

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 24

God says in Malachi 2:16, "I hate divorce." And Jesus pointed out that Moses' permission even to end the marriage relationship by divorce was only allowed because of "the hardness of your hearts..." and then He added, "but from the beginning it was not so." Actually there are some other legitimate reasons besides sexual immorality (see 1 Corinthians 7:15; Exodus 21:10-11, 26-27). But it is important to keep in mind that both Moses and Jesus clearly laid the blame for divorce on a lack of relationship with God. The most striking feature about most of the miscellaneous laws in the remaining portion of this chapter is how God is very concerned about societies' marginalized people, especially the poor, the needy, aliens and strangers, the fatherless, and widows. The law of gleaning describes the Bible's form of welfare: give the poor an opportunity to work, leave your excess fallen grain for them, don't take everything that is rightfully yours, but leave something for the poor and the aliens. "Dear God, most of us don't have fields and vineyards nowadays, so help us to find a way to implement the principle of generosity." *John Ash*

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, Sr Victoria Mweemba Cell - +260-977-476034**

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.

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Address:

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TEN DAYS OF PRAYERS & FASTING PRESENTATIONS @ 17:45hours

Prayer Theme: **Abiding in Christ – Life More Abundant**

Text: **Eph. 3:16-19**

Day 1:	The Greatest Need	Wed 6/01/16
Day 2:	Our Greatest Gift to God-Our Being	Thu 7/01/16
Day 3:	Christ in Us	Fri 8/01/16
Day 4:	Abiding in Christ	Sat 9/01/16
Day 5:	More Than Conquerors	Sun 10/01/16
Day 6:	Joy of Obedience	Mon 11/01/16
Day 7:	A Life That Blesses Others	Tue 12/01/16
Day 8:	Christ Reflected in the Family	Wed 13/01/16
Day 9:	Christ Reflected in the Church	Thu 14/01/16
Day 10:	Christ Reflected in the Neighborhood	Fri 15/01/16

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FREEDOM PARK

THEME:

"FOR WE ARE LABOURERS TOGETHER WITH GOD..."

1 COR 3:9

QTR 1 SUB-THEME

"I am my brother's keeper" - Gen 4:9

TODAY:SABBATH 02
09/01/2016

10 Days of Prayers and Fasting

NEXT SABBATH

10 Days of Prayers and Fasting

SABBATH SCHOOL PROGRAMME: 09:00 HOURS

	TODAY	NEXT SABBATH
SUPERITENDENT ON DUTY	Br. Mukoto	Sr. Chinyama
PRESENTERS	Gospel Caravan	Prayer Band
Bible READING/ PRAYER	Sr. Lauryan	
Health Talk	Br. P. Mulomba	
Mission Story	Br. Blessing	
CHORISTER	Br. Changwe	

MAIN SERVICE PROGRAMME: 11:00 HOURS

ELDER ON DUTY	Eld. M. Namiluko	Eld. L. Muwowo
PREACHER	Eva. B. Muwowo	Eva. B. Muwowo
INTERPRETER	Br. E. Mofu	Br. E. Mofu
SERMON TITLE		
KEY TEXTS		
OPENING HYMN		
OPENING PRAYER	Eld. K. Nalishuwa	Br. C. Hamooya
SINGING GROUP	Church Choir	Heralds of Hope
CHORISTER	Sr. Musemo	Br. Manyepa
DEACONS	Br. Chikumbe J & Br. Chinyama H	Br. Hamooya C & Br. Hibajene C
DEACONESSSES	Sr. Muyembe, Sr. Namiluko & Sr. Chikumbe	Sr. Liyungu, Sr. Sinkamba & Sr. Simuwe

AFTERNOON. PROGRAMMES 14:00 TO 17:00 HRS

14 :00TO 15:00— Departmental Meetings
15:00hrs to 17:30hrs— Bible Study by Eld B. Muwowo

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.
- There will be a Church Business Meeting on the 10th of January 2016, starting at 09:00 hours. All Baptized members of FPC to attend.
- The Sabbath School study guides for 2016 are in. Available are English Standard, Bemba and Tonga Editions all going for K25. Also available are Beginners(0-2), Kindergarten(3-5), Primary(6-9) and Powerpoint(10-14years) all going for K10. Cornerstone ones will be available on a later date to be advised. See Br Mukoto for the purchase.
- The FPC Bulletin can now be accessed on Church website displayed on the front page of the bulletin.
- Sr. Masaka's brother died in Lufwanyama on Tuesday 5 January 2016. Let us remember the Masaka family in our prayers and also visit them when they return

REGULAR REMINDERS

- DAILY SCRIPTURAL READING.** Today's reading is Deuteronomy 29. Tomorrow Deuteronomy 30 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 admin@freedomparksda.org; Jolezyams@gmail.com or send SMS to +260-968-682951 or +260-969-632602**
- 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 Namiluko or Sr. Sinkamba. 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.

We encourage you to do a Daniel Fast during these ten days. Starting the year with prayer and fasting is a great way to consecrate our lives to God for the upcoming year. Ellen White tells us, "Now and onward till the close of time the people of God should be more earnest, more wide-awake, not trusting in their own wisdom, but in the wisdom of their Leader. They should set aside days for fasting and prayer. Entire abstinence from food may not be required, but they should eat sparingly of the most simple food" (*Counsels on Diet and Foods*, pp. 188, 189).

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: Division

Exodus 15:20: Then Miriam the prophet, Aaron's sister, took a timbrel in her hand, and all the women followed her, with timbrels and dancing.

It was not easy leaving the familiar—even if it was the land where they had been slaves. The Israelites needed to trust Moses, trust the stories about their ancestors, trust the promises those stories held. God showed them, through many miraculous plagues, that He was more powerful than all the Egyptian gods. Still, when they were faced with water in front and the Egyptian army behind, they were afraid. How awesome it must have been walking through the dry waterbed, looking at the walls of water, and walking through the miracle. Still, it wasn't easy; the army was behind, pursuing them. Then when the last Israelite crossed the sea the water wall collapsed, and the enemy was defeated. A spontaneous song erupted in the Israelite ranks, led by Moses and Miriam: a song of praise, a song of joy.

Appeal: Like Miriam, may we also express our joy for God's salvation. May we also follow those who lead us in joyful praise. May our giving today come from a joyful, grateful heart.

Prayer: Open our eyes, God, to see Your miracles in our lives!

HEALTH CORNER

Cont Two important types of Fibre. (Soft and Hard)

Fibre is the part of plants that our bodies cannot digest. There are two types of fibre: soluble and insoluble. Soft fibre is called water soluble because it can absorb water.

Foods such as vegetables, fruits, legumes and whole grains contain **fibre**. Animal foods such as meats and eggs have no **fibre**. Oats is one of the best examples of soft fibre

Hard fibre cannot absorb water so it is known as insoluble fibre. Digestive bran from the covering of wheat is an example of hard fibre. Hard fibre is important for digestion because it stimulates the intestine and colon. This causes the food to move fast enough through the digestive organs. Remember, it's healthiest to pass stool at least once or twice a day. Getting enough hard fibre will keep you regular.

Most fruits and vegetables have both types of fibre. Beans, for example, have a good amount of both. Soft fibre is equally important. It absorbs and keeps water, adding what is called "bulk" to your stool. Bulk means that the stool is large enough to move comfortably through the system without strain or injury. Do your

ADULT SABBATH SCHOOL LESSON NO 2

Quarter 1 Theme:- Rebellion and Redemption

Topic:- Crisis in Eden

Memory Text: "And I will put enmity between you and the woman, and between your seed and her Seed; He shall bruise your head, and you shall bruise His heel" (**Genesis 3:15, NKJV**).