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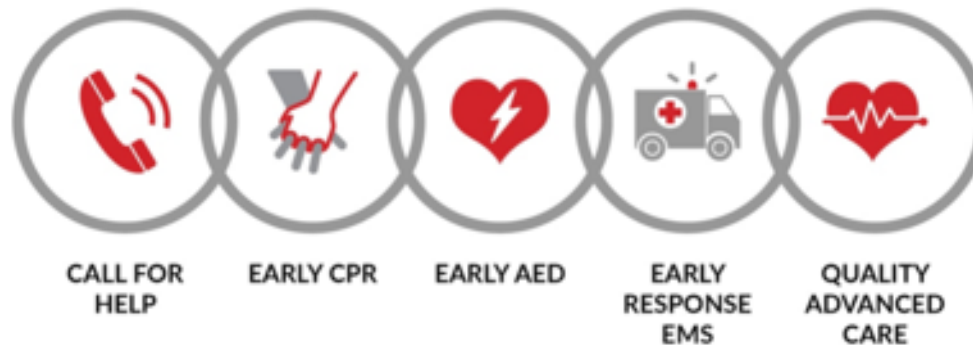
LOCAL CHURCH
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NL NEWSLETTER

THE CHAIN OF SURVIVAL



Cottrell's Cove Seventh-day Adventist Church Emergency Plan

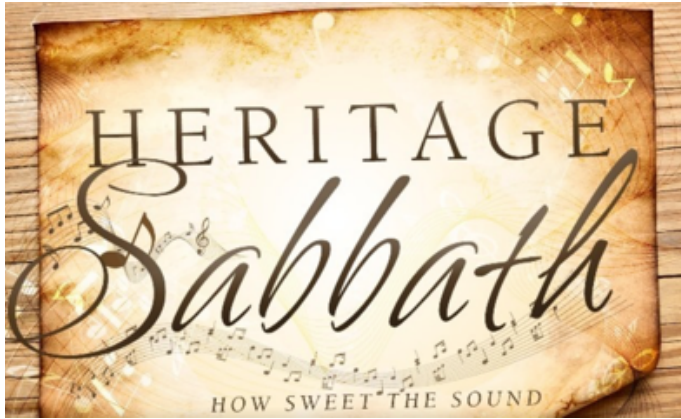
SUBMITTED BY: JONATHAN GASCOYNE | PHOTOS BY: JONATHAN GASCOYNE

A few years ago, the Cottrell's Cove Seventh-day Adventist Church fundraised for an Automated External Defibrillator (AED) through the sing-alongs held quarterly. Since receiving the defibrillator, the church has organized for someone from Central Health to offer free training to the community in our church building and then develop a health professional plan that went into a booklet.

There are 90 copies of the booklet printed and distributed to each household in Cottrell's Cove region. The booklet outlines the action plan, who the church keyholders are, the various contact information for them, the agencies needed for different emergencies, instructions for CPR, and the use of the AED machine. Through this community service, we hope to meet an urgent need and desire the community to see us as a church family that offers compassion, hope, and wholeness.

Bay Roberts Seventh-day Adventist Church Celebrates Heritage Sabbath

SUBMITTED BY: STEPHANIE MCINTYRE | PHOTOS BY: STEPHANIE MCINTYRE



Heritage Sabbath is a yearly Sabbath in October, allowing time to draw closer to Jesus and connect with our spiritual roots as Seventh-day Adventists. This year the Bay Roberts Seventh-day Adventist Church focused on "Being Christ's Missionary." Working through the African American Heritage Honour, the Pathfinders explored "The Mississippi Mission of the Morning Star." Different pathfinders presented historical facts on missionaries from the 1900s to the 1950s, specifically Black mission fields. Membership also had the opportunity to share their journeys of service with Christ.

During the service, the church members took the opportunity to present Pastor Fred and Francis a gift of appreciation in honour of Pastor Appreciation Month. Afterward, everyone was invited to take a "Grab 'n' Go" lunch and donate to the Pathfinder group. Community spirit was high as the group was also able to fundraise a love offering towards their future programs.

Pathfinders will continue to serve as Missionaries for Christ as they travel in their local community and various projects they have planned for the year to share the Gospel and to promote their Pathfinder Group locally!



In Photo: Selina McIntyre presenting to the Bay Roberts SDA Church.



In Photo: Amy Chafe praying for Pastor Fred and Francis Nahirny



In Photo: Pathfinders assisting the church members in preparing their "Grab 'n' Go" lunch bags.

St. John's Seventh-day Adventist Church Celebrates Pastor Appreciation Month

SUBMITTED BY: MARGARET MOORE | PHOTOS BY: MARGARET MOORE AND PASTOR KEN CORKUM

For several years now, October has been set aside in North America as **Pastor Appreciation Month**. It is not that we appreciate our pastors more in October than in any other month but rather that we make a special effort in that month to express our appreciation in a more tangible way. St. John's Church chose to remember Pastor Jamie and Sarah with a couple of framed Bible Text Wall Hangings. In the photos, taken by Maui Belga, Pastor Jamie is holding the picture that says, "As for me and my house, we will serve the Lord", Joshua 24:15. Sarah's says, "Be still and know that I am God", Psalm 46:10. The gift was presented by our church elder, Andrew Simpson, who also took the opportunity to affirm Pastor Jamie and Sarah in their ministry in the St. John's area and express thanks on behalf of the church members for their dedication and caring service. We may each want to ask ourselves what we can do every month of the year to show our appreciation to our pastors.

Most of us have no idea of the many tasks that face our pastors each week. The days are never long enough to fit in all that needs to be done. It's not always easy to minister to those who are sick; those who are hurting; those who are on the brink of despair. Some of the phone calls may come with criticisms or unkind words. There may be complaints if the sermon is too long or too short. Do we let our pastor know if the sermon spoke to our hearts or gave us courage for the week ahead? Let us be generous in sharing our thanks and appreciation year around!



In Photo: Elder Andrew Simpson presenting Pastor Jamie and Sarah Joseph with their appreciation gift.

St. John's SDA Pathfinders and Adventures



On Sabbath, October 31, St. John's Pathfinder and Adventure's young people, along with leaders, visited the community around the church and with the generous donations of local neighbours returned with food items for the St. John's SDA Church Community Services.

ADRA Canada Ration Meal Challenge 2020

SUBMITTED BY: ADRA CANADA | PHOTOS BY: ADRA CANADA

Each day, millions of people go hungry. In places like Sudan, children leave school in the middle of the day to search for casual jobs or beg on the streets, hoping to scrape together enough money to buy a small meal.

ADRA is helping by providing schools with food supplies so they can make nutritious lunches for their students.

ADRA is helping by providing schools with food supplies so they can make nutritious lunches for their students. By participating in ADRA's 2020 Ration Meal Challenge, you can help too! We challenge participants to use the simple ingredients we have in our emergency food distributions to create three meals that can sustain them 24 hours. You can find other resources and more information at www.adra.ca/rationmeal.



Lighthouse FM's Annual Sharathon

INFORMATION FROM THE LIGHTHOUSE FM FACEBOOK PAGE | IMAGE BY KAITLYNN HARUSHIMANA



Thank you to everyone who participated in our 2020 Sharathon, for your prayers, gifts of support and encouragement. We ended the night with over \$50,000. Congratulations are also extended to Pastor Fred Penney of Elim Pentecostal Tabernacle for winning the 2020 Most Appreciated Clergy of the Year Award as voted by our Lighthouse FM listeners! Blessings from our staff and volunteers!

LiNC Presents Online Communion Service

SUBMITTED BY: KAITLYNN HARUSHIMANA | PHOTOS BY: KAITLYNN HARUSHIMANA

Friday, November 20 2020, at 7 p.m. The LiNC invites you to participate in an online Communion Service from the comfort of your home. Within the Adventist denomination, we believe that Communion is an open service to those who feel the need to express their love and commitment to God. Everyone is encouraged to invite friends and family to join; people are reminded to remain within their "bubbles." If you desire but do not have anyone to participate with, please contact your local church leader to help arrange for you to be with someone.

WHAT YOU WILL NEED:

1. WASH BOWL
2. TOWEL
3. WATER
4. GRAPE JUICE
5. COMMUNION BREAD



This gathering will include the ability to wash one another's feet and partake of the emblems of remembrance. It includes a foot washing ceremony and partaking of the Lord's Supper. Before the emblems of Christ's body and blood were distributed among the disciples, Christ washed their feet. "By the act of our Lord, this humiliating ceremony was made a consecrated ordinance." —The Desire of Ages, p. 650. The purpose of this ordinance, which is binding upon all Christians, is to lead the participants to search their hearts, see their roots of bitterness and other defects of character and clear away misunderstandings between brethren. John 13:1-17.

Everyone is welcome to attend; see below the things you will need for the service. If you do not wish to participate, you are still welcome to come and enjoy the songs, testimonies, and remembrance.

Our login information will be the same as the Sabbath LiNC worship service. If you require assistance, please message your local Pastor, or message our Seventh-day Adventist Church in Newfoundland and Labrador Facebook page.

Friday, November 20, 2020, at 7 p.m.

For 4 People

2 teaspoons of whole wheat flour, all-purpose flour, or almond flour.

1/2 teaspoon olive oil, canola oil, vegetable oil, or coconut oil

1 teaspoon cold water

pinch of salt

Bake at 300 degrees

for 15 minutes

For the "wine" we use 100% grape juice

Welchs is probably the easiest to find as Walmart, Sobeys, No Frills, and Colemans carry Welchs.

Careful, you don't buy the prune juice as the bottles look quite similar.