

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:- 1 Samuel 7

The people were ready for revival and reformation and Samuel called them to action. They put away their idol worship and served the Lord only. Then Samuel called Israel to come together in unity at Mizpeh. Their gathering was seen as an act of war by the Philistines who sent their army against them.

Notice that "Samuel cried unto the Lord, he took a lamb and offered it." A great storm from the Lord defeated the Philistines, which is interesting since Baal was the storm god which the Philistines worshiped. So victory came to Israel.

All our victories come through the Lamb. As we read in Revelation, "they overcame him by the blood of the Lamb and the word of their testimony." In the final crisis, the dragon, the beast, and the false prophet are united against the Lamb. It looks hopeless. But rejoice--the Lamb has already won!

Lord, help all of us to see the Victorious Lamb leading His remnant people home in triumph!

David Manzano

Retired Pastor

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, someone who wishes to enquire into Adventist beliefs & practices, wishes 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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OPPOSITE KITWE CENTRAL HOSPITAL MAIN ENTRANCE



FREEDOM PARK CHURCH BULLETIN

THEME:

"...ALL THE WORDS WHICH THE LORD HATH SAID, WE WILL DO."

Exodus 24:1-3

QUARTER 1 SUB-THEME

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

TODAY: SABBATH No. 11
12/03/2016

HOLY COMMUNION

NEXT SABBATH

YOUTHS DAY

SABBATH SCHOOL PROGRAMME: 09:00 HOURS

	TODAY	NEXT SABBATH
SUPERINTENDENT	Sr. Yaki Namiluko	TBA
BIBLE READING/ PRAYER	Sr. Muyembe	TBA
MISSION STORY	Br. Chisanga	TBA
SINGING GROUP	One Harmony	Gospel Caravan
CHORISTER	Br. Manyepa	Sr. F. Kanenge

MAIN SERVICE PROGRAMME: 11:00 HOURS

ELDER ON DUTY	Elder S.Twumasi	Elder C. Sikazwe
PREACHER	Elder M.Kyonzwela	Br. W. Mambwe
INTERPRETER	Elder E. Mwelwa	Br. Mofu
SERMON TITLE	He is alive	TBA
KEY TEXTS	TBA	TBA
OPENING HYMN	SDA Hymnal 462	TBA
OPENING PRAYER	Br. T. Kalutwa	Br. M. Manda
SINGING GROUP	Divine Touch	Church Choir
CHORISTER	Br. Manyepa	Sr. F. Kanenge
DEACONS	Br. K. Nalishuwa Br. J. Chikumbe	Br. T. Kalutwa & C. Hamooya
DEACONESSES	Sr. Liyungu, Sr. Sinkamba & Sr. Simuwe	Sr. Namangala, Sr. Nonde & Sr. S. Mwe- lawa

AFTERNOON PROGRAMME FROM 14:00 TO 17:00 HRS

Departmental : 14:00-15:00 hours
Bible Study: 15:00 hours

MEETINGS.

• NEXT CHURCH BOARD: 27 March 2016
• NEXT BUSINESS MEETING : TBA
• NEXT DISTRICT COUNCIL: 3 April 2016

ANNOUNCEMENTS

- Holy Communion takes place today 12/03/2016. We request all members to take part
- There is Bible study this afternoon at 15:00 hours. Please attend
- There will be Personal Ministries Council today during departmental time.
- Communication seminar will take place on Sunday 13 May 2016 at Riverview Church starting from 09 hours
- Youth week of prayer begins on Sunday 13 March 2016. All are requested to attend
- Sabbath School Guest day will take place on 26 March 2016. Plan to invite someone on that day. All members to collect visitors invitation cards for the guest day.
- Business meeting scheduled for 13 March 2016 has been postponed to a later date to be advised
- Sabbath 23.04.2016 is publishing day. The department has planned to distribute a book "When God said Remember". The book costs K14. All members are encouraged to contribute towards purchase of these books.
- Elders will continue with visitations to members homes. Members will be contacted to confirm their availability
- We are all requested to contribute towards construction of the district pastor's house. The house has now been roofed and we need to fit the inside materials and erect boundary wall
- Pathfinder Camporee will take place in Musofu from 10-16 April 2016. Registration fee is K50 and should be paid by 15 March 2015. Late registration will attract additional fee of K50.
- Between now and June 30, we are all urged to contribute a minimum of K200 to erect steel structures for the main arena for this year's camp meeting.
- Vacation Bible School will be held in August 2016. Fee is K100 per participant. Deadline for payment is April 2016.

REGULAR REMINDERS

- DAILY SCRIPTURAL READING.** Today's reading is Judges 20 Tomorrow Judges 21 and so on.....please join the reading journey today.
- All first Sabbaths in a new quarter are dedicated to prayers and fasting. To this end, the next such day will be 2nd April, 2016.
- Parents should sit with their children during main service & accompany them when going to the toilets.
- Members should not 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
- The FPC Bulletin can now be accessed on Church website displayed on the front page of the bulletin. **Please take note that only emergency announcements will be received on Sabbath. Send all your announcements to admin@freedomparkesda.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
- 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 number 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

In Remembrance of Me
Our Lord has said, "Except ye eat the flesh of the Son of man, and drink His blood, ye have no life in you. . . . For My flesh is meat indeed, and My blood is drink indeed." John 6:53-55. This is true of our physical nature. To the death of Christ we owe even this earthly life. The bread we eat is the purchase of His broken body. The water we drink is bought by His spilled blood. Never one, saint or sinner, eats his daily food, but he is nourished by the body and the blood of Christ. The cross of Calvary is stamped on every loaf. It is reflected in every water spring. All this Christ has taught in appointing the emblems of His great sacrifice. The light shining from that Communion service in the upper chamber makes sacred the provisions for our daily life. The family board becomes as the table of the Lord, and every meal a sacrament.
Desire of Ages, p 660

CHURCH BUILDING CORNER In the last mile– Where are you?

If you made a Pledge in 2015, you are reminded to fulfil it. Remember the pledge is to the Lord and not to the church

STEWARDSHIP CORNER

Offering: Adventist World Radio

Written by Shelley Nolan Freesland, for AWR

How do pastors care for new believers when they alone have the responsibility of serving three churches and 11Sabbath schools spread across a 200-kilometer radius? That is the challenge one such pastor faces in Kenya. He says, "I have been bicycling for five years now, and my health has been affected. So I usually walk, and stop to sleep along the way. It takes two days to reach one village, so I do not get back home until Monday afternoon."

Adventist World Radio's broadcasts not only introduce listeners to Jesus, they also continue to nurture them in the absence of church workers. In countries such as Kenya, Vietnam, Madagascar, and more, people in remote or restricted areas have formed "AWR churches." They learn—in their own language—about salvation, the true Sabbath, and Jesus' unfailing love for them.

Appeal: AWR programs can be heard on shortwave, AM/FM, and online in more than 100 languages. Your generous gift to the annual offering today will keep the voice of hope traveling to the farthest corners of the globe. Thank you for your support!

Prayer: Dear Lord, multiply the effects of AWR around the world through our offerings today!

HEALTH CORNER

PAPAW - FOOD FOR THE DIGESTIVE SYSTEM

Usable parts: Fruit, seeds. **Curative properties:** A milky substance from the trunk and the green fruit is very useful in the treatment of ankylostomiasis, worms and tape worm. A teaspoon of fresh papaya milk mixed with a soup spoon of cow's milk or coconut milk constitutes an effective vermifuge for children.

The fruit contains a potent enzyme called papa in, which is similar to gastric juices. It is used as a meat tenderizer and improves slow digestion. A boiled liquid from the seeds has proved effective in dissolving small fat deposits in the eyes and eyelids and dissolving fats in cases of overweight. The fruit of the papaya is also effective in relieving allergies because of its capacity to denature proteins. It accelerates the process of scar tissue formation, both internally and externally and softens calluses because of its richness in pro vitamin A.

Preparation and use:

- Fresh – this is the best way to eat a papaw. It makes an excellent breakfast or desert, although it also goes well in lettuce salad with lemon juice.
- A brew from the seeds is made by boiling 30 grams of seeds in a cup of water for 5 minutes, this is used to dissolve fat deposits in the eyes and eyelids.
- Other methods of preparation: The papaya lends itself well to soft drinks, shakes and ice cream. Papaya jam is a popular dessert in the American tropic.
- Canned: canned papaya allows it to be enjoyed through the world.

Dosage:

Drink 1 cup per day in small doses.

Active ingredients: (Rich in)

Alkaline salts, potassium, malic acid, pepsin, pancreatin, papa in and vitamins A, B, C.

ADULT SABBATH SCHOOL LESSON NO 11

Quarter 1 Theme:- Rebellion and Redemption

Topic:- Peter on the great controversy

Memory Text: "But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light?" (1 Peter 2:9NKJV).