

# Mount Gilead Seventh-day Adventist Church

## Newsletter 11 March 11, 2022



“But the Lord said to me: “**Do not say, ‘I am a youth,’** For you shall go to all to whom I send you, and whatever I command you, **you shall speak.**” Jeremiah 1:7 (NKJV)



Amarissa Reid - 6<sup>th</sup>

Daland Laurent - 7<sup>th</sup>

Josephine Johnson - 9<sup>th</sup>

Andrea Wade - 17<sup>th</sup>

Christina Hinds - 22<sup>nd</sup>

Lloyd Bell - 24<sup>th</sup>

### EVENTS FOR SABBATH, March 12, 2022

#### **YOUTH DAY**

**Prayer Session and Sabbath School via Zoom**

**Midday Service on Zoom and You Tube**

<https://www.youtube.com/channel/UCD4nq7h1jwXAsxoDCWS5cow>

- **Prayer Session: 9:30 a.m.**
- **Sabbath School: 10:00 a.m.**
- **Midday Service: 11:20 a.m.**

<https://zoom.us/j/7244241984?pwd=bjF1MU1BMDdheElqb3AzUjBGGeGxmUT09>

or phone **647-558-0588**

(tell those without computer)

**Meeting ID: 724 424 1984**

**Passcode: 7525333**

**Children Ministry Zoom Meeting**

<https://us02web.zoom.us/j/87960419155>

**Meeting ID: 811 1706 1582**

**Passcode: 714816**

## Sabbath Service for March 12, 2022 - Youth Day

### PRAYER SESSION 9:30 a.m.

Welcome/Opening Prayer..... Elder Melrose Cooley  
Opening Hymn..... Congregation/Chorister  
    **“Lead Them, My God, to Thee”** (653)  
Testimonies  
Prayer  
Devotional Reading. .... **E.G. White – Messages to Young People**  
Closing Prayer

### SABBATH SCHOOL 10:00 a.m.

Superintendent/ Welcome..... Sis. Carril Cornelius  
Opening Hymn..... The Hemphills (video)  
    **“An Unfinished Task”**  
Scripture Reading..... Sis. Christelle Agboka  
    **“2 Timothy 4:7”**  
Opening Prayer ..... Sis. Carril Cornelius  
Mission Report..... Sis. Kathy-Ann Burke  
**Lesson Review** ..... Sis. Eva Bekkout  
Special Music ..... Abeni Turney  
Closing Remarks..... Sis. Carril Cornelius  
Closing Prayer..... Bro. Bernard Orang

### THE MIDDAY WORSHIP SERVICE 11:20 a.m.

Welcome/Call to Worship..... Elder Oscar Nunez  
Pastor’s Corner/Announcements/Offertory ..... Dr. Anthony Reid  
Introit..... Pianist/Chorister  
    **“We Have Come into His House”**  
Invocation. .... Pastor Carl Cunningham  
Hymn of Praise ..... Congregation/Chorister  
    **“Come, Thou Almighty King”** (71)  
Intercessory Prayer..... Bro. Malik Lewis  
Children Story ..... The Faith Kids (video)  
    **“Prayer Changes Things”**  
Congregational Scripture ..... Bro. Daland Laurent  
    **“2 Timothy 1:6, 7”**  
Introduction of Speaker..... Elder Oscar Nunez  
Praise and Worship (As the Deer, 321) ..... Congregation/Chorister  
Music of Meditation..... Sis. Luz Cabrera  
Sermon ..... Pastor Carl Cunningham  
    **“READY OF NOT!”**  
Consecration Song ..... Congregation/Chorister  
    **“I Love Thee”** (236)  
Benediction ..... Pastor Carl Cunningham  
Blessing ..... Pianist/Chorister  
    **“Till We Meet Again (Kirk Franklin)”**

# Upcoming Events for Mount Gilead Church

**Vision Statement:** To see every member sharing Christ innovatively, meeting the needs of people, in readiness for His Second Coming.

**Mission Statement:** To reach people within Toronto and its environs with the Everlasting Gospel of hope and wholeness.

All members are encouraged to memorize these and endeavour to make them a reality.

**Theme for the year 2022: “Ready, Renew, Reclaim, Reconcile”**

Scripture Passage, 2022: **Isaiah 6:8**

**First Quarter: Ready**

**March: Youth Emphasis Month**

The church will focus on Ministries rather than Departments.

## Mount Gilead has limited in-person Worship Service

Mount Gilead Seventh-day Adventist church has started limited in-person worship at **700 Kennedy Road**. Maximum allowed 40, due to Covid-19 restrictions. All who intend to attend, must register on the church’s website

<https://mountgileadadventist.org/> or [www.mountgileadadventist.org](http://www.mountgileadadventist.org)

Scroll down the home page and click on **REGISTER HERE**

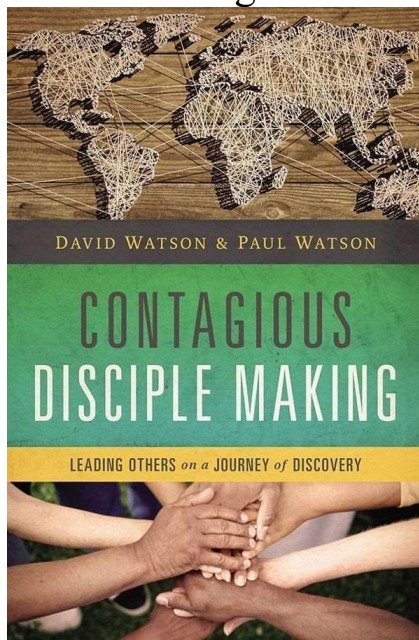
Those without computer, who wish to attend in person, may phone Pastor Reid or ask a friend to register them online.

**Every participant, even if from the same family, must complete the online screening.**

- **Elders’ Meeting:** March 12 at 7:00 p.m.
- **Board Meeting:** March 15 at 7:30 p.m.
- **Wednesday Night Revival Time:** March 16 at 7:00 p.m.  
to be led by Elder Oscar Nunez

Devotional Readings for **March:** from “**Messages to Young People**”

- **Deadline for 4th Quarter Master Schedule Information:** March 19  
All relevant Ministries to send email of their schedule to  
Elder Ainsworth Hinds at [ainzee3@hotmail.com](mailto:ainzee3@hotmail.com)
- **Health Presentation “Anxiety”** by Maria McClean: April 23 at 7:00 p.m.
- The **Adopt a Member/Person of Interest Initiative** has the goal to develop missional and disciple-making skills among members and their friends.  
If you want to be paired with a prayer partner,  
please contact Sister Eva Bekkout at 416-697-3736 / [evabekkout@gmail.com](mailto:evabekkout@gmail.com)  
or Elder Yvonne Edwards at 416-219-6451 / [vonnemax@gmail.com](mailto:vonnemax@gmail.com).
- **Contagious Disciple Making:** 1<sup>st</sup> Sabbath of each month during Sabbath School. **Next presentation March 5**  
This is a Personal Witnessing Training in which we will learn how to become a **contagious disciple-maker**. There are easy and practical steps that should give joy in making disciples for the Kingdom of God.



**All are welcome!**

### Prayer Time

**Sundays at 5:00 p.m.** to pray for non-Adventist family members and friends with whom we want to share the Gospel and see them being baptized and prepared for the Kingdom of God. **All are welcome!**

## **Tuesday Bible Study/ Baptismal Class**

**Pastor Reid is conducting a Bible Class on Tuesdays at 6:00 p.m.**

**Primarily for non-members, so invite your friends to join the study class.**

**You may attend if you wish to accompany your visitors.**

## **Membership List Update**

Members of Mount Gilead Church who have changed their address and phone number are asked to send the updates to Elder Melrose Cooley at [nineteen4ever@msn.com](mailto:nineteen4ever@msn.com) to update the records.

## **Mount Gilead Seventh-day Adventist Church - New Location**

**Grace Anglican Church**

**700 Kennedy Road, Scarborough, M1K 2B5**

(a little south of Eglinton Avenue East)

**Live streaming of the Midday Service to YouTube from that location.**

**Maximum 40 attendees allowed for in-person worship**

**Please register on the Mount Gilead website.**

<https://mountgileadadventist.org/> or [www.mountgileadadventist.org](http://www.mountgileadadventist.org)

**YouTube Channel: Mount Gilead SDA Scarborough**

<https://www.youtube.com/channel/UCD4nq7h1jwXAsxoDCWS5cow>

**For Services, Sermons & Special Music**

**Please visit, Like and Subscribe**

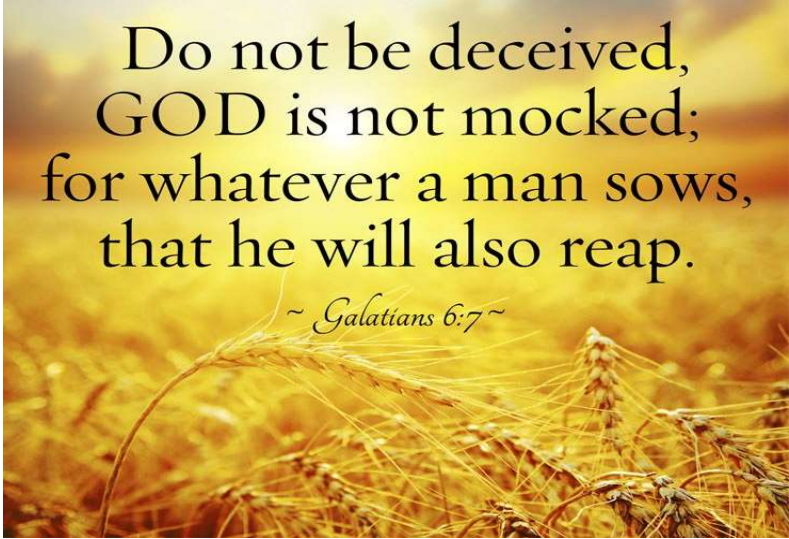
**Mount Gilead's Official Email Address and Phone Number:**

[mtgilead@adventistontario.org](mailto:mtgilead@adventistontario.org)

**416-752-5333**

**Mount Gilead SDA Facebook Page**

<https://www.facebook.com/Mount-Gilead-SDA-104231751344124/>



# FUEL THE MISSION

## WORSHIP THROUGH GIVING

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WAYS  
TO  
GIVE

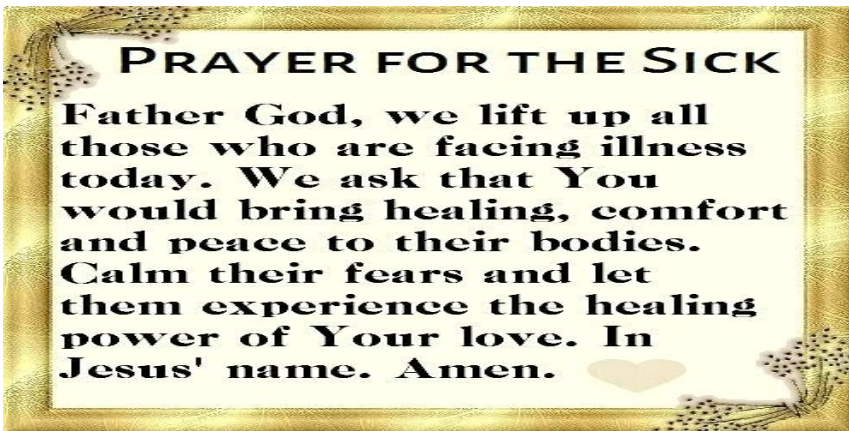
Mail your cheque to  
37 Eglinton Square  
Scarborough Ontario M1L4T2  
PO Box 51028

Online Giving  
[www.mountgileadadventist.org](http://www.mountgileadadventist.org)  
Click on the online giving link

In person  
or call 4167525333 for pickup







## We welcome your testimonies of answered prayers

### Prayers of Thanksgiving to God and Mount Gilead Members for their prayers

- **Sis. Pauline Thompson had a successful surgery on March 8.** Please continue to pray for her as she recuperates.
- **Sis. Tammy Stupecka is feeling much better** and reported the following:

My dearest ...

Thank you so much for sending a request to pray for Me!

As we know, God has put His healing hands on me and heard all of your prayers, to God be the glory forever!

I am feeling much better, still a bit weak, but on the mend all the same!

May the Holy Spirit of God be with you always dear ...!

Much love.

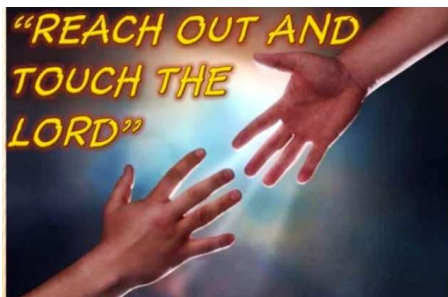
Sis Tammy 🙏🤝❤️

### Updated Prayer List

#### New and continuous prayers for the following:

- Pray for Sis. Janette's cousin **Jules Hinds**, who is in hospital. His wife Phylis was just buried on Sunday, March 6 and he could not attend.
- For **Mount Gilead Church** to have a smooth return to in-person worship services and for **the new technology to work well.**
- **Amanda Reid** facing many issues
- Dionne's friend **Sadie** requesting prayer
- **Sis. Linda Vitulli** and the request made for Bible study at a hotel. Also for all Bible study groups like Sis. Eva **Thursday women's group**
- Upcoming surgeries/ medical procedures: **Roslyn Connaught, Ena Jones, Maureen Yearwood, Melrose Cooley**
- **The Kelly Family** who lost a brother
- The **Murell, Smith, Hinds** and **Johnson families.** They are grieving

- **Sis. Pat Roulston**, Pastor Roulston's wife - had an accident and broke her collar bone.
- Sis. Maria DeLima's relatives, the **Daniel Family**- had sudden death in the family recently.
- Sis. Monica's office manager, **Michelle** who is very sick
- **Bro. Darren Hibberd**, for challenges in personal issues
- **Sis. Myrna Lewis**: She fell and has chest muscle bruise and chest pain
- **Bro. Rudolph Lewis**- eye sight fading
- **Sis. Ena Jones and family**
- **Lori Davis**: huge clot in her leg and doctor says she could die of it.
- **Pamela** who has health issues with diabetes, high blood pressure and now contracted covid
- Sis. Linda Phillip's friend **Gregory**- needs a home to get out of the cold
- **Clorine McNeish-Weir** - had surgery on January 31. Prayer her recovery
- **Sis. Dionne Mitchell** – had eye surgery on February 7 and recuperating
- Other Health Issues: **Pastor Reid**, **Sis. Maria De Lima**, **Elder Ainsworth Hinds**
- For conversion: Sis. Tammy's husband **David Stupecka**, grocery cashier **Monica** in Thunder Bay, **George Hinds**
- Sis. Tammy's father who fell and badly hurt himself, but is recovering well
- Sis. Tammy's friend **Nick**, who is angry with God for allowing his brother to die.
- **Sis Janette's** cousin, **Sheila Johnson** - on dialysis
- Sis Monica Seetram's brother **Clarence Webster Jr.** and her sister **Laura**
- Sis. Roxie Richardson's brother, **Andrew.** (lung cancer, smoking addiction)
- Elder Ainsworth's aunt **Gwen Lions** who is still sick, and also **her oldest son passed away recently.**
- **Sis. Annette Tulloch** – feeling spiritual and physical weakness
- **Brian Joseph** - smoking problem, anxiety
- **Sis. Carolyn Hinds** and her sister **Charlene**
- Spiritual strength: The new members **Shantelle and Jayda Hinds**, **Sis. Mayerling Rivera**, **Bro. Horace Downer** and his wife **Annette**
- God's Protection: Sis. Newell's nephew **Kirk**, **Elder Yvonne Edwards and family**
- Sis. Earlyn's sons **Ian and Jeremiah**
- **Kay Findleter**: Pray for her to remain steadfast in her decision for Christ and for baptism.



Reach out and touch the Lord  
 As He passes by  
 You'll find He's not too busy  
 To answer your cry  
 He's passing by this moment  
 Your needs to supply  
 Reach out and touch the Lord  
 As He passes by



# Health Corner



## Daily Exercise continued

“Conditioning” exercise is what you need. This the type of exercise that will increase your endurance gradually. You may use three things to help you guide yourself in the intensity that you exercise:

1. Learn what your safe ten-second pulse rate, calculated to your age, and stay within that range as you exercise.
2. Exercise to the intensity that you are barely able to carry on a conversation with someone as you exercise.
3. If you should develop chest pain during exercise, stop at that point. Follow the advice of your physician.

Exercise a minimum of 20-30 minutes at the peak of endurance daily if possible, or at least every other day.

- [meetministry.org](http://meetministry.org)

# ANNOUNCEMENTS FROM ACROSS ONTARIO CONFERENCE

SPONSORED BY: ADVENTIST ONTARIO SABBATH SCHOOL & ONTARIO CONFERENCE SCHOOL OF EVANGELISM  
SUPPORTED BY: SABBATH SCHOOL ALIVE

*The*  
**QUALIFIED SABBATH SCHOOL  
TEACHER COURSE**

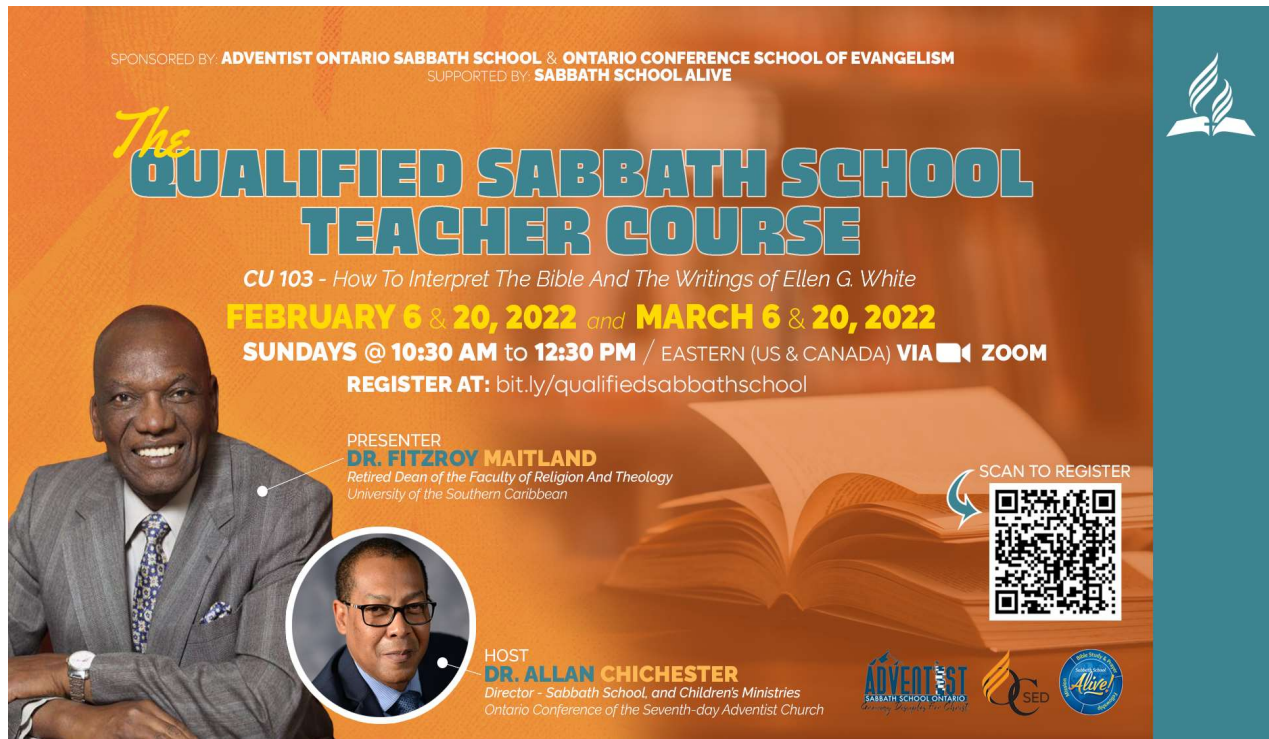
*CU 103 - How To Interpret The Bible And The Writings of Ellen G. White*

**FEBRUARY 6 & 20, 2022 and MARCH 6 & 20, 2022**  
**SUNDAYS @ 10:30 AM to 12:30 PM / EASTERN (US & CANADA) VIA ZOOM**  
**REGISTER AT: [bit.ly/qualifiedsabbathschool](https://bit.ly/qualifiedsabbathschool)**

PRESENTER  
**DR. FITZROY MAITLAND**  
*Retired Dean of the Faculty of Religion And Theology  
University of the Southern Caribbean*

HOST  
**DR. ALLAN CHICHESTER**  
*Director - Sabbath School, and Children's Ministries  
Ontario Conference of the Seventh-day Adventist Church*

SCAN TO REGISTER



## Pray for Ukraine

### ***An Appeal by Mark Johnson, President of the Seventh-day Adventist Church in Canada***



We are all shocked and saddened by the events taking place in the Ukraine. The loss of life, shelter and sustenance is very appalling.

We ask all to consider meaningful ways to aid those experiencing these devastating events. Please join me in prayer for their well-being.

Evaldo Vicente  
Communication Director, Messenger Editor  
Seventh-day Adventist Church in Canada



Hi Friends,

What if you just had one more day to live, what would you do with it?

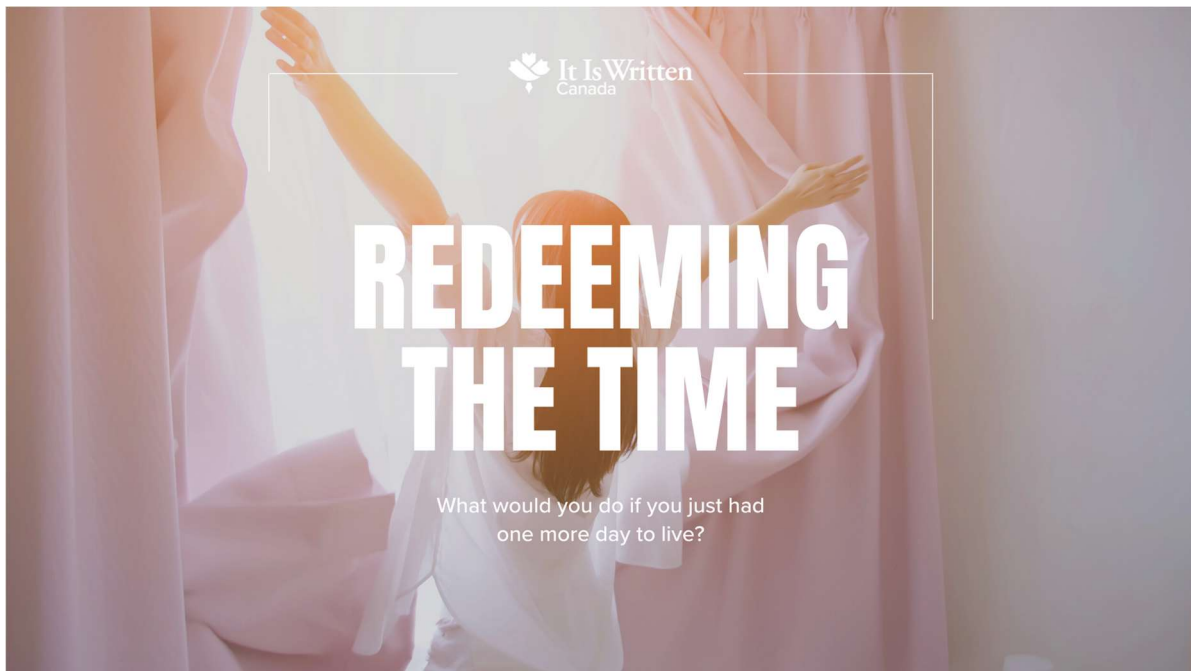
If you could live your life all over again, what would you do differently?

How much time have you spent worrying instead of doing something you love?

Life is far too short; the thread of life is so brittle. Human beings have scarcely begun to live when they begin to die....

You are cautioned in the Bible to “redeem the time” (Ephesians 5:16). But time wasted can never be recovered, so how can you redeem your time?

Click here to see the video: [How to Redeem the Time](https://www.youtube.com/watch?v=Fb1k0vvAvys) ( 2:27)



Blessings to you and your family,

Mike and René Lemon

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## **Reminder:**

All Mount Gilead Ministries are encouraged to share plans and upcoming events as well as report on past activities, by sending an **email to** [mountgileadbulletin@gmail.com](mailto:mountgileadbulletin@gmail.com), which we will then upload to the Bulletin or Newsletter. We welcome your news reports, poems, inspirational thoughts, prayer requests, testimonies, birthdays, anniversaries etc.

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