

Sabbath, January 24, 2026

The Church at Study

9:45-10:40 AM Sabbath School Lesson Study

Adult Sabbath School Classes - Sanctuary  
Children’s Sabbath School Classes – Downstairs:  
Beginners, Kindergarten, Primary, Junior.  
Early-teen, Youth & Collegiate meet in the Church School.

Adult Lesson #4: “Unity Through Humility”

“Fulfill my joy by being like-minded, having the same love,  
being of one accord, of one mind”  
(Philippians 2:2, NKJV).

This Week at Five Oaks

- Today, 5:35 p.m., Sabbath ends at sunset.
- Friday, 5:41 p.m., Sabbath begins at sunset.
- Friday, 7:00 p.m., Vespers in the Sanctuary.
- Friday, 7:00 p.m., Youth Vespers every 2<sup>nd</sup> & 4<sup>th</sup> Fridays.

Giving Opportunities

(Tithe envelopes available in Church Foyer)

- Offering This Week is for: **Carolina Youth**
- Offering Next Week is for: **Local Church Budget**
- Lamb’s offering for Five Oaks Church School
- **On-line giving can be done through the Five Oaks Website**

(<http://www.fiveoakschurch.net> and click on "Online Giving")

Monthly Church Budget	\$14,662
Collected up to 1/17/2026	\$1,354.00
Special Need: New Piano \$65K	Raised \$6,289.00
Special Need: New AC System \$32K	Raised \$2,327.00
<b>YEAR 2025 BUDGET \$175,944</b>	<b>RAISED \$97,954.00</b>

Interlude 10:40 am to 10:55 am

Sanctuary

10:55 AM

Health Nugget

Shassie Ogede

The Church Worships

11:00 AM

Song Service

Praise Team

Call to Worship

Greeting Time

Congregational

“Family of God”

*“I’m so glad I’m a part of the family of God  
I’ve been washed in the fountain cleansed by His blood  
Joint heirs with Jesus as we travel this sod  
for I’m part of the family the family of God.”*

Invocation

Roy Terretta

Welcome & Announcements

Roy Terretta

Scripture

Mark 10:46-52

Keira LaPage

Intercessory Prayer

Jason Wright

Prayer Response

No. 663

Amen

The Church Gives

Children’s Story

Caleb Towett

Offering Prayer

Nyamweya Omundi

The Church Receives

Special Music

Youth Choir

Message

Pastor Will Oosthuizen

“Passing by....but Not Passed by!”

Hymn of Benediction “My Faith Looks Up To Thee” No. 517

Benediction!

Let’s Get Acquainted!

Welcome to the Durham Five Oaks SDA Church Family. To help us to get better acquainted, please fill out this section front & back and drop it in the offering plate or give to the Pastor.  
(Please print clearly)

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Check the Appropriate Boxes:

- ☐ I am attending the Seventh-day Adventist Church for the first time.
- ☐ I have attended before as a guest.
- ☐ I am a new resident in the area.
- ☐ I would like to know more about the Seventh-day Adventists
- ☐ Please include my name on your church mailing list

Request for Membership:

I am interested in joining the Durham Five Oaks Seventh-day Adventist Church Family:

- ☐ By Letter of Transfer (fill in blanks below)
- ☐ By Baptism
- ☐ By Profession of Faith

Please send for my church membership transfer:

(Please print clearly)

Church: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Suggestion Box: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## How Can We Help?

Ministering to your needs is very important to us. To help us serve you better, please check the areas below that are relevant to your wishes and desires.

### I wish you would:

- ☐ Enroll me in Bible studies and help me learn more about the Bible.
- ☐ Ask the pastor and elders to visit me.
- ☐ Please visit \_\_\_\_\_
- ☐ Pray for my special needs and me.
- ☐ Please pray for \_\_\_\_\_

### I desire to use my gifts for ministry working with:

- ☐ Children's Ministries
- ☐ The Adventurer Club
- ☐ The Pathfinder Club
- ☐ Children's Sabbath School
- ☐ Adult Sabbath School
- ☐ Health Ministries
- ☐ The elderly and shut-ins
- ☐ Men's or Women's Ministries
- ☐ Community Services/Food Bank
- ☐ Prophecy Seminars
- ☐ Church Music Program
- ☐ Community Gardens
- ☐ Discipleship Groups/Small Group Ministry
- ☐ Other: \_\_\_\_\_

### Church School

- ☐ I would like information about enrolling my child in church school (kindergarten or grades 1-8)

*Tear off this section and place in the offering plate or give to the pastor or an elder.*

## Announcements

### Church Memberships Transferring Out – Second Reading

Benjamin Lizarazo to Goldsboro Hispanic SDA Church, Goldsboro, NC  
Jenny Lizarazo to Goldsboro Hispanic SDA Church, Goldsboro, NC  
Richard Martinez to Goldsboro Hispanic SDA Church, Goldsboro, NC

**Appreciation:** We would like to express our sincere appreciation to the anonymous donor for sponsoring the installation of new blinds/shutters in the Church. Thank you for using your gift to bless all of us!

**Wednesday Bible Study:** Join us this Wednesday evening, **January 28 @ 7pm**. Our focus is Christ's ministry in the Book of Hebrews.

### **Special Baby Dedication and Program on February 7:**

A **baby dedication** will take place during children's story time. **Pastor Jimmy Shwe** will also share with us about his recent mission trip to Myanmar and Thailand.

**Welcome To The Family: April 24-26:** If you were baptized, joined by profession of faith, or transferred in from another Adventist conference within the past two years, this weekend is for you. Join us for a free and meaningful retreat at Nosoca Pines Ranch, created especially to welcome and celebrate our newest members across the Carolina Conference. This is a time to connect with conference leadership, build friendships with other new members, worship together, and enjoy a relaxed, family-focused camp experience. Due to limited space, your early registration is encouraged. Register at: [www.carolinasda.org](http://www.carolinasda.org)

# ***FIVE OAKS***

## ***Seventh-Day Adventist Church***



4124 Farrington Road  
Durham, NC 27707  
919.489.7777



fiveoakschurch.net  
fiveoaksschool.org

### **Our Mission**

***"Compelled by the love of Jesus Christ to equip every member to serve and share the Gospel in the community."***

Pastor - Will Oosthuizen ..... woosthuizen@carolinasda.org .....828-231-6854  
Head Elder - Roy Terretta .....roy@terretta.com .....919-697-5666  
Head Deacon – Saul Rivera .....sariverajr@hotmail.com .....718-551-2791  
Head Deaconess-Stella Obodum...stella.obodum@unchealth.unc.edu-919-282-4056  
Treasurer – Leyte Rivera..... leyte4god@gmail.com .....321-243-2621  
Clerk – Catherine Pfeifle..... clerk4jesus@gmail.com .....269-470-8510  
Teaching Principal-Catherine Pfeifle.. cpfeifle@carolinasda.org ..269-470-8510  
Audio Visual Submissions ..... fiveoaksav@gmail.com  
Bulletin Announcements.....fiveoaksbulletin@gmail.com

# 01.17.2026 BUDGET

**\$1,354 raised of \$14,662**



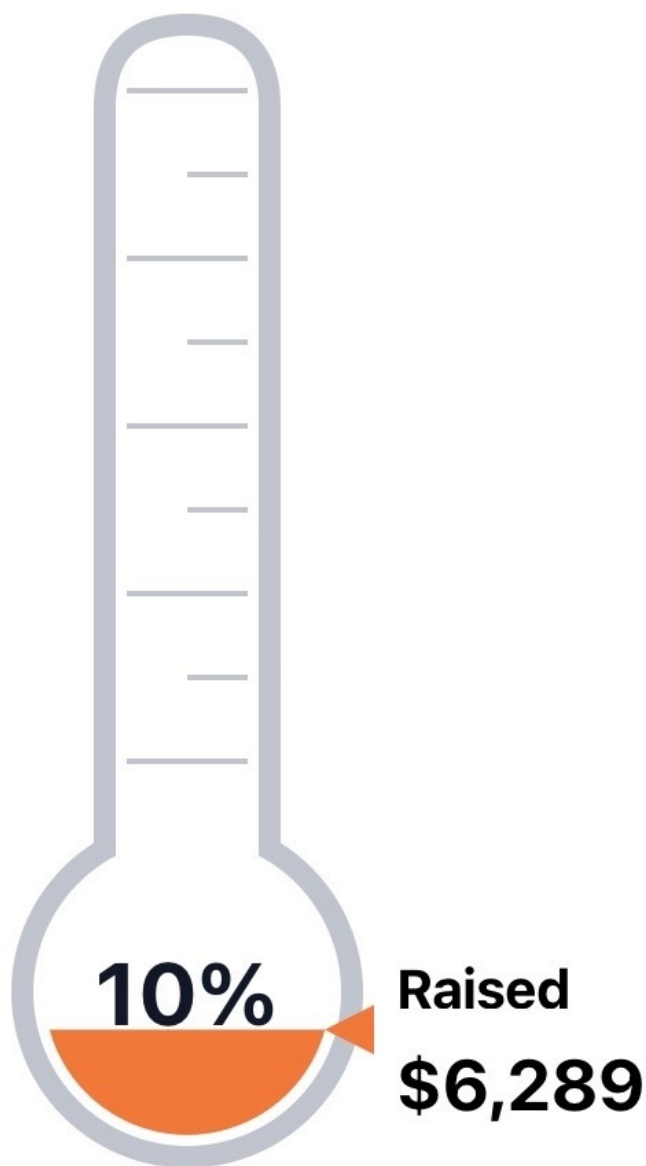
# NEW AC SYSTEM

**\$2,327 raised of \$35,000**



# 01.17.2026 NEW PIANO

**\$6,289 raised of \$65,000**



Sabbath, January 3, 2026

# Which Flour Is Healthy?



## Hybridized Wheat

According to health educator Barbara O'Neill, modern "hybridized" wheat is a significant contributing factor to current health issues, such as diabetes. She argues that the wheat grown today is fundamentally different from the wheat of the past and that this change affects how our bodies process it. Dr. William Davis, author of *Wheat Belly*, is a prominent voice arguing that modern wheat is inherently unhealthy due to its hybridization, causing widespread chronic diseases. Dr. Deanna Osborn echoes Davis's concerns, noting the radical changes to modern wheat and the difficulty for the body to recognize it as food.

In Counsels for the Church, we read: "Satan gathered the fallen angels together to devise some way of doing the most possible evil to the human family. One proposition after another was made, until finally Satan himself thought of a plan. He would take the fruit of the vine, also wheat and other things given by God as food, and would convert them into poisons, which would ruin man's physical, mental, and moral powers, and so overcome the senses that Satan should have full control. Under the influence of liquor, men would be led to commit crimes of all kinds. Through perverted appetite, the world would be made corrupt." Praise God who always preserves a remnant of all things! There are still some non-hybridized flours. Non-hybridized flours come from ancient or heritage grains, with einkorn being the most well-known "never-hybridized" wheat, alongside others such as spelt, emmer, and Kamut. These are often found in organic or specialty brands like Jovial, Bob's Red Mill, and Hayden Flour Mills, which focus on heritage or pure, single-grain flours. Look for labels such as "heritage" or "ancient grains"

"organic" when seeking these pure, natural flours. You can find these flours in Whole Foods, specialty stores, and on Amazon. You may also speak with your local grocery store manager and ask them to start carrying them for you.



**John 6:50 - This is the bread which cometh down from heaven, that a man may eat thereof, and not die.**



• BREAKING NEWS • BREAKING NEWS • BREAKING NEWS •





# HAPPY NEW YEAR!



## Einkorn Bread

### Ingredients

- 4 cups einkorn flour
- 1½ teaspoons active dry yeast
- 1¼ teaspoons Himalayan salt
- 1¼ cups warm water (115°F)
- ¼ cup honey
- 2 tablespoons olive oil



### Instructions

In a bowl, mix 4 cups of einkorn flour. Add 1½ teaspoons of active dry yeast and 1¼ teaspoons of salt, and whisk together well. In a separate measuring cup or bowl, add ¼ cup of honey and 1¼ cups of hot tap water. Stir well. Combine all ingredients in the bowl using a spatula. Add 2 tablespoons of olive oil and mix well. Preheat the oven to 400°F. Set the bowl with the bread ingredients on top of the oven and cover with plastic wrap. After 15 minutes, stir with a spatula. Let the dough sit on the stovetop for 40 minutes, folding once after 15 minutes. Place the mixture into a greased bread pan or onto parchment paper. Make sure the dough is smooth. Bake for 30 minutes at 400°F. Remove the bread from the oven and place it on a cooling rack. Do not eat for 24 hours.

## Simple Vegan Butter

### What you'll need:

- ¾ cup coconut milk
- ½ cup water
- 2 tablespoons yellow cornmeal
- 1 tablespoon salt
- 1 teaspoon turmeric



You may use ¼ cup unsweetened, finely shredded coconut or raw cashew nuts instead of coconut milk. If you do, increase the water to 1¼ cups.

Step 1: Place all ingredients in a saucepan and bring to a boil. Simmer for 5 minutes.

Step 2: Transfer the mixture to a blender, cover, and start on low speed, then increase to high. Blend until as smooth as possible.

Step 3: Pour into a container, cover, and chill. The mixture will be runny at first but will set when cold. This will keep for 10 days.

**PRE-  
ORDER  
PRODUCE FOR  
FEBRUARY NOW!**



**Don't miss the February 2026 Organic Produce Share.**

Please reach out to the Health Ministry team by the end of January for a list of organic winter produce, such as apples, greens, ginger, lemons, oranges, and more.

Email: [shassie.asabe@gmail.com](mailto:shassie.asabe@gmail.com)



**Pre-order: [FiveOaksChurch.net](http://FiveOaksChurch.net) > Give > Offering > Health Ministries**