEAPPLE • PAPAYA • WATERMELON • CANTALOUPE • PLUMS • PEACHES • SPINACH • KALE • LETTUCE • ROMAINE • ARUGULA	• OLIVES • DRIED FRUIT (RAISINS, FIGS, APRICOTS) • DATES • COCONUT (DRIED) • POTATOES (FRIED OR CHIPS) • CORN • WHOLE GRAIN BREAD • WHOLE WHEAT PASTA • BROWN RICE • OATS WITH ADDED SUGAR • GRANOLA (SWEETENED) • HOT BUTTERS (PEARLY, ALMOND) • TAHINI • CASHEWS • ALMONDS • WALNUTS • PISTACHIOS • PECANS	• REFINED SUGAR • WHITE RICE (REFINED, INSTANT) • PASTA (REFINED) • DOUGHNUTS • CAKES WITH CREAM • CANDY • ICE CREAM (NON-VEGAN) • PROCESSED VEGAN JUNK FOOD • VEGAN FAST FOOD • BURGERS • FRIED SNACKS • PACKAGED FRIES • POTATO CHIPS • MICROWAVE POPCORN • BUTTER FLAVORED • PROCESSED MEAT • MEATS WITH ADDITIVES

Atlanta Metropolitan SDA Church

WE Are FAMILY In 2026

Sabbath January 31, 2026

Elder Devroux Cody Paige, Pastor

WELCOME

Praise Ye the Lord. I will praise the Lord
with my whole heart In the assembly of
the upright and in
the congregation.

Psalm 111:1

Happy Sabbath

MISSION:

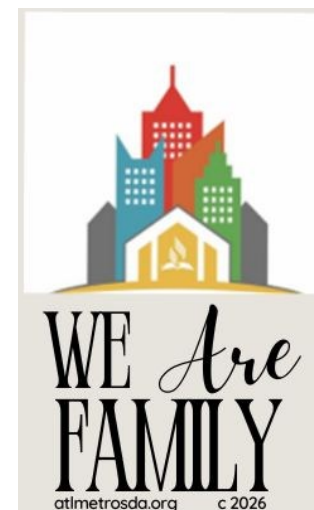
Forgiveness

Mercy

Kindness

Sacrifice

VISION: Loving God;
Loving People



Sabbath January 31, 2026

SABBATH SCHOOL 10:00AM

ADULT CLASS SANCTUARY: 10:00AM

SONG SERVICE: Inspirational

OPENING PRAYER & WELCOME: Elder Aaron Brantley Sr.

LESSON STUDY: Wayne Collymore

Lesson 5 "Shining as Lights in the Night"

CLOSING PRAYER: Wayne Collymore **11:15 AM**

SABBATH SCHOOL OFFERING: Wayne Collymore

Worship Service 11:30 AM

Join Our Worship Service today on Zoom at Meeting ID 834 2543 1144;
and Passcode: 089712; or call: Ph.# 301-715-8592
and above Mtg ID & Passcode

Welcome/ Announcements: Bernita Long/ Mr. Adassa

Offering: Elder Danny Wells

Opening Hymn: Jesus Paid It All—Played by Adassa

Children's Ministry: Serita Walker/ Joshua Martin

Worship In Prayer: Elder Aaron Brantley

Song of Meditation: Played by Adassa

Worship In The Word: Elder Claudia Knight

Sermon: Once & For All

Scripture: Romans 6

Closing Hymn: Played by Adassa

Benediction: Elder Claudia Knight

This Quarter's focus is Forgiveness

Musicians: Al Price—Keyboard; Sirak James, Tricia Glass—Piano

Deacon/ Deaconess on Duty: Robert Ingram; Deloris Walker

Media/ Streaming: Mr. Adassa; La'Rae Green, Joshua Martin

Sabbath ends today 6:08 PM

Sabbath begins next Friday 6:14 PM

CHURCH FAMILY MATTERS

REFLECTING CHRIST

"This means that anyone who belongs to Christ has become a new person. The old life is gone; behold, a new life has begun! And all of this is a gift from God, who has brought us back to Himself through Jesus Christ. And God has given to us the task of reconciling people to Him. For God was in Christ reconciling the world to Himself, no longer counting people's sins against them. And He gave us this wonderful message of reconciliation."
~ 2 Corinthians 5:17-19 ~

ONLINE GIVING: atlmetrosda.org
—select **Online Giving**.

You will be taken to adventistgiving.org to create your login to return your tithe, give offering to church budget and track your giving history.

Pastoral Staff

Devroux Paige, Pastor: 706-263-7064
Aaron Brantley, Elder: 470-363-1057
Claudia Knight, Elder: 404-629-7381
Danny Wells, Elder: 404-395-9459

Administration

Deloris Walker, Treas.: 404-316-7228
Danny Wells, Clerk: 404-395-9459

Church Mailing Address:

Atlanta Metropolitan SDA Church
PO Box 170183
Atlanta, GA 30317
Phone: 404-627-2970
<http://www.atlmetrosda.org>

Let us Pray for You

Steven Monfort
Barbara Gillis
Leola Walker
Willie Mae Taylor
Kathy Matthews
Lula Hayter
Grace Denton
Patrick Sheard
Alvin Bruton
Ganice Nelms
Richmond Carter
Uesther Carter
Alivia Carter
Madeline Lovings
Michelle Mitchell
Marcus Hendley
Brittany Ellington
Megan Lebon
Amy Marshall
Aleece Holliman
Kyle Holliman
Alex Holliman
Verette Holliman
Kerry Holliman
Wanda Johnson
Hannah Johnson
Greg Boyd
Amari Boyd
Pam Dallas
Andrea Dallas
Kendar Vildor
Willodeen Jackson
Gloria Campbell
Victoria Williams
Donovan Williams
Linda Butler

