

# Mount Gilead Seventh-day Adventist Church

## Newsletter 22

May 27, 2022



**“She watches over the ways of her household, and does not eat the bread of idleness.”**  
Proverbs 31:27 (NKJV)



Linda Vitulli – 9<sup>th</sup>

Oscar Nunez - 12<sup>th</sup>

Floretta Calendar –14<sup>th</sup>

Girma Hailu - 15<sup>th</sup>

Jasmine Hinds – 15<sup>th</sup>

Melrose Cooley - 23<sup>rd</sup>

Edna Allen –24<sup>th</sup>

Ashel Sinnadurai – 26<sup>th</sup>

Michael Anderson - 30<sup>th</sup>

### EVENTS FOR SABBATH, May 28, 2022

**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=bjF1MU1BMDdheElqb3AzUjBGegXmUT09>

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 May 28, 2022

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

Welcome/Opening Prayer..... Sis. Monica Seetram  
Opening Song..... Congregation/Chorister  
**“In the Heart of Jesus” (577)**  
Testimonies  
Devotional Reading..... **Herbert. E. Douglas**  
**“Steadfast unto the End”**  
Prayer  
Closing Hymn..... (video)  
**“The Goodness of God”**

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

**Theme: You are Royalty! Chosen and Set Apart!**

Superintendent/ Welcome..... Sis. Kem Campbell  
Opening Song ..... The Foster Triplets (video)  
**“Bigger Than My Circumstances”**  
Opening Prayer ..... Sis. Kem Campbell  
Mission Story ..... Sis. Janette Johnson  
**Lesson Review** ..... Sis. Carril Cornelius  
Main Feature ..... (video)  
**“You are Royalty! Chosen and Set Apart!”**  
Closing Song..... (video)  
**“Praise His Name”**  
Closing Prayer..... Sis. Kem Campbell

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

Welcome/ Pastor’s Notes..... Elder/Dr. Anthony Reid  
Women’s Feature  
Call to Worship..... Elder Melrose Cooley  
Introit..... Pianist/Chorister  
**“We Have Come into His House”**  
Invocation..... Elder Cheryl Bailey  
Opening Song..... Congregation/Chorister  
**“He Hideth My Soul” (520)**  
Prayer Appeal/Chorus..... Pastor/Praise Team  
**“God is Here”**  
Intercessory Prayer..... Sis. Helen Redman  
Children Story ..... **“Philip and the Ethiopian”** ..... (video)  
Offering..... Dr. Anthony Reid  
Congregational Scripture ..... Sis. Wanda Miles  
**“Isaiah 40:28-31” (KJV)**  
Introduction of Speaker..... Elder Melrose Cooley  
Praise and Worship (506, 515) ..... Praise Team  
Meditation ..... Sis. Leena Greenidge  
**Sermon** ..... Elder Cheryl Bailey  
**“CAST DOWN, BUT NOT DESTROYED”**  
Consecration Song ..... Congregation/Chorister  
**“Marvelous Grace” (109)**  
Benediction ..... Elder Cheryl Bailey  
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**

**Second Quarter:** Renew

The church will focus on Ministries rather than Departments.

THEME: SHARING HOPE & WHOLENESS

**MAY 2022**

**WOMEN'S MONTH**

.....

**SATURDAYS 11:20 AM**  
**IN-PERSON WORSHIP**

Host Pastor:  
Dr. A. M. Reid

Elder:  
Cheryl Bailey

Elder:  
Yvonne Edwards

Pastor:  
Evadne Henry

YouTube zoom

[www.mountgileadadventist.org](http://www.mountgileadadventist.org)

W \* O \* M \* E \* N



All women are not mothers  
But all mothers are women  
God made us very special indeed  
We are here for everyone who feels the need



I am offering a very special prayer  
For all our women to show we care  
That the gift of love will always be in our hearts  
And prayerfully we will never grow apart

By: Jan Johnson

May 7th, 2022

- **Health Ministry Presentation: May 27 at 7:00 p.m.**  
Topic- “Weight Loss”  
Speaker – Dr. Nadine Plummer

**MOUNT GILEAD  
HEALTH MINISTRIES**

**WEIGHT  
LOSS**

WITH DR. NADINE PLUMMER

Learn tips on how to  
lose weight the healthy way!

Fri. May 27, 2022  
Time: 7:00pm

**zoom**  
ID: 7244241984  
PW: 7525333  
CALL IN: 647-558-0588

- **Wednesday Night Revival Time: June 1 at 7:00 p.m.**  
to be led by Elder Ainsworth Hinds

- **Fasting and Prayer for June**

**Message from Sis. Monica Seetram - Prayer Ministry Leader**

“Hello everyone. You are invited to be a part of our united prayer month as we the members of Mount Gilead petition the Throne of Grace through Fasting and Prayer. If there was ever a time when the body of Christ need to come together through agonizing prayer, it is now. Heaven is open and waiting to shower us with many blessings which God has in store for His faithful people.

Visitors from around the world are welcome also.

**Each Wednesday morning in the month of June**, we will gather together from **5:30 to 6:30 am** and in the evening from **7:00 pm to 8:00 pm**. Please be on zoom on time. Thank you.”

### **Schedule for June Fasting and Prayer**

**June 1- Wednesday Morning: Pastor Anthony Reid**

**June 1- Wednesday Evening: Elder Ainsworth Hinds**

**June 8- Wednesday Morning: Elder Yvonne Edwards**

**June 8- Wednesday Evening: Elder Julie-Ann Newell**

**June 15- Wednesday Morning: Elder Melrose Cooley**

**June 15- Wednesday Evening: Sis. Janette Johnson**

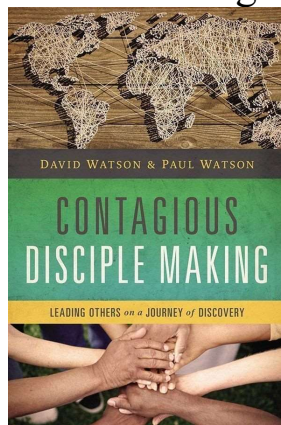
**June 22- Wednesday Morning: Sis. Monica Seetram**

**June 22- Wednesday Evening: Sis. Roxie Richardson**

**June 29- Wednesday Morning: Sis. Harriett Bynoe**

**June 29- Wednesday Evening: Sis. Earlyn Douglas**

- **Games Night** that was scheduled for June 4:  
**Cancelled** due to lack of personnel.
- **Health Ministry Presentation:** June 24 at 7:00 p.m.  
Topic- “Addictions”  
Speaker – Pastor Daniel Saugh
- **Health Ministry Presentation:** July 22 at 7:00 p.m.  
Topic- “Lifestyle”  
Speaker – Anabelle Hall
- **Financial Health Series:** August 12, 17, 26 at 7:00 p.m.  
Presenter – Bro. Levarado Thompson
- **Community Witnessing:** Coming up in July and August  
Meet and greet activities at the church gate and beyond  
More information to follow.
- 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.  
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. Everyone can attend at this time, but registration is still needed 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**

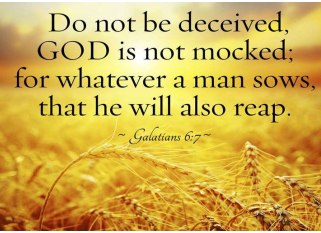
**Mount Gilead's Official Email Address and Phone Number:**

[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

**3**  
**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



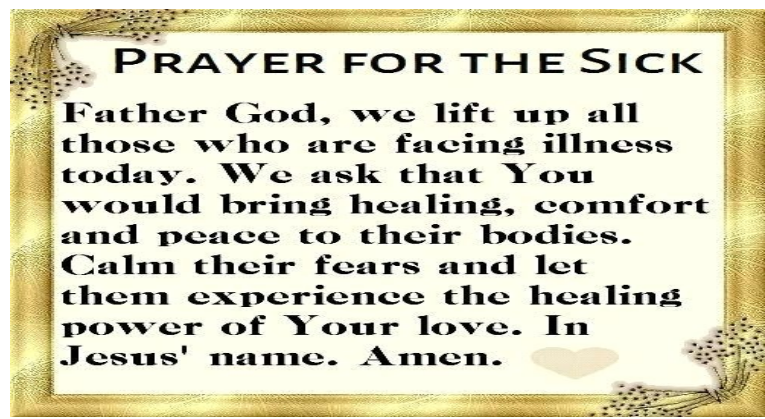
# We pray for and support Ukraine

## Contribute Financially Here:

[www.mountgileadadventist.org](http://www.mountgileadadventist.org)

Click on online giving and then on Ukraine





## PRAYER FOR THE SICK

Father God, we lift up all those who are facing illness today. We ask that You would bring healing, comfort and peace to their bodies. Calm their fears and let them experience the healing power of Your love. In Jesus' name. Amen.

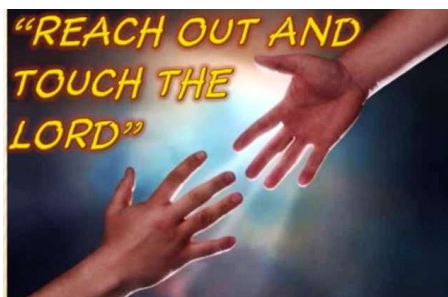
**We welcome your testimonies of answered prayers**

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

### Updated Prayer List

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

- Members with health and other issues: **Flo Brown, Maria DeLima, Suthlyn Pinnock** and her daughter **Janice, Ainsworth Hinds, Madge Thompson, Remaline Shakes, Amanda Reid, Dionne Mitchell, Roslyn Connaught, Clorine McNeish-Weir, Rudolph and Myrna Lewis, Carolyn Hinds, Ena Jones, Melrose Cooley, Melviner Hinds and Bro. Darren Hibberd**
- Family and friends: Janette's friends and family **Shirley** (has cancer), **Fred, Mathias, Melissa, Peter** (in Rehad with broken hip), **Sis. Maureen's family members** with dementia, **Theresa** (bed-ridden elderly woman), Roxie's friend **Ratty** with drinking problem, Maria DeLima's relatives **the Charles Family**, Eva's brother **Joel** who will be rebaptized this weekend, Sis. Melrose's friend who lost two sisters in two weeks to breast cancer, Janette's friend **Miss Jordon** who has a stroke, **Dr. John, Pastor Oleg**, Sis. Newell's friend **Mr. Moulton** in Jamaica, Roxie Richardson's brother **Andrew**, Monica's bother **Clarence Webster Jr.** Dionne's friend **Sadie, Lori Davis**, Tammy's husband **David Stupecka** and her friends **Pamela and Monica**, Oscar's friend **Giovany**, Maria's relatives **the Daniel family**, Janette's niece **Victoria** and cousin **Jules Hinds, Brian Joseph, Maureen Yearwood**, Monica's office manager **Michelle**, Ainsworth's aunt **Gwen Lions** and his father **George Hinds**, Earlyn's sons **Ian and Jeremiah**, Yvonne's sons **Terence and Oshane**, Linda Phillip's friend **Gregory**, Julie-Ann Newell's nephew **Kirk, Kay Findleter**, Horace Downer's wife **Annette**, Ainsworth's in-laws **the Davis family**
- Missionary endeavours and Bible study groups
- The **youth** and **men** of Mount Gilead to return to in-person service. **Stronger faith** for all members.
- **Mount Gilead Church** in-person worship services and **the new technology**.
- **The War in Ukraine/** the People of Ukraine and Russia
- **Christians in Nigeria** being killed
- **The albino children in Tanzania** who are endangered as they face discrimination.



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

## Sleep and Hormone Levels

Sleep and the body's internal clock, or circadian rhythm, play an important role in regulating the production of numerous hormones including:

- **Melatonin**, which helps promote sleep
- **Growth hormone**, which supports bone and muscle development as well as metabolism
- **Cortisol**, which is part of the body's stress response system
- **Leptin and ghrelin**, which help control appetite

Hormone levels fluctuate during different sleep stages, and quality of sleep may also affect daytime hormone production.

-Sleepfoundation.org

### Hormones released in the body that relate to sleep

#### Ghrelin:

##### > Stimulates hunger

- Produced mainly by cells that line the **stomach**
- Sleep regulates the levels of ghrelin which tells the brain when we need to eat
- Poor sleep can make us keep thinking we are hungry

#### Insulin:

##### > Controls glucose levels and how the body uses carbohydrates and fats in food

- Produced in the **pancreas**
- Levels of insulin are controlled during sleep so that we wake hungry, ready for breakfast
- Sleep helps control insulin levels so our bodies can use insulin properly

#### Cortisol:

##### > Involved in metabolism, immune response and stress response

- Produced in the **adrenal glands**
- Levels peak just before waking, making us feel hungry and alert

#### Aldosterone:

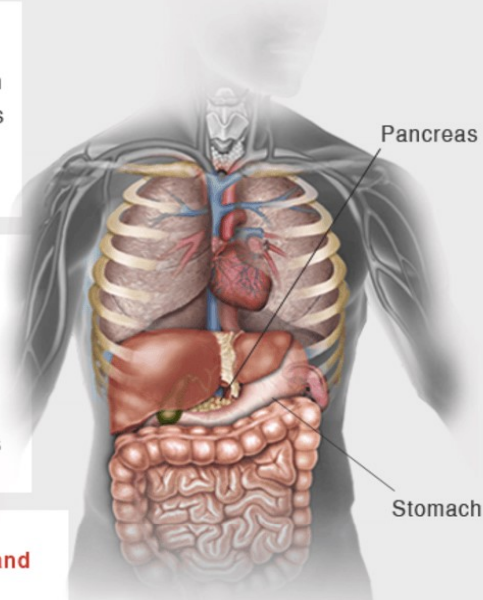
##### > Helps regulate the levels of sodium and potassium in the body

- Produced in the **adrenal cortex** (the outer section of the adrenal glands)
- Levels are high during sleep, which prevents us from needing to go to the toilet

#### Leptin:

##### > Regulates body weight by inhibiting hunger

- Produced in the **adipose tissue** (fat cells)
- During sleep, levels of ghrelin in the body are regulated so that we do not become hungry



# ANNOUNCEMENTS FROM ACROSS ONTARIO CONFERENCE

SPONSORED BY: ADVENTIST ONTARIO SABBATH SCHOOL & SUPPORTED BY: SABBATH SCHOOL ALIVE

## Sabbath School Superintendents and Secretaries TRAINING

Topic #1: Leading and Managing Successful Sabbath Schools

Topic #2: The Role of the Sabbath School Secretary



**JUNE**  
**5, 2022**

**10:30 AM - 12:30 PM**

EASTERN (US & CANADA) VIA ZOOM

REGISTER AT: <https://bit.ly/ssstrainingjune5>

OR SCAN THIS



PRESENTER  
**DR. JAMES ZACKRISON**  
*Retired General Conference Sabbath School Director*



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



## Teacher Job Posting



Seventh-day Adventist Church  
ONTARIO CONFERENCE

EDUCATION

### Office of Education - Current Job Opportunities

The following positions are currently available with the Ontario Conference Office of Education:

**Part-time French Teacher** for Adventist Christian Elementary School

**Elementary Principal** for Crawford Adventist Academy Elementary

**Grades K-8 French Teacher** for Crawford Adventist Academy Elementary

**Grade 3 Teacher** for Crawford Adventist Academy Elementary

**Temporary Grade 9-12 French Teacher** for Crawford Adventist Academy Secondary

**Teaching Assistant** for Crawford Adventist Academy East

**NEW! Part-time Music Teacher** for Crawford Adventist Academy - Peel Campus

**Part-time Teacher** for Grandview Adventist Academy

**Substitute Teachers (ongoing hiring)** for Brampton, London, Mount Hope, Oshawa, Ottawa, Pickering, Toronto, and Windsor

Visit [this link](https://education.adventist.ca/employment/jobopenings/) for details on job postings with the Ontario Conference Office of Education.

<https://education.adventist.ca/employment/jobopenings/>

ONTARIO CONFERENCE OF THE SEVENTH-DAY ADVENTIST CHURCH



# BIBLE INSTRUCTOR TRAINING

COURSE #3

# The Art of Obtaining Decisions



**JUNE 5, 12 & 26**

**10:30 AM to 12:30 PM**



**zoom**



HOST

**DR. REYNOLD HAZELWOOD**

Director - Personal Ministries, Prison Ministry,  
School of Evangelism & Discipleship,  
Bibleinfo.com, and  
Coordinator, Adventist Muslim Relations



PRESENTER

**DR. FITZROY MAITLAND**

Retired Dean, Faculty of Religion and Theology  
University of the Southern Caribbean

SPONSORED BY: **PERSONAL MINISTRIES DEPARTMENT** and  
**ONTARIO CONFERENCE SCHOOL OF EVANGELISM & DISCIPLESHIP**

**FREE REGISTRATION** - <http://bit.ly/obtainingdecisions>

## ACF Graduation Celebration

Calling all College & University Graduates!! It's graduation season and ACF Ontario wants to celebrate all students who have achieved this great feat! If you are a student who has graduated since September 2021, or will graduate before September 2022, then you qualify for this province-wide celebration! Sign-up for this virtual ceremony at [www.acfontario.ca](http://www.acfontario.ca). Each graduate that is registered will also receive a special gift in the mail to congratulate and recognize their graduation.

The poster features a dark blue background with a large, stylized white and gold ribbon graphic. Several black graduation caps with gold bands and tassels are scattered around. A silver pen and a gold star are also visible. The ACF Ontario logo is prominently displayed in the center-left. The text is arranged in a clear, hierarchical layout, starting with the presenter, followed by the class year, the main event title, and the registration details.

ACF ONTARIO PRESENTS

*Class of 2022*

**GRADUATION**  
C E L E B R A T I O N

**HOW DOES IT WORK?**

- BE GRADUATING FROM A PUBLIC CAMPUS IN ONTARIO
  - REGISTER YOURSELF OR A FRIEND BY JUNE 12
    - GET A FREE GIFT IN THE MAIL
- BE PUBLICLY RECOGNIZED IN A PROVINCE-WIDE CEREMONY

**CEREMONY: JUNE 26, 2022**

REGISTER BY JUNE 12 AT [WWW.ACFONTARIO.CA](http://WWW.ACFONTARIO.CA)

# TRACK IS BACK

## CYSA ANNUAL TRACK & FIELD MEET

**\*\*JULY 24, 2022\*\***

PLEASE NOTE THE CHANGE IN DATE

**CHURCHES & TEAMS RSVP BY:**

**APRIL 25, 2022**

### LOCATION:

Toronto Track and Field  
Centre -York University

231 Ian MacDonald Blvd,  
North York, ON M7A 2C5

CONTACT : (416) 900-7803

EMAIL: TRACKANDFIELD@CYSA.CA



Hi Friends,

Did you know that every culture in the world keeps a weekly cycle of 7 days?  
Contrary to popular opinion, this practice did not originate with the Babylonians.  
Science works together with the Bible to help us answer this question.

Please copy the link to watch the video: [Why Do We Have a Seven Day Week?](https://www.youtube.com/watch?v=8wLHxnWSVg8)

<https://www.youtube.com/watch?v=8wLHxnWSVg8> (2:54)



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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**The Communications Department**  
**Mount Gilead Seventh-day Adventist Church**  
**Scarborough, ON**

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