

Today's Worship Program

Sabbath, January 5, 2019

Sabbath School - 9:45 AM

Pianist	Sharron Brown	
Welcome	May Viney & Karla Tahay	
Opening Hymn	"I Sing the Mighty Power of God"	Hymn # 88
Bible Study	"The Gospel from Patmos"	Lesson #1

Sabbath Worship Service - 10:55 AM

Welcome & Call to Worship
Abigail Lawrence

Praise & Worship
Carole Tonn & Team

Offering
Church Family Budget

Special Music
Daneel & Dmitry Pavlov

Sermon
"Abraham – Praying for the Lost"
Pastor John Murley

Separation for Ordinance of Humility

Gather for the Lord's Supper

Closing prayer

Sunset Tonight: 4:27 PM

Sunset Next Sabbath: 4:37 PM

Today's Announcements

Welcome to our visitors and to our regular members. "How great you are, Sovereign Lord! There is no one like you, and there is no God but you, as we have heard with our own ears". 2 Samuel 7:22 We hope that your experience in worshipping with us today will be a blessing throughout this coming week.

Happy New Year to each one this morning. May God truly bless each one of us as we journey down the road of 2019. May He provide for our every need and may we serve Him with all of our hearts, minds and souls!

No Service next Sabbath at Edmonton South – please be advised that all Edmonton area SDA Churches will be closed next Sabbath in order to encourage all members to attend the GEMA Convocation Weekend.

GEMA Convocation Weekend – Please see the insert in today's bulletin. Of special note are the various training events taking place next Sunday, January 13th at Coralwood Academy. We encourage as many of you as possible to sign up to attend the training events.

Worship Committee meeting Tuesday January 8, 2019 at 7:00 PM via zoom

Church Finance Committee will be meeting on Sunday, January 13, 2019 at 9:00 AM in the Church Board Room. All Finance Committee members are encouraged to be present.

Church Board Meeting is scheduled for Tuesday, January 15th at 7:00 PM in the Church Board Room. All new Board Members please mark your calendars and plan to be on time.

Church AGM Business Meeting is scheduled for Saturday January 19th at 5:00PM at the Church Fellowship Hall. All members of the Church who hold membership at Edmonton South and who are in regular standing are entitled to attend and vote. The purpose of this meeting is to receive reports of last year's activities and to hear plans for this New Year. We will review the Church Financial Records; receive the Building Committee Report, the Worship Committee, Clerks Report, the Pastors, and Deacons Reports and also reports from Pathfinders, Adventurers, Youth and any other reports as deemed necessary. This is your opportunity to review and give feedback to the Pastors and Board and to bring to this meeting any concerns you may have! The meeting will begin with Worship at 5:00PM followed immediately by the Business Session.

Prayer session: Every Sabbath morning from 9:25 AM to 9:45 AM in the sanctuary. All are invited to experience the power of many uniting in prayer. "Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken".

Pianists and singers needed for 2019. The adult Sabbath school program includes 2 hymns for the opening of the Sabbath school lesson. Please contact Claire Gauthier by phone 780-242-0353 or by email clairegadu@outlook.com.

December 2018 Special Offerings Report:

- Christmas hampers \$ 472.77
- Christmas Special Offering (Acts of Kindness Campaign) \$ 2,777.25

Prayer Corner-Praying for others in "Intercessory Prayer" is an honor and a privilege we take very seriously. As believers in Jesus Christ, we come together finding Hope, Healing and Restoration! Names to pray for this week include Barnabas & Kei Kei Bawter, Na Bheh Wa & family, the Condron Family, and Janine Rebsomen!

Please share with us your prayer requests via the church website: www.edmontonouthsda.org click on the Requests tab or call (780) 465-4426 and let each one of us pray daily for those needs.

All loose offerings collected today are for the Church Budget. If you want your offering to go to other funds please place it in a tithe envelope and mark it accordingly.

Floor hockey Sunday mornings at Coralwood Gym from 10:00 AM to 12:00 noon

Please note that if you have any media files, announcements or music tracks that are needed for any portion of the main service, they **MUST** be to the AV team by **NOON ON FRIDAY**. Media files should be sent to edmontonouthav@gmail.com. Last minute files will NOT be accepted.

Video/Live Stream (YouTube) - Today's Worship Service can be watched live or post event in high definition format at: <https://www.youtube.com/EdmontonSouthSDA-Church>

Connexions Hospitality Lunch: Next Sabbath (January 19) is Marilyn Murley's team and the menu will be haystacks. Please bring accordingly if you plan to attend.

Church finances update as of Dec 31, 2018

Ch budget received to date	\$ 138,440.61
Ch budget goal to date	130,223.00
Surplus	\$ 8,217.61

Support People for Jan 19th, 2019

Sermon	Pastor Kingsley Moyo
Elder	Barnabas Mahnnaymyo
Lead Deacon	
Worship Team	Jonathan Shim

EDMONTON SOUTH HEALTH MINISTRY DEPARTMENT

Recipe of the Week

CRISPY QUINOA CAKES(Vegan, gluten-free, nut-free, refined sugar-free, soy-free)

Crispy quinoa cakes packed with vegetables like kale, sweet potato, sun-dried tomatoes, and more! Enjoy these as part of breakfast, lunch, or dinner. They are great with roasted home fries and avocado toast, on top of a salad, in a wrap, or enjoyed all of their own. It's important to make sure the vegetables are finely chopped for this recipe. If the pieces are too large, the patties won't stick together as well.

Yield 1 dozen cakes Prep time 25 Minutes Cook time 25 Minutes

Ingredients:

1 1/2 cups cooked quinoa
2 tablespoons ground flax + 6 tablespoons water
1 cup destemmed and finely chopped kale
1/2 cup rolled oats, ground into a flour (use certified gluten-free if necessary)
1/2 cup finely grated sweet potato
1/4 cup finely chopped oil-packed sun-dried tomatoes
1/4 cup sunflower seeds
1/4 cup fresh basil leaves, finely chopped
2 tablespoons finely diced onion
1 clove garlic, minced
1 tablespoon runny tahini paste
1 1/2 teaspoons dried oregano
1 1/2 teaspoons red or white wine vinegar
1/2 teaspoon fine grain sea salt, or to taste
3 tablespoons gluten-free all-purpose flour (I used King Arthur) or regular all-purpose flour
red pepper flakes, to taste

Directions:

Preheat oven to 400°F. Line a large baking sheet with parchment paper.

Mix the ground flax and water in a small bowl and set aside for 5 minutes or so to thicken.

Combine all ingredients together in a large bowl, including the flax mixture and the 1.5 cups cooked quinoa. Stir well until the mixture comes together. Don't forget the flour because it helps bind the patties.

Shape mixture into 1/4-cup patties with wet hands. Pack tightly so they hold together better. Place on baking sheet.

Bake for 15 minutes, then carefully flip cakes, and bake for another 8-10 minutes until golden and firm.

Cool for 5 minutes on the sheet and then enjoy!

Store leftovers in a container in the fridge for up to 5-6 days. To reheat, preheat a skillet over medium heat, add a bit of oil, and cook patties for about 3 minutes per side, or until heated through.

Nutrition InformationTips: 1) To cook quinoa, rinse 1 cup uncooked quinoa in a fine mesh strainer. Place quinoa in a medium pot and cover with 1 1/2 cups water. Bring to a low boil, reduce heat to medium-low, and then cover with a tight-fitting lid. Simmer covered for 14-17 minutes until most of the water is absorbed and the quinoa is light and fluffy. Remove from heat, fluff with a fork, and then place lid back on to steam for another 4-5 minutes. Note that this makes almost 3 cups of cooked quinoa and you only need 1 1/2 cups for this recipe, so you will have leftover quinoa (which is never a bad thing if you ask me!).

2) To make oat flour, add the oats into a high-speed blender and blend on the highest speed until a fine flour forms. You can also use store-bought oat flour if desired.

(Recipe Source: Oh She Glows)

Edmonton South Health Ministries Department

For the next few weeks we'll be focusing on the health benefits of "Water" and bring you tips, to help take baby steps towards drinking more water for those of us struggling to drink the recommended amount. We encourage you to drink pure water. "In health and in sickness, pure water is one of Heaven's choicest blessings. It's proper use promotes health." Ministry of Healing, 237 (CD 419.1)

Have you drank your water today?

Baby Steps - Tip #1 DRINK WATER

Do you Know -

'Water is one of the doctors provided by God' Medical Ministries Pg. 230.

Your body is over 70% water. It stands to reason that we need to drink water each day.

Coffee, tea, soda and other drinks can't take the place of the pure water that you need to drink each day.

There are varying opinions on how much water you need to drink each day to keep your body hydrated and functioning well.

Eight - 8 ounce glasses are recommended = 2 litres

Ideas: Make fruit infused water for extra little flavor.

lemon + cucumber + mint

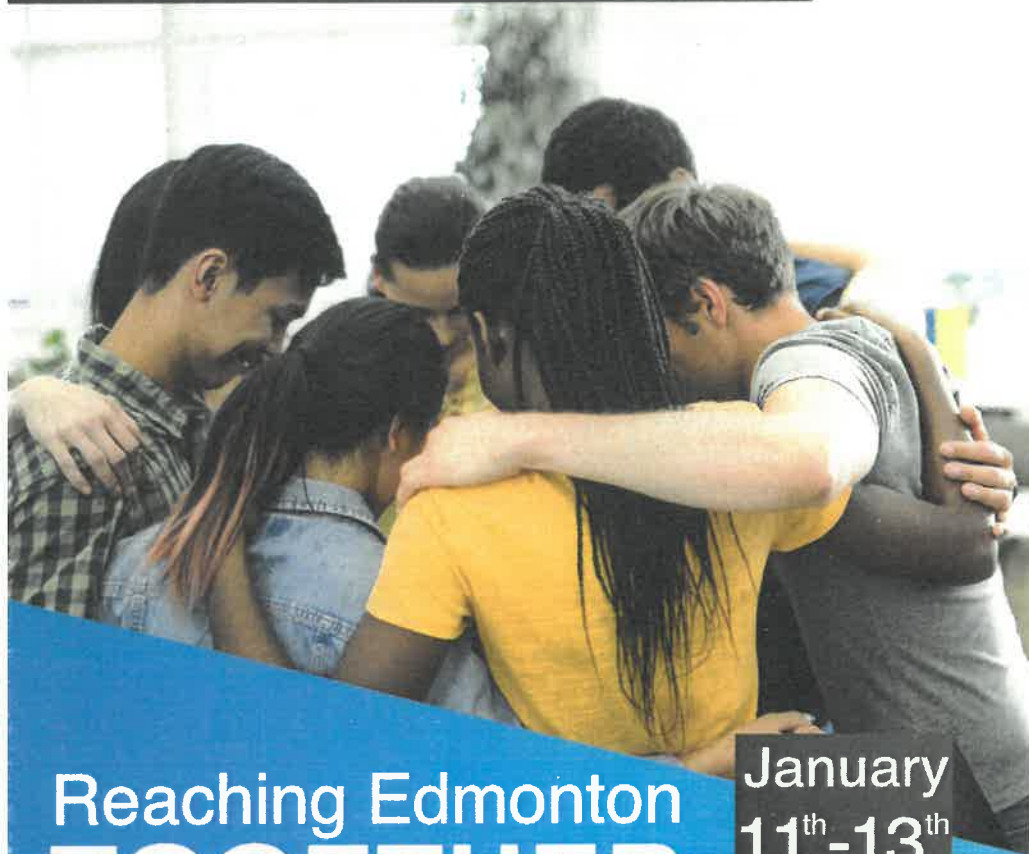
apple + cinnamon stick

blueberry + pomegranate

raspberry + lime

Method: For a large batch of infused water, fill a pitcher with water, mix in some chopped up fruits, veggies and/or herbs and let it sit for few hours (depending on how strong you want the flavor to be).

Unity Rally



Reaching Edmonton
TOGETHER

January
11th-13th
2019

Presented By:
Greater Edmonton
Ministerial Association

Featuring Chris Holland



Schedule of Events

Friday January 11th

Kirk United Church
13535-122 Ave Edmonton, AB

Friday Evening Worship **7:00 - 9:00PM**

- Featuring Chris Holland

Evangel Pentecostal Church
4461-50th St. Edmonton, AB

**Sabbath Morning
January 12th**

Sabbath School **9:15 - 10:30AM**

- presented by Youth & Young Adults

Divine Worship Service **10:45AM - 12:30PM**

- Speaker Chris Holland

- Children's Program **11:00AM - 12:15PM**

Lunch **12:30PM**

- Coralwood Adventist Academy (12218-135 St, Edmonton) will be available as a space for eating

- Each church would provide/co-ordinate their own potluck if desired

- No food will be provided



**Sabbath Afternoon
January 12th**

Kirk United Church
13535-122 Ave Edmonton, AB

Anointing Service **4:00 - 5:00PM**

- In the Chapel

Vespers Program **5:00 - 6:30PM**

- Featuring Chris Holland

Coralwood Adventist Academy
12218-135 St. Edmonton, AB

Sunday January 13th

Training Sessions: **10:00AM - 12:00PM**

•Friendship Evangelism – Jeff Potts

•You Are My Witnesses: How to Prepare & Conduct a Bible Study
– Jason Williams

•Reclaiming Missing Members – Chris Holland

•Youth Initiative Training – Moises Ruiz

Training Sessions: **12:00PM - 1:00PM**

•Effective Small Groups – Chris Holland

Pre-Register by email to GEMAttraining2019@gmail.com

Indicate in your email which seminars you will be attending.