

# Mount Gilead Seventh-day Adventist Church

700 Kennedy Road, Scarborough, ON, M1K 2B5

## Newsletter 23

June 7, 2024



**“But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.”**  
1 John 1:7 (NKJV)



### Birthdays in June

Madgelyn Thompson - 3<sup>rd</sup>

Evanilde Bekkout - 18<sup>th</sup>

Julie-Ann Newell - 25<sup>th</sup>

Cody Montaque 25<sup>th</sup>

Monique Francois - 25<sup>th</sup>

Desiree Holder- June 26<sup>th</sup>

Isabelle Stupecka -27<sup>th</sup>

**Anniversary - June 12**

**Ainsworth & Sherryann Hinds**

### EVENTS FOR SABBATH, June 8, 2024

#### **Communion Day**

(Remember to Bring an Offering for the Benevolent Fund)

- **Prayer Session: 9:30 a.m.** (Sanctuary, Zoom)
- **Sabbath School: 10:00 a.m.** (Sanctuary, Zoom)
- **Midday Service: 11:15 a.m.** (Sanctuary, Zoom, YouTube)

#### **Zoom Meeting information**

<https://zoom.us/j/7244241984?pwd=bjF1MU1BMDdheElqb3AzUjBGeGxmUT09>

or phone **647-558-0588**

Meeting ID: 7244241984

Passcode: 7525333

**Mount Gilead Website:** <https://mountgileadadventist.org/>

**Mount Gilead YouTube link for Live Streaming**

<https://www.youtube.com/@mountgileadsdascarborough1975/streams>

**Mount Gilead Facebook Page**

<https://www.facebook.com/mountgsdatoronto/>

# Sabbath Services for June 8, 2024 - Communion Day

## PRAYER SESSION 9:30 a.m.

Welcome/Opening Prayer..... Sis. Monica Seetram  
Opening Song **“In the Heart of Jesus”** (577) ..... Chorister/Congregation  
Testimonies  
Devotional Reading **“The Sabbath”**..... Believe His Prophets - Herbert E. Douglass  
Prayer Time  
Closing Hymn **“Savior Like a Shepherd”** (545)..... Chorister/Congregation

## SABBATH SCHOOL 10:00 a.m.

Superintendent/ Welcome/Opening Remarks.....Bro. Edmond Francois  
Opening Song **“Hold Fast Till I Come”** (600) ..... Chorister/Congregation  
Opening Prayer  
**Lesson Review** ..... Elder Melrose Cooley  
Closing Remarks.....Bro. Edmond Francois  
Closing Song **“Let Every Lamp Be Burning Bright”** (595) ..... Chorister/Congregation  
Closing Prayer

## MIDDAY WORSHIP SERVICE 11:15 a.m.

Welcome/ Announcements ..... Elder Yvonne Edwards  
Pastor’s Notes. .... Pastor Sil Lindo  
Call to Worship ..... Jayda Hinds  
Introit **“I Will Enter His Gates”** ..... Pianist/Chorister  
Invocation ..... Pastor Sil Lindo  
Hymn of Praise **“O Love of God, How Strong and True!”** (79)..... Chorister/Congregation  
Prayer Appeal/Chorus **“He Is Here”** ..... Praise Team  
Intercessory Prayer..... Sis. Janette Johnson  
Children Story **“Jesus, The Servant”**..... video  
Offertory ..... Elder Howard Shaw  
Scripture Reading **“Luke 22:1-3”** (NKJV) ..... Azaina Harrison  
Praise Time (260, 318)..... Praise Team  
Music of Meditation..... Zavanna Lewis  
**Sermon “THE LAST SUPPER”** ..... Pastor Sil Lindo

### We Gather at the Lord’s Table

Transition Remarks..... Pastor Sil Lindo  
Hymn of Invitation: **“Jesus Invites His Saints”** (409)..... Congregation/Choristers  
Scripture & Prayer for Emblems **“1 Corinthians 11:23-26”** ..... Elder Howard Shaw  
Partaking of Emblems (317)..... Leaders/Congregation  
Offering and Closing Remarks ..... Pastor Sil Lindo  
Hymn of Consecration **“God Be with You”** (66)..... Chorister/Congregation  
Benediction ..... Pastor Sil Lindo  
Blessing **“Let the Church Say Amen”** ..... Pianist/Chorister

**(An offering will be collected for the Benevolent Fund)**

(End of Live Streaming to YouTube)



## Theme for 2024 – “I Will Go”

### 2<sup>nd</sup> Quarter Theme – “Receiving the Holy Spirit”

**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.

**NURTURING** (MEMBER) Goal 1: To see members experiencing healthy personal spiritual growth that inform their passion for sharing the gospel collaboratively in mission (for the community).

**SHARING** (MISSION) Goal 2: To engage and interact with the external clientele through practical activities that will expose and invite them to embrace the love of Christ.

### Emails Addresses to Use for Church Correspondences

[mountgileadadventist@gmail.com](mailto:mountgileadadventist@gmail.com) (new official church email)

[mountgileadelders@gmail.com](mailto:mountgileadelders@gmail.com) (to correspond with Head Elder)

[mountgileadbulletin@gmail.com](mailto:mountgileadbulletin@gmail.com) (to submit Bulletin and Newsletter information)

[mountgileadboard@gmail.com](mailto:mountgileadboard@gmail.com) (to submit agenda items for Board Meeting)

[Mt.Gileadpathfinders@gmail.com](mailto:Mt.Gileadpathfinders@gmail.com) (for Pathfinder Club issues)

## Upcoming Events for Mount Gilead Church

- **Communion Service: June 8 during Midday Service**



All emblems will be prepackaged for that day and  
No foot-washing because the host church will be using the hall

- **Meeting of Heath Expo Volunteers: June 8 after Service, in lobby**
- **Elders' Meeting: Tuesday, June 11 at 7:00 p.m.**
- **Board Meeting: Tuesday, June 18 at 7:30 p.m.**
- **Wednesday Evening Prayer Power Hour: June 12 at 7:00 p.m.**  
Presenter: **Sis. Eva Bekkout**  
Topic: "A Miracle" (Hebrews 2:4)  
Coordinator/ Welcome: **Sis. Carril Cornelius**  
Opening Prayer: **Sis. Jasmine Hinds**
- **Prayer and Bible Study: Sundays at 5:00 p.m.**  
Revelation studies continue
- **Master Schedule for 3<sup>rd</sup> Quarter 2024: Due Wednesday, June 12**  
Submit information to Elder Howard Shaw at  
[mountgileadelders@gmail.com](mailto:mountgileadelders@gmail.com) and  
cc Elder Yvonne Edwards at [mountgileadbulletin@gmail.com](mailto:mountgileadbulletin@gmail.com).



# COMMUNITY HEALTH EXPO

Discover Your Optimal Health

**Saturday 1:00pm to 4:00pm**  
**June 15, June 29th, & July 20th**



Discover Your Health Age

Measure Your Endurance



Hydrotherapy Demos

Anti-Stress Massages



Measure Your Body Fat & BMI

Nutrition Classes



Learn Your Blood Glucose Levels

Check Your Blood Pressure

**LOCATION : 700 Kennedy Road, Scarborough, ON**



## Explore 9 Free Health Stations



### NUTRITION

Proper nutrition is the foundation of good health and recovery. Come and discover cooking classes that demonstrate the appeal of whole plant food vegetarian cuisine.

01



### EXERCISE

Action is a law of life. Learn how exercise improves the health of body, mind, and spirit multiplying vitality and health.

02



### WATER

Because the body is 70% water, keeping well hydrated and knowing what and when to drink are essential to health.

03



### SUNLIGHT

The sun is the established energy source to sustain the cycle of life for plants and animals. Explore how sunlight is vital for the body's metabolism and hormonal balance.

04



### TRUST

Uncover how trust in divine power is directly linked to longevity and physical health.

05



### AIR

The body's most essential resource is air. Explore how proper breathing and pure air are fundamental to good health.

06



### REST

Restoration requires rest because sleep allows the body to renew itself. Discover the many types of rest that are important for optimal health.

07



### TEMPERANCE

Using good things moderately and avoiding the bad is obviously wise, yet often hard to practice. Discover how moderation unlocks longevity and health.

08



### ATTITUDE

Discover how many studies have found that a positive attitude improves outcomes and life satisfaction across a spectrum of conditions.

09

**Midday Service will end at 12:00 noon on the above Sabbaths**

# 3 Simple Ways to Give

1

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

2

Mail your cheque to 37 Eglinton Square  
Scarborough, On, M1L 4T2  
PO Box 51028

3

In person or call 416 752 5333

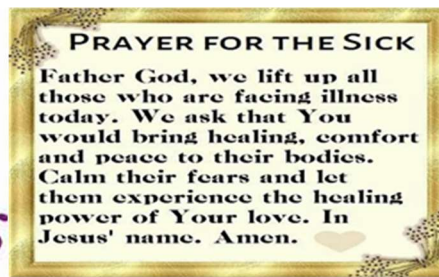
Fuel The Mission -  
Worship Through Giving

- **Pathfinder Fundraising Sale**



**Hoodies with zip-down front for sale**

**Order from Director Ainsworth Hinds 416-458-4017**



### Special Prayer for:

- **George Hinds** (father of Elder Ainsworth Hinds, critical in hospital)
- **Cleo** (Myrna Lewis's nephew in hospital)
- **Bro. Hailu Girma** (in hospital)
- **Peggy Jordan** (Frank Seetram's sister is very ill with cancer)
- **Janette Johnson's family**, in Montreal and Barbados
- **Bro. Valentine's sister** (very ill)
- **Ashley** (Kendrea Harris's sister, has occasional seizures)
- **Dionne Mitchell** (recovering well from her fall)
- **Clemente** (Maria De Lima's brother, in CAMH)
- **Geraldine** (Sis. Cooley's friend, diagnosed with early dementia)
- **Clarence Webster** (Monica Seetram's brother, not well)
- **Emilso** (Eva Bekkout's brother, marital problems)
- **Lamine** (Eva Bekkout's husband, seeking to know God)
- **Ken and Marjorie Crawford** (not well)
- **Mayerling Rivera** (ill, cysts shrinking, still in pain)
- **Families who are grieving** the loss of loved ones.
- **Jehan DeAlwis** (in wheelchair, prayer for healing)
- **Melanie Walters' mother** (sick)
- **Ena Jones's sister** (sick with stroke)
- **Youth of our church to remain devoted to God**
- **The people suffering from wars**
- **Those suffering natural disasters world-wide**

### Continuous Prayers for the shut-ins and sick members:

**Flo Brown, Paulette Burnett, Floretta Calendar, Roslyn Connaught, Carolyn Hinds, Melviner Hinds, Janette Johnson, Rudolph and Myrna Lewis, Clorine McNeish-Weir, Dionne Mitchell, Suthlyn Pinnock, Amanda Reid, Pauline Thompson, Peter Toppin**



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

# Announcements from Across Ontario Conference

Smyrna Seventh-day Adventist Church

# GIVE ME THE BIBLE

Evangelistic Explosion



Pastor/Evangelist  
**Charles N. Leader**

Friday June 7, 2024 At 7:30pm "Yes, You Can..."	Sunday June 9, 2024 At 7:30pm "It's All In Your Hands"
Sabbath June 8, 2024 At 11am "I Have A Dream"	Wednesday June 12, 2024 At 7:30pm "Seven Days Make One Weak"
Sabbath June 8, 2024 At 6:30pm "Easy As Abc"	Friday June 14, 2024 At 7:30pm "Written In Stone"

85 Parkwoods Village Drive, North York, On M2A 2X9

Zoom 476 213 368 Passcode: 666090	Youtube TorontoSmyrnaSeventh-day
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Admission Free! All Are Welcome. It's A Family Affair

**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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