

SERMON NOTES

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PASTORAL CARE & SPIRITUAL NURTURE

For Pastoral Care, Counseling, Spiritual Nurture, or a visit please call Pastor Emerson or Pastor Harold Novac:
 Pastor Edwin Emerson at 519-740-2671, ext. 101 or 905-818-5646 or by email eedemerson@adventistontario.org OR
 Pastor Harold Novac: 289-943-7090 or harold.novac93@yahoo.com or complete the form below and place on the offering plate.

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|---|--|--|
| <input type="checkbox"/> Help with a problem / spiritual guidance | | |
| <input type="checkbox"/> Is ill at home | <input type="checkbox"/> Needs a Visit | <input type="checkbox"/> Is hospitalized |
| <input type="checkbox"/> Pastoral Counselling | <input type="checkbox"/> Be baptized | <input type="checkbox"/> Is bereaved |
| <input type="checkbox"/> Marital Counselling | <input type="checkbox"/> Membership Transfer | <input type="checkbox"/> Bible study |

Name.....Given by.....

Address.....

Phone..... Email.....

NOTE: To update and maintain our church directory, please advise the Church Clerk of any changes of address, phone numbers, additions to the family, etc.

CHURCH IN ACTION

It's a delight to welcome you today to Cambridge Seventh-day Adventist Church. This day has been set aside by God as the **Memorial of Creation**. We sincerely pray that you will experience a fresh sense of the presence of the Lord in our services as we **worship Him together** on this Holy Sabbath morning. Let's draw nearer to Him together.

When you enter into this Sanctuary, we request you to be reverent, be silent, and be thoughtful because this is the house of God. During the Worship Service, let the Lord speak to you. After the Worship Service, speak to one another in the foyer.

Our mission is to serve the Lord Jesus Christ by witnessing, praying, loving one another, preaching the Gospel and serving the community around us.



Happy birthday & God's blessings to . . .

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|------------------------|----------|
| Gelu Zama..... | March 02 |
| Eileen Strombom..... | March 07 |
| Vitor Amaral..... | March 08 |
| Victor Allan..... | March 17 |
| Dorothy McFarlane..... | March 19 |
| Roland Keim..... | March 22 |

Happy anniversary & God's blessings to . . .

CHURCH OFFICE HOURS:

Pastor Harold Novac

*Tuesday: 10:00 a.m. to 5:30 p.m. (by appointment only)

*Wednesday: 10:30 a.m. to 8 p.m. (by appointment only)

Pastor Emerson:

*Thursdays: 10 a.m. to 6:30 p.m. (by appointment only)

PRAYER MEETING: Mid-week Wednesday – **6:30 pm** at the church. All are welcome.

ANNOUNCEMENTS and UPCOMING EVENTS

CHURCH BOARD MEETING DATES – Sundays at 10:30 am: The February board meeting has been postponed until March. The next Church Board meeting date: **March 22, 2020** in the church board room - church house.

BRIDGES: The next scheduled visit to Bridges is, **Sabbath, March 21, 2020 from 4 - 8.** Thank you to those of you who have pledged to help. Our contact person is Mandy Bairos at 519-654-6611 (text or call). **Volunteers scheduled for March 21st are:** Cheryl Carter, Brian Carter, Rose Solomon and P. D. Solomon. We are looking for additional volunteers.

NEXT FELLOWSHIP POTLUCK: March 21. All are welcome. Our Fellowship potlucks are regularly scheduled for the third Sabbath each month unless otherwise announced.

MESSENGER: Attention all Cambridge Church Members! If you are receiving multiple copies of the Messenger and Adventist Journey OR are not receiving the Messenger of Adventist Journey, please contact Elaine Habicher, Church Clerk. Her contact information is on the back cover of the bulletin. Thank you.

A NOTE FROM OUR TREASURER: For the New Year, please remember to submit your "Reimbursement Form" on a **MONTHLY basis.** This will help to read the receipts properly, to document dates, tax amounts, items purchased and so on. This is important for a proper expense trail for the various funds. Thank you from the Church Treasurer – Helga Bairos.

From our treasurer's desk . . .

FINANCIAL REPORT FOR DECEMBER 2019

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|---------------------------------------|-------------------------|-------------|
| Yearly Budget | \$30,000. ⁰⁰ | |
| Budget Needed as of December 31, 2019 | | \$30,000.00 |
| Budget Received as December 31, 2019 | | \$21,781.64 |

BULLETIN INFORMATION

Please send all bulletin information to bulletin_adventistcambridge@yahoo.ca by Tuesday on or before 7:00 p.m. Elaine Habicher is the bulletin secretary.

HEALTH FEATURE:

A recent study from the National Institute of Health concluded that feeling grateful activates our hypothalamus, the part of the brain which plays a role in our emotions, appetite, our sleep, our body temperature, our blood pressure and many other body functions. Studies show that individuals dealing with body pain felt less pain when they kept a gratitude journal.

DISABILITIES AWARENESS: To be held on Sabbath, March 28, 2020 at the Perth Adventist Church, 220 Bethridge Rd., Etobicoke from 9 am to 5 pm. To train and educate caregivers and other service providers on the needs of differently abled individuals and the services available in the community. To sensitize community services workers and leaders on methods of presenting the love of God to differently abled individuals in our community. To register online: www.adventistontario.org. The deadline is March 15/20.

2020 MARRIAGE RETREAT: Planned for April 24-26, 2020 at the JW Marriott Rosseau Resort and Spa in the Muskokas. Spend a relaxing weekend and grow your marriage relationship at the same time. Pricing includes all plenary sessions, 2 nights accommodation, 4 meals plus amazing amenities. Regular pricing has sold out however, there are a few rooms left at \$650 / couple. To register visit www.adventistontario.org or call Ruth Weidner at 905-571-1022, ext. 219. The first 50 couples registered will get entered to win a \$200 gift basket.

YOUNG WOMEN & WOMEN'S RETREAT: Dynamic weekend in the Muskoka's at the JW Marriott – The Rosseau Resort & Spa from October 30 – November 1, 2020. Women will gather to worship our awesome Creator, explore the strengths in their unique personalities, be equipped as disciples and grow as individuals. Registration and information and payment plans, please contact Ruth Weidner at rweidner@adventistontario.org. Early bird pricing is \$200/person in a quad occupancy room: includes 2 nights accommodation, 4 meals and access to workshops and activities. Prices increase as of April 1, 2020. Last day to register is September 30, 2020.

ADRA: ADRA Canada is looking for a part-time Publications Coordinator to replace a team member who is taking maternity leave. The prospective candidate must have strong oral and written communication skills. The primary responsibility for this position will be to produce written communications including newsletters, articles, emails, and fundraising pieces. Interested parties should send their resume and cover letter to stayintouch@adra.ca by March 29, 2020.

ASI CONFERENCE: The Ontario Conference is hosting the inaugural Canadian Adventist-Layman's Services and Industries (ASI) convention from May 29-30 at Sheraton Toronto Airport Hotel & Conference Centre. For information and registration – register today at www.asiministries.org/canada, the early bird special of \$99 ending March 15, 2020.