




# Seventh-day Adventist® Church **SUNNYSIDE**

**MARCH 25, 2025  
GLOBAL YOUTH DAY  
A COMMUNITY TRANSFORMED**



Childrens chapel & Multipurpose building

## **Global Youth Day**



SEVENTH-DAY ADVENTIST CHURCH  
SUNNYSIDE

# YOUTH WEEK OF Prayer

**16TH**  
-22 MARCH  
**2025**

**With**  
Pastor B Dzimbiri

JOIN US FOR PRAYERS

**time**  
5:30-7:00  
MP

P.O. Box 31560 Chichiri, Blantyre 3, Malawi Africa  
Email: [sunnysidesdachurchmw@gmail.com](mailto:sunnysidesdachurchmw@gmail.com)



# WORSHIP SERVICE NEXT SABBATH

## SABBATH -15th MARCH 2025

ENGLISH SERVICE	
Bible reading	Mr Michael Mbewe
Children Sermonette	Mrs Wathu Nseula
Preacher	Mr Joseph Dzinga
Singing Group	Children’s Choir
Chorister	Mr Matandika
Pianist	Mr Mphatso Luwani
First Prayer & Call to worship	TBA
Second Prayer & offertory	TBA

SABBATH SCHOOL 09:00 - 10:30	
Song Service & Sabbath School	Children’s Ministries
Sabath School Lesson	All SS Teachers (Chichewa & English)

CHICHEWA SERVICE	
Wowelenga Baibulo	Mr Dan Kaluwa
Ulaliki wa Ana	Mrs Y Nkosi
Mlaliki	Mr Joseph Dzinga
Gulu Loimba	Children’s Choir
Woimbitsa Nyimbo	Mr S Matandika
Woimba Limba	Mr Mphatso Luwani
Pemphero Loyamba	TBA
Pemphero Lotsiliza	TBA

**AFTERNOON PROGRAM :** Youth Program

**ELDER ON DUTY**

Elder D Chiuzeni & Elder G Phuza

**DEACONS / DEACONESSES ON DUTY**

<u>English Service</u>	<u>Chichewa Service</u>
Khumbo Chimungu (Team Leader)	Mrs. H. Golozera (Team Leader)
Ms. M. Zeka	Mr. S. Chinyama
Mr. B. Nyirenda	Mr. L. Thembachako
Mr. A. Nhlema	Ms. Thebuka
Mrs. Chigwenembe	Mr. G. Zimba
Mrs. L. Supuni	Mrs. I. Matiti
Mr. A. Chirwa	Mrs. S. Mwandama
Wathu Nseula	Mr. S. Phalira

# WORSHIP SERVICE NEXT SABBATH

## SABBATH -22nd MARCH 2025

ENGLISH SERVICE	
Bible reading	Miss Tracy Katsekera
Children Sermonette	Mrs Beauty Moyo
Preacher	Pastor Brian Dzimbiri
Singing Group	One Purpose
Chorister	Mrs E Koloviko
Pianist	Mr Mphatso Luwani
First Prayer & Call to worship	TBA
Second Prayer & offertory	TBA

SABBATH SCHOOL 09:00 - 10:30	
Song Service & Sabbath School	Youth Department
Sabath School Lesson	All SS Teachers (Chichewa & English)

CHICHEWA SERVICE	
Wowelenga Baibulo	Miss Tadala Njenjema
Ulaliki wa Ana	Mrs S Mwandama
Mlaliki	Pastor Brian Dzimbiri
Gulu Loimba	One Purpose
Woimbitsa Nyimbo	Mrs E Koloviko
Woimba Limba	Mr Mphatso Luwani
Pemphero Loyamba	TBA
Pemphero Lotsiliza	TBA

**AFTERNOON PROGRAM :** Youth Program

**ELDER ON DUTY**

Elder D Chiuzeni & Elder G Phuza

**DEACONS / DEACONESSES ON DUTY**

<u>English Service</u>	<u>Chichewa Service</u>
Happy Philip (Team leader)	Mrs. R. Jeremiah (Team Leader)
Jean Mwandama	Mr. O. Sinumbe
Mrs. F. Bunyani	Bester Ndazipere
Mrs M. Mbewe	Precious Zimbiri
Mr. S. Mahowa	Mrs. P. Katundu
Mr. A. Chumachao	Mrs. B. Pendame
Austin Mlombwa	Mrs. B. Pendame
Leyla Makuluni	Mr Frank Kapito

LESSON: 11

MARCH 8-14

WHAT MORE COULD I HAVE DONE?



SABBATH AFTERNOON

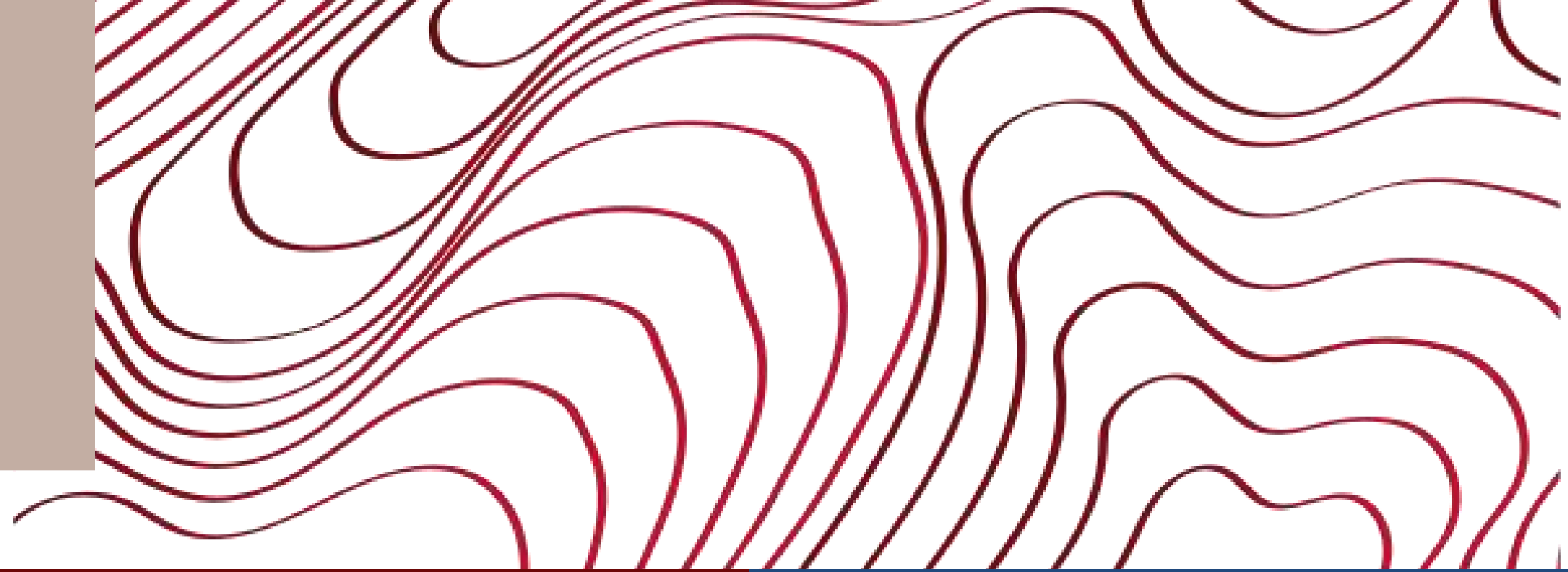
**Read for This Week's Study:** [John 18:37; Rom. 3:23-26; Rom. 5:8; Isa. 5:1-4; Matt. 21:33-39; Isa. 53:4; Rom. 3:1-4](#)

**Memory Text:** "Pilate therefore said to Him, 'Are You a king then?' Jesus answered, 'You say rightly that I am a king. For this cause I was born, and for this cause I have come into the world, that I should bear witness to the truth. Everyone who is of the truth hears My voice'" ([John 18:37](#), NKJV).

Some years ago, an insightful children's story was printed in *Guide* magazine. The story focuses on a boy named Denis, an orphan living as a foster child with a family in medieval times. Denis passionately hates the king of his land because, when his parents were sick, the king's soldiers carried him away, and he never saw them again. Only later did he learn that the king separated them in order to spare the living all the horrors of the Black Plague. The truth about the king sets Denis free from the hatred that he had harbored almost his entire life. The king had always, and in every case, acted out of love for his people.

Many people today view God somewhat like Denis viewed the king. The evil they have witnessed or experienced brings them to hate or dismiss God. Where is God when there is suffering? If God is good, why is there so much evil? The cosmic conflict sheds light on this crucial issue, but many questions remain. Yet, when all our attempts at answers fail to satisfy, we can look to Jesus on the cross and see in Him that God can be trusted, even with all the questions that remain unanswered for now.

**Study this week's lesson to prepare for Sabbath, March 15**



## Upcoming Events – APRIL 2025

- April 5: **Quarterly Day of Prayer**
- April 6-12: **Stewardship Revival Week**
- April 19: **Possibility Ministries Day**

## Upcoming Events March 2025.

### GLOBAL YOUTH DAY

Date 15<sup>th</sup> March 2025  
Theme : A Community Transformed

### YOUTH WEEK OF PRAYER

Date : 16<sup>th</sup> to 22<sup>nd</sup> March 2025  
Preacher : Pastor B. Dzimbiri

### 2025 AY INDUCTION

Date : 22<sup>nd</sup> March 2025

### HOLY COMMUNION AND FAMILY DAY

Date : 29<sup>th</sup> March 2025  
One service

# Announcements

- We warmly welcome our visitors and regular Church members. Let us all observe reverence in Church.
- There will be Church board meeting on Sunday 16<sup>th</sup> March 2025. All Church board members all invited.
- We shall have Lord's Supper on 29<sup>th</sup> March 2025 and as such we shall have one Service.
- To day 15<sup>th</sup> March 2025 is Global Youth Day and as such all activities will be conducted by Youth Department as well as Children Ministries.
- 2025 Camp Meeting shall take place from 2<sup>nd</sup> to 6<sup>th</sup> September 2025, from 08:00am to 07:00PM.
- All members of Camp Meeting organizing committee are invited to Preparatory meeting today, 15<sup>th</sup> March from 4:30pm
- AY Classes started on 15<sup>th</sup> February 2025. All parents are requested to encourage their wards to take part.
- 2025 AY Induction shall take place on 22<sup>nd</sup> March 2025. All candidates to be Inducted are requested to prepare their uniforms and all relevant requirements.
- **TRANSFERS IN Final Reading and Voting**
  - 1. Gift Kanyinji from Naperi SDA
- **SICKNESS AND BEREAVEMENT**

During the week we had the following bereavements

  1. Mr Makawa of Limbe Jesus way. Who was laid to rest in Zomba on 13<sup>th</sup> March 2025.
  2. Mrs Liphevu's mother, Mrs Mwanyongo who will be laid to rest in Karonga on 15<sup>th</sup> March 2025.

Let us all remember the families in our prayers

**SICKNESS**

Mr Kumwamba of police Jesus Way, is admitted at QUECH. Let's remember him in our prayers, and cheer him.
- We shall have a Day of Prayer and Fasting on 5<sup>th</sup> April 2025. All members are requested to prepare for this day. **The Theme is: In the Upper room, Pray like Daniel in times of Crisis.**

## REMEMBER TITHE AND OFFERING

PLEASE REMEMBER TO RETURN TITHE AND GIVE OFFERINGS  
USE THE ENVELOPES FOR YOUR PLANNED TITHE & OFFERINGS



# Announcements

- Members are being encouraged to notify Head Deacon, Mr. T Kazembe of any sickness or bereavement, for members to pray and be available for the concerned families.
- The Church would like to appeal to members who have been worshiping with us for more than six months, or will be worshiping with us for long, to contact the Church Clerk, to have their names transferred to Sunnyside Church.
- Sunnyside Jesus Way meets every Wednesday and Fridays from 5:30- 6:15pm. All members that would like to attend are most welcome.
- 2025 SWM conference AYM Membership Fee Registration will be as follows;

ADVENTURERS	PATHFINDERS	SENIOR YOUTH ABOVE 16YEARS
K1,400.00	K2,100.00	K2,800.00

- Announcements from Adventist Youth  
Monthly Contributions are as follows;  
Adventures -K500.00  
Pathfinders -K500.00  
Senior Youth(16 years above) -K1,000.00  
AY classes shall be held on Sundays.
- Both men and women, boys and girls are reminded to dress responsibly bearing in mind that as Children of the Most high come to God’s house to worship in truth and in spirit. Therefore, need to dress appropriately as befitting Christians waiting for the second coming of Jesus Christ.
- Members are being encouraged to come on time for the Church services and encouraged to attend afternoon programs. English service starts at 07:30am.
- **HEALTH DEPARTMENT**  
Health department invites all members to Sports activities every Sunday, from 05:00am, here at Church. This Sunday, everyone coming to the Sports should bring a Note pad and pen. Health department would like to monitor progress of all participants.
- **MUSIC DEPARTMENT**  
Sabbath Music Session : From 1:30pm to 2:00pm

***Special appeal to Parents to ensure that their wards attend afternoon programs and not be outside during afternoon worship.***

**REMEMBER TITHE AND OFFERING**  
**PLEASE REMEMBER TO RETURN TITHE AND GIVE OFFERINGS**  
**USE THE ENVELOPES FOR YOUR PLANNED TITHE & OFFERINGS**

# JOURNEY THROUGH THE BIBLE

Reading from 16<sup>th</sup> March - 22<sup>nd</sup> March, 2025

09/03/2025	- (2 Peter 2)
10/03/2025	- (2 Peter 3)
11/03/2025	- (1 John 1)
12/03/2025	- (1 John 2)
13/03/2025	- (1 John 3)
14/03/2025	- (1 John 4)
15/03/2025	- (1 John 5)

Weekly Spirit of Prophecy Reading; Steps to Christ Chap. 9  
The Work and Life

## SABBATH PROGRAMS

ACTIVITY	TIME	
Teachers Lesson	6:45:am	7:20:am
Prayer Band	7:20:am	7:30:am
English Service	7:30:am	9:00:am
Sabbath School	9:00:am	9:35:am
Quarterly Lessons	9:35:am	10:20:am
Chichewa Devine Service	10:20:am	12:00:am
Music Session	1:30:pm	2:00:pm
Afternoon Program	2:00:pm	4:00:pm
Visitations, AY Classed & Departmental Meetings	4:00:pm	5:00:pm

**REMEMBER TITHE AND OFFERING**  
**PLEASE REMEMBER TO RETURN TITHE AND GIVE OFFERINGS**  
**USE THE ENVELOPES FOR YOUR PLANNED TITHE & OFFERINGS**



# WEEKLY HEALTH READING

## Sabbath Health Reading—March, 15 *We are What we Eat.*



Countless thousands of research papers have established the firm connection between lifestyle and quality and length of life. The concept of whole-person health involves the interrelationship of all aspects of lifestyle diet, exercise, substance use, stress levels and mental status. Optimum health includes the avoidance of all the major killer diseases.

### **Your body needs fuel.**

It would be difficult to overestimate the importance of diet in this. Choosing good food is a major part of choosing good health. Good food is one of the most important lifestyle factors that lead to health and longevity. For our food to have its optimum effect it needs to be part of a consistent lifestyle that includes vigorous exercise, the avoidance of poisons and a peaceful frame of mind. The high-fat, high-sugar diet of the Western countries, and its heavy dependence on animal products, is taking its toll. This, with the sedentary lifestyle and the use of poisons like alcohol, tobacco, and caffeine, is why, although life expectancy is longer than ever, people in rich countries can expect to end their lives with ten or more years of chronic ill health. Degenerative diseases account for most of this suffering.

### **Prevention is better than cure!**

Fortunately, prevention is a great deal simpler and cheaper than any cure, and knowing the causes of the problems enables us to learn how to prevent and, often, even to reverse them which is the real solution to the dilemma. Poor nutrition is responsible for much of the world's misery and there is poor nutrition in every society. In the west the main problem is overnutrition: too much food of the wrong sort. Around the year 2000, according to EU statistics, the UK achieved the dubious distinction, which they still have more than a decade later, of being the most overweight nation in Europe though still behind the US. This is in sharp contrast to the situation in many poor countries, where undernutrition is major problem because they just don't have enough food to go around (*Your Health in Your Hands. P. 64*)

# MANAGING IN TOUGH TIMES

**‘Offer to God thanksgiving and pay your vows to the Most High. Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me’ ” (Psalm 50:14, 15, NKJV).**

Sometimes our world seems to be spinning out of control: wars, bloodshed, crime, immorality, natural disasters, pandemics, economic uncertainty, political corruption, and more. There is a strong urge for individuals and families to think first of their own survival. Accordingly, much thought is given to seeking security in these uncertain times, which, of course, is understandable. The toils of life do take a lot of our daily focus. With debts to pay, children to raise, property to maintain, it does take time and thought. And, of course, we do need clothes, food, and shelter. In the Sermon on the Mount, Jesus addressed these very basic needs and then stated, “ ‘Your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you’ ” (Matt. 6:32, 33, NKJV). Amid trying times, when we need to lean on the Lord more than ever, there are some concrete steps, based on biblical principles, that we should follow.

## 1.Putting God First (Read 2 Chronicles 20:1–22.)

The God who delivered them is the same God whom we love and worship, and His power is just as great today as back then. The challenge, for us, is to trust in Him and His leading.

## 2.Trust God, Not Your Own Resources (1 Chronicles 21:1–14.)

In our immediate context, it is very tempting to trust in the power of the government or in our bank accounts, but in every crisis mentioned in the Bible, when the people trusted in God, He honored their trust and provided for them. We should be using the present time to get square with God, get out of debt, and be generous with what we have been given. In the words of the well-known, Thomas Dorsey gospel song, “If we ever needed the Lord before, we sure do need Him now.”

## 3.Time to Simplify?

As Seventh-day Adventist Christians we must always live in the light of eternity. Yes, of course, we need to work hard to provide for ourselves and our families; and if we have been blessed with wealth, nothing is wrong with enjoying it now, provided we don't become greedy and are generous with it in regard to the needy. Yet, we must always remember that whatever we accumulate here is transitory; fleeting; and, if we are not careful, has the potential to be spiritually corrupting.

## 4.Priorities

Paul wrote, “Set your affection on things above, not on things on the earth” (Col. 3:2). Of course,

that's easier said than done, because the things of the world are right here before us every day. The lure of “all that is in the world” is strong; the pull for immediate gratification is always there, whispering in our ears or pulling on our shirt sleeves—or both. Hasn't even the most faithful Christian felt some love for “the things of the world”? Even with our knowledge that one day it will all end, we still feel the pull, don't we? The good news, however, is that we don't need to let it pull us away from the Lord.

## 5.When No One Can Buy or Sell Revelation 13:11–17.

The Bible paints a painful picture of the world before the second coming of Jesus. Daniel writes about “ ‘a time of trouble, such as never was since there was a nation, even to that time’ ” (Dan. 12:1, NKJV). Considering some of the troublous times in the past, what he is referring to here must be pretty bad. The book of Revelation also points to troubling times before the return of Christ.

You can't buy or sell? How much of our lives today revolves around buying and selling? Our work is, in a sense, our selling of our time and skills and goods to those who want to buy them. Not being able to buy or sell all but means not being able to function in society. The pressure on those who remain faithful will then be enormous. Plus, the more money that you have, the more stake you will have in this world, at least in terms of material possessions, and so, surely, the pressure to conform will be even stronger. How then do we prepare? We prepare now, by making sure through God's grace that we are not slaves to our money, to the things of the world. If we are not bound to them now, we won't be when we will, in order to be faithful, have to give them up.

God explained through Moses that one of the reasons He established the tithing system was “ ‘that you may learn to fear the Lord your God always’ ” (Deut. 14:23, NKJV). In the poetic parallelism of Psalm 31:19, we see that fear is synonymous with trust. “Oh, how great is Your goodness, which You have laid up for those who fear You, which You have prepared for those who trust in You” (NKJV). These parallel lines show us that to fear the Lord is to trust Him. Therefore, we understand that God established the tithing system to protect us from selfishness and to encourage us to trust Him to provide for us. While being faithful in tithe is certainly not a guarantee that people will stay faithful in the end, those who are not faithful in tithe are surely setting themselves up for trouble



CHURCH LEADERSHIP

DEPARTMENT	ADVISOR	PHONE
1. Church Pastor	Ps. Dr. Katsekera	0991 684 986
2. First Elder Treasury & Clerk	Elder M Kampani	0886 592 737
3. Associate First Elder Dorcas/Health/Family Life	Elder R Bunyani	0999 871 055
4. Stewardship, Strategic Planning & Comm	Elder N Pendame	0999 273 825
5. Personal Min/Deaconry Finance & Proc	Elder A Chipungu	0888 857 696
6. Youth Min/PCM/Children’s Min	Elder Y Nseula	0999 974 888
7. Sabbath School	Elder G Phuza	0999 587 063
8. Public Affairs & Religious Liberty	Elder C Kaluwa	0888 122 655
9. Church Dev/Camp Meeting /Fundraising	Elder W Mpinganjira	0888 200 300
10. Possibilities Min/Int. Cord	Elder S Kamwendo	0888 141 714
11. Music & Education	Elder J Dzinga	0981 822 542
12. AMO/Publishing/VOP	Elder R Chiuzeni	0999 353 037

DEPARTMENTAL LEADERS

DEPARTMENT	LEADER	PHONE
1. Head Deacon	Mr. T Kazembe	0999 954 045
2. Head Deaconess	Mrs S. Mwandama	0881 025 122
3. Church Clerk	Dr. W Chikuni	0999 085 601
4. Church Treasurer	Mr. C Phuza	0888 890 987
5. Church Dev.& Fundraising	Mr. Mackson	0996 867 190
6. Finance & Procurement	Mrs. Chamba	0888 448 484
7. Personal Ministries	Prof. G Kululanga	0880 891 796
8. Dorcas	Mrs. M Nseula	0888 854 544
9. Adventist Men	Mr. J Mataya	0999 950 613
10. Family Ministries	Mr. & Mrs Chamba	0888 958 721
11. Health	Mrs B Moyo	0994 777 116
12. Interest Coordinator	Ms. L Limani	0884 712 516
13. Sabbath School Superintendent	Mr. M Bamusi	0999 292 240
14. Communication Secretary	Mr. S Nkosi	0888 347 656
15. Stewardship	Mr. B Kankhuni	0999 927 108
16. Spirit Of Prophecy	Mr. Chilunga	0887 171 665
17. Religious Liberty	Mr. P Kalimbuka	0888 921 333
18. Music Director	Mr. S Matandika	0888 867 719
19. PCM	Mrs. P Katundu	0881 527 825
20. Children’s Min	Dr. Kululanga	0888 851 381
21. Young Adult	Mrs.G Banda	0888 337 287
22. Pathfinder	Mr. A M’dala	0997 216 715
23. Adventurer	Mrs Supuni	0881 270 192
24. Camp Meeting	Mr. G Phuza	0999587 063

CHURCH BANK DETAILS

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