





## SPECIAL PRAYER

Anita Smith and her list of prayer requests, Joshua Purnell, Honesty Currie, Valrica Hutchinson Bothe, Linda Davis, Clarice Cobey, Ballard Family, Connie Dunnington, Cora Walker, Charles Payne (Wisdom), Stevens Family, June Tramell, Doris Ballenger, Lockard/Pray Families, Robert Byrd, Gloria Simmons, Barbara Jackson's Husband, Toccara Boyd, the Dent Family, Deborah Sanford, Elder John Davis, Donnetta Davis, and the Hutchinson and Alvaranga families.

## CALENDAR

### March

<b>TODAY</b>	----	<b>YOUTH SABBATH</b>
	----	Sabbath School Breakfast/8am
	----	Guest Speaker: Minister Ron Vanderhorst, Co-Founder for POY
	----	Pathfinder Metro Area Rally Day (Eastern Middle School/3-6pm)
25	----	Pathfinder Color Guard Training Camp (Eastern Middle School)
	----	Health Ministry Cooking Class/2pm/Church
29-31	----	Master Guide Skills Camporee
31	----	Health & Temperance Sabbath Guest Speaker: Dr. Jim Sharps Lunch & Afternoon Seminar

## ANNOUNCEMENTS

1. **TODAY IS YOUTH SABBATH AT PISGAH!** A special welcome to our guest speaker, Minister Ron Vanderhorst, Co-Founder of Prepare Our Youth, Inc., (POY).
2. **CHURCH TRANSFER:** Frank Garris is transferring from Pisgah SDA Church (Bryans Road, MD) to Mizpah SDA Church (Philadelphia, PA). This will serve as the first reading.
3. **CHURCH TRANSFER:** Hilma Brown-Garris is transferring from Pisgah SDA Church (Bryans Road, MD) to Mizpah SDA Church (Philadelphia, PA). This will serve as the first reading.

4. **SAVE THE DATE!** Sunday, April 15! Women's Ministry is planning a "Get Away" for the ladies and girls as the schedule allows. Stay tuned for details. Plan to relax and be rejuvenated to start your week!
5. **DEPARTMENT MAIL:** Mail for all departments will be in the Treasurer/Junior/Clerks office. New labels have been placed on the mailboxes which will make it easy for departments to pick up their mail. *Please remember to pick up your mail.* Thank you.
6. **CHURCH MAINTENANCE:** There are months open for cleaning the church from May through December (April and September have already been selected). Please contact Ronald Lockard for a selection of the remaining months. Thank you.
7. **USHERS' REQUEST:** The ushers are requesting everyone to quietly leave the Sanctuary after the Sabbath morning services. Please fellowship in the Fellowship Hall -- thanking you in advance.
8. **PLEASE FOLLOW US** on our Social Media Accounts:

Twitter: PisgahSDAChurch;  
Instagram: @pisgahsdachurch;  
Snapchat: pisgahsdachurch;  
Google: Pisgah SDA Church

### HEALTH NUGGET

Eating healthy is simply learning to like new foods. Finding time to exercise is simply a matter of just saying, "Yes, I will take the time to exercise today." Most importantly, find an exercise you like, so you'll stay with it.

"Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness among the people..."  
Matthew 4:23