

Mount Gilead Seventh-day Adventist Church

700 Kennedy Road, Scarborough, ON, M1K 2B5

Newsletter 24

June 14, 2024



“Beloved, I pray that you may prosper in all things and be in health,
just as your soul prospers.” 3 John 2 (NKJV)



Birthdays in June

Madgelyn Thompson - 3rd

Evanilde Bekkout - 18th

Julie-Ann Newell - 25th

Cody Montaque 25th

Monique Francois - 25th

Desiree Holder- June 26th

Isabelle Stupecka -27th

Anniversary - June 12

Ainsworth & Sherryann Hinds

EVENTS FOR SABBATH, June 15, 2024

- **Sabbath School: 9:30 a.m.** (Sanctuary, Zoom)
- **Midday Service: 10:45 a.m.** (Sanctuary, Zoom, YouTube)
- **Health Expo: 1:00 – 4:00 p.m.** (in the Hall downstairs)

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 15, 2024

SABBATH SCHOOL 9:30 a.m.

Superintendent/ Welcome/Opening Remarks.....	Sis. Helen Redman
Opening Song	
Opening Prayer	
Lesson Review	Sis. Carril Cornelius
Closing Remarks.....	Sis. Helen Redman
Closing Song.....	Sis. Patricia Eldridge & Bro. Osbourne Burnett
Closing Prayer	

MIDDAY WORSHIP SERVICE 10:45 a.m.

Welcome & Call to Worship.....	Elder Melrose Cooley
Invocation	Elder Howard Shaw
Hymn of Praise “Praise, My Soul, the King of Heaven” (4).....	Chorister/Congregation
Intercessory Prayer.....	Pastor Sil Lindo
Children Story “Words to Remember”	video
Offertory	Elder Howard Shaw
Scripture Reading “John 15:16-19” (NKJV)	Sis. Wanda Miles
Music of Meditation.....	Sis. Georgiana Henriques & Bro. Osbourne Burnett
Sermon “HEAVEN’S STAIRWAY”	Elder Howard Shaw
Hymn of Consecration “Sound the Battle Cry” (614)	Chorister/Congregation
Benediction	Elder Howard Shaw
Blessing “Let the Church Say Amen”	Pianist/Chorister

Midday Service should end today at 12:00 noon

Health Expo: 1:00 - 4:00 p.m. (in the Hall downstairs)



Theme for 2024 – “I Will Go”

2nd 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 (new official church email)

mountgileadelders@gmail.com (to correspond with Head Elder)

mountgileadbulletin@gmail.com (to submit Bulletin and Newsletter information)

mountgileadboard@gmail.com (to submit agenda items for Board Meeting)

Mt.Gileadpathfinders@gmail.com (for Pathfinder Club issues)

Upcoming Events for Mount Gilead Church

- **Male Volunteers needed:** Sabbath, June 15 at 9:00 a.m.
to unload Heath Expo Equipment
- **Board Meeting:** Tuesday, June 18 at 7:30 p.m.
- **Wednesday Evening Prayer Power Hour:** June 19 at 7:00 p.m.
Presenter: **Sis. Reeba Hypolite-Mitchell**
Topic: “Sustaining the Spiritual Life” (John 6:35)
Coordinator/ Welcome: **Elder Howard Shaw**
Opening Prayer: **Sis. Monica Seetram**
- **Prayer and Bible Study: Sundays at 5:00 p.m.**
Revelation studies continue
- **Master Schedule for 3rd Quarter 2024:** Overdue from June 12
In case you forgot, please send asap.
Submit information to Elder Howard Shaw at
mountgileadelders@gmail.com and
cc Elder Yvonne Edwards at mountgileadbuletin@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

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01 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.
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02 EXERCISE
Action is a law of life. Learn how exercise improves the health of body, mind, and spirit multiplying vitality and health.
- 

03 WATER
Because the body is 70% water, keeping well hydrated and knowing what and when to drink are essential to health.
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04 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.
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05 TRUST
Uncover how trust in divine power is directly linked to longevity and physical health.
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06 AIR
The body's most essential resource is air. Explore how proper breathing and pure air are fundamental to good health.
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07 REST
Restoration requires rest because sleep allows the body to renew itself. Discover the many types of rest that are important for optimal health.
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08 TEMPERANCE
Using good things moderately and avoiding the bad is obviously wise, yet often hard to practice. Discover how moderation unlocks longevity and health.
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09 ATTITUDE
Discover how many studies have found that a positive attitude improves outcomes and life satisfaction across a spectrum of conditions.

Health Presentation: June 27 at 7:00 p.m. (Every 4th Thursday)

CAFFEINE: FRIEND OR FOE?

Exploring Its Health Impact

JUNE 27, 2024 @ 7 PM
Zoom meeting ID: 724 424 1984
Passcode: 7525333

3 Simple Ways to Give

1

Online:
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

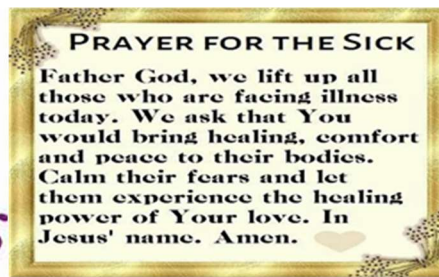
Fuel The Mission -
Worship Through Giving

- **Pathfinder Fundraising Sale**



Hoodies with zip-down front for sale

Order from Director Ainsworth Hinds 416-458-4017



Condolences: To the **Hinds Family** on the **loss of their father George Hinds**.
Our prayers are with you all.

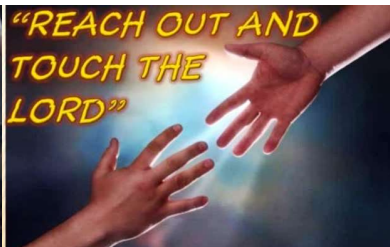
Also, to **Sis. Desreen Valentine** on the **loss of a family member**.

Special Prayer for:

- **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** (Kendra 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**, which we will then upload to the Bulletin or Newsletter.

We welcome your news reports, poems, inspirational thoughts, prayer requests, testimonies, birthdays, anniversaries etc.

Published by:

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