

The Good News

from the Roanoke Seventh-day Adventist Church
January 2026

*Happy
New Year*
2026



Ropes of Sand

What New Year's resolution did you make for the start of 2026? Lots of people make them you know. Resolutions usually lie in exercising more or eating less or treating people better or eliminating debt. A new year always seems to be the ideal time to "start over."

For a follower of Jesus, the opportunity for a new start doesn't have to wait an entire year. It can happen at any time. If there was a slip of the tongue, a moment of unbridled anger, a wandering of the eyes and mind, or an expression of sinful pride, we don't have to wait till January 1 to seek a clean slate. Fortunately, it only takes a moment for God to forgive those who are truly sorry and send them on their way as if they had never done anything wrong. What a great God!

Personal promises and resolutions aren't easy to keep, especially in the spiritual realm. Perhaps you can attest to that personally. My favorite author affirms this: "Your promises and resolutions are like ropes of sand." (Ellen White, Steps to Christ, p. 47). Have any slipped between your fingers recently?

While it doesn't sound very promising, there is hope, and there is an answer. She continues: "What you need to understand is the true force of the will... Everything depends on the right action of the will... You cannot change your heart... but you can choose to serve Him [Jesus]. You can give Him your will and He can work in you to do according to His good pleasure." The good news? With Jesus' help, resolving to turn over a new leaf is indeed very possible!

So, whatever your resolution this year, remember to not only choose God to help you, but more importantly, align your desires with His desires, you and your family, and you'll see them come to pass. After all, didn't God promise, "Delight thyself also in the Lord; and He shall give thee the desires of thine heart. Commit thy way unto the Lord; trust also in Him; and He shall bring it to pass." (Psalms 37:4, 5)

May you see God work out His wonderful promises in your life this coming year!

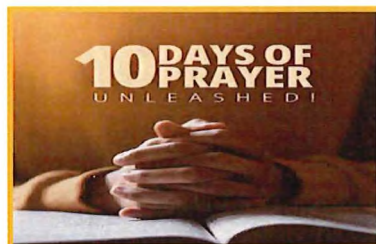
~ Pastor Chris Buttery

Coming in January! *ROSC: Revive Your Life*

ROSC is an annual lifestyle series held at our church each year. This series is sponsored by our Health Ministry team under the leadership of Ryan and Liz McLennan.

It's time to register yourself and a friend! See page 3 for more details.

Starting
Thursday, January 22, 2026
6:00 PM to 8:00 PM
Roanoke SDA Church



You are invited to join us for **Ten Days of Prayer**, starting Wednesday, January 7, as we kickoff the new year praying together for the unleashing of the Holy Spirit in our individual lives and in the life of our church. We will gather via Zoom at 6:30 AM. and at 7:30 PM on each of the ten days. You can join us for prayer in the morning, in the evening, or both!

The daily devotionals and ZOOM links will be emailed to you beginning January 6.

We look forward to seeing you and praying together.

Little Light Studios

will present

Media on the Brain

**Friday and Sabbath
January 23 and 24**

**Sponsored by
Family Life Ministry**

See page 4 for more details on these informative programs. Make plans now to attend.
Lunch will be provided.

Hartland College Choir

**Musical Concert
Sabbath, January 31
@ 2:00 at our church.**



"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope."

Jeremiah 29:11



All members are encouraged to join us for our annual business meeting on Sabbath evening, January 17.

During this meeting we will hear reports from various ministries, review and approve a new budget for 2026, and more. We will close the Sabbath with vespers at 5:30, provide a light meal, and then begin the business meeting at 6:15. An agenda will be circulated prior to the meeting. See you there!

Children's Ministry Christmas Party

In early December, Children's Ministry, led by Jennifer Dodge, hosted a party for not only the children in our congregation but for several foster families and the children in their care. It was a wonderful party which not only included food and games, but had a child friendly spiritual component as well.

Many of our church members and friends supported this outreach opportunity by purchasing gifts for the foster children. They also helped decorate for the party as well as prepare and serve food and more!

Our families interacted with our guests and everyone had a wonderful time! Thank you, Children's Ministry Team, for sharing the love of Jesus with others and making it possible for our church family to be involved!

Roanoke SDA Church

4120 Challenger Avenue
Roanoke, Virginia 24012
AdventistCentral.org
RoanokeSDAChurch@gmail.com
540-512-4545

Church Board News & Notes

The members of the Roanoke SDA Church Board met on December 8 to discuss the plans, mission and vision of our church. Following are some of the highlights from the meeting:

- > Revelation Chapter by Chapter study is going well with an average of 11 guests each Sabbath
- > A variety of weekend-type seminars or series are in the works for Spring and Fall 2026
- > Members are encouraged to take part in the VA Tax Relief program to benefit the school
- > The School is planning a Spring Festival
- > Ministry Sabbaths calendar for 2026 is being prepared
- > Church Business Meeting scheduled for January 17
- > New church hymnals and sanctuary Bible approved for purchase

The next church board meeting is planned for Monday evening, January 12. Please pray for our church board members as they make decisions and plans for our church.



Patty and her Christmas dolls



Deena and her yummy cupcakes!



**May the Lord light your way
in the coming year
and fill your days with His
peace
and the joy of His presence!**

January

- 1 Mona Robinson
- 3 Sophia Carmona
- 5 Gabrielle Amo-Mensah
- 5 Louna Mervil
- 7 Avella Dixon
- 7 Michele Stipes
- 11 Hope Cadaio
- 11 Karen Scruggs
- 17 RJ McLennan
- 18 Jeff Doudiken
- 23 Eli Taylor
- 26 Robyn Long
- 27 Raymund Cadiao
- 27 Mykayla Lundy
- 29 Aaleyah Mervil



Danielle and the lovely fruit baskets.



Dani and the Musical Crew!

ROSC



REVIVE YOUR LIFE

About:

Our country is plagued by chronic illness. Leading research now shows that with simple lifestyle changes one can actually **prevent, halt, and even reverse** many of these disease processes. This includes **hypertension, heart disease, type 2 diabetes, high cholesterol, obesity, depression, and more.** Your genes do NOT have to be your destiny. Come learn how you can change your future in this upcoming 6-week series, ROSC - Revive Your Life.

Presenter:

Dr. Ryan McLennan is dual certified in emergency medicine and lifestyle medicine. For the past decade he has spent much of his time working in the emergency department. One of the greatest moments an ER doctor can have is obtaining ROSC in a patient. So what is ROSC? It means return of spontaneous circulation, which is reviving someone without a heartbeat. It's literally giving someone a second chance at life. But do we have to wait until it gets this severe to revive one's life? This is the question that has led Dr. McLennan to pursue combining his work in the emergency department with lifestyle medicine.

Info:

Every Thursday, Jan 22, 2026 - Feb 26, 2026
6 - 8 pm

Dinner provided with cooking demonstrations
Optional weight, BMI, blood pressure,
& heart rate checks

CONTACT US:

4120 Challenger Ave. NE Roanoke, VA 24012
mclennanmd@gmail.com ~ 509-951-8573

Register:

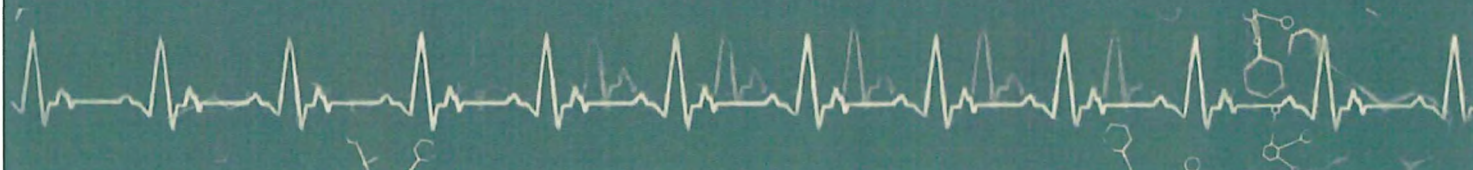


Register online at:
roscreviveyourlife.com

Cost: \$70/person or \$120/couple
Earlybird \$60/person or \$100/couple (before Jan 1, 2026)

*Scholarships available (call for assistance)
*100% Money back guarantee (If not satisfied
after attending 75% of meetings)

Kids in the Kitchen childcare available. Contact us to register your child.



Little Light Studios Presents



MEDIA ON THE BRAIN

January 23-24 2026



Friday

6:30PM The Art Of Lying

Saturday

9:30AM Let me Tell You A Story

10:55AM SocialMeMedia

Lunch Provided By ROSC

2PM Lying Wonders

Science, Screen & Seances



4120 Challenger Ave NE, Roanoke, VA 24012

