



# SEVENTH-DAY ADVENTIST CHURCH SUNNYSIDE

SABBATH WORSHIP

21st June 2025



Bulletin For 21st June 2025



SUNNYSIDE  
SDA CHURCH



JUNE  
21  
2025

**FAMILY  
AFTERNOON**

All members are encouraged to have

- Quality family time
- Time for self reflection
- Time to visit and cheer family, friends, sick, and bereaved.

**VENUE**  
Family/Families choice

**TIME**  
Sabbath Afternoon

SEVENTH-DAY ADVENTIST CHURCH SUNNYSIDE



**HOLY  
COMMUNION**

**SABBATH**

All baptized members prepare to partake the holy communion



21<sup>ST</sup> JUNE, 2025

07:00AM - 12:00PM





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



# WORSHIP SERVICE THIS SABBATH

## SABBATH -21st JUNE 2025 - HOLY COMMUNION SABBATH

ONE SERVICE 07:30 - 12:00	
Bible reading	Tracy Katsekera
Children Sermonette	Elder Bunyani
Preacher	Elder M Kampani
Sign Language Interpreter	Eliza Chapaladza
Singing Groups	Church Choir
Chorister	Mr S Nkosi
Pianist	Mr L Mahachi
First Prayer & Call to worship	Mr. Sangani Harawa
Second Prayer	TBA
SABBATH SCHOOL 09:00 – 09:30	
Song Service & Sabbath School	<b>Church Choir</b>
Sabbath School Lesson	All Group Discussion Leaders

**AFTERNOON PROGRAM :      FAMILY AFTERNOON**

**ELDERS ON DUTY – HOLY COMMUNION SABBATH**

**Elder Pendame & Elder Kampani**

**DEACONS / DEACONESSES ON DUTY – HOLY COMMUNION SABBATH**

<b><u>DIVINE SERVICE</u></b> 1.Mrs L Supuni ( Team Leader) 2.Mr George Zimba 3. Mr Bondera Nyirenda 4.Mrs Wathu Nseula 5. Mrs L Matiti 6. Miss Maurine Zeka 7. Miss Khumbo Chimungu 8 Mr Alfred Nhlema	<b><u>HOLY COMMUNION</u></b> 1. Mirriam Kulululanga ( Team Leader) 2. Mr Amon Chirwa 3. Mrs H Golozera 4. Miss Thebuka 5. Mrs Chigwenembe 6. Mr S Phalira 7. Mr S Chinyama 8. Mr P Kalimbuka
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# WORSHIP SERVICE NEXT SABBATH

## SABBATH - 28<sup>th</sup> 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	<b>Press On Ministries</b>
Sabbath School Lesson	All Group Discussion Leaders

ANNOUNCEMENTS AND OFFERTORY 09:30 -09:50	
Elder N Pendame	TBA

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

#### DEACONS / DEACONESSES ON DUTY

##### English Service

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

##### Chichewa Service

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

## Precursors



### SABBATH AFTERNOON

**Read for This Week's Study:** [Dan. 2:31-45; Dan. 3:1-12; 17; 18; Rev. 13:11-17; Rom. 1:18-25; Acts 12:1-17; Matt. 12:9-14](#)

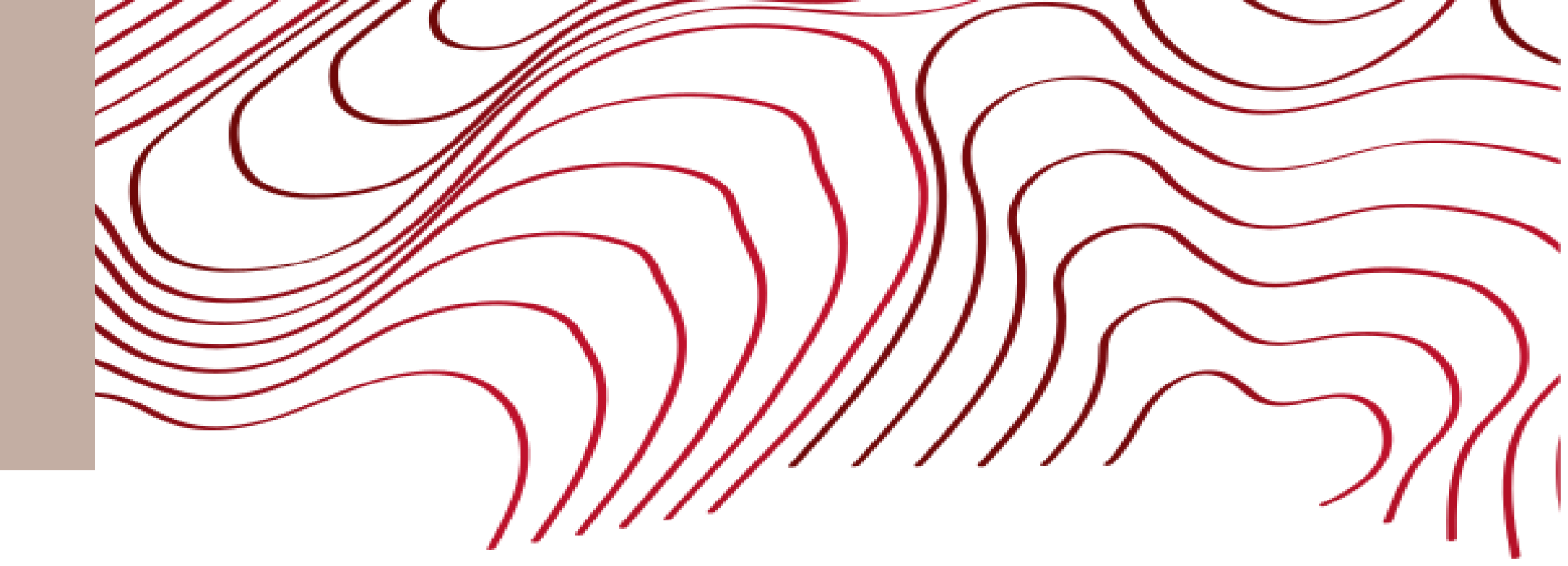
**Memory Text:** “For God has not given us a spirit of fear, but of power and of love and of a sound mind” ([2 Timothy 1:7](#), NKJV).

This week, we will look at two more Bible stories that foreshadow last-day events in remarkable detail.

First, we will examine the account of Shadrach, Meshach, and Abednego, which has obvious allusions to the issues portrayed in [Revelation 13](#). Then we will turn to the New Testament, where we find that the experience of the early Christians also can help us understand what to expect between now and the return of Christ. Both examples highlight remarkable courage and provide keys to finding peace of mind under the most trying of circumstances. Over and over, Jesus said things like “Do not fear,” and “Why do your thoughts trouble you?” It is important to remember that the focus of prophecy is Christ, and, as such, we *must* be able to find the same counsel throughout the scenes portrayed in earth's closing moments. “ ‘Let not your heart be troubled,’ ” He taught His disciples, “ ‘you believe in God, believe also in Me’ ” ([John 14:1](#), NKJV).

In other words, yes, last-day events will be difficult and trying for those who seek to stay faithful to God. But ultimately, we should view these events with hope, not fear.

*Study this week's lesson to prepare for Sabbath, June 21.*



## 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.
- To day 21<sup>st</sup> June 2025 we have Holly Communion and we request that all baptized members should partake.
- The Pastor Dr. T Katsekera is conducting a crusade which started on 15<sup>th</sup> June and will end on 28<sup>th</sup> June 2025, at Bangula Trading Centre, Nsanje. The theme is **Bangula for Christ**. The Crusade has started at a good note with attence exceeding 300 people. All members are requested to continue praying for the success of the crusade. Other crusades being sponsored by Sunnyside through its members are taking place as follows:
  - I. Nsangwe trading centre in Chikwawa, 1 – 14 June 2025. Preacher is Pastor Daniel Kambalame.
  - II. Ntowe trading centre in Nsanje 15 – 28 June 2025. Preacher is Pastor Ernest Ganamba.

Let us also include these crusades in our prayers.

- Adventist men on 28<sup>th</sup> June 2025 will Join the Pastor at Bangula for the closure of the Effort. Departure time is strictly 6:00am.
- The Holy Communion program is as follows;

<b>Song Service</b>	<b>07:30 – 08:00</b>
<b>Sabbath School</b>	08:00 - 08:30
<b>Sabbath School Action Units</b>	08:30 - 09:30
<b>Divine Service</b>	<b>09:30 - 10:20</b>
<b>Holy Communion</b>	<b>10:30 - 12:00</b>
<b>Family Afternoon</b>	12:00 -

In the afternoon, after the Holy Communion, we shall have Family afternoon, where members are encouraged to have special time with their families.

- We shall have third quarter Day of Prayer on 5<sup>th</sup> 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 11<sup>th</sup> to 13<sup>th</sup> 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 17<sup>th</sup> 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 2<sup>nd</sup> to 6<sup>th</sup> 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 31<sup>st</sup> July Limited space, so make haste for an early Bird.
- AY Classes started on 15<sup>th</sup> February 2025. All parents are requested to encourage their wards to take part.



# 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 22nd June – 28th June, 2025

22/06/2025 - (Exodus 18)  
23/06/2025 - (Exodus 19 )  
24/06/2025 - (Exodus 20)  
25/06/2025 - (Exodus 21)  
26/06/2025 - (Exodus 22)  
27/06/2025 - (Exodus 23)  
28/06/2025 - (Exodus 24)

Weekly Spirit of Prophecy Reading; Patriarchs and Prophets  
Chap. 12: Abraham In Cannan

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



**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*

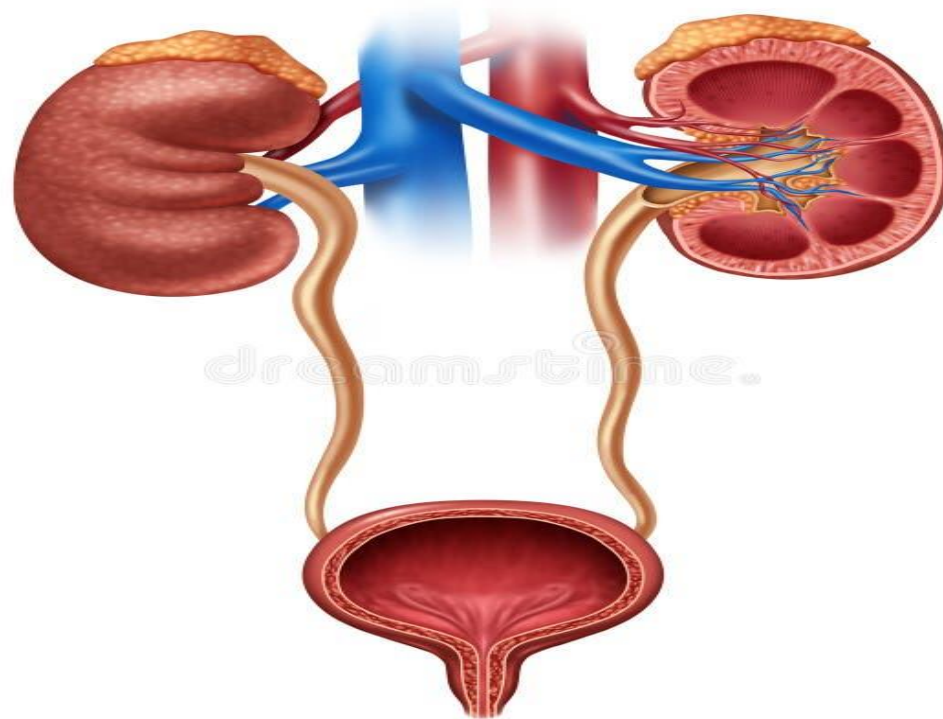




# WEEKLY HEALTH READING

*Sabbath Health Reading- June, 21*

## *The urinary Tract*



The Influence of diet upon the urinary system is manifested in various ways; there are outlined below:

General: A natural and balanced diet favour's well-functioning kidneys and urinary system.

Infections: the female urinary system especially bladder is more prone to infections than that for males. The good hygiene and a diet high in vitamins and phytochemicals strengthen the immune system and protect it against and protect it against cystitis and other forms of urinary infection.

Enhancement of renal function: The majority of plant-based foods, especially fruits and vegetables, enhance the work of the kidneys and produce a diuretic effect (increase the discharge of urine). On the contrary, foods of animal origin such as eggs, fish and meat, do not favour the production of urine, and their protein increases the work of the kidneys. This is why it is recommended that, in case of nephritis or renal inflammation, the patient reduce or eliminate the intake of these foods.

The excess of salt and protein, typical of the western omnivorous diet, is a major threat to the health of kidneys. Both sodium and protein force the kidneys to carry an additional workload.

They should be low in sodium, which is easily achieved using unprocessed plant-based ingredients that contain little sodium and much potassium. This peculiar mineral proportion favours the production of course, these dishes should be seasoned sparingly.

They should keep a somewhat lower proportion of proteins; this is achieved with plant-based foods, which generally have a lower concentration of protein. Besides, plant-based protein does not overwork renal function (*Education and Health Library p, 274*).



This chapter is based on Genesis 13; to 15; 17: 1-16; 18.

Abraham returned to Canaan “very rich in cattle, in silver, and in gold.” Lot was still with him, and again they came to Bethel, and pitched their tents by the altar which they had before erected. They soon found that increased possessions brought increased trouble. In the midst of hardships and trials they had dwelt together in harmony, but in their prosperity there was danger of strife between them. The pasturage was not sufficient for the flocks and herds of both, and the frequent disputes among the herdsmen were brought for settlement to their masters. It was evident that they must separate. Abraham was Lot’s senior in years, and his superior in relation, in wealth, and in position; yet he was the first to propose plans for preserving peace. Although the whole land had been given him by God Himself, he courteously waived this right.

“Let there be no strife,” he said, “between me and thee, and between my herdmen and thy herdmen; for we be brethren. Is not the whole land before thee? separate thyself, I pray thee, from me: if thou wilt take the left hand, then I will go to the right; or if thou depart to the right hand, then I will go to the left.”

Here the noble, unselfish spirit of Abraham was displayed. How many under similar circumstances would, at all hazards, cling to their individual rights and preferences! How many households have thus been rent asunder! How many churches have been divided, making the cause of truth a byword and a reproach among the wicked! “Let there be no strife between me and thee,” said Abraham, “for we be brethren;” not only by natural relationship, but as worshipers of the true God. The children of God the world over are one family, and the same spirit of love and conciliation should govern them. “Be kindly affectioned one to another with brotherly love; in honor preferring one another” (Romans 12:10), is the teaching of our Saviour. The cultivation of a uniform courtesy, a willingness to do to others as we would wish them to do to us, would annihilate half the ills of life. The spirit of self-aggrandizement is the spirit of Satan; but the heart in which the love of Christ is cherished, will possess that charity which seeketh not her own. Such will heed the divine injunction, “Look not every man on his own things, but every man also on the things of others.” Philippians 2:4.

Although Lot owed his prosperity to his connection with Abraham, he manifested no gratitude to his benefactor. Courtesy would have dictated that he yield the choice to Abraham, but instead of this he selfishly endeavored to grasp all its advantages. He “lifted up his eyes, and beheld all the plain of Jordan, that it was well watered everywhere, ... even as the garden of the Lord, like the land of Egypt, as thou comest unto Zoar.” The most fertile region in all Palestine was the Jordan Valley, reminding the beholders of the lost Paradise and equaling the beauty and productiveness of the Nile-enriched plains they had so lately left. There were cities also, wealthy and beautiful, inviting to profitable traffic in their crowded marts. Dazzled with visions of worldly gain, Lot overlooked the moral and spiritual evils that would be encountered there. The inhabitants of the plain were “sinners before the Lord exceedingly;” but of this he was ignorant, or, knowing, gave it but little weight. He “chose him all the plain of Jordan,” and “pitched his tent toward Sodom.” How little did he foresee the terrible results of that selfish choice!

After the separation from Lot, Abraham again received from the Lord a promise of the whole country. Soon after this he removed to Hebron, pitching his tent under the oaks of Mamre and erecting beside it an altar to the Lord. In the free air of those upland plains, with their olive groves and vineyards, their fields of waving grain, and the wide pasture grounds of the encircling hills, he dwelt, well content with his simple, patriarchal life, and leaving to Lot the perilous luxury of the vale of Sodom.

Abraham was honored by the surrounding nations as a mighty prince and a wise and able chief. He did not shut away his influence from his neighbors. His life and character, in their marked contrast with those of the worshipers of idols, exerted a telling influence in favor of the true faith. His allegiance to God was unswerving, while his affability and benevolence inspired confidence and friendship and his unaffected greatness commanded respect and honor.

His religion was not held as a precious treasure to be jealously guarded and enjoyed solely by the possessor. True religion cannot be thus held, for such a spirit is contrary to the principles of the gospel. While Christ is dwelling in the heart it is impossible to conceal the light of His presence, or for that light to grow dim. On the contrary, it will grow brighter and brighter as day by day the mists of selfishness and sin that envelop the soul are dispelled by the bright beams of the Sun of Righteousness.

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](mailto:clerk@sunnysidesdamw.com)*  
*[sunnysidesdachurchmw.@gmail.com](mailto:sunnysidesdachurchmw.@gmail.com)*