



SEVENTH-DAY ADVENTIST CHURCH SUNNYSIDE

SABBATH WORSHIP

26th July 2025

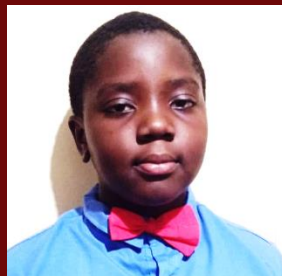
Children's Sabbath Day.



Bulletin For 26th July 2025



English Service Preachers



Raniel Chawawa



Maranatha Mahowa

Olalikira Pa Utumiki Wa Chichewa



Eunice Chibwana



Joel Mthiya

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

WORSHIP SERVICE THIS SABBATH

SABBATH - 26th JULY 2025

| ENGLISH SERVICE 07:50 - 08:50 | |
|--|-----------------------------------|
| Bible reading | Mike Mbewe |
| Children Sermonette | Mr Yamikani Nseula |
| Preacher | Raniel Chawawa & 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 | Eunice Chibwana & 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> Khumbo Chimungu, Madalo Mbewe, Mrs B. Matandika, Mrs. P. Katundu, Mrs. Pendame, Mrs. F. Bunyani, Rhoda Jeremiah | <u>Chichewa Service</u> Leyla Makuluni, Mirriam Kululanga, Maureen Zeka, Jean Mwandama, Catherine Malimuse, Mr. Kachiswe, Mr. Chonzi |

WORSHIP SERVICE NEXT SABBATH

SABBATH - 2nd August 2025

| ENGLISH SERVICE 07:50 - 08:50 | |
|--------------------------------|----------------------|
| Bible reading | Mr Prime Vomela |
| Children Sermonette | Mrs P Katundu |
| Preacher | Evangelist German |
| Sign Language Interpreter | Mr Justine Makuluni |
| Singing Groups | Faithful Love |
| Chorister | Mr M Bamusi |
| Pianist | Mr M Luwani |
| First Prayer & Call to worship | TBA |
| Second Prayer | TBA |

| SABBATH SCHOOL 09:00 - 09:30 | |
|-------------------------------|------------------------------|
| Song Service & Sabbath School | Faithful Love |
| Sabbath School Lesson | All Group Discussion Leaders |

| ANNOUNCEMENTS AND OFFERTORY 09:30 -09:50 | |
|--|-----|
| Elder C Kaluwa | TBA |

| CHICHEWA SERVICE 11:00 - 12:00 | |
|--------------------------------|----------------------|
| Wowelenga Baibulo | Mr Chisomo Mackson |
| Ulaliki wa Ana | Miss Layla Makuluni |
| Mlaliki | Evangelist German |
| Chilankhulo cha Manja | Mr. Justine Makuluni |
| Gulu Loimba | Faithful Love |
| Woimbitsa Nyimbo | Mr M Bamusi |
| Woimba Limba | Mr M Luwani |
| Pemphero Loyamba | TBA |
| Pemphero Lotsiliza | TBA |

AFTERNOON PROGRAM : Bible Study

| ELDER ON DUTY | |
|-------------------------------------|--|
| Elder S Kamwendo and Elder Y Nseula | |
| DEACONS / DEACONESSES ON DUTY | |

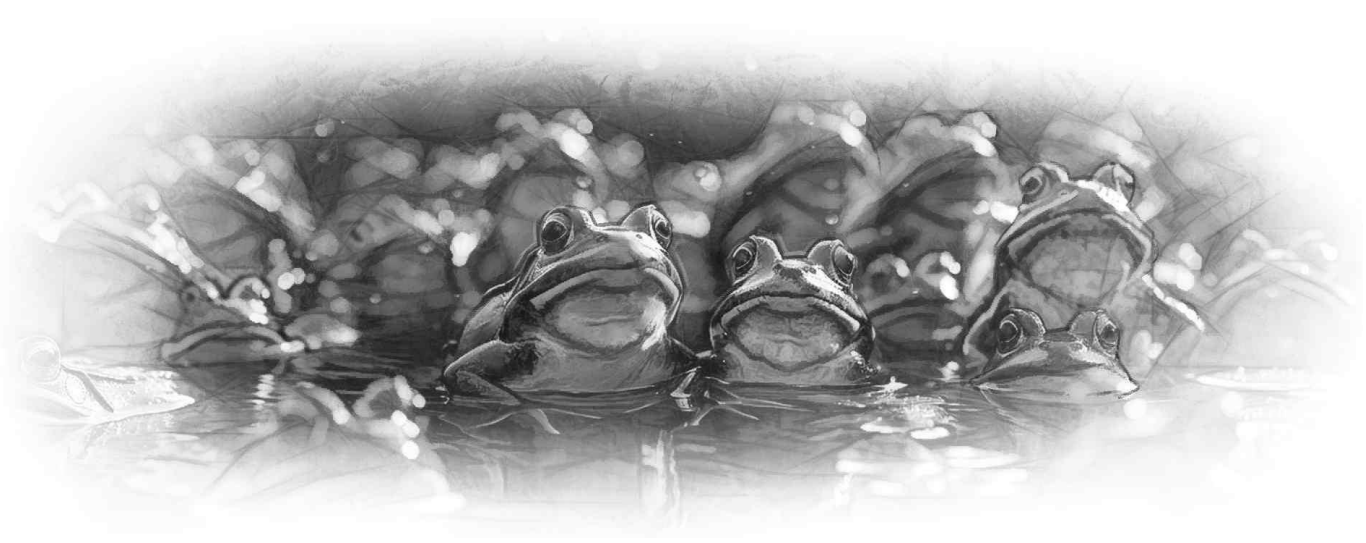
English Service

Mr. Chumachao,
Brian Supuni,
Mr. S. Matiti,
Mr. Hlazo Moyo,
Mr. Thembachako,
Mr. V. Jere,
Mr. R. Kachulu

Chichewa Service

Mr. Chrispine Mtike,
Mr. G. Zimba,
Mr. A. Nhlema,
Mr. T. Kazembe,
Mr. S. Chinyama,
Mr. B. Nyirenda,
Mr. Kalimbuka

The Plagues



SABBATH AFTERNOON

Read for This Week's Study: [Exod. 7:8-10:29](#); [Num. 33:4](#); [Rom. 1:24-32](#); [Ps. 104:27-28](#); [Isa. 28:2-12-17](#); [Isa. 44:9-10](#); [12-17](#)

Memory Text: "So the heart of Pharaoh was hard; neither would he let the children of Israel go, as the LORD had spoken by Moses" ([Exodus 9:35](#), NKJV).

A farmer was trying to get his donkey to move; the beast wouldn't budge. So, the farmer took a thick branch and walloped it. He again spoke to the donkey, who then started moving.

When someone asked the farmer why that worked, he replied, "Well, first you have to get its attention."

Putting aside whatever issue one might raise about cruelty to animals, there is a point to be made here, especially in the context of the Exodus of the Hebrews from Egypt. Moses has been given his marching orders and goes to Pharaoh with God's famous words, *shalach et ami*, which is, "Let My people go!"

Pharaoh, however, does not want to let God's people go. The Scriptures never explicitly explain why Pharaoh was so reluctant, despite the military threat that the Egyptians feared the Hebrews could pose (see [Exod. 1:10](#)). Most likely, as is often the case with slavery, it was pure economics. They were cheap labor, and so he didn't want to lose whatever economic advantages these slaves gave him. Thus, he was going to need some persuasion not only to get his attention but also to change his mind.

Study this week's lesson to prepare for Sabbath, July 26.

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

BIRTHDAYS – JULY 2025

Sunnyside Church members would like to cerebrate birthdays of the following brethren;

- | | |
|---------------------|------------------------------|
| 1. Mr. Brian Supuni | - 21 st July 2025 |
| 2. Thoko Malefula | - 21 st July 2025 |
| 3. Frank Kapito | - 21 st July 2025 |
| 4. | |
| 5. | |



Note: Members who would like to share their Birthdays are kindly requested to register with **Communications Secretary, Mr S Nkosi on 0995814415**

Announcements

- We warmly welcome our visitors and regular Church members. Let us all observe reverence in Church.
 - The Church Board is making the following leadership changes in Fundraising and Development committee;
 - Church Development: Leader – Mr. Charles Kachiswe
Deputy – Mr. Brian Supuni
 - Fundraising : Leader – Mrs. Mercy Nseula
Deputy – Mr. Mavuto Bamusi
- This is the first Announcement, anyone with reservation, can contact The Church Pastor.

- 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.

- 2025 Camp Meeting shall take place from 2nd to 6th September 2025, from 08:00am to 07:00PM. The theme is: *‘RENEWED IN CHRIST, READY TO SERVE’*. 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)

- 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.

Announcements

WEDDING ANNOUNCEMENTS

1. 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 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 **fourth** announcement. Anyone with reservation, please contact the Church Pastor or any Elder.

2. Eric Chingwalu a bridegroom from Mangwalala village T/A Kwethemule, Thyolo district a Member of Namasimba SDA Church intends to be wedded to 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.

This is Third Announcement. Anyone with reservation, can contact the Church Pastor.

3. Flatly Seweza, a bridegroom from Mbamba village T/A Fukamapiri, Nkhatabay, a Member of Kalimeri SDA Church intends to be wedded to Nie Favour Zale, the Bride from Damba village T/A Kuntaja, Blantyre. A member of Mwai SDA Church. The wedding shall be officiated on 17th August 2025, at Sunnyside SDA Church from 8:00am by Pastor Smart Chimwaza.

This is the **First** announcement

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

TRANSFERS:

TRANSFERRED OUT

1. Chifundo Milanzi to Chiwandira SDA
2. Veronica Chimwaza to Chiwandira SDA
3. Mary Kachingwe too Mthawira SDA

TRANSFERRED IN

1. Ethel Musinthe from Namiwawa SDA
2. Nathan Sulumba from Mphate SDA
3. Timvane Chabaluka from Chasefu SDA Church

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 27th July – 2nd August, 2025

| | |
|------------|------------------|
| 27/07/2025 | - (Leviticus 13) |
| 28/07/2025 | - (Leviticus 14) |
| 29/07/2025 | - (Leviticus 15) |
| 30/07/2025 | - (Leviticus 16) |
| 31/07/2025 | - (Leviticus 17) |
| 01/08/2025 | - (Leviticus 18) |
| 02/08/2025 | - (Leviticus 19) |

Weekly Spirit of Prophecy Reading; Patriarchs and Prophets
Chap. 18—The Night of Wrestling

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

WEEKLY HEALTH READING

Sabbath Health Reading- August 2

Sugar Problem



Simple sugars have the advantage of being very rapidly absorbed for emergency supplies, but if large amounts are eaten, they have the disadvantage that their rapid absorption can raise the blood sugar level too quickly. This can precipitate a reflex lowering of the blood sugar, causing it to fall too fast, with symptoms of weakness, shakiness or irritability and hunger. The slow absorption of the sugar molecules from breakdown of the starches gives a much more long-lasting feeling of satisfaction after the meal and maintains a much more stable blood sugar level. The ideal is to base the meals on the complex carbohydrates, and plenty of fruits or vegetables, and limit of use of refined sugar.

Simple sugars have more disadvantages. They are very harmful to the teeth, especially children's teeth, if kept in frequent or prolonged contact with the teeth. Sweets and biscuits between meals, and the frequent use of sugary soft drinks, can cause major problems. Another harmful effect is that sugar decreases the ability of the white blood cells to fight infection. Then there's obesity.

In the West most sugar is eaten in the refined form. It has lost all its vitamins, minerals, and fibre. The sugar eater needs those missing nutrients, but interprets the dissatisfaction as a need for more sugar-more empty calories, worse nutrition and where do the extra calories go? They are stored as fat, or worse still used to provide energy for restless, irritable behaviors (***Your Health In Your Hands, p. 69***).

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