

“Family 101 - Who’s In Charge?”

Proverbs 22:6 MSG and Titus 2:7-8 MSG

Recap of Presentation on July 18, 2026

Over the past two months the Perspective Team presented on the topic of *Lifestyle 101*. Familyhood 101 was the last in this three-part series. Jackie Abrams started the presentation by reminding the congregation that we live in a world where we all can safely say transformation is needed. One of the greatest engines of societal transformation ever designed by God is not a government building, a university hall or even a church auditorium. It is in the living room. Ellen G. White wrote, "One well ordered, well-disciplined family tells more on behalf of Christianity than all the sermons preached. Such a family gives evidence that the parents have been successful in following God's direction and that their children will serve Him in the church. Their influence grows . The neighborhood in which they live is helped for in it they have become enriched for time and eternity."

With this statement as a background, the themes in which scenarios were developed explored Christian perspectives on family relationships, emphasizing five family themes and scenarios and the importance of applying biblical principles to modern family dynamics. Ronald Tunis initiated the discussion by highlighting how generational influences, including unhealthy behaviors, strongholds, and blind spots shape marriages and parenting. These experiences shape adult relationships, so it is important to have self-awareness, show empathy, forgive, and identify personal blind spots in order to grow spiritually and emotionally. The five scenarios titled “Married”, “Married with Children”, “Single Parent with Children”, “Child Focus”, and “Single” recognized the diversity of modern family structures. Although family situations differ, it was emphasized that God's ideal remains the foundation for healthy relationships. Participants discussed the value of self-awareness, empathy, and intentionally breaking negative family cycles through faith in Christ.

The session concluded by challenging parents to reflect on whether their children see evidence of their commitment to God through their daily lives, encouraging intentional spiritual leadership, consistent prayer, Bible study, and modeling Christlike character within the home.

Call to Action: Ronald Tunis challenged the participants with the following quotes:

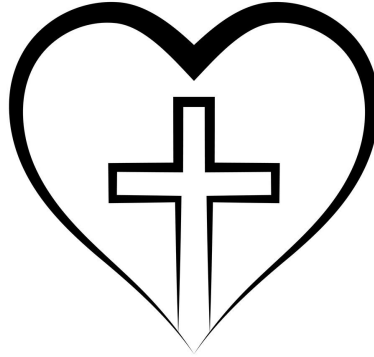
“True healing begins the moment you no longer condemn yourself for the scars you carry.”- Roy T. Bennett, *The Light in the Heart*

“When you know who you are, it changes how you live.” - Hosanna Wong

ALL NATIONS FELLOWSHIP SDA CHURCH

Order of Service

July 25, 2026 11:15AM



Opening Song ----- ANF Praise Team

Welcome/Opening Prayer -----Dawn Robinson

Song of Praise ----- ANF Praise Team

Health Nugget -----Elder Michael Campbell

Tithes & Offering ----- Video

Intercessory Prayer -----Ameerah Tahath

Special Music -----Michael Hartung

Sermon -----Elder VG Lacey

The Company You Keep

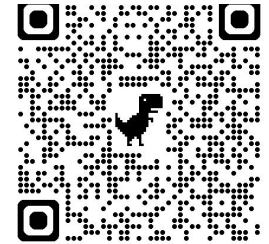
Scripture: 1 Corinthians 15:33; NIV

Benediction -----Elder VG Lacey



ANNOUNCEMENTS

- Elder of the month VG Lacey
- Please refrain from eating/drinking in the sanctuary.
- Please remember to support the renovation of LRC schools on your tithe envelope.
- Breakthrough Tuesday July 28, 2026 from 7:30 to 8:30 PM. The seven "I Am" statements of Jesus! Pastor Thomas will be presenting, "I AM The Light of The World" (John 8:12)
- **SAVE THE DATE!** The ANFC Women’s Ministry is hosting a free spa day at the All Nations Fellowship SDA Church for women on Sunday, August 9, 2026 from 3 - 5:30 PM. Please scan the QR code to register. For questions please see Dawn Robinson.



- Have an announcement? Please send email to elders@anfisdac.org before 5PM on Wednesday.

JULY BIRTHDAYS & ANNIVERSARIES

BIRTHDAYS: Marty Scott (7/1), John Lacey (7/17),

Dawn Robinson (7/22)

ANNIVERSARIES: Elder Aaron and Dawn Robinson (7/9), Michael and Maria Hartung (7/20)

REQUESTS FOR PRAYER & HEALING

William/Corvina Coleman, Caleb Bays, Dolly Robinson, Angela (Ron Tunis’ daughter), Michael Wright, Gabby Smith, Sade Carpenter (Osborne’s niece), Sophie Reyes (co-worker of Diane Wright), Jerome Atkins, Deb/Joyce Agard, Henrietta Collins, Maria/Michael Hartung, Bob (Fuchsia Campbell's nephew), Gloria Toscano, Dana, Spencer (Allison’s children), Shirley Matthews Akins, Nicole Pratts, Winston Family, Debbie Jones, Lacey Family, Fanchon Lewis, Nirayl Israel, Morawshaw Israel, Nancy Mandra (husband passed), Will Carter & David S. Phelps house. Baby Lucy (Darlene’s grand daughter), Vanessa and her family (Visitor from the Mystery Dinner), Bereaved families in the church. Pray for government and elected officials. Please remember to pray for all prayer requests mentioned during our Breakthrough Tuesday worship hour.

HEALTH CORNER

SPIRULINA AND CHLORELLA



Spirulina and chlorella are nutrient-dense blue-green algae that boost immunity, reduce inflammation, improve heart health by lowering blood pressure and cholesterol, and support detoxification. Both are rich in antioxidants, vitamins, protein and nutrients, with chlorella specializing in heavy metal detox and iron, while spirulina excels in protein and anti-inflammatory properties. They both aid in digestion and energy. Chlorella contains all of the B vitamins, vitamins C and E, and rare trace minerals. It is nearly a complete food and contains more B12 than liver. Chlorella is very high in RNA and DNA; it protects against ultraviolet radiation and cleanses the bloodstream. It is an excellent source of protein. Spirulina produces 20 times as much protein as soybeans. Spirulina contains an astounding array of nutrition, chlorophyll, and phycocyanin, which is a blue-green pigment which protects against cancer. Spirulina increases mineral absorption, protects the immune system, reduces cholesterol, curbs the appetite, and stabilizes blood sugar. These are two amazing superfoods to include in your diet!

Spirulina Chlorella Green Smoothie Recipe

Ingredients: 1 cup plant-based milk, 1 handful fresh spinach, 1 frozen banana, 1 cup frozen mango chunks, 1–2 tsp spirulina/chlorella powder, 1 tsp lime juice.

Method: Blend spinach and milk first, then add remaining ingredients and blend until creamy.

ALL NATIONS FELLOWSHIP SDA CHURCH

Our Mission

Building a healthy, strong and growing community of believers in Christ who work together to prayerfully, strategically and intentionally advance the kingdom of God by sharing the gospel of Jesus Christ. **Matt 24:14; John 14:1-6, 27, 28; John 3:16; John 18:36; Rev 11:15; Acts 28:31; Luke 24:13-3**

ANF RECURRING EVENTS

- Sabbath School is at 9:45AM in the ANF sanctuary and via Zoom.
 - **Zoom ID:** 945 6406 8099; **Passcode:** ritBb4
- “Breakthrough Tuesdays” is every Tuesday of the month (except the 2nd Tuesday) at 7:30PM and remotely via Zoom.
 - **Zoom ID:** 960 9135 6728; **Passcode:** 7
- Health Meetup is every 2nd Tuesday at 6:45PM via Zoom.
 - **Zoom ID:** 865 6085 9283; **Passcode:** 3700

ANF LEADERSHIP

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EMAIL YOUR BULLETIN NOTICES TO THE CHURCH CLERK



You Are Welcome Here

...to this part of God's family, a community of believers in Christ seeking to live under His Lordship. We are glad that you have joined us here today. We trust that you will receive a tremendous blessing from God as you worship and fellowship with us.

Sabbath School 9:50 AM

Divine Hour 11:15 AM

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