

Workout & Worship

A NEW SMALL GROUP CALLED
“RESTORATION: A SPIRITUAL AND PHYSICAL PRACTICE”
FOR **LADIES** WHO WANT TO INCREASE THEIR
CORE STRENGTH AND FLEXIBILITY WHILE
CONNECTING WITH **GOD**.

ALL FITNESS LEVELS WELCOME!

MEETING EVERY OTHER SUNDAY FROM 8-9 AM
STARTING APRIL 15TH IN THE
JR HIGH/HIGH SCHOOL SABBATH SCHOOL ROOMS

IF YOU HAVE QUESTIONS PLEASE CONTACT:
KATRINA HOLM (503) 360-8250
OR SARA WITHERS (542) 880-8308



BRING AN EXERCISE MAT AND EXERCISE BLOCKS IF YOU HAVE THEM.

Watch Maddox's story to learn why he'd rather be

Going Through Life with God

You can guide a child or adult who is blind to a better relationship with God through today's World Budget Offering for Christian Record Service for the Blind.

Christian Record is an official ministry of the Seventh-day Adventist Church in North America. Your gift provides Bibles and Bible study guides, Sabbath school lessons, and uplifting books, magazines, and camps for people who are legally blind.



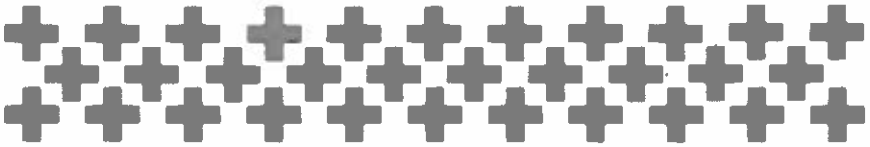
CRSBday.org
402-488-0981



CHRISTIAN RECORD
SERVICES FOR THE BLIND

American Red Cross

Give blood. Help save lives.



**Blood Drive
Seventh Day Adventist Church
Fellowship Hall**

14645 SW Davis Road
Beaverton, OR 97007

**Thursday, April 26th
2:00 PM to 7:00 PM**

To schedule your appointment or for more information,
please call 1-800-RED-CROSS

or visit www.redcrossblood.org
Sponsor Code: SeventhDayBeav