



MOUNT GILEAD

SEVENTH-DAY ADVENTIST CHURCH

EDITION 1

● 15TH FEB 2025

● NEWSLETTER #7

BIRTHDAYS FOR THE MONTH OF FEBRUARY

Colin Thompson - Feb. 02nd
Franklyn Seetram - Feb. 03rd
Kemeisha Campbell - Feb. 06th
Suthlyn Pinnock - Feb. 06th
Oshane Clayton - Feb. 07th
Gloria Lindo - Feb. 12th
Horace Leroy Downer - Feb. 14th
Myrna Lewis - Feb. 17th
Aline Bedard - Feb. 27th

EVENTS FOR SABBATH, FEB. 15TH

"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: 7525333

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.

Welcome.....Sis. Gloria Lindo

Opening Prayer.....Sis. Gloria Lindo

Opening Hymn..... Congregation/Chorister
"Just Over The Mountains" (#642)

Superintendent Remarks.....Sis. Gloria Lindo

****Children's Department****

Lesson Review Class Divisions

Closing Hymn..... Congregation/Chorister
"Jesus Is Coming Again" (#213)

Closing Prayer.....Sis. Linda Vitulli

ORDER OF SERVICE CONT'D

MIDDAY WORSHIP SERVICE 11:00 A.M.

Welcome/Announcements.....Elder Yvonne Edwards

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

Call to Worship.....Sis. Jayda Hinds

Introit..... Pianist/Chorister

"I Will Enter His Gates "

Invocation.....Pastor Sil Lindo

Opening Hymn..... Congregation/Chorister

"Come Thou Almighty King" (#71)

Prayer Appeal/Chorus..... Praise Team

"He Is Here"

Intercessory Prayer.....Sis. Wanda Miles

Children Story.....Bros. Daland and Malik

Offertory.....Elder Howard Shaw

Scripture ReadingJoshua Amanyia

"Joel 2:23" NKJV

Praise Time..... Congregation/Chorister

Music of Meditation.....Sis. Janelle Baker

Sermon.....Pastor Sil Lindo

"The Truth About The Latter Rain"

Closing Hymn Congregation/Chorister

"O For That Flame Of Loving Fire" (#264)

Benediction.....Pastor Sil Lindo

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

All Mount Gilead members and friends are invited to Friday evening family worship on February 21st at 7:00 p.m. on Zoom



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

Scan the QR code

HOW TO PRE-REGISTER:

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

UPCOMING EVENTS



THE WHITBY SPECIALTY FOOD BANK PRESENTS **FOOD HANDLER COURSE**

WITH HEALTH INSPECTOR

Tameika Crann Morris

SUNDAY MARCH 9TH 2025
10:00 AM - 4:00 PM
at



FIRST FILIPINO CANADIAN SDA CHURCH
788 Sheppard Avenue , North York ON
416-854-9104

Please Register by Calling

Marcia White

at 289-600-6684

Donations to the Whitby Specialty Food
Bank will be accepted by e-transfer at
whitbyspecialtyfoodbank@gmail.com





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:

Condolences:

- To the Hinds family. Sis Sherryann Hinds lost a family member
- To Sis. Clorine McNeish-Weir who lost her nephew
- Janette's niece, Victoria (heart surgery to be done)
- Carril's brother (medical condition that he's not taking well)
- Jehan (to have surgery soon)
- 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)
- Reebea Mitchell and family (seeking a new job)
- Dennis and Roslyn (Sis. Earlyn's brother and sister)
- Jonathon 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, Rosilyn Connaught, Ken and Marjorie Crawford, Carolyn Hinds, Janette Johnson, Gemma King, Rudolph and Myrna Lewis, Clorine McNeish-Weir, Dionne Mitchel, Suthlyn Pinnock, Amanda Reid, Mayerling Rivera, Colin Thompson, Pauline Thompson, Peter Toppin

HEALTH CORNER

Foods With the Highest Vitamin C Content

One way to boost your immune system this season is to increase your vitamin C intake. Here are some of the foods high in vitamin C. Incorporating a variety of these fruits and vegetables into your meals will ensure you get ample vitamin C for immune support, skin health, and overall wellness.

1. **Acerola Cherries** – One of the richest sources, with up to 1,700 mg of vitamin C per 100 grams.
2. **Guava** – Around 228 mg of vitamin C per 100 grams, which is over 200% of the daily recommended intake.
3. **Yellow Bell Peppers** – Approximately 183 mg per 100 grams, especially when ripe.
4. **Blackcurrants** – Contain around 181 mg per 100 grams and are also high in antioxidants.
5. **Kiwi** – Offers about 93 mg per 100 grams; one kiwi alone covers most of your daily needs.
6. **Kale** – Around 93 mg per 100 grams, especially in raw form, along with high levels of vitamin K.
7. **Broccoli & Brussels Sprouts** – Around 89 mg and 85 mg per 100 grams, respectively, especially when lightly cooked.
8. **Lychee** – Contains around 72 mg of vitamin C per 100 grams, plus beneficial antioxidants.
9. **Papaya** – Approximately 61 mg per 100 grams and aids digestion.
10. **Strawberries** – About 59 mg per 100 grams.



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.