



SEVENTH-DAY ADVENTIST CHURCH SUNNYSIDE

SABBATH WORSHIP
Prayer and Fasting Sabbath 07:00 – 16:00

5th July 2025



Bulletin For 5th July 2025


SEVENTH-DAY ADVENTIST CHURCH
SUNNYSIDE

05TH
JULY
2025

PRAYER & FASTING

IN THE UPPER ROOM
PRAY LIKE DANIEL FOR
SPIRITUAL AND PHYSICAL HEALING

*Sabbath
worship*

 SUNNYSIDE SDA CHURCH BLANTYRE MALAWI

Elder Mwandama

English Service

**Title : The Approved
Therapy for Sin.**

Opening Song Kmn 121

Closing Song KMN 68



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

WORSHIP SERVICE THIS SABBATH

SABBATH - 5th JULY 2025

ENGLISH SERVICE 07:50 - 08:50	
Bible reading	Mr Pax Chirombo
Children Sermonette	Miriam Kululanga
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	Mrs C Fatch
Second Prayer	Andrew Mahau

SABBATH SCHOOL 09:00 - 09:30	
Song Service & Sabbath School	Prayer and Fasting Team, Music 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	Mrs Mumba
Mlaliki	Pastor Matiti
Chilankhulo cha Manja	Christina Douglas
Gulu Loimba	Senior Choir
Woimbitsa Nyimbo	Mrs E Koloviko
Woimba Limba	Mr Mphatso Luwani
Pemphero Loyamba	Daniel Alipo Kunkhoma
Pemphero Lotsiliza	Christina Douglas

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

WORSHIP SERVICE NEXT SABBATH

SABBATH - 12th JULY 2025

ENGLISH SERVICE 07:50 - 08:50	
Bible reading	Gulvey Gunsalu
Children Sermonette	Mrs M Mathanga
Preacher	Pastor Phaiya
Sign Language Interpreter	Eliza Chapaladza
Singing Groups	Seraphins
Chorister	Mrs E Koloviko
Pianist	Mr L Mahatchi
First Prayer & Call to worship	TBA
Second Prayer	TBA

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

ANNOUNCEMENTS AND OFFERTORY 09:30 -09:50	
Elder M Kampani	TBA

CHICHEWA SERVICE 11:00 - 12:00	
Wowelenga Baibulo	Faith Kaluwa
Ulaliki wa Ana	Mrs S Mwandama
Mlaliki	Pastor Phaiya
Chilankhulo cha Manja	Eliza Chapaladza
Gulu Loimba	Seraphines
Woimbitsa Nyimbo	Mrs E Koloviko
Woimba Limba	Mr L Mahatchi
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

Mr. B. Nyirenda,
Mr. Kalimbuka,
Mr. S. Phalira,
Mr. A. Chirwa,
Mr. S. Mahowa,
Mr. O. Sinumbe,
Mr. Zacheus Meke,
Precious Zimbiri, Austin Mlomba,
Bester Ndazipere

Chichewa Service

Mr Happy Philip,
Mr Frank Kapito,
Mrs. M. Chamba,
Mrs. L. Zimbiri

The Background and the Birth of Moses



SABBATH AFTERNOON

Read for This Week's Study: [Exod. 1:1-22; Gen. 37:26-28; Gen. 39:2-21; Acts 7:6; Gal. 3:16-17; Exod. 2:1-25](#)

Memory Text:

"The children of Israel groaned because of the bondage, and they cried out; and their cry came up to God because of the bondage. So God heard their groaning, and God remembered His covenant with Abraham, with Isaac, and with Jacob. And God looked upon the children of Israel, and God acknowledged them" ([Exodus 2:23-25](#), NKJV).

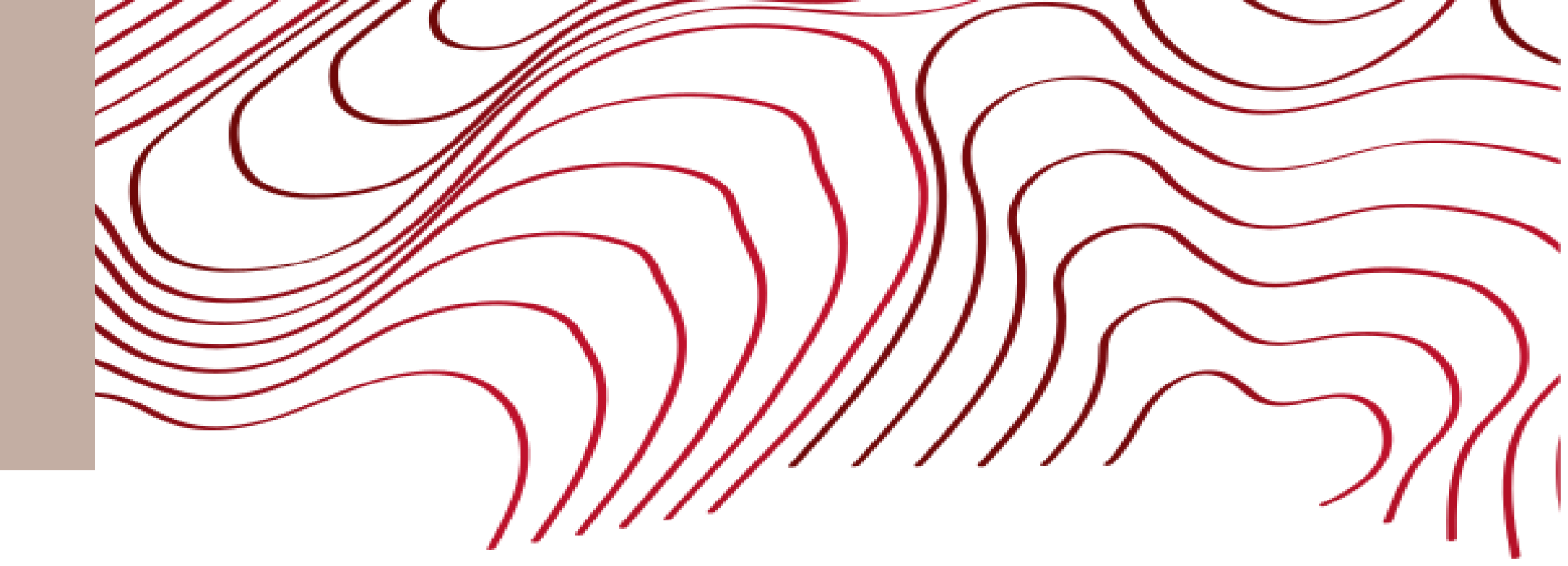
The book of Exodus resonates with accounts of the oppressed, the marginalized, the persecuted, the exploited, and the degraded. Thus, people today who feel abandoned, forgotten, and enslaved can find hope, because the same God who saved the Hebrews can save them as well.

The book of Exodus speaks to the existential battles of life, and to the injustices and trials that are part of this life. Everyone can be encouraged by the stories of God's interventions in favor of His suffering people. God hears the cry of the oppressed, sees their struggles, notes their tears, and, in their agony, comes to help.

God takes the initiative to deliver those who trust in Him. We need simply to accept, by faith, what He offers us. This is why the book of Exodus should be studied, for it points to what Jesus has done for us all. It is a book about redemption, deliverance, and final salvation—all of which are ours, by faith, in Christ Jesus and what He has secured for us.

In the midst of the turmoil and darkness, if our eyes are fixed on God, we can recognize His presence, care, and help as He guides us to the eternal "Promised Land."

Study this week's lesson to prepare for Sabbath, July 5.



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
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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 is underway until 12th July 2025 in St. Louis, Missouri. USA. The theme is Jesus is coming, I will Go. Let us all join in prayers for the success of the deliberations.
- The Crusade which was conducted by our Pastor at Bangula and the other two crusades conducted by Pastor Ganamba at Chitowe trading centre, Nsanje and another conducted by Pastor Kambalame at Nsangwe trading centre Chikwawa, all ended on a very good note. More than 200 souls gave their lives to Christ. Lets continue praying for the Souls.
- Today, 5th July 2025 is the Day of Prayer and Fasting. The theme is “ In the Upper Room, Pray like Daniel for spiritual and physical healing. Remember to drop your prayer petitions in the box at the back of the church.
- All Church Board members are invited to the end of quarter 2 Board meeting to be held on 13th July from 9:00am. All Departmental Leaders are being requested to submit their second quarter reports through their Elder.
- The SWMC Stewardship director, Pastor Zidana will conduct stewardship Seminar from 13th July to 19th July 2025 starting from 5:30pm at Sunnyside SDA Church. All are invited.
- 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.

WEDDING ANNOUNCEMENTS

1. 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 fourth announcement.

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

2. 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 and there after to a reception at Satelite Gardens.

This is the first announcement.

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

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 6th July – 12th July, 2025

06/07/2025	- (Exodus 32)
07/07/2025	- (Exodus 33)
08/07/2025	- (Exodus 34)
09/07/2025	- (Exodus 35)
10/07/2025	- (Exodus 36)
11/07/2025	- (Exodus 37)
12/07/2025	- (Exodus 38)

Weekly Spirit of Prophecy Reading; Patriarchs and Prophets
Chap. 14: Destruction of Sodom

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



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

BLANTYRE MDEKA ZONE CHILDREN MINISTRIES

13 JULY

MUSIC PROGRAM



SWMC MASS CHOIR



ALEX MANDALA



DAVIE KONZAN



P.D CHIWAYA



MALINGA FAMILY



I WILL GO
Every child, a disciple of JESUS
Adventist Children's Ministries



CHIRIMBA SDA CHURCH

Time:8:00am to 4:00 pm

Be our Guest,help to fundraise money for upcoming efforts

For more Info:

Uncle B:+265 88 515 77 08

Mathews:+265 885 27 34 28

MALINGA FAMILY



SEVENTH-DAY ADVENTIST CHURCH
SUNNYSIDE

05TH
JULY
2025

PRAYER & FASTING

IN THE UPPER ROOM
PRAY LIKE DANIEL FOR
SPIRITUAL AND PHYSICAL HEALING

Sabbath
worship



 SUNNYSIDE SDA CHURCH BLANTYRE MALAWI

WEEKLY HEALTH READING

Sabbath Health Reading- July, 5 *Benefits of Exercises*



Unless you overexercise or exercise in the wrong manner, physical activity is always beneficial. It's never too late to start, and some Exercise is better than none. Exercise facilitates sustainable weight loss and improves posture and appearance. It also reduces the risk and the progression of heart disease, diabetes, cancer, and Alzheimer's, as well as premature death. Have you ever felt stiff and wished you had more flexibility?

Exercise increases body flexibility, strengthens bones and joints, protects against fractures and builds healthy muscles. The benefits that follow exercise include lowered blood pressure, lowered heart rate, and a decreased risk for both obesity and diabetes. If you feel too tired to exercise, remember that exercise increases energy, vitality, speed, and performance. Fitness facilitates recovery from injury and illness. Now that we have considered the physical benefits of exercise, what about its mental benefits? If ever there existed a magic formula for health, it is exercise.

A good walk in the park or jog around the block improves learning, retention, and overall mental function. It is a great stress reliever and enhances overall psychological health. The rates of depression decrease, and self-esteem increases in those who exercise. Have you ever noticed that when you have exercised that day you sleep better?

Exercise also provides some surprising social benefits. It facilitates emotional intelligence and conflict resolution, strengthens intimacy and sexual life and promotes feelings of happiness. Since exercise

Health and Wellness

Increases the flow of oxygen carrying blood cells to the brain, it also enhances our ability to meditate, pray, and study the Bible. Systematic exercise increases our capacity to appreciate spiritual things. With the renewed energy that comes from exercise we will also have a greater desire to serve others (***Health and wellness p. 39***).

This chapter is based on Genesis 19.

Fairest among the cities of the Jordan Valley was Sodom, set in a plain which was “as the garden of the Lord” in its fertility and beauty. Here the luxuriant vegetation of the tropics flourished. Here was the home of the palm tree, the olive, and the vine; and flowers shed their fragrance throughout the year. Rich harvests clothed the fields, and flocks and herds covered the encircling hills. Art and commerce contributed to enrich the proud city of the plain. The treasures of the East adorned her palaces, and the caravans of the desert brought their stores of precious things to supply her marts of trade. With little thought or labor, every want of life could be supplied, and the whole year seemed one round of festivity.

The profusion reigning everywhere gave birth to luxury and pride. Idleness and riches make the heart hard that has never been oppressed by want or burdened by sorrow. The love of pleasure was fostered by wealth and leisure, and the people gave themselves up to sensual indulgence. “Behold,” says the prophet, “this was the iniquity of thy sister Sodom, pride, fullness of bread, and abundance of idleness was in her and in her daughters, neither did she strengthen the hand of the poor and needy. And they were haughty, and committed abomination before Me: therefore I took them away as I saw good.” Ezekiel 16:49, 50. There is nothing more desired among men than riches and leisure, and yet these gave birth to the sins that brought destruction upon the cities of the plain. Their useless, idle life made them a prey to Satan’s temptations, and they defaced the image of God, and became satanic rather than divine. Idleness is the greatest curse that can fall upon man, for vice and crime follow in its train. It enfeebles the mind, perverts the understanding, and debases the soul. Satan lies in ambush, ready to destroy those who are unguarded, whose leisure gives him opportunity to insinuate himself under some attractive disguise. He is never more successful than when he comes to men in their idle hours.

In Sodom there was mirth and revelry, feasting and drunkenness. The vilest and most brutal passions were unrestrained. The people openly defied God and His law and delighted in deeds of violence. Though they had before them the example of the antediluvian world, and knew how the wrath of God had been manifested in their destruction, yet they followed the same course of wickedness.

At the time of Lot’s removal to Sodom, corruption had not become universal, and God in His mercy permitted rays of light to shine amid the moral darkness. When Abraham rescued the captives from the Elamites, the attention of the people was called to the true faith. Abraham was not a stranger to the people of Sodom, and his worship of the unseen God had been a matter of ridicule among them; but his victory over greatly superior forces, and his magnanimous disposition of the prisoners and spoil, excited wonder and admiration. While his skill and valor were extolled, none could avoid the conviction that a divine power had made him conqueror. And his noble and unselfish spirit, so foreign to the self-seeking inhabitants of Sodom, was another evidence of the superiority of the religion which he had honored by his courage and fidelity.

Melchizedek, in bestowing the benediction upon Abraham, had acknowledged Jehovah as the source of his strength and the author of the victory: “Blessed be Abram of the most high God, possessor of heaven and earth: and blessed be the most high God, which hath delivered thine enemies into thy hand.” Genesis 14:19, 20. God was speaking to that people by His providence, but the last ray of light was rejected as all before had been.

And now the last night of Sodom was approaching. Already the clouds of vengeance cast their shadows over the devoted city. But men perceived it not. While angels drew near on their mission of destruction, men were dreaming of prosperity and pleasure. The last day was like every other that had come and gone. Evening fell upon a scene of loveliness and security. A landscape of unrivaled beauty was bathed in the rays of the declining sun. The coolness of eventide had called forth the inhabitants of the city, and the pleasure-seeking throngs were passing to and fro, intent upon the enjoyment of the hour.

In the twilight two strangers drew near to the city gate. They were apparently travelers coming in to tarry for the night. None could discern in those humble wayfarers the mighty heralds of divine judgment, and little dreamed the gay, careless multitude that in their treatment of these heavenly messengers that very night they would reach the climax of the guilt which doomed their proud city. But there was one man who manifested kindly attention toward the strangers and invited them to his home. Lot did not know their true character, but politeness and hospitality were habitual with him; they were a part of his religion—lessons that he had learned from the example of Abraham. Had he not cultivated a spirit of courtesy, he might have been left to perish with the rest of Sodom. Many a household, in closing its doors against a stranger, has shut out God’s messenger, who would have brought blessing and hope and peace.

Every act of life, however small, has its bearing for good or for evil. Faithfulness or neglect in what are apparently the smallest duties may open the door for life’s richest blessings or its greatest calamities. It is little things that test the character. It is the unpretending acts of daily self-denial, performed with a cheerful, willing heart, that God smiles upon. We are not to live for self, but for others. And it is only by self-forgetfulness, by cherishing a loving, helpful spirit, that we can make our life a blessing. The little attentions, the small, simple courtesies, go far to make up the sum of life’s happiness, and the neglect of these constitutes no small share of human wretchedness.

Seeing the abuse to which strangers were exposed in Sodom, Lot made it one of his duties to guard them at their entrance, by offering them entertainment at his own house.

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