



SEVENTH-DAY ADVENTIST CHURCH SUNNYSIDE

SABBATH WORSHIP

28th June 2025



Bulletin For 28th June 2025


SEVENTH-DAY ADVENTIST CHURCH
SUNNYSIDE

05TH
JULY
2025

FASTING & PRAYER

IN THE UPPER ROOM
PRAY LIKE DANIEL

*Sabbath
worship*

 SUNNYSIDE SDA CHURCH BLANTYRE MALAWI



Preacher : Mrs Mercy Mathanga

Title : Where Are You.

Theme Song : KMN 112

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

WORSHIP SERVICE THIS SABBATH

SABBATH - 28th JUNE 2025

ENGLISH SERVICE 07:50 - 08:50	
Bible reading	Cai Bunyani
Children Sermonette	Mr G G Koloviko
Preacher	Mrs Mathanga
Sign Language Interpreter	Mr Justice Makuluni
Singing Groups	Press On Ministries
Chorister	Mr S Nkosi
Pianist	Mr Mphatso Luwani
First Prayer & Call to worship	TBA
Second Prayer	TBA

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

ANNOUNCEMENTS AND OFFERTORY 09:30 -09:50	
Elder J Dzinga	Elder M Kampani

CHICHEWA SERVICE 11:00 - 12:00	
Wowelenga Baibulo	Victor Shamu
Ulaliki wa Ana	Miss Loveness Masiyano
Mlaliki	Mrs Mathanga
Chilankhulo cha Manja	Mr Justice Makuluni
Gulu Loimba	Press On Ministries
Woimbitsa Nyimbo	Mr S Nkosi
Woimba Limba	Mr Mphatso Luwani
Pemphero Loyamba	TBA
Pemphero Lotsiliza	TBA

AFTERNOON PROGRAM : Bible Study / Departmental Discussions

ELDER ON DUTY

Elder M Kampani & Elder J Dzinga

DEACONS / DEACONESSES ON DUTY

English Service
Mrs. P. Katundu (Team Leader)
Mr. O. Sinumbe
Mr. S. Mahowa
Mrs. L. Zimbiri
Mr Austine Mlombwa
Mrs Madalo Mbewe
Mr F Kapito
Mr Happy Philip

Chichewa Service
Miss Jean Mwandama (team leader)
Miss Leyla Makuluni
Mrs. B. Pendame
Mrs. B. Matandika
Mrs. R. Jeremiah
Mr Precious Zimbiri
Mrs. F. Bunyani
Mr Bester Ndazipere

WORSHIP SERVICE NEXT SABBATH

SABBATH - 5th JULY 2025

ENGLISH SERVICE 07:50 - 08:50	
Bible reading	Mr Pax Chirombo
Children Sermonette	Mrs Chisomo Fatchi
Preacher	Elder D Mwandama
Sign Language Interpreter	Christina Douglas
Singing Groups	Senior Choir
Chorister	Mrs E Koloviko
Pianist	Mr Mphatso Luwani
First Prayer & Call to worship	TBA
Second Prayer	TBA

SABBATH SCHOOL 09:00 - 09:30	
Song Service & Sabbath School	Senior Choir
Sabbath School Lesson	All Group Discussion Leaders

ANNOUNCEMENTS AND OFFERTORY 09:30 -09:50	
Elder M Kampani	Elder A Chipungu

CHICHEWA SERVICE 11:00 - 12:00	
Wowelenga Baibulo	Miss Hendrina Kazembe
Ulaliki wa Ana	Miss Patience Zimbiri
Mlaliki	Pastor Matiti
Chilankhulo cha Manja	Christina Douglas
Gulu Loimba	Senior Choir
Woimbitsa Nyimbo	Mrs E Koloviko
Woimba Limba	Mr Mphatso Luwani
Pemphero Loyamba	TBA
Pemphero Lotsiliza	TBA

AFTERNOON PROGRAM : Bible Study / Departmental Discussions

ELDER ON DUTY

Elder M Kampani & Elder A Chipungu

DEACONS / DEACONESSES ON DUTY

English Service

Mr. Kachiswe,
Mr. Chonzi,
Mr. Chumachao,
Mr Brian Supuni,
Mr. S. Matiti,
Mr. Hlazo Moyo,
Mr. Thembachako,
Mr. A. Nhlema,
Mr. R. Kachulu,
Mr. S. Chinyama

Chichewa Service

Mr. V. Jere,
Mr. Chrispine Mtike,
Mr. G. Zimba
Mr. T. Kazembe

Images of the End



SABBATH AFTERNOON

Read for This Week's Study: [Matt. 12:38-42; Jonah 3:5-10; Rev. 18:4; Dan. 5:1-31; Rev. 16:12-19; 2 Chron. 36:22-23](#)

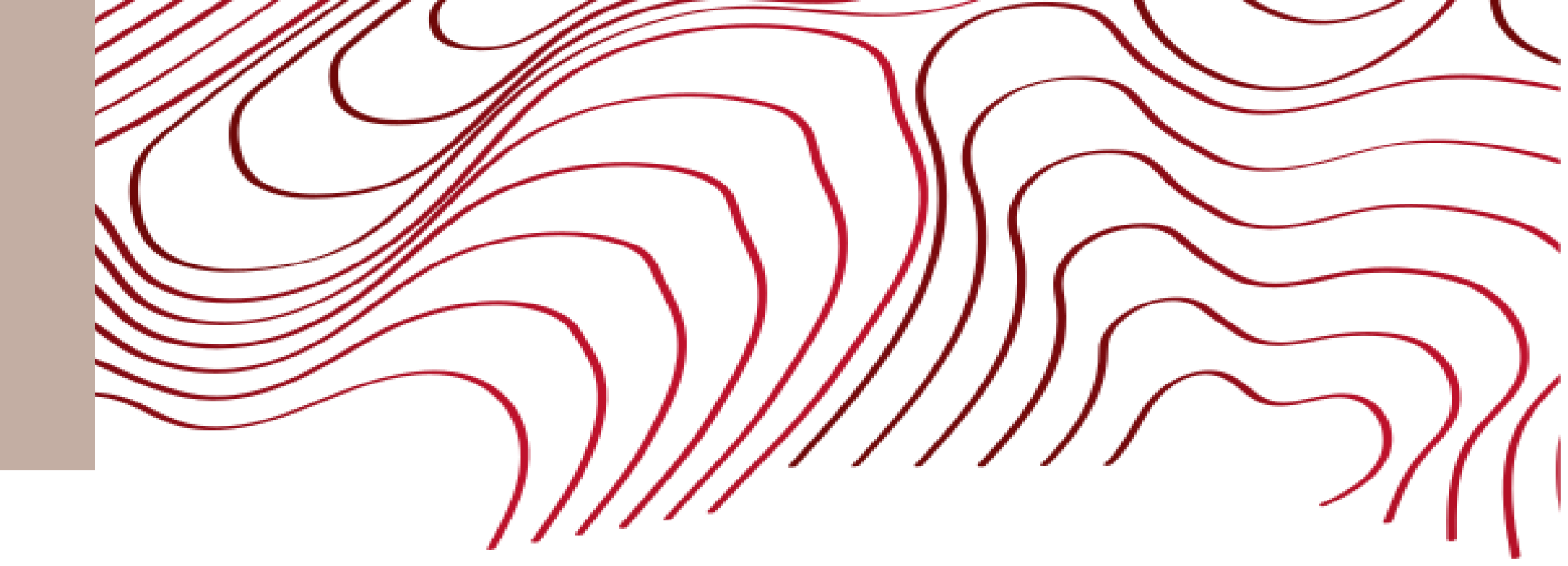
Memory Text: “So he said to them, ‘I am a Hebrew; and I fear the LORD, the God of heaven, who made the sea and the dry land’ ” ([Jonah 1:9](#), NKJV).

This week will be our final look at accounts that help elucidate our understanding of last-day events. This time we will look at the mission of Jonah to Nineveh; the fall of Babylon; and the rise of Cyrus, the Persian king who liberated God’s people and enabled them to return to the land of promise.

As with the other stories we’ve examined, these historical accounts have held profound meaning for every generation. But they also have *special* relevance to the final generations living before Christ returns. That is, we can mine from these historical accounts various elements that can help us better understand what we call “present truth.”

At the same time we must remember one thing for all these stories that appear to foreshadow last-day events: we must be careful to look at broad themes and allusions and not try to parse every detail to the point of creating prophetic absurdities. As in the parables of Jesus, we should look for the major points and principles. We should not milk every detail in hopes of finding some hidden truth. Instead, we should look for the outlines, the principles; and from these we can discover elements relevant for the last days.

Study this week’s lesson to prepare for Sabbath, June 28.



Upcoming Events – JULY 2025

- July 5: Quarterly Day of Prayer
- July 12: *Mission Promotion: World Mission*
- July 19: *Reach the World: Media Ministry*
- July 26: Children’s Sabbath

Details of Events.

- ☐ June 7: *Reach the World: Bible Study: Sabbath School and Correspondence Courses*
- ☐ June 14: **Women’s Ministries Emphasis Day**
- ☐ **June 21: Holy Communion Sabbath**
- ☐ June 28: **World Public Campus Ministries Day.**

Announcements

- We warmly welcome our visitors and regular Church members. Let us all observe reverence in Church.
- The crusade which Pastor Dr T Katsekera has been conducting at Bangula is closing today. As of Wednesday 104 souls have given their lives to Christ and ready for Baptism. The other crusade at Ntowe Trading Centre Nsanje, is also closing today.
- Sunnyside Adventist Men have Joined the Pastor at Bangula for the closure of the Effort.
- We shall have third quarter Day of Prayer on 5th July 2025. The theme is “ In the Upper Room, Pray like Daniel for spiritual revival and physical healing. All members are requested to prepare. And remember to drop your prayer petitions in the box at the back of the church.
- All Departmental Leaders are being requested to submitted their second quarter reports through their Elder.
- The SWMC Adventist Youth Department is organizing a Music Seminar scheduled to start from 11th to 13th July 2025. The purpose is to equip all Music Directors from all zones and Districts. The venue and other details to be advised later.
- 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.
- The Church Board approved revised Sabbath worship order of Service with effect from 17th May 2025. Major change include Announcements and Offertory shall be from 9:30AM to 9:50 AM. The new order of service is appended below.
- 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.

WEDDING ANNOUNCEMENTS

- Emmanuel Oliver Jussa of Mphedzi Village T/A Bvumbwe, Thyolo District, a Member of Namatapa SDA Church, Intends to be wedded to Miss Chisomo Chokotho, a bride from Kaning’a Village, T/A Kaomba, Kasungu District, a member of Salima SDA Church. The wedding shall be officiated on 6th July 2025 at Sunnyside SDA by Pastor DR T Katsekera, from 8:00am.

This is third announcement.

Anyone with reservation, please talk to the Pastor or First Elder.

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 29th June – 5th July, 2025

29/06/2025 - (Exodus 25)
30/06/2025 - (Exodus 26)
01/07/2025 - (Exodus 27)
02/07/2025 - (Exodus 28)
03/07/2025 - (Exodus 29)
04/07/2025 - (Exodus 30)
05/07/2025 - (Exodus 31)

Weekly Spirit of Prophecy Reading; Patriarchs and Prophets
Chap. 13: A Test of Faith

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



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



MSONKHANO WA
CHITSITSIMUTSO
Bangula akhale wa Yesu

MLALIKI
Pastor Dr. T. Katsekera

15 TO 28 JUNE 2025 // 5:30 - 7:30pm

AIRFIELD GROUND
BANGULA TRADING CENTRE

Nonse muli olandiridwa



SEVENTH-DAY ADVENTIST CHURCH
SUNNYSIDE

05TH
JULY
2025

FASTING & PRAYER

IN THE UPPER ROOM
PRAY LIKE DANIEL

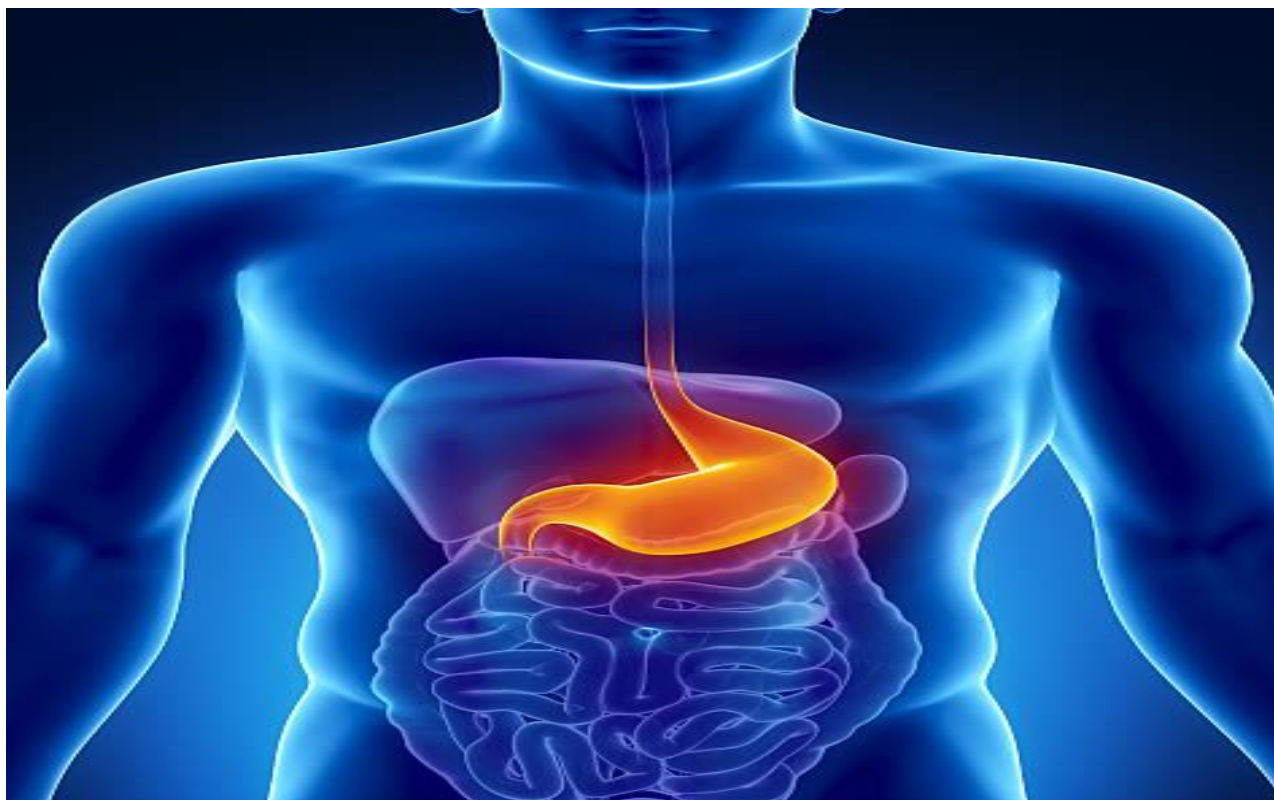
Sabbath
worship

SUNNYSIDE SDA CHURCH BLANTYRE MALAWI

WEEKLY HEALTH READING

Sabbath Health Reading- June, 28

The Stomach



The size of the stomach varies greatly. It can shrink to the size of a large pear, but there are also cases where the stomach nearly reaches the pelvis. Consuming large amounts of food increases its volume.

Filling the stomach to its maximum at large meals can change its functioning as well as cause obesity. The feeling of complete fullness that some persons look for when they eat is not healthy for the stomach or for the rest of the body. Ideally, after each meal we should feel that we could continue eating something more without making any special effect.

Rest for the Stomach

In the same way that the heart needs rest and takes its moments of repose between beats, our stomach also needs to enjoy periods of inactivity.

A very damaging but widespread habit is that of eating continuously. This happens, for example, to some housewives who do not work outside the home and who tend to eat continuously while they carry out their domestic chores; others outside or within the home indulge in continuously appetizers, snacks, sweets, cakes, or sandwiches throughout the day. These disorganized eating habits do not allow the stomach to rest except at night and such habits encourage obesity.

Taking care of health generally, and of the stomach in particular, does not only consist of giving the body nutritious food but in doing it the right way. Except in some specific cases, healthy adults can live on two main meals a day one in the morning and the other at the beginning of the afternoon. If necessary, one can supplement these two meals with an early and light supper, primarily of fruits. In this way the stomach and all of the digestive system can enjoy a deserved rest and a chance to recuperate (*Education Health Library p, 274*).

This chapter is based on Genesis 16; 17:18–20; 21:1–14; 22:1–19. Abraham had accepted without question the promise of a son, but he did not wait for God to fulfill His word in His own time and way. A delay was permitted, to test his faith in the power of God; but he failed to endure the trial. Thinking it impossible that a child should be given her in her old age, Sarah suggested, as a plan by which the divine purpose might be fulfilled, that one of her handmaidens should be taken by Abraham as a secondary wife. Polygamy had become so widespread that it had ceased to be regarded as a sin, but it was no less a violation of the law of God, and was fatal to the sacredness and peace of the family relation. Abraham’s marriage with Hagar resulted in evil, not only to his own household, but to future generations. Flattered with the honor of her new position as Abraham’s wife, and hoping to be the mother of the great nation to descend from him, Hagar became proud and boastful, and treated her mistress with contempt. Mutual jealousies disturbed the peace of the once happy home. Forced to listen to the complaints of both, Abraham vainly endeavored to restore harmony. Though it was at Sarah’s earnest entreaty that he had married Hagar, she now reproached him as the one at fault. She desired to banish her rival; but Abraham refused to permit this; for Hagar was to be the mother of his child, as he fondly hoped, the son of promise. She was Sarah’s servant, however, and he still left her to the control of her mistress. Hagar’s haughty spirit would not brook the harshness which her insolence had provoked. “When Sarai dealt hardly with her, she fled from her face.” She made her way to the desert, and as she rested beside a fountain, lonely and friendless, an angel of the Lord, in human form, appeared to her. Addressing her as “Hagar, Sarai’s maid,” to remind her of her position and her duty, he bade her, “Return to thy mistress, and submit thyself under her hands.” Yet with the reproof there were mingled words of comfort. “The Lord hath heard thy affliction.” “I will multiply thy seed exceedingly, that it shall not be numbered for multitude.” And as a perpetual reminder of His mercy, she was bidden to call her child Ishmael, “God shall hear.” When Abraham was nearly one hundred years old, the promise of a son was repeated to him, with the assurance that the future heir should be the child of Sarah. But Abraham did not yet understand the promise. His mind at once turned to Ishmael, clinging to the belief that through him God’s gracious purposes were to be accomplished. In his affection for his son he exclaimed, “O that Ishmael might live before Thee!” Again the promise was given, in words that could not be mistaken: “Sarah thy wife shall bear thee a son indeed; and thou shalt call his name Isaac: and I will establish My covenant with him.” Yet God was not unmindful of the father’s prayer. “As for Ishmael,” He said, “I have heard thee: Behold, I have blessed him, ... and I will make him a great nation.” The birth of Isaac, bringing, after a lifelong waiting, the fulfillment of their dearest hopes, filled the tents of Abraham and Sarah with gladness. But to Hagar this event was the overthrow of her fondly cherished ambitions. Ishmael, now a youth, had been regarded by all in the encampment as the heir of Abraham’s wealth and the inheritor of the blessings promised to his descendants. Now he was suddenly set aside; and in their disappointment, mother and son hated the child of Sarah. The general rejoicing increased their jealousy, until Ishmael dared openly to mock the heir of God’s promise. Sarah saw in Ishmael’s turbulent disposition a perpetual source of discord, and she appealed to Abraham, urging that Hagar and Ishmael be sent away from the encampment. The patriarch was thrown into great distress. How could he banish Ishmael his son, still dearly beloved? In his perplexity he pleaded for divine guidance. The Lord, through a holy angel, directed him to grant Sarah’s desire; his love for Ishmael or Hagar ought not to stand in the way, for only thus could he restore harmony and happiness to his family. And the angel gave him the consoling promise that though separated from his father’s home, Ishmael should not be forsaken by God; his life should be preserved, and he should become the father of a great nation. Abraham obeyed the angel’s word, but it was not without keen suffering. The father’s heart was heavy with unspoken grief as he sent away Hagar and his son. The instruction given to Abraham touching the sacredness of the marriage relation was to be a lesson for all ages. It declares that the rights and happiness of

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