

# Today's Worship Program

Sabbath, April 20, 2019  
Sabbath School - 9:45 AM

Pianist	<i>David Egolf</i>
Welcome	<i>Rizqa Lirio</i>
Opening Hymn	
Bible Study	<i>"Preparing for Change"</i> Lesson #3

## Sabbath Worship Service - 10:55 AM

Welcome & Call to Worship  
*Reinhardt Tonn*

Praise & Worship  
*Carole Tonn & Team*

Offering & Prayer  
*Local Church Budget*

Special Music  
*"If it Wasn't for the Cross" – Nakita Greaves*

Video Feature  
*Sin & Grace*

Special Music  
*"Above All" – David Gaina*

Homily  
*"Conversation with God" – Pastor Kingsley Moyo*

Special Music  
*"Once and For All" – Megan Prangle*

Children's Story  
*Angie Hossack*

Ordinance of Humility

Communion

Closing Prayer

Departing Hymn – *"How Deep the Father's Love"* (Praise Team)

# Today's Announcements

**Welcome** to our visitors and to our regular members. "Therefore know this day, and consider it in your heart, that the Lord Himself is God in heaven above and on the earth beneath; there is no other." *Deuteronomy 4:39*. We hope your experience in worshipping with us today will be a blessing throughout this coming week.

**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.

**Church Board Meeting** - Tuesday evening April 23, 2019 at 7:00PM in the Church Board Room. Members please make a special effort to be on time.

**Bible Study with Pastor John Murley**—continues this Wednesday night, April 24, 2019, at 7:00 in the Church Board Room. The topic for this week's meeting is "The Accuracy of the Bible". All are invited to attend. Please bring a pen, paper and your Bible.

**Pastor Away** – Pastor Moyo will be away for the next 3 weeks. If you have a need for assistance with anything youth related, please see Pastor John.

**Social Event – WHO'S COMING FOR DINNER??** One of the best ways to get to know others in the congregation is over a Meal!! That is why on SABBATH, APRIL 27<sup>th</sup> for dinner after church we are planning the event "Who's Coming for Dinner?" Everyone is invited to sign up for this fun, informal, get to know each other affair. To participate fill out a registration form found at the Welcome Desk or in your bulletin and place it into the box on the Welcome Desk – sign up as either a Host or a Guest, either way it's a mystery!! Hosts will be contacted the week before with a number of people to expect for dinner and Guests will be given an address at church on April 27<sup>th</sup>. The deadline to sign up is Sabbath, April 20. Any questions please see anyone on the social committee or contact Charlene Hymanyk Tel 780-662-2283. Be sure to welcome strangers into your home. By doing this, some people have welcomed angels as guests, without even knowing it. Hebrews 13:2

**Church Tidiness** - We need your help to keep our Church always looking its best. We especially need help on Sabbath after services. Please pick up lose papers and debris and ensure the chairs are in proper order. Your cooperation in ensuring our washrooms and kitchen area is very important as we do rent our facility on Sunday morning and we want our building looking its best! Thank you for helping us.

**Adventist Book Mobile** - will be at Coralwood on April 24 from 12 Noon-8PM and again on April 25th from 11Am-5PM. Please mark your calendars appropriately.

**YouTube Channel** – Watch our archived Worship Services or join us live each Sabbath by searching for Edmonton South SDA Church on YouTube or visiting [www.youtube.com/c/EdmontonSouthSDAChurch](http://www.youtube.com/c/EdmontonSouthSDAChurch).

**AV Media** – Please note that if you have any media (videos, audio tracks, presentations) that are needed for the Worship Service, they must be sent to the A/V Team at [edmontonsouthav@gmail.com](mailto:edmontonsouthav@gmail.com) before noon on Friday. Late submissions will not be accepted.

**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, Nenita Lirio, Rick Weick, Na Bheh Wa & Family, the Condron Family and Jamie Rebsomen.*

Please share with us your prayer requests via the church website: [www.edmontonsouthsda.org](http://www.edmontonsouthsda.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 would like your offerings to go to other funds, please place it in a tithe envelope and mark it accordingly.

**Church WiFi Voucher** – Need free WiFi? Connect to EDMSouthSDA-Guest and enter the voucher code 6115367986 at the login page.

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

**Connexions Hospitality Lunch:** Next Sabbath will be hosted by Brenda Odermatt's team. Please bring an entrée or veggies, if you are planning to stay and fellowship.

### Church finances update for Apr 13, 2019

Ch Budget received to date	\$ 23,395.68
Ch Budget goal to date	38,018.55
Difference	- \$ 14,622.87

### Support People for April 27, 2019:

<b>Sermon:</b>	Pr Kingsley Moyo
Elder:	Jeff Fortunat
Lead Deacon	Ellen Hew
Praise Team:	Lucille Galdamez

## Edmonton South Health Ministries Department

### Steps to Health: 4 Types of Exercise

Endurance - Endurance, or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Endurance exercises include: Brisk walking or jogging, yard work (mowing, raking, digging)

Strength - Strength exercises make your muscles stronger. They may help you stay independent and carry out everyday activities, such as climbing stairs and carrying groceries. Strength exercises include: Lifting weights, using a resistance band, using your own body weight.

Balance - Balance exercises help prevent falls, a common problem in older adults. Many lower-body strength exercises will also improve your balance. Balance exercises include: Standing on one foot, heel-to-toe walk.

Flexibility - Flexibility exercises stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities, including driving and getting dressed. Flexibility exercises include: Shoulder and upper arm stretch, calf stretch, yoga.



# Baby Shower

Rachel Kavira & Provati Banoary

**When:** May 5, 2019 @ 2pm

**Where:** Edmonton South sda

**Buy Buy Baby Registries:**

Rachel/ Jose: #057440753

Provati/Alvin: #547413349

