

The Church at Study

Song Service 9:30 am Doug Aerni II
Adult Sabbath School Class—Sanctuary
 Teacher 9:40 am Rosalind Greenaway



Growing in a Relationship With God *Week 9—Sin, the Gospel, and the Law*

Memory Verse: “I will never forget Your precepts, for by them You have given me life. I am Yours, save me; for I have sought Your precepts.”
Psalm 119:93 & 94, NKJV

Today at Hampton Roads

9:30 am Cradle Roll—Ages Birth-3 & Adult New Believer Class—Bottom Floor Classrooms
 Kindergarten—Ages 4-6—1st Floor Classroom
 Primary/Juniors—Ages 7-11 & Earliteen/Youth—Ages 12-18—2nd Floor Classrooms
 11:00 am Family Worship—Elder Bobby Howard
 12:45 PM Fellowship Lunch—Following the Worship Service
 Aft Lunch Go With Us initiative—See description in announcements

This Week at Hampton Roads—May 30 thru June 6

This Week Children’s Study—Lesson 23—An Orphan Becomes Queen
 Sunday Friends Serving Friends—Kitchen—9:00 am
 Monday Prayer Line—7:00 pm—(605) 313-5521 access code 5186056
 Wednesday Prayer Meeting—7:00 pm—Revelation 2—Sarah Ware
 Sabbath Family Worship—Elder William Thompson



Church at Work

10:45-11:00 am

Announcements

Song Service

We’ll Guild on the Rock #531
 For the Beauty of the Earth #565
 ‘Tis So Sweet to Trust in Jesus #524

The Church at Worship

11:00 am

Prelude		Pianist
Call to Worship	“Let All Mortal Flesh Keep Silent”	#662
Invocation		Elder Bobby Howard
Hymn of Praise	“Tread Softly”	#479
Preparatory	“As We Come to You in Prayer”	#671
Intercessory Prayer		Elder David Richards
Offertory		Local Church Budget
Doxology	“Praise God from Whom All Blessing Flow”	#694
Thanksgiving Prayer		Elder David Richards
Pulpit & Pew	“Identifying People in Your Circle”	Video
Children’s Story		Louise Davenport
Special Music		Jason Thomas
Scripture Reading		Elder David Richards
	“Psalm 33:8 & 9”	
Spoken Word		Elder Bobby Howard
	“Invisible Things of God”	
	“Immortal, Invisible, God Only Wise”	#21
Benediction		Elder Bobby Howard
Sunset Tonight 8:17 pm		Sunset Next Friday 8:21 pm

ANNOUNCEMENTS

Welcome all who have come to worship God this Sabbath day. May the Lord bless you! Maintain reverence in the Sanctuary. Remove distractions in his presence.




Remember in Prayer: Pat Beasley-Richita (hospice care), Jeremy Monette (health), David Talley (hip replacement), Linda Walker (stroke—Family Prayer), Phalen Gonzales & Family (Doug Aernie’s co-worker—Daughter and unborn grandchild killed in car accident), Grace Mamjie (Dottie Okoye’s sister—liver cancer), Brent Musgrove (health), Aaron Spears, Mireya Spears & family (healing), Ethel Burton (health), Elena Bratosin (health), Kynslee Davis (Tally’s granddaughter—Leukemia), Daryl Trabou, Harriett/Henry Ware, Rosalind Greenaway, Bobby/Marjorie Charles (health), Nella Son, Billy Charles/family (health), Bible study students, non-active church members.

PRAYER LINE: Join us next **Monday** evening at 7:00pm for a 1/2 hour of praying together. The prayer line number is (605) 313-5521 and the access code is 5186056.

PRAYER MEETING: Every **Wednesday** evening at 7 pm. The meeting can be accessed at hrsda.org. Click “*Get Involved*” then Zoom link to view, or use **Meeting ID 88314578112 & Password 815732**

FELLOWSHIP LUNCH: Today following the Worship Service downstairs in the Fellowship Hall. Please join in this special time as a church family.

GO WITH US — SHARE HOPE IN OUR COMMUNITY: Join us today after the fellowship meal as we go door to door in our community to share the Gospel and connect with our neighbors through kindness, prayer, and hope. You don’t need experience, just a willing heart.

-  Bring comfortable footwear
-  Come ready to pray, encourage, and invite
-  Everyone can participate

Jesus said, “Go into all the world and preach the gospel...” — Mark 16:15
Let’s step out in faith together and be a blessing to our community.

COMMUNION: Will be on **June 13th**. Please prepare your hearts as you reflect on your life remembering what Christ has done for you while holding on to the hope of his soon return.

VACATION BIBLE SCHOOL: We need volunteers to help with our upcoming VBS. We need help in many areas including decorating, gathering supplies, and food preparation. If you can help in any way, please contact Sarah Ware at 757-373-9574.

REMNANT RADIO MINISTRY: Has been paused for the time being. We will update as soon as the ministry becomes available again.



Hampton Roads Seventh-day Adventist Church
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Hampton, VA 23601
757-722-1221

May 30, 2026

Pastor Sheldon Bryan
(414) 982-9976
sheldonrbryan@yahoo.com
www.hrsda.org

ANNOUNCEMENTS CONTINUED . . .

FRIENDS SERVING FRIENDS: As the weather begins to warm, Friends Serving Friends is once again asking for your support with securing hygiene products, shampoo, soap, lotions, wipes, etc. for our unhoused friends. Please see Sandra Richards or Peggy Halifax if you have any questions. Thanks for your willingness to support our community.

FOOD PANTRY: Hampton Roads has vegetarian food available for your purchase. Pantry available/open Sunday mornings 9:00-10:30, please see Peggy for purchases. Other times, you may contact Carrie, (msclem98@yahoo.com/757-975-2184).

CARPORT CHURCH DOORS: Due to the security concerns brought to the Board during the Church Business Meeting the **Carport Doors** will be the only access to the church during the services on Sabbath. All other doors in the church will remain locked. All doors can be used as an exit only in case of emergency.

FRUIT JUICE IN THE FRIG: As a courtesy to our Hampton Roads family members that struggle with blood sugar issues, we keep fruit juice in the refrigerator in our kitchen downstairs marked for them. Should there be an emergency with a member who is crashing, it is very important that we have this juice available to help them quickly. **Please do not drink this juice.** Your attention in this matter is much appreciated.

MAY BIRTHDAYS – May 8 – Xanon Vandiola; May 19 – Cindy Talley; May 21 – William Thompson; May 23 – Carmen Rosario; May 31 – Patricia Starks

JUNE BIRTHDAYS – June 19 – Henry Ware; June 23 – Xane Vandiola; June 25 – Anita Richards; June 27 – Debra Brennan



ANNOUNCEMENTS CONTINUED . . .

RELIGIOUS LIBERTY CORNER: In the early days of colonial Virginia, there was religious persecution due to the union between church and state. The official church of the colony was the Anglican Church. The Baptists in Virginia were especially persecuted. Baptist preachers refused to get permission to preach from the established church, therefore these preachers were thrown into prison. The jail in Chesterfield county Virginia confined seven Baptist preachers for preaching the Gospel without state church ordination or state license. Near present day Suffolk two Baptist preachers were seized by a mob and dunked in Nansemond River in 1778.

Roger Williams broke the cycle of religious persecution in the early colonies when he started a new colony which would protect religious liberty for not only Baptists but for all religious minorities, including atheists, Jews, and Muslims. Due to his commitment to the separation of church and state, Rhode Island became a shelter for persecuted people of all persuasions. This became a model of true religious liberty. The principles on which Rhode Island was founded became a part of the first amendment to the U.S. Constitution. Today Seventh-day Adventists follow in the tradition of Roger Williams in advocating a robust separation of church and state. We believe in protecting human dignity and the religious convictions of all, including those who believe very differently than we do.

Taken from <https://encyclopediavirginia.org/entries/virginia-statute-for-establishing-religious-freedom-1786/>



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Health Corner

Over the past few decades, our diets have changed dramatically. Many of the products that now fill supermarket shelves simply didn't exist a century ago: sodas, sugary cereals, snacks, nuggets, instant meals. . .

These so-called “ultra-processed” foods have become a central part of our daily lives. But what exactly are they? How did they become so widespread? And what are the consequences for our health?

To answer these questions, Yuka recently published an in-depth investigative [dossier on ultra-processed foods](#). (use link to read on line)

In this dossier, you'll discover how the food industry designs increasingly addictive products and deploys highly sophisticated marketing strategies, especially targeting children, to shape our eating habits for the long term.



Please contact Jeannie Howard for your free hard copy of the full dossier.

