

## 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:- Joshua 13

Joshua served as a valiant warrior for many years, both under Moses and as chief leader of Israel. And the Lord said to him: "You are old, advanced in years, and there remains very much land yet to be possessed." Then the Lord lists the territory still to be taken. As God's true servant, Joshua had been willing to be spent for the Lord. At this time he was about 92 years old and was relieved to give the responsibility to the tribes. He lived another 18 years and died "when he was one hundred and ten years old" (Judges 2:8). It is important to understand the distinction between the work done by Joshua and the work left for Israel to do (SDABC, Vol. 2, p. 240).

God never allows one person in leadership to accomplish the total task because it could lead him or her to believe that they gained success by their own strength. This is also true in our spiritual life. All spiritual victories and other accomplishments are through team effort, through the Holy Spirit and our cooperation. Willie Edward Hucks II, Associate Ministerial Secretary, General Conference

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.

Name:

\_\_\_\_\_

\_\_\_\_\_

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. 05  
30/01/2016**

**NEXT SABBATH  
STEWARDSHIP**

## SABBATH SCHOOL PROGRAMME: 09:00 HOURS

	TODAY	NEXT SABBATH
<b>SUPERINTENDENT</b>	Sr. P . Ng'andu	Sr. L. Muwowo
<b>PRESENTERS</b>	Chishiba Family	Stewardship
<b>BIBLE READING/ PRAYER</b>	Sr. Grace Chishiba	Sr. V. Mumba
<b>TESTIMONY</b>	Sr. Anita	-
<b>SPECIAL FEATURE</b>	Bwalya Chishiba	Br. G. Sinkamba
<b>RELIGIOUS LIBERTY TALK</b>	Sr. Tumelo Mambwe	-
<b>SINGING GROUP</b>	One Harmony	God's family
<b>CHORISTOR</b>	Sr. T. Mukonka	Elder Siantale

## MAIN SERVICE PROGRAMME: 11:00 HOURS

<b>ELDER ON DUTY</b>	Elder C. Sikazwe	Elder M. Kyonzwela
<b>PREACHER</b>	Elder S. Twumasi	Pastor Liywali
<b>INTERPRETER</b>	Br. A. Mokola	Br. Mofu
<b>SERMON TITLE</b>	Run Your Own Race	TBA
<b>KEY TEXTS</b>	1 Corinthians 9 v. 24-27	TBA
<b>OPENING HYMN</b>	SDA Hymnal 422	TBA
<b>OPENING PRAYER</b>	Br. G. Sinkamba	Elder Mupeyo
<b>SINGING GROUP</b>	Gospel Caravan	Church Choir
<b>CHORISTER</b>	Sr. T. Mukonka	Elder Siantale
<b>DEACONS</b>	Br. T. Kalutwa & Br. K. Nalishuwa	Br. Chikumbe J & Br. Chinyama H
<b>DEACONESSES</b>	Sr. N. Mwelwa, Sr. R. Siantale & Sr. J. Muhongo	Sr. Muyembe, Sr. Namiluko & Sr. Chikumbe

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

14 :00TO 15:00– Departmental Meetings

15:00hrs to 17:30hrs— “Why God Hate Divorce”

### MEETINGS.

• NEXT CHURCH BOARD: 25 February 2016

• NEXT BUSINESS MEETING : 13 March 2016

• NEXT DISTRICT COUNCIL: TBA

### ANNOUNCEMENTS

1. Br. William died on Tuesday 26 January 2016. Burial took place on Friday 29 January 2016. Let us remember the family in prayer and also visit them
2. Sr. Nonde's brother, Charles N'gona, died on 27 January 2016. Funeral is held in Kapiri Mposhi. Let us remember the family in prayer and also visit them when they return
3. Br. Mofu's mother is unwell in Lusaka. Earlier in the week, she was admitted to UTH. Let us remember our mother in prayer and also visit the family when they return
4. Sr. Mukonka's sister is unwell and admitted to Livingstone General Hospital. Let us remember our sister in prayer
5. Stewardship month of emphasis begins on February 6 2016. Pastor Liywali from the North Zambia union will take up the first Sabbath during the stewardship month of emphasis.
6. Training of all 2016 church officers will take place tomorrow Sunday 31 Jan 2016
7. There will be a Dorcas Seminar on Nutrition on Sunday 31 Jan 2016
8. 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.
9. All those parents who want their children to be dedicated should register with the Church Clerk as soon as possible to enable the church arrange for dedication programme
10. Vacation Bible School will be held in August 2016. Fee is K100 per participant. Deadline for payment is April 2016.
11. Sabbath School has few copies of adult Sabbath School study guides for 2016. Available are English Standard, Bemba and Tonga editions all going for K25. See Br Mukoto for the purchase.

### REGULAR REMINDERS

1. **DAILY SCRIPTURAL READING.** Today's reading is Joshua 16. Tomorrow Joshua 17 and so on.....please join the reading journey today.
2. 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.
3. Parents are reminded to sit with their children during main service & accompany them to the toilets.
4. 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.
5. Cellphones should be switched off during church service
6. 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@freedomparkdsda.org; Jolezyams@gmail.com or send SMS to +260-968-682951 or +260-969-632602**
7. All worshippers to remain seated after the Main Service until ushered out by the Deacons
8. 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.
9. Remember to collect your tithe envelopes from the treasurers. Please indicate details such as your SS class, and cell no for easy location
10. 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.
11. 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.

A Call to Enlighten the Masses—I have been shown that Satan is stealing a march upon us. The law of God, through the agency of Satan, is to be made void. In our land of boasted freedom, religious liberty will come to an end. The contest will be decided over the Sabbath question, which will agitate the whole world. {Ev 236.3}

## CHURCH BUILDING CORNER

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: Outreach/Church Budget**

Deuteronomy 15:11: “There will always be poor people in the land. Therefore I command you to be openhanded toward your fellow Israelites who are poor and needy in your land.” It is true today as it was several thousand years ago when this verse was written—there are poor people on this planet.

Being poor means different things in different places and different societies. Being poor may mean not being able to afford a television, mobile phone, or a new car in one place, but it may mean not being able to afford the next meal in another. On the other hand, there are some people who are poor in material goods but rich in spirit. Likewise, there are those who abound in material things but are not satisfied. In whatever category we may find ourselves, God's command stands: to be openhanded toward our brothers and sisters— which does not refer only to our own relatives but to all the poor and needy, in whatever way they may be poor and needy. We can always help someone who is lacking more than we are.

Appeal: Look around you and find someone you can help today.

Prayer: God, thank You for your open handedness toward us. Help us also to be generous!

### HEALTH CORNER

Heartburn ‘also refereed to as prose’s or acid indigestion , is a burning discomfort in the chest and just behind the breastbone. The pain usually occurs after eating and can last from couple of minutes up to a number of hours. In many cases heartburn pain is unknowingly triggered by poor food choices. Meaning of course, that it can be headed off at the pass simply by modifying your eating habits. In fact, many heartburn sufferers notice a significant improvement in their symptoms after they switch to a heartburn-preventing diet.

Tips:

- Eat more high fiber foods to aid the digestion process. This includes vegetables, fruits, and whole grains e.g., brown rice, whole or rolled oatmeal and whole grain breads that are created from whole meal flour.
- Drink ample amounts of filtered water.
- Avoid high fat and oily foods
- Reduce the amount of sugar in your diet, if possible eliminate.

### ADULT SABBATH SCHOOL LESSON NO 5

Quarter 1 Theme: - Rebellion and Redemption

Topic:- The Controversy Continues

Memory Text: "And I told them of the hand of my God which had been good upon me, and also of the King's words that he had spoken to me. So they said, 'Let us rise up and build.' Then they set their hands to this good work" (Nehemiah 2:18 NKJV).