

The Good News

Roanoke Seventh-day Adventist Church
4120 Challenger Avenue, Roanoke, VA 24012
AdventistCentral.org 540-512-4545

October 2026



God Cares About the Whole You

When we think about health, we often think first about what we eat, how much we exercise, or whether we get enough sleep. But God's concern for our health reaches much deeper. He cares about the whole person—our physical, mental, social, and spiritual well-being.

Paul captures this beautifully in 1 Thessalonians 5:23: "Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ."

Notice the word whole. God doesn't divide us into separate compartments. Our physical health can affect our mood. Stress and anxiety can influence our physical well-being. Healthy relationships can strengthen our emotional health, while loneliness can take a toll on both mind and body. And our spiritual lives can influence how we respond to stress, relationships, habits, and life's challenges. These areas are interconnected because we are interconnected.

Science increasingly confirms this biblical picture. For example, a major meta-analysis examining 148 studies and more than 308,000 people found that stronger social relationships were associated with a 50% greater likelihood of survival compared with weaker social relationships. Our relationships aren't merely a social bonus—they can be an important part of our overall well-being.

Whole health isn't about perfection. It's about stewardship. God invites us to care for the body He has given us, nurture our minds, build meaningful relationships, and grow closer to Him. And the wonderful promise is that we don't have to do it alone: "He who calls you is faithful, who also will do it." (v. 24)

Want to learn how? Join us for The Health Breakthrough, starting Thursday, October 1! Discover practical, science-based, biblical solutions for a healthier, happier you! Because when it comes to your health, God cares about the whole you.

~ Pastor Chris Buttery

October is Pastor Appreciation Month

How can we show our appreciation to Pastor Chris and Jenny?

PRAY for them and with them often, asking God to bless, strengthen, and guide them.

WRITE a simple note, email, or text to let them know you're thinking of them and appreciate their ministry.

SERVE faithfully in the ministries of our congregation and look for ways to lend a helping hand.

GIVE generously and faithfully to support the mission and vision of our congregation.

INSPIRE them with big and little acts of kindness. A smile, a kind word, or a thoughtful gesture can go a long way!

SPEAK positively of them and their ministry and let others know how thankful you are for their leadership.

Let's show Pastor Chris and Jenny just how appreciative our church family can be - not only throughout October, but in the months to come!

Shoots and Roots - The Health Breakthrough

Thursday, October 1 @ 7:00

Shoots and Roots on Thursday evening, October 1, will start at 7:00 (instead of 6:00) to kick off the new series called "The Health Breakthrough" with Dr. David DeRose, Dr. Ryan McLennan and Pastor Chris Buttery. We will learn how to reverse chronic disease and lower high blood pressure and blood sugar naturally, and so much more! You won't want to miss this series. Please join us! It's free and you are invited!



Fall has arrived and our Roanoke Adventist Christian School students and staff will be enjoying the great outdoors before the winter weather is here.

They have already had a wonderful trip to the Animal Safari Park to our north and soon will schedule a trip to Jeter Farm as they explore the work of the harvest and maybe find a seasonal treat!

Before Thanksgiving arrives, the students and staff will travel back to the sites of our country's origins with visits to Jamestown and Williamsburg.

Everyone in our church family is invited to join our school students and staff for our Fall Festival. This will be a fundraising activity for our school as well as a great day of fellowship with food, games and possibly a surprise or two. Mark your calendars to spend Sunday, October 25, at the McLennan Farm with your family and friends, and let's enjoy another annual Fall Festival!

~ Submitted by Susan Timmons

Happy Birthday



October Birthdays

- 2 Petra Dodge
- 6 Kyndal Pate
- 13 Paula Buch
- 13 Susan Timmons
- 21 Ron Robinson
- 24 Janie Morton Cook
- 24 Autumn Pate
- 24 Mevelyn Snow
- 25 Patricia Gonzalez
- 25 Fredrick Tembo
- 26 Carol Doudiken
- 26 Gregory Gooden
- 27 Tim Doudiken
- 31 Rie Robinson

Here I Am, Send Me!

The Nominating Committee has been selected. The committee members are: Doug Barnett; Ernesto Epalange, John Hodgkin, Becky Pendleton and Michele Stipes. The alternates are Dorenda Dodge and Ryan McLennan. The committee will be chaired by Pastor Chris Buttery.

Let's pray for the members of the Nominating Committee and the work they will do. Let's pray for the guidance of the Holy Spirit throughout this process that the will of God will be evident in our church!

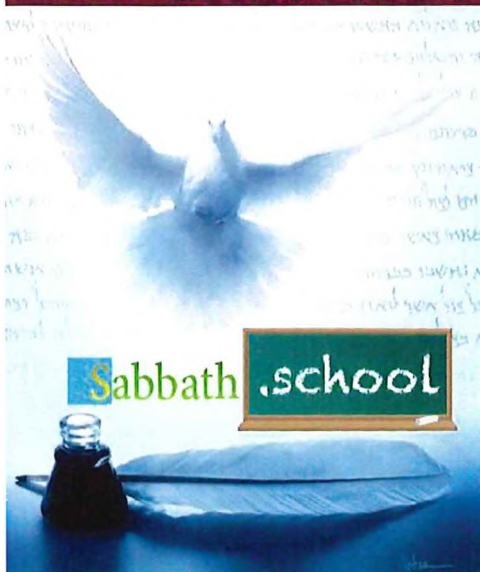
American Red Cross Blood Drive

FAITH IN ACTION - Put compassion into motion and unite our church family in service.

IMPACT - Every pint helps patients in local hospitals and strengthens our community's health.

INVITE - Invite our friends and neighbors into our church.

WHEN/WHO - October 24, starting at 8:30, you can participate in saving lives in our community. Contact Judy Hodgkin to schedule your donation!



Adult Sabbath School

During the fourth quarter of 2026, the Adult Sabbath School will study the gift of prophecy, God's ingenious innovation for communicating His will and His way to fallen human beings, who can no longer commune with Him face to face.

Throughout time, spiritually gifted spokespersons have delivered divine messages to restore and renew our relationship with God, just as God did in Eden after the Fall.

We will learn how God calls prophets and how we can test their authenticity. We will see the similarities and differences between Old and New Testament prophets, as well as gain a working understanding of how revelation and inspiration functioned in their lives.

You are invited to join us as we come together to study each Sabbath morning starting at 9:30. Stop in any Sabbath morning and pick up a Bible Study Guide (formerly called a Sabbath School Quarterly) and let's study together!





The Pathfinders and Adventurers are about clubs designed for children ages 4-9 and ages 10 and up!

The Pathfinders recently had a fun time at the four day Camporee held at SVA in New Market.



Upcoming Pathfinder Calendar

Oct 3 Classroom Education and Honors workshop

Oct 17 Classroom Education

Upcoming Adventurer Calendar

Oct 3 Classroom Education

Oct 17 Classroom Education

FALL FESTIVAL SCHOOL FUNDRAISER



Sunday, October 25

1:00–5:00 p.m.

**Ryan and Liz McLennan's Farm
Montvale, Virginia**



Join us for an afternoon of food, fellowship and fall fun as we support the Roanoke Adventist Christian School!

Activities will include hayrides, team challenges, a petting zoo, pony rides and much more! Registration information is soon to come so be on the look out!

Mark your calendars, bring a lawn chair, and come ready to participate, socialize, and enjoy a wonderful afternoon together!

Stewardship

As we reflect on the gifts God has entrusted to us, the invitation is simple but powerful: Do not let what God has given you sit unused. Look for one place to begin. One opportunity to serve. One talent to develop and share. One step of faith to take. You do not have to do everything; just do something. Because when you do, you step into something much bigger than yourself. You step into a life of stewardship that is active, intentional, and transformational. And in the process, you will discover something profound: You were never just called to receive. You were called to steward. You were called to serve.

~ The StewPot
Sept/Oct 2026

Church Board News & Notes

The September Church Board meeting was not held as a quorum could not be confirmed prior to the meeting. Although the board had some important items to cover, a quorum must be met before a meeting can be held.

The next church board meeting is scheduled for Monday evening, October 12, starting at 6:30. Please keep the board and its members in your prayers.

The Social Committee
is planning a

Chilifest!

Saturday night, October
31, starting at 6:00,
at the home of
Robert & Shellie McLennan.

Start looking for your
favorite chili recipe and plan
to bring a pot to share and
win a prize!

Mark your calendars now
so you don't miss this fun
Fall tradition!

Roanoke SDA Church

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The November 2026 issue of

THE GOOD NEWS

will be distributed beginning
October 31, 2026
Next Deadline: October 20, 2026

THE HEALTH BREAKTHROUGH

**You will also discover
answers to the following
questions:**

How can I successfully break bad habits?

Are there really any health benefits to forgiveness? If so, what are they?

How do good social connections preserve or enhance peak mental performance?

How can I genuinely experience freedom from worry, guilt, and/or fear?

How can I better handle stress?

Future topics and dates will be announced.



Opening Session | Thursday, October 1, 7:00 p.m.
Reversing High Blood Pressure...Naturally



Session 2 | Friday, October 2, 7:00 p.m.
The Blood Sugar Breakthrough



Session 3 | Saturday, October 3, 7:00 p.m.
The Methuselah Factor: Live Longer.
Think Sharper. Feel Better.



Session 4 | Thursday, October 8, 7:00 p.m.
The Medicine We Need



Session 5 | Friday, October 9, 7:00 p.m.
The Missing First Step: Divine Diagnosis
For Whole Person Healing



Session 6 | Saturday, October 10, 7:00 p.m.
Healing Incurables: How The Bible Offers
Hope & Healing Today



**Natural Solutions For A Healthier You:
A Transformative Series**

