

Mount Gilead Seventh-day Adventist Church

700 Kennedy Road, Scarborough, ON, M1K 2B5

Newsletter 27

July 5, 2024



“For God has not given us a spirit of fear, but of **power** and of **love**
and of a **sound mind.**” 2 Timothy 1:7 (NKJV)



Birthdays in July

Wanda Miles - 2nd
Junior Ebagua - 6th
Keagan Miles-Galloway – 6th
Marlan Kouame - 7th
Azaina Harrison - 9th
Mauti Jones – 12th
Dionne Mitchell - 14th
Japhet Momanyi - 17th
Rolda Charles - 19th
Ena Jones - 26th
Malachi Holness - 28th
Sharon Fraser - 31st

Anniversaries

Osbourne & Paulette Burnett-23rd
David & Tammy Stupecka - 26th

EVENTS FOR SABBATH, July 6, 2024

Fasting and Prayer

- **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 July 6, 2024 – Prayer and Fasting

PRAYER SESSION 9:30 a.m.

Welcome/Opening Prayer	Sis. Monica Seetram
Opening Song “” ()	Chorister/Congregation
Testimonies	
Devotional Reading “”	
Prayer Time	
Closing Hymn “” ()	Chorister/Congregation

SABBATH SCHOOL 10:00 a.m.

Superintendent/ Welcome/Opening Remarks	Elder Julie-Ann Newell
Opening Song “ This Is My Father’s World ” (92)	Chorister/Congregation
Opening Prayer	Sis. Phillips
Mission Story	Sis. Melrose Cooley
Lesson Review	Pastor Sil Lindo
Closing Remarks	Elder Julie-Ann Newell
Closing Song “ O Shepherd Devine ” (192)	Chorister/Congregation
Closing Prayer	Elder Julie-Ann Newell

MIDDAY WORSHIP SERVICE 11:15 a.m.

Welcome/Announcements	Elder Howard Shaw
Pastor’s Notes.	Pastor Sil Lindo
Call to Worship	Joshua Amany
Introit “ I Will Enter His Gates ”	Pianist/Chorister
Invocation	Pastor Sil Lindo
Hymn of Praise “ O Worship the Lord ” (6)	Chorister/Congregation
Prayer Appeal/Chorus “ He Is Here ”	Praise Team
Intercessory Prayer	Sis. Harriett Bynoe
Children Story “ Miracle at Midnight ”	video
Offertory	Elder Howard Shaw
Scripture Reading “ Gal. 13:6&7 ” (NKJV)	Misgana Berhe
Praise Time (511, 518)	Praise Team
Music of Meditation	Sis. Wanda Miles
Sermon “”	Pastor Sil Lindo
Hymn of Consecration “ Take My Life and Let it Be ” (330)	Chorister/Congregation
Benediction	Pastor Sil Lindo
Blessing “ Let the Church Say Amen ”	Pianist/Chorister



Theme for 2024 – “I Will Go”

3rd Quarter Theme – “Partnering with 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

- **Wednesday Evening Prayer Power Hour: July 10 at 7:00 p.m.**
Presenter: Elder Howard Shaw
- **Prayer /Fasting: July 6** (First Sabbath of each Quarter)
- **Pathfinder Picnic: July 14** (Centre Island)
- **Prayer and Bible Study: Sundays at 5:00 p.m.**
Revelation studies continue



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

The poster features a circular photo of three women on the left and a large blue shield with a white checkmark on the right. The background is light blue with abstract shapes in teal and yellow.



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

- **Health Presentation: July 25 at 7:00 p.m.** (Every 4th Thursday)

MOUNT GILEAD ADVENTIST CHURCH

Diabetes: The Importance of Controlling Blood Sugar Levels



JOIN US ON ZOOM!

Date: July 25th, 2024

Time: 7:00 pm EST

Zoom meeting ID: 724 424 1984

Passcode: 7525333



Presented by
**Dr. Sonia
Bromfield-Cornish**



For more information, visit:
www.mountgileadadventist.org

 **MOUNT GILEAD**
SEVENTH-DAY ADVENTIST CHURCH

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

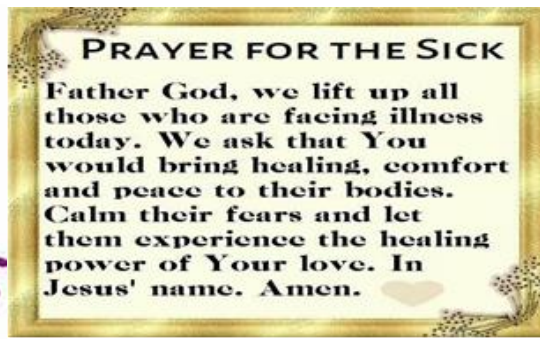
Fuel The Mission -
Worship Through Giving

- **Pathfinder Fundraising Sale**



Hoodies with zip-down front for sale

Order from Director Ainsworth Hinds 416-458-4017



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

HEALTH MINISTRIES
ONTARIO CONFERENCE OF THE SEVENTH-DAY ADVENTIST CHURCH



VIRTUAL DEMENTIA SUPPORT GROUP

Every last Sunday of each month, starting
August 25, 2024, from 5:00 - 6:00 p.m.

Come join us as we lend an ear, offer support, and
provide resources.

August 25th Topic:

“Coping with Difficulties and Grief”



Zoom Info
Meeting ID:
960 0199 2405
Passcode:
support

Speaker:
Frances James, RN
Grief Counselor,
Mental Health Coach,
Certified Family Life Educator



adventistontario.org/ministries/health/



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:

The Communications Department

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