

## FUNDAMENTAL BELIEFS

- ◆ God our Creator.
- ◆ Jesus Christ our Saviour.
- ◆ The Holy Spirit our Comforter.
- ◆ The regeneration and the new birth through the acceptance of God.
- ◆ The Bible – the inspired Word of God – our Guide.
- ◆ The literal, personal, and imminent return of Christ.
- ◆ The Ten Commandments and the example of Jesus as our standard of conduct.
- ◆ The seventh day of the week as God's Sabbath, from sunset Friday until sunset Saturday.
- ◆ The gifts of the Holy Spirit to the Church.
- ◆ Healthful living, remembering that our bodies are the temples of the Holy Ghost.
- ◆ The mortality of man and resurrection of the saved to eternal life at Christ's return.
- ◆ The ultimate final destruction of sin and the wicked.
- ◆ Baptism by immersion.
- ◆ Observing the ordinance of Humility and the Lord's supper.
- ◆ The return of one-tenth of our income to the Lord.
- ◆ Support of the Gospel by willing missionary service and gifts as the Lord prospers us.
- ◆ Avoiding worldliness in our deportment, recreation, attire, conversation and social relationship.
- ◆ Justification by faith through Jesus.

### Scriptural Reading Of The Week:- Deuteronomy 10

God wrote the Ten Commandments on stone with His own finger--not something we can do! But why stone? Stone symbolizes that the Ten Commandments are to be permanent. God's law of love is adapted to the needs of fallen humanity and it will not change. Our greatest need is for the Holy Spirit to write the Commandments on our hearts (cf. Ezekiel 36:26). Then the law lived out in our lives will make us gracious, sympathetic, reasonable, and loving and lovable. That would be something to pray about, wouldn't it? Much of Deuteronomy's content we have seen in Moses' earlier books, but there is a difference: This time Moses is personally speaking to his people. It is the end of his life. He is reflective and every word he speaks is filled with emotion. Throughout the book of Deuteronomy, Moses refers to law and obedience. Interestingly, we find Jesus referring several times to Moses' words about the details and essence of the law. May our prayer be: "God, take away my stony selfish heart and write your laws of love deep down in my mind and heart so today my words and conduct will harmonize with Your will." *John Ash - Chinese Union*

Do you know or meet people who ask questions about our faith? Would they be willing to have somebody from our church visit them to discuss these questions? If they do, please give their names, telephone numbers and residential address to the **INTEREST COORDINATOR, Br Sinkamba Cell - +260-955 786841**

If you know of someone who's ill, wish to enquire into Adventist beliefs & practices, wish to join the baptism class, have a useful suggestion, PLEASE LET THE ELDERS KNOW. If you desire to transfer membership, CONTACT THE CLERKS, or in the space below, sign, detach and place in the offering basket.

Name:

\_\_\_\_\_

Address:

\_\_\_\_\_

\_\_\_\_\_

## DISTRICT PASTOR

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## AFTERNOON PROGRAM

MC'S— Morgan Kyonzwela  
Peter Mulomba

## ACTIVITIES

1. Devotion
2. Music
3. Poems
4. 2015 Lesson review
5. Testimonies

And many more.....

**FREEDOM PARK SDA CHURCH**  
**PLOT 6974 KUOMBOKA DRIVE**  
**P.O BOX 23067**  
**KITWE, ZAMBIA**

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## FREEDOM PARK

**THEME:**  
**"FOR WE ARE LABOURERS**  
**TOGETHER WITH GOD..."**  
**1 COR 3:9**

**QTR 4 SUB-THEME**  
**"I am a Builder with God" -Psa 127:1**

**TODAY:SABBATH 52**  
**26th December 2015**

**SS 13th Sabbath**

**NEXT SABBATH**

**PM Day**

## SABBATH SCHOOL PROGRAMME: 09:00 HOURS

| ON DUTY                     | TODAY<br>Sr. S. Mwelwa                        | NEXT SABBATH |
|-----------------------------|---|--------------|
| SUPERITENDENT               | Kansensa Mupeyo                               |              |
| PRESENTERS                  | Children's Ministries                         |              |
| Bible READING               | Kenny Ng'andu                                 |              |
| OPENING/<br>CLOSING PRAYERS | Alex Chinyama/Fred Ikatanga & Emmanuel Mwelwa |              |
| HEALTH TALK                 | Faith Chikumbe                                |              |
| MISSION STORY               | Mwembe Nankamba                               |              |
| Welcoming Visitors          | David Mukoto                                  |              |
| MUSIC                       | 'ANGELS OF LOVE'                              |              |
| CHORISTER                   | Sr. T. Mukonka                                |              |

## MAIN SERVICE PROGRAMME: 11:00 HOURS

|                |                                  |                 |
|----------------|----------------------------------|-----------------|
| ELDER ON DUTY  | Eld. B. Mukumbuta                | Eld. F. Mweemba |
| PREACHER       | Eld. H. Kambanzhi                | Pastor Kapenya  |
| INTERPRETER    | Eld. E. Mofu                     | Eld. M. Kasanda |
| SERMON TITLE   | "BORN IN A BARN"                 |                 |
| KEY TEXTS      | LUKE 2:7-12                      |                 |
| OPENING HYMN   | SDAH 337 &<br>SDAH 462           |                 |
| OPENING PRAYER |                                  |                 |
| SINGING GROUP  | Remnant Brothers                 |                 |
| DEACONS        | Br. C. Hamooya<br>Br. C. Sikazwe |                 |
| DEACONESSES    | Sr. G. Musonda<br>Sr. M. Simuuwe |                 |
| NKANDABWE      |                                  |                 |

## AFTERNOON PROGRAMMES 14:00 TO 17:00 HRS

14 :00TO 15:00– Departmental Meetings  
15:00hrs to 17:30hrs—Sabbath School Presentations– Reflecting on how the Lord has led us in 2015

## MEETINGS.

· NEXT BUSINESS MEETING: 10.01.2016  
· NEXT CHURCH BOARD: TBA  
· NEXT DISTRICT COUNCIL: TBA

## ANNOUNCEMENTS

- Between now and next year June, we are all urged to contribute a minimum of K200 to erect steel structures for the main arena for next year's camp meeting.
- Divine Touch is recruiting young talented ladies to fill up the positions of soprano and Alto. Interested ladies should meet the singing group leader—Br Nasinda
- There shall be a Nutrition and Health Food cookery corner every Sunday beginning 14th Nov to 26th Dec, 2015: time 08:00 to 18:00. facilitators are the Medical Missionary Team. Venue-Freedom Park SDA Church.
- There shall be Hallelujah 2016 at FPC on 31/12/15. All are invited.
- There will be a Church Business Meeting on the 10th of January 2016. All Baptized members of FPC to attend.
- Eld Twumasi has travelled to Ghana to attend the burial of his late twin brother. Let us remember the family and pray with them during this period of mourning. Let us take time to also visit the family as he returns to Zambia at the month end.
- Br Mabvuto Mwale was put to rest on Thursday in Chibombo. Let us continue praying for the Mwale Family.

## REGULAR REMINDERS

- DAILY SCRIPTURAL READING.** Today's reading is Deuteronomy 15. Tomorrow Deuteronomy 16 and so on.....please join the reading journey today.
- Parents to be sitting with their children during main service & accompany them to the toilets.
- Members are not to take benches/chairs out of church building during Sabbath School Classes. All chairs gotten during lunch and departmental meetings should be brought back.
- Cellphones should be switched off during church service
- Please take note that only emergency announcements will be received on Sabbath. Send all your announcements to [namilu-kom@napsa.co.zm](mailto:namilu-kom@napsa.co.zm) or send SMS to +260-965/955-751547**
- All worshippers to remain seated after the Main Service until ushered out by the Deacons to avoid disorderly exiting.
- Articles/Testimonies are invited from all members for inclusion in the Church Newsletter. All those with articles to see either Eld Mudenda or Eld Namiluko
- Remember to collect your tithe envelopes from the treasurers. Please indicate details such as your SS class, and cell no for easy location
- All visitors to fill in visitors cards distributed during main service and put them in the offering basket. Visitors are also requested to remain behind for 5 minutes after the main service to meet the Interest Coordinator and the elder on duty.
- All are encouraged to borrow church books from Publishing Department for studying. Those interested to see The Publishing Team or Elders.

## QUOTE OF THE WEEK.

*The Sabbath was hallowed at the creation. As ordained for man, it had its origin when the morning stars sang together, and all the sons of God shouted for joy.' Job 38:7. Peace brooded over the world; for earth was in harmony with heaven. God saw everything that He had made, and, behold, it was very good; and He rested in the joy of His completed work. Gen. 1:31.*

## CHURCH BUILDING CORNER

- The church still owes Aluminium Centre K40,000.00 for the Windows and doors. You are encouraged to contribute towards this amount. It will be a blessing to pay this off before the new year. Put your offering in the basket clearly indicating " Church Building"
- Those willing to serve in the Building Committee in 2016 can register with Elder Mukonka.
- If you made a Pledge during the year, you are reminded to fulfil it. Remember the pledge is to the Lord and not to the church

## STEWARDSHIP CORNER

### **Offering: Conference / Union**

In 1889, Ellen White's 7-year old granddaughter, Ella, was looking forward to Christmas. Perhaps she was expecting some gifts, but what she was really looking forward to was the event at church. At Christmas time there was always a big fir tree that would be put up in the church. It made the church smell lovely. The decorations on the church tree were extra special. And that year Ella had decided to join in with decorating the big church tree. Ella had two whole dollars that she had been saving, and she was going to put them in a little cloth bag and hang them on the tree. Other people would be putting their money in little bags or boxes too and hanging them on the tree. All the money collected would be used to support missionaries (*KidsView*, December 2013).  
**Appeal:** Even a seven-year-old knew that the only way to really celebrate God's gift of sending Jesus to earth was to do as much giving as possible

## HEALTH CORNER

The benefits of fiber

Food and health experts agree that an adult needs at least 25 grams of fiber per day.

The fiber absorbs lots of water in the food as it passes through your stomach and intestine, making the food soft. The soft food moves easily, without scraping and hurting the intestines and colon. If there isn't enough fiber, the food becomes hard and will cause constipation. The hard stools will (the waste which is left after digestion) will hurt the soft walls of intestine and colon. These areas which are hurt can develop into "hot spots" for cancer over time.

Fiber also absorbs the dirt, waste and toxins from the intestines. The inside on the intestine has folds which look like thousands of tiny fingers, called villi. without fiber, fats, oils and refined foods become trapped in between these "fingers" This may rot and produce toxins which lead to bloating, bad skin and low energy.

Fiber acts like a sponge and sucks out the dirt from between these villi. This is the main reason why people who get enough fiber usually have better energy and healthier skin.

## ADULT SABBATH SCHOOL LESSON NO 13

Topic:- **Lessons From Jeremiah**

Memory Text– " 'Behold, the days are coming,' says the Lord,' that I will raise to David a Branch of righteousness; a King shall reign and prosper, and execute judgement and righteousness in the earth' " (Jeremiah 23:5, NKJV)