



MOUNT GILEAD

SEVENTH-DAY ADVENTIST CHURCH

EDITION 1

● 22ND FEB 2025

● NEWSLETTER #8

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. 22ND

"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.....Elder Julie Ann Newell

Opening Prayer.....Elder Julie Ann Newell

Opening Hymn..... Congregation/Chorister
"I Sing The Mighty Power Of God" (#88)

Superintendent's Remarks.....Sis. Marcia Brown

Lesson Review Class Divisions

Special MusicSis. Patricia Eldridge

Closing Prayer.....Bro. Edmond Francois

ORDER OF SERVICE CONT'D

MIDDAY WORSHIP SERVICE 11:00 A.M.

Welcome/Announcements.....Elder Howard Shaw

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

Call to Worship.....Elder Melrose Cooley

Introit..... Pianist/Chorister

"I Will Enter His Gates "

Invocation.....Elder Rodney Umrah

Opening Hymn..... Congregation/Chorister

"Watchman, Blow The Gospel Trumpet" (#368)

Prayer Appeal/Chorus..... Praise Team

"He Is Here"

Intercessory Prayer.....Elder Monica Seetram

Children Story.....Sis. Eva Beckout

Offertory.....Elder Howard Shaw

Scripture ReadingSis. Reeba Mitchell

"Matthew 24:3-8" NKJV

Praise Time..... Congregation/Chorister

Music of Meditation.....Bro. Edmond Francois

Sermon.....Elder Rodney Umrah

"Tick"

Closing Hymn Congregation/Chorister

"'Tis Almost Time For The Lord To Come" (#212)

Benediction.....Elder Rodney Umrah

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

- **Board Meeting:** Sunday, February 23rd at 9:00 a.m.
- **Prayer and Revelation Studies:** Sunday, February 23rd at 5:00 p.m.
- **Prayer Power Hour:** Wednesday, February 25th at 7:00 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

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



UPCOMING EVENTS

**MOUNT GILEAD YOUTH DEPARTMENT
PRESENTS**

CAKE AND SIP

**MID APRIL EXACT DATE
TBA**





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 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)
- Reeba 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

Plant-Based Foods High in Zinc

1. **Pumpkin Seeds** – About 7.5 mg per 100 grams; great for adding to meals.
2. **Hemp Seeds** – Contains around 9.9 mg per 100 grams, with a good balance of omega-3 and omega-6 fatty acids.
3. **Sesame Seeds** – Approximately 7.8 mg per 100 grams, often used in tahini or sprinkled on dishes.
4. **Chickpeas** – Around 1.5 mg per 100 grams and versatile in cooking, from hummus to curries.
5. **Quinoa** – A complete protein source with many nutrients.
6. **Cashews** – About 5.6 mg of zinc per 100 grams.
7. **Oats** – Contains around 3.9 mg per 100 grams, a nutritious option for breakfast.
8. **Black Beans** – Approximately 2 mg per 100 grams.
9. **Walnuts** – Around 3.1 mg per 100 grams, also rich in omega-3 fatty acids.
10. **Amaranth** – A high-protein, gluten-free grain.

These foods can help you achieve your daily zinc intake, which supports immune health, wound healing, and DNA synthesis.



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.