



MOUNT GILEAD

SEVENTH-DAY ADVENTIST CHURCH

EDITION 1

● 25TH JAN 2025

● NEWSLETTER #4

BIRTHDAYS FOR THE MONTH OF JANUARY

Bernard Orang – Jan. 01st
Monica Seetram – Jan. 06th
Pauline Thompson – Jan. 08th
Angelena Jones – Jan. 09th
Faith Seetram – Jan. 14th
Braiden Hinds – Jan. 15th
Kenute Valentine – Jan. 15th
Marcia Brown – Jan. 16th
Jayda Hinds – Jan. 16th
Shantelle Hinds – Jan. 16th
Walter Ombonto – Jan. 23rd
Colin Smith – Jan. 24th
Orienthea Smith – Jan. 25th
Judith Kemunto – Jan. 25th
Judith Hamilton – Jan. 30th
Tammy Stupecka – Jan. 30th
Juliet Mushoriwa – Jan. 31st

EVENTS FOR SABBATH, JAN. 11TH

"Let everything that hath breath praise the Lord. Praise ye the Lord."

Psalm 150:6 (KJV)



Prayer Session: 9:30 a.m. – Sanctuary, Zoom

Sabbath School: 10:00 a.m. – Sanctuary, Zoom

Midday Service: 11:00 a.m. – Sanctuary, YouTube, Zoom

Zoom Meeting Information

<https://zoom.us/j/7244241984?pwd=bjFIMUjBMDdheElqb3AzUjBGeGxmUT09>

or Phone: 647-558-0588

Meeting ID: 724-424 1984 – Passcode: 7525335

Mount Gilead YouTube link for Live Streaming

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

Mount Gilead Facebook Page

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

ORDER OF SERVICE

PRAYER SESSION 9:30 A.M.

SABBATH SCHOOL 10:00 A.M.

Superintendent – Sis. Gloria Lindo

*****PATHFINDER INDUCTION SERVICE 10:30 A.M.*****

ORDER OF SERVICE CONT'D

MIDDAY WORSHIP SERVICE 11:30 A.M.

Welcome/Announcements.....Elder Julie-Ann Newell

Pastor's Notes.....Pastor Sil Lindo

Call to Worship..... Sis. Reeba Mitchell

Introit..... Pianist/Chorister

"I Will Enter His Gates "

Invocation.....Elder Howard Shaw

Opening Hymn..... Congregation/Chorister

"Faith of Our Fathers" (304)

Prayer Appeal/Chorus..... Praise Team

"He Is Here"

Intercessory Prayer.....Sis. Helen Redman

Children Story.....Sis. Jennifer Holligan

Offertory.....Sis. Herfa Shaw

Scripture ReadingSis. Marcia Brown

"Matthew 6:5-9" NKJV

Praise Time (**185, 212**)..... Congregation/Chorister

"Jesus Is All The World To Me" (185) "'Tis Almost Time For The Lord To Come" (212)

Music of Meditation.....Sis. Kathyann Charles

Sermon.....Elder Howard Shaw

"When You Pray.....Faith, Hope, Love"

Closing Hymn Congregation/Chorister

"How Cheering Is The Christian's Hope" (440)

Benediction.....Elder Howard Shaw

Blessing..... Pianist/Chorister

"Let The Church Say Amen"



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.

1ST QUARTER EMPHASIS: "STEWARDSHIP OF WORSHIP"



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.

UPCOMING EVENTS

MOUNT GILEAD SEVENTH-DAY ADVENTIST CHURCH

**STARTS
JANUARY 25, 2025**

**THE
ADVENTURER
CLUB**

**Address
700 Kennedy Rd,
Scarborough,
M1K 2B5**

**Time: 2PM To 3:30PM
Ages 4-9**

**Every first and last
Saturday of the Month**

ADVENTURER

UPCOMING EVENTS

- **Board Meeting:** Tuesday, January 28 at 7:30 p.m. (to complete the agenda started last week)
- **Pathfinder Induction Service:** Today, January 25 at 10:30 a.m. – 11:30 a.m.
- **Mid-week Prayer Meeting:** Wednesday, January 29 at 7:00 p.m.
- **Fundraiser Social:** Sponsored by Mount Gilead Rangers Pathfinder Club on Saturday, February 08 at 6:00 p.m. – 10:00 p.m.



Take your skills to the next level!

2025 Regional Photography Training

PRICE \$50

Get professional training

Master your Cellphone or Digital camera

What You Will Learn:	Understanding Your Camera: Unlock the secrets of your device, from settings to features.	Mastering Lighting: Learn to use light—natural or artificial to your advantage in any setting.	Composition and Framing: Discover the art of composing stunning images with professional techniques.
What You Will Receive:	Half-day training (lunch included)	Instruction by a professional photographer	Small group classes

PRE-REGISTER TODAY!
No Payment Required to Pre-register. Secure your spot-space is limited

HOW TO PRE-REGISTER:

Scan the QR code



or go to the main page at Adventistontario.org to sign up

Classes launch April 27, 2025

 Seventh-day Adventist Church
ONTARIO CONFERENCE

Sponsored by the
Communications and Media Department
-helping you go farther



NEED PRAYERS?

SEND US YOUR PRAYER REQUESTS

Our God Still Answers Prayers And Work Wonders

<https://mountgileadadventist.org/>

Dear Lord,

I am letting go of my problems and asking you to handle them.

I am letting go of my hurt and asking you to heal me. I am letting go of my fear and asking you to sustain me. I am letting go of my worries and asking you to bless me.

SPECIAL PRAYERS FOR:

Condolence to Sis. Gloria and Pastor Lindo and family. Sis. Gloria's sister passed away on Thursday, Jan. 02nd. Let's keep them in our prayers

- Victoria, Sis. Janette's Niece (upcoming heart surgery)
- Jasmine Hinds (seeking a job)
- Charlene Hinds (ill)
- Pauline and Lloyd Bell (ill)
- Donna Patterson's stepfather (in hospital)
- Families grieving the recent loss of loved ones
- Sabina & Delly (God's protection for Carril's sister & husband in Antigua)
- Julie-Ann Newell's family in Jamaica (protection and guidance)
- Reeba Mitchell and family (seeking a new job)
- Dennis and Roslyn (Sis. Earlyn's brother and sister)
- Johnathon Pitt and Milton Mullings (revive relationship with Christ)
- Janette's Nieces and Nephews (to come to know God)
- Hailu Girma (in hospital)
- Annette Tulloch (out of rehab and now at home)
- Roy Perrotte (Not well)
- Ashley (Kendrea Harris' sister, has occasional seizures)
- Clemente (Maria De Lima's brother, in CAMH)
- Geraldine (Sis. Cooley's friend, diagnosed with early dementia)
- Lamine (Eva Bekkout's husband)
- Jehan DeAlwis (in wheelchair, prayer for healing)
- The Youths of our church to remain devoted to God
- Other ill persons: Melanie's mother, Janette's family, Monica's brother, Clarence, Frank's nephew, Shamar
- The people suffering from wars, and natural disasters worldwide.

CONTINUOUS PRAYERS FOR THE SHUT-INS AND SICK MEMBERS:

Flo Brown, Paulette Burnett, Floretta Calendar, Rosllyn Connaught, Ken and Marjorie Crawford, Carolyn Hinds, Janette Johnson, Rudolph and Myrna Lewis, Clorine McNeish-Weir, Dionne Mitchel, Suthlyn Pinnock, Amanda Reid, Mayerling Rivera, Colin Thompson, Pauline Thompson, Peter Toppin

HEALTH NUGGETS

5 Tips to Strengthen your Immune System in the Winter

1. Eat a Nutrient-Rich Diet

Focus on whole, plant-based foods that are packed with immune-supporting nutrients:

- **Vitamin C:** Found in citrus fruits, bell peppers, and leafy greens.
- **Vitamin D:** Include fortified foods, mushrooms, or take a supplement if sun exposure is limited.
- **Zinc:** Get it from pumpkin seeds, nuts, and legumes.
- **Antioxidants:** Enjoy berries, leafy greens, ginger, and beets for their protective properties.

2. Stay Active

Regular moderate exercise, like brisk walking, can boost circulation and promote the efficient transport of immune cells throughout your body. Aim for at least 30 minutes of activity most days of the week.

3. Prioritize Sleep

Sleep is crucial for immune function. Aim for 7-9 hours of quality sleep per night to allow your body to repair and regenerate. Create a consistent bedtime routine and avoid screens 1 hour before bed to improve sleep quality.

4. Manage Stress

Chronic stress suppresses the immune system. Incorporate stress-reducing activities like prayer, journaling, or deep breathing exercises into your daily routine.

5. Stay Hydrated

Even in colder months, dehydration can weaken your defenses. Drink plenty of water, herbal teas, or warm broths to stay hydrated and keep your mucous membranes moist, which helps fend off infections.

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

"Give cheerfully, with open hands, God's abundance forever expands."

Reminder: \$5:00 Weekly Contribution to Church Building Fund

Where Do My Offerings Go? 13th Sabbath Offering

You've heard how everyone in an Amish community comes together for a barn raising. Well, Seventh-day Adventists also have projects where we all pitch in to accomplish a goal. That is the purpose of the 13th Sabbath offering. Every 13th Sabbath, the church focuses on one of its world Divisions to accomplish a mission goal. The offering often goes toward constructing a building that will be used for education, evangelism, or media outreach. The 13th Sabbath offerings have been used to establish schools such as Central Philippine Adventist College. A recent offering made a youth camp possible in Belize. All the church members around the world join hands in these projects through sacrificial giving.

In 1913, the 13th Sabbath overflow amounted to \$474. Now, it exceeds a quarter of a million dollars. We call it an overflow offering because it encourages extra giving beyond the usual mission offering. In practice, 25 percent of the 13th Sabbath offering is considered overflow. The rest is more broadly distributed to continue mission work around the globe. You can also give a 13th Sabbath offering anytime by marking it on your tithe envelope. Do you want to be part of something big? You'll be part of a worldwide community expanding Adventist mission work when you give to the 13th Sabbath offering.

Remember: Our giving funds the mission to finish the work.

HOUSEKEEPING ITEMS

Reminders:

All Mount Gilead Ministries are encouraged to share plans, upcoming events, and reports on past activities by emailing mountgileadbulletin@gmail.com, which we will 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

Email Addresses to Use for Church Correspondences:

mountgileadadventist@gmail.com (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 Meetings)
Mt.Gileadpathfinders@gmail.com (for Pathfinder Club)
mountgilead.pm@gmail.com (for Personal Ministries)

Mount Gilead Newsletter/Bulletin for 2025

To submit information for the Newsletter/Bulletin

Deadline: Wednesday midnight

Email only to mountgileadbulletin@gmail.com

**because both Sis. Patrice Williams and Elder Yvonne Edwards
need the information at the same time.**

Patrice will make the Newsletter/Bulletin

Yvonne will make the ProPresenter slides for Sabbath Services

Board Meetings

3rd Tuesday of each month **at 7:30 pm**, unless told otherwise

**Deadline to submit agenda items is one week before the Board meeting, the
2nd Tuesday of the month by 9:00 pm.**

Both the item(s) and details must be submitted to this email
(mountgileadboard@gmail.com),
which will then be reviewed by the 1st Elder and Pastor.

Persons presenting items should have
motions prepared and written down prior to the meeting.