

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
August 1, 2026 11:15AM



Opening Song ----- ANF Praise Team

Welcome/Opening Prayer ----- Elder Glen White

Song of Praise ----- ANF Praise Team

Health Nugget ----- Serena Scott

Tithes & Offering ----- Video

Intercessory Prayer ----- Elder Michael White

Special Music ----- Video

Sermon ----- Pr.Josie Frampton
"Origin" Psalms 139:13-16

Benediction ----- Pr. Darlene Thomas



ANNOUNCEMENTS

- Elder of the month Michael White
- Please refrain from eating/drinking in the sanctuary.
- Please remember to support the renovation of LRC schools on your tithe envelope.
- October 24 – ANF Children's Day
- August 22 – RightNow Media Launch
- Breakthrough Tuesday August 4, 2026 from 7:30 to 8:30 PM. The seven "I Am" statements of Jesus! Elder Michael will be presenting, "I AM The Door" (John 10:9)
- Have an announcement? Please send email to elders@anfisdac.org before 5PM on Wednesday.



AUGUST BIRTHDAYS & ANNIVERSARIES

BIRTHDAYS: Calvin Vance (8/9)
ANNIVERSARIES: John and Elder VG Lacey (8/9)

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.

How to Love your Kidneys

The kidneys are two bean-shaped organs that perform many functions within the human body. Some of those functions are to filter blood, remove waste, and balance body fluids. Purification of blood by removal of waste products is the most important function of the kidney. The second most important function of the kidney is the regulation of fluid balance by excreting excess amounts of water as urine while retaining the necessary amount of water in the body, which is essential for living. The kidneys play another important role of regulating minerals and chemicals like sodium, potassium, hydrogen, calcium, phosphorus, magnesium and bicarbonate and maintains normal composition of body fluid. The kidneys convert vitamin D into its active form which is essential for the absorption of calcium from food, growth of the bones and teeth, and keeping the bones strong and healthy. When the kidneys fail, they lose the ability to perform all these functions properly.

Here are some ways to show love to your kidneys

1. Water/Hydrotherapy

: Drinking enough water helps the kidneys filter waste and extra salt out of the blood to make urine. Using water externally as a hydrotherapy treatment is also beneficial for kidney health and for enhancing kidney functions. For example, hot and cold sitz baths can be implemented to boost healing in the kidneys, and the whole urinary system.

2. Sleep

: Getting 7 to 9 hours of quality sleep is vital for the kidneys. Chronic sleep deprivation increases the risk of developing chronic kidney disease.

3. Reduction or elimination of animal protein

: As animal protein is metabolized, it gives off high sulphur waste, which is very acidic and irritating to the kidneys.

4. Abstinence

: Abstain from alcohol, drugs, glyphosate, refined sugar, caffeine, and tobacco. These all have an irritating and damaging effect on the kidneys.

5. Trusting God

: Fear and stress can have a damaging effect on the whole-body and that includes the kidneys. When we have fear or stress it is not uncommon to experience incontinence and frequent toilet visits to release the urine. On the other hand, an inability to urinate can also be experienced under extreme stress. When we trust God, we leave all our worries and cares in his hands with the confidence that He will work all things in our favor and for our ultimate and eternal good. Some herbs for kidney health are Dandelion, Uva Ursi, Hydrangea, Parsley, and Juniper berries. Drink 2 cups daily of any of the herbs mentioned, or you can make a blend of two or more herbs for a wonderful kidney tonic.

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

PASTOR

Darlene Thomas
(708) 774-3073
dthomas@lrcsda.com

YOUTH LEADER

Serena Scott
(312) 391-3332
sererobin@gmail.com

HEAD ELDER

Michael Campbell
elders@anfsdac.org

CHURCH CLERK

Ena Collymore
clerk@anfsdac.org

PRAYER COORDINATOR

Henrietta Collins
(630) 682-9322
hcollins845@att.net

SABBATH SCHOOL LEADER

Ronald Tunis
(630) 334-3443
ron.tunis@yahoo.com

COMMUNICATIONS DIRECTOR

Sheila White, Ph.D.
communication@anfsdac.org



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	9:45 AM
Divine Hour	11:15 AM

All Nations Fellowship SDA Church
3700 Fairview Avenue, Downers Grove, IL 60515
630-964-4625
www.anfsdac.org
facebook.com/anfsdac