



SEVENTH-DAY ADVENTIST CHURCH SUNNYSIDE

SABBATH WORSHIP

19th July 2025



Bulletin For 19th July 2025



Sunnyside
Seventh-day
Adventist Church



PREACHER: PASTOR M. ZIDANA
(SWMC Stewardship Director)

Stewardship
**EMPHASIS
WEEK**

SINGING GROUPS
Faithful Love, AMO, Dorcas,
Senior Choir, Sunnyside Heritage,
Open Bible, Seraphim

**13-19
JULY
2025**
5:30PM-7:00PM

THEME
**GOD
FIRST**

▲
@ SUNNYSIDE
SEVENTH-DAY
ADVENTIST CHURCH

Sabbath Selemon
Titles:

1. Foundation of Life.
2. Giving from what man has.



P.O. Box 31560 Chichiri, Blantyre 3, Malawi Africa
Email: sunnysidesdachurchmw@gmail.com

WORSHIP SERVICE NEXT SABBATH

SABBATH - 19th JULY 2025

ENGLISH SERVICE 07:50 - 08:50	
Bible reading	Merunisa Daudi
Children Sermonette	Mrs Faida Bunyani
Preacher	Pastor Zidana
Sign Language Interpreter	Christina Douglas
Singing Groups	Adventistmen
Chorister	H Moyo
Pianist	Mr M Luwani
First Prayer & Call to worship	TBA
Second Prayer	TBA

SABBATH SCHOOL 09:00 – 09:30	
Song Service & Sabbath School	TBA
Sabbath School Lesson	All Group Discussion Leaders

ANNOUNCEMENTS AND OFFERTORY 09:30 -09:50	
Elder A Chipungu	Elder C Kaluwa

CHICHEWA SERVICE 11:00 - 12:00	
Wowelenga Baibulo	Rachael Dambuleni
Ulaliki wa Ana	Mrs. Ndazipere
Mlaliki	Pastor Zidana
Chilankhulo cha Manja	Christina Dougras
Gulu Loimba	Adventistmen
Woimbitsa Nyimbo	H. Moyo
Woimba Limba	Mr M Luwani
Pemphero Loyamba	TBA
Pemphero Lotsiliza	TBA

AFTERNOON PROGRAM : Closure of Stewardship Emphasis week

ELDER ON DUTY

Elder A Chipungu and Elder C Kaluwa

DEACONS / DEACONESSES ON DUTY

English Service

**Mrs. Chumachao,
Mrs. T. Kavinya,
Mrs. I. Matiti,
Mrs. L. Supuni,
Mrs. Mwipi Chibwana,
Mrs. Chakwamba,
Mrs. D. Ndazipere**

Chichewa Service

**Mrs. Baloyi,
Mrs. Makwakwa,
Mrs. Wathu Nseula,
Mrs. H. Golozera,
Mrs. Thebuka,
Mrs. S. Mwandama,
Mrs. Chigwenembe**

WORSHIP SERVICE NEXT SABBATH

SABBATH - 26th JULY 2025

ENGLISH SERVICE 07:50 - 08:50	
Bible reading	Mike Mbewe
Children Sermonette	Mr Yamikani Nseula
Preacher	Maranatha Mahowa
Sign Language Interpreter	Eliza Chapaladza
Singing Groups	Children Ministries
Chorister	Mr H Moyo
Pianist	Mr L Mahatchi
First Prayer & Call to worship	Camille Moyo and Zimatha Phalira
Second Prayer	Shallom Jeremiah
SABBATH SCHOOL 09:00 – 09:30	
Song Service & Sabbath School	Children Ministries
Sabbath School Lesson	All Group Discussion Leaders
ANNOUNCEMENTS AND OFFERTORY 09:30 -09:50	
Elder C Kaluwa	Mike Mbewe
CHICHEWA SERVICE 11:00 - 12:00	
Ulaliki wa Ana	Mrs M Mathanga
Mlaliki	Joel Mnthiya
Chilankhulo cha Manja	Eliza Chapaladza
Gulu Loimba	Children Ministries
Woimbitsa Nyimbo	Mr H Moyo
Woimba Limba	Mr L Mahatchi
Pemphero Loyamba	Tracy Chirwa and Tadala Njenjema
Pemphero Lotsiliza	Oniva Tsabola

AFTERNOON PROGRAM : Children Ministries Program

ELDER ON DUTY

Elder C Kaluwa and Elder S Kamwendo

DEACONS / DEACONESSES ON DUTY

<u>English Service</u>	<u>Chichewa Service</u>
Khumbo Chimungu, Madalo Mbewe, Mrs B. Matandika, Mrs. P. Katundu, Mrs. Pendame, Mrs. F. Bunyani, Rhoda Jeremiah	Leyla Makuluni, Mirriam Kululanga, Maureen Zeka, Jean Mwandama, Catherine Malimuse, Mr. Kachiswe, Mr. Chonzi

Rough Start



Sabbath Afternoon:

Read for This Week's Study: [Exod. 5:1-23; Rev. 11:8; Exod. 6:1-13; Ps. 73:23-26; 2 Cor. 6:16; Exod. 6:28-7:7](#)

Memory Text: "Afterward Moses and Aaron went in and told Pharaoh, 'Thus says the LORD God of Israel: "Let My people go, that they may hold a feast to Me in the wilderness." ' And Pharaoh said, 'Who is the LORD, that I should obey His voice to let Israel go? I do not know the LORD, nor will I let Israel go'" ([Exodus 5:1-2](#), NKJV).

Many believers think that when one decides to follow God, he or she will experience only happiness, prosperity, and success. That's not necessarily the case, however, as the Bible itself often shows. Sometimes many obstacles appear, as well as new difficulties. This can be very frustrating, and it prompts hard questions that don't always have easy answers or, it seems, any answers at all.

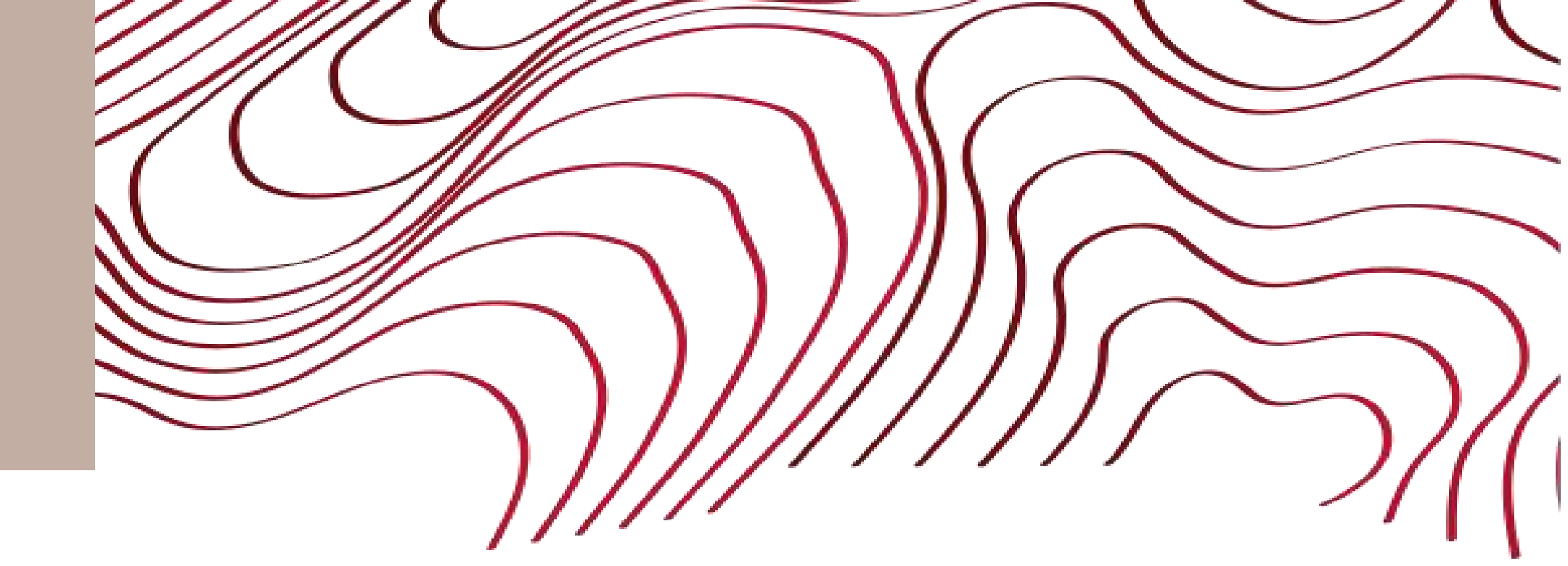
Those who trust in God will face numerous trials. When we persevere, however, God brings solutions that come on His terms and in His time. His ways may conflict with our expectations for quick and instantaneous solutions, but we must learn to trust Him, regardless.

Thus, the topic for this week: Moses and the command to lead God's people out of Egypt—about as clear a call from God as anyone could have. Indeed, it included miracles, as well as God Himself speaking directly to Moses and letting him know exactly what He wanted Moses to do.

How much easier, then, could it have been for Moses, knowing that he had been called by God and even given a specific task?

It should have been simple then, right? Read on.

Study this week's lesson to prepare for Sabbath, July 19.



Upcoming Events – August 2025

- August 2: Global Mission Evangelism
- August 9: *Reach the World:* Church Planting
- August 16: Education Day
- August 23: Possibilities Sabbath
- August 23: Lay Evangelism
-

Details of Events.

- July 5: Quarterly Day of Prayer
- July 12: *Mission Promotion:* World Mission
- July 13th – 19th : *Stewardship Revival by Pastor Zidana*
- July 26: Children’s Sabbath

Announcements

- We warmly welcome our visitors and regular Church members. Let us all observe reverence in Church.
- 62nd General Conference session that took place in St. Louis, Missouri. USA, elected the following Leaders from 2025 to 2030;

GC President	- Erton Köhler
Executive Secretary	- Richard E. McEdward
Treasurer	- Paul H. Douglas
SID President	- Harrington Simui Akombwa
Executive Secretary	- Gideon Reyneke
Treasurer	- Hopekings Ngomba

Let us all pray for the new Leadership.

- Stewardship Emphasis Week, that started on Sunday, 13th July, ends today 19th July 2025, under the theme, God First. The preacher was Pastor Maurice Zidana, The Stewardship Director for South West Malawi Conference. Today's afternoon program shall start from 2:00pm. Various Music groups, and Health talks shall be presented. All members are encouraged to attend.
- 2025 Camp Meeting shall take place from 2nd to 6th September 2025, from 08:00am to 07:00PM. All members are requested to prepare. Preachers include the following;

Adult camp

1. Ps. Ricci - Zambia
2. Ps. Sato- Ntcheu district- Central Mw C.
3. Ps Chikumbi Phiri- SWCM-chirimba district

Guest Singing Group

12 Gate from Zambia

Youth Camp

1. Ps. Shakia-SECM

Children's Camp

Mphatso Chapuma-Mwai SDA-(SWCM)

Beatrice Mthyoka- Namisusa SDA (SWCM)

- The SWMC Adventist Men has organized a rally at Ngumbe SDA Church ground on 19th July 2025 from 8:00am to 4:00pm. Sunnyside AMO will join the event in the afternoon. All AMO are requested to put on Uniform.
- All Departmental leaders are being reminded about informing the Board of Elders through their Sponsor/Elder of any activities planned to take place within and outside the Church for consideration and approval.
- 2025 Camp Meeting shall take place from 2nd to 6th September 2025, from 08:00am to 07:00PM. In this regard the Church is requesting that all who would like to camp at the Church premises should Register through Mr Amoni Chirwa on 0881337156. Registration shall close on 31st July Limited space, so make haste for an early Bird.

Announcements

WEDDING ANNOUNCEMENTS

1. Mr Phamoli Z Lekoetje a bride groom from Khubetsoana village, T/A Hlathe Majara Berea Lesotho district, a Member of Maseru SDA Church intends to be wedded to Miss Lisa G Kachere the Bride, from Kweluza Village, T/A Changata Thyolo District. A member of Pioneer Hill SDA Church. The wedding shall be officiated on 27th July 2025 at Sunnyside Church by Pastor P Phaiya from 8:00 am and there after to a reception at Satellite Gardens.

This is the third announcement.

Anyone with reservation, please contact the Church Pastor or any Elder.

2. Mr Eric Chingwalu a bride groom from Mangwalala village T/A Kwethemule, Thyolo district a Member of Namasimba SDA Church intends to be wedded to Miss Gladys Katunga the Bride from Salamu village T/A Nkanda Mulanje District A member of Chikwawa Central SDA Church. The wedding shall be officiated on 3rd August at Sunnyside SDA Church from 8:00am by Pastor Dr T Katsekera and there after to a reception at Golden Peacock Hotel at 1:00pm.

This is the second announcement

Anyone with reservations, please contact the Church Pastor or the first Elder.

REMEMBER TITHE AND OFFERING

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

Recurring 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 worshipping with us for more than six months, or will be worshipping 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.

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JOURNEY THROUGH THE BIBLE

Reading from 20th July – 26th July, 2025

20/07/2025 - (Leviticus 6)
21/07/2025 - (Leviticus 7)
22/07/2025 - (Leviticus 8)
23/07/2025 - (Leviticus 9)
24/07/2025 - (Leviticus 10)
25/07/2025 - (Leviticus 11)
26/07/2025 - (Leviticus 12)

Weekly Spirit of Prophecy Reading; Patriarchs and Prophets
Chap. 15 & 16: The Marriage of Isaac

SABBATH PROGRAMS

ACTIVITY	TIME	
Teachers Lesson	6:45:am	7:20:am
Prayer Band	7:20:am	7:30:am
Song Service	7:30:am	7:50:am
English Service	7:50:am	8:50am
Song Service	8:50:am	9:00am
Sabbath School	9:00:am	9:30:am
Announcements & Offetory	9:30am	9:50am
Sabbath School Classes	9:50am	10:50am
Song Service	10:50am	11:00am
Chichewa Service	11:00am	12:00noon
Afternoon Program	2:00pm	4:00pm

REMEMBER TITHE AND OFFERING
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Seventh-Day Adventist Church Sunnyside

REVISED SABBATH WORSHIP ORDER OF SERVICE

Effective Date: 17th May 2025

TIME	DURATION	ACTIVITY	DETAILS
07:30 – 07:50	20 min	Song Service	<ul style="list-style-type: none">• Congregational singing• Choir/Special Group
07:50 – 08:50	1 hr	English Service	<ul style="list-style-type: none">• Start of Pulpit activities at 07:50• No offerings during the service
08:50 – 09:00	10 min	Song Service	<ul style="list-style-type: none">• Congregational singing
09:00 – 09:30	30 min	Sabbath School	<ul style="list-style-type: none">• Sabbath School team to take their positions by 09:00
09:30 – 09:50	20min	<ul style="list-style-type: none">• Announcements• Offerings• Music during offerings	<ul style="list-style-type: none">• Elder on Duty, Offertory Reader & Deacon to come from Vestry to the Pulpit stage• One combined offering coming immediately after announcements
09:50 – 10:00	10 min	Class Formation / Music	<ul style="list-style-type: none">• Break out to classes while music by singing group
10:00 – 10:50	50 min	Sabbath School Classes	<ul style="list-style-type: none">• Fixed end of class time 10:50
10:50 – 11:00	10 min	Song Service	<ul style="list-style-type: none">• Chorister/Instrumentalists to break classes with music at 10:50• Congregational singing
11:00 – 12:00	1hr	Chichewa Service	<ul style="list-style-type: none">• Start of Pulpit activities at 11:00• No offerings during the service



Sunnyside
Seventh-day
Adventist Church



PREACHER: PASTOR M. ZIDANA
(SWMC Stewardship Director)

Stewardship EMPHASIS WEEK

SINGING GROUPS
Faithful Love, AMO, Dorcas,
Senior Choir, Sunnyside Heritage,
Open Bible, Seraphim

**13-19
JULY
2025**

5:30PM-7:00PM

THEME

**GOD
FIRST**

**@ SUNNYSIDE
SEVENTH-DAY
ADVENTIST CHURCH**

WEEKLY HEALTH READING

Sabbath Health Reading- July, 19

Food to be eaten not very Hot or Cold



I would advise all to take something warm into the stomach, every morning at least. You can do this without much labour ([Testimonies for the Church 2:603, 1870](#)). Hot drinks are not required, except as a medicine. The stomach is greatly injured by a large quantity of hot food and hot Counsels on Diet and Foods drink. Thus, the throat and digestive organs, and through them the other organs of the body, are enfeebled ([Letter 14, 1901](#))

Vital Force Depleted by Cold Food

Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold drinks are injurious for the same reason, while the free use of hot drinks is debilitating ([The Ministry of Healing, 305, 1905](#)).

Vitality Drawn upon in Warming Much Cold Food in Stomach

Many make a mistake in drinking cold water with their meals. Food should not be washed down. Taken with meals, water diminishes the flow of saliva, and the colder the water, the greater the injury to the stomach. Ice water or ice lemonade, taken with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again. Masticate slowly, and allow the saliva to mingle with the food.

The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must first be absorbed ([Christian Temperance and Bible Hygiene, 51](#)).

This chapter is based on Genesis 32 and 33.

Though Jacob had left Padan-aram in obedience to the divine direction, it was not without many misgivings that he retraced the road which he had trodden as a fugitive twenty years before. His sin in the deception of his father was ever before him. He knew that his long exile was the direct result of that sin, and he pondered over these things day and night, the reproaches of an accusing conscience making his journey very sad. As the hills of his native land appeared before him in the distance, the heart of the patriarch was deeply moved. All the past rose vividly before him. With the memory of his sin came also the thought of God’s favor toward him, and the promises of divine help and guidance.

As he drew nearer his journey’s end, the thought of Esau brought many a troubled foreboding. After the flight of Jacob, Esau had regarded himself as the sole heir of their father’s possessions. The news of Jacob’s return would excite the fear that he was coming to claim the inheritance. Esau was now able to do his brother great injury, if so disposed, and he might be moved to violence against him, not only by the desire for revenge, but in order to secure undisturbed possession of the wealth which he had so long looked upon as his own.

Again the Lord granted Jacob a token of the divine care. As he traveled southward from Mount Gilead, two hosts of heavenly angels seemed to encompass him behind and before, advancing with his company, as if for their protection. Jacob remembered the vision at Bethel so long before, and his burdened heart grew lighter at this evidence that the divine messengers who had brought him hope and courage at his flight from Canaan were to be the guardians of his return. And he said, “This is God’s host: and he called the name of that place Mahanaim”—“two hosts, or, camps.”

Yet Jacob felt that he had something to do to secure his own safety. He therefore dispatched messengers with a conciliatory greeting to his brother. He instructed them as to the exact words in which they were to address Esau. It had been foretold before the birth of the two brothers that the elder should serve the younger, and, lest the memory of this should be a cause of bitterness, Jacob told the servants they were sent to “my lord Esau;” when brought before him, they were to refer to their master as “thy servant Jacob;” and to remove the fear that he was returning, a destitute wanderer, to claim the paternal inheritance, Jacob was careful to state in his message, “I have oxen, and asses, flocks, and menservants, and women servants: and I have sent to tell my lord, that I may find grace in thy sight.”

But the servants returned with the tidings that Esau was approaching with four hundred men, and no response was sent to the friendly message. It appeared certain that he was coming to seek revenge. Terror pervaded the camp. “Jacob was greatly afraid and distressed.” He could not go back, and he feared to advance. His company, unarmed and defenseless, were wholly unprepared for a hostile encounter. He accordingly divided them into two bands, so that if one should be attacked, the other might have an opportunity to escape. He sent from his vast flocks generous presents to Esau, with a friendly message. He did all in his power to atone for the wrong to his brother and to avert the threatened danger, and then in humiliation and repentance he pleaded for divine protection: Thou “saidst unto me, Return unto thy country, and to thy kindred, and I will deal well with thee: I am not worthy of the least of all the mercies, and of all the truth, which Thou hast showed unto Thy servant; for with my staff I passed over this Jordan; and now I am become two bands. Deliver me, I pray Thee, from the hand of my brother, from the hand of Esau: for I fear him, lest he will come and smite me, and the mother with the children.”

They had now reached the river Jabbok, and as night came on, Jacob sent his family across the ford of the river, while he alone remained behind. He had decided to spend the night in prayer, and he desired to be alone with God. God could soften the heart of Esau. In Him was the patriarch’s only hope.

It was in a lonely, mountainous region, the haunt of wild beasts and the lurking place of robbers and murderers. Solitary and unprotected, Jacob bowed in deep distress upon the earth. It was midnight. All that made life dear to him were at a distance, exposed to danger and death. Bitterest of all was the thought that it was his own sin which had brought this peril upon the innocent. With earnest cries and tears he made his prayer before God. Suddenly a strong hand was laid upon him. He thought that an enemy was seeking his life, and he endeavored to wrest himself from the grasp of his assailant. In the darkness the two struggled for the mastery. Not a word was spoken, but Jacob put forth all his strength, and did not relax his efforts for a moment. While he was thus battling for his life, the sense of his guilt pressed upon his soul; his sins rose up before him, to shut him out from God. But in his terrible extremity he remembered God’s promises, and his whole heart went out in entreaty for His mercy. Cont.....

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 & Communication	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. Communications Leader	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

FDH BANK, UMOYO BRANCH, BLANTYRE
(Main) Account Number – 1850000061481
(Building) Account Number – 1850000061497
Email address : treasure.sunnysidesda@gmail.com

church clerk email: clerk@sunnysidesdamw.com
sunnysidesdachurchmw.@gmail.com