

# Mount Gilead Seventh-day Adventist Church

700 Kennedy Road, Scarborough, ON, M1K 2B5

## Newsletter 28

July 12, 2024



**“Cease from anger and forsake wrath; Do not fret—it only causes harm.”**  
Psalm 37:8 (NKJV)



### Birthdays in July

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

### Anniversaries

Osbourne & Paulette Burnett-23<sup>rd</sup>  
David & Tammy Stupecka - 26<sup>th</sup>

### EVENTS FOR SABBATH, July 13, 2024

- **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 13, 2024

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

Welcome/Opening Prayer .....	Elder Julie-Ann Newell
Opening Song “ <b>Morning Has Broken</b> ” (#44) .....	Chorister/Congregation
Testimonies .....	
Devotional Reading “ <b>True Miracle Will Happen Again</b> ” .....	
Prayer Time .....	
Closing Hymn “ <b>Wake The Song</b> ” (#34) .....	Chorister/Congregation

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

Superintendent/ Welcome/Opening Remarks .....	Bro. Malik Holligan-Lewis
Opening Song “” () .....	Chorister/Congregation
Opening Prayer .....	
Mission Story .....	
<b>Lesson Review</b> .....	Sis. Charlene Hinds
Closing Remarks .....	Bro. Malik Holligan-Lewis
Closing Song “” () .....	Chorister/Congregation
Closing Prayer .....	

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

Welcome/Announcements .....	Elder Ainsworth Hinds
Pastor’s Notes. ....	Pastor Sil Lindo
Call to Worship .....	Bro. Daland Laurent
Introit “ <b>I Will Enter His Gates</b> ” .....	Pianist/Chorister
Invocation .....	Elder Howard Shaw
Hymn of Praise “ <b>Praise to the Lord</b> ” (1) .....	Chorister/Congregation
Prayer Appeal/Chorus “ <b>He Is Here</b> ” .....	Praise Team
Intercessory Prayer .....	Sis. Carril Cornelius
Children Story “ <b>Payday at the Vineyard</b> ” .....	video
Offertory .....	Elder Howard Shaw
Scripture Reading “ <b>John 17:14-19</b> ” (NKJV) .....	Sis. Herfa Shaw
Praise Time (183, Love Lifted Me) .....	Praise Team
Music of Meditation .....	Sis. Janette Johnson
<b>Sermon “THE LOVE THAT SET US APART”</b> .....	Elder Howard Shaw
Hymn of Consecration “ <b>O Love of God, How Strong and True!</b> ” (79) .....	Chorister/Congregation
Benediction .....	Elder Howard Shaw
Blessing “ <b>Let the Church Say Amen</b> ” .....	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](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

- **Wednesday Evening Prayer Power Hour: July 17 at 7:00 p.m.**  
Presenter: Elder Julie-Ann Newell
- **Prayer and Bible Study: Sundays at 5:00 p.m.**  
Revelation studies continue
- **Announcements:**

First reading of the transfers of the following members:

- Sheryl Grant, from Mount Gilead to Ajax Adventist Community Church
- Amarissa Reid, from Mount Gilead to Apple Creek Adventist Church



**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 banner features a circular photo of three women on the left. The background is light blue with abstract shapes and icons representing health and wellness. The text is in bold, black, sans-serif font. The event details are highlighted in a light green box. The activities are listed in colored boxes with corresponding icons: a smartphone for health age, a stethoscope for hydrotherapy, a clipboard for body fat/BMI, and a heart with a pulse line for blood glucose and pressure.



## 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 4<sup>th</sup> 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](http://www.mountgileadadventist.org)





## 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

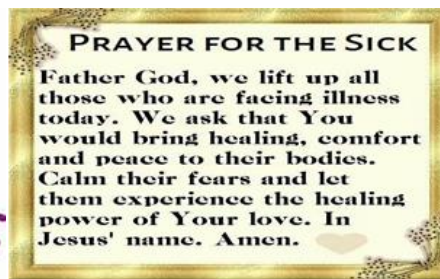
Fuel The Mission -  
Worship Through Giving

- **Pathfinder Fundraising Sale**



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

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



## Special Prayer for:

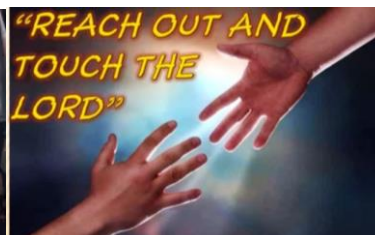
- **Sis. Annette Tulloch** (in Scarborough Grace Hospital with a stroke)
- **Cleo** (Myrna Lewis's nephew in hospital)
- **Bro. Hailu Girma** (in hospital)
- **Peggy Jordan** (Frank Seetram's sister is very ill with cancer)
- **Janette Johnson's family**, in Montreal and Barbados
- **Ashley** (Kendrea 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**

## Condolences:

**Bro. Valentine's sister Wezna Valentine passed away last Sunday. Please keep them in your prayers**



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 25<sup>th</sup> 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/](https://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](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.

**Published by:**

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

**Mailing Address:**

**37 Eglinton Square, Scarborough, Ontario, M1L 4T2  
Telephone #: (416) 752-5333  
P.O. Box 51028**