



SEVENTH-DAY ADVENTIST CHURCH

SUNNYSIDE

SABBATH WORSHIP

22nd November 2025

WITH PASTOR PETER MSUKA JNR FROM BANGULA



English Service
The forgotten Promise Gen 35:1-7
Hymn CIS No. 56

Chichewa Service
Malingaliro A Uzzar 2 Samuel 6: 5-10
Nyimbo KMN 298

Afternoon Study
Understanding One's Identity
Key Text
1 Peter 2:9-10, Gen 27:7-27, 30.



Pastor Msuka

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

WORSHIP SERVICE THIS SABBATH

SABBATH – 22nd NOVEMBER 2025

ENGLISH SERVICE 07:50 - 08:50	
Bible reading	Fumi Chikuni
Children Sermonette	Childrens Ministries
Preacher	Pastor Peter Msuka Jnr
Sign Language Interpreter	Mr Christina Douglas
Singing Groups	Children Ministries
Chorister	Dr H Moyo
Pianist	Mr L Mahatchi
First Prayer & Call to worship	TBA
Second Prayer	TBA
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 R Bunyani	Elder N Pendame
CHICHEWA SERVICE 11:00 - 12:00	
Ulaliki wa Ana	Mrs Musinthe Kinovati
Mlaliki	Pastor Peter Msuka Jnr.
Chilankhulo cha Manja	Miss Christina Douglas
Gulu Loimba	Children Ministries
Woimbitsa Nyimbo	Dr H Moyo
Woimba Limba	Mr L Mahatchi
Pemphero Loyamba	TBA
Pemphero Lotsiliza	TBA

AFTERNOON PROGRAM : Understanding One’s Identity

ELDER ON DUTY

Elder R Bunyani and Elder N Pendame

DEACONS / DEACONESSES ON DUTY

English Service

Mr. R. Kachulu	Member
Mr. C. Mtike	Member
Mr. G. Zomba	Member
Mr. A. Nhlema	Member
Mr. T. Kazembe	Leader
Mrs. M. Chamba	Member
Mrs. L. Zimbiri	Member
Mrs. Chumachawo	Member
Mrs. Kavinya	Member
Mrs. I. Matiti	Member

Chichewa Service

Mr. S. Chinyama	Member
Mr. B. Nyirenda	Member
Mrs. L. Supuni	Leader
Mrs. M. Chibwana	Member

WORSHIP SERVICE NEXT SABBATH

SABBATH – 29th NOVEMBER 2025

ENGLISH SERVICE 07:50 - 08:50	
Children Sermonette	Ms Miracle Chilunga
Preacher	Pastor Dr T W Katsekera
Sign Language Interpreter	Mr Justice Makuluni
Singing Groups	SELAPHIMS
Chorister	Mr C Vomera
Pianist	Mr Mphatso Luwani
First Prayer & Call to worship	TBA
Second Prayer	TBA
SABBATH SCHOOL 09:00 – 09:30	
Song Service & Sabbath School	Chichewa Youth Class 3
Sabbath School Lesson	All Group Discussion Leaders
ANNOUNCEMENTS AND OFFERTORY 09:30 -09:50	
Bible reading	Elizabeth & Prime Vomera
Elder R Bunyani	TBA
CHICHEWA SERVICE 11:00 - 12:00	
Ulaliki wa Ana	Mrs Chakwamba
Mlaliki	Pastor Dr T W Katsekera
Chilankhulo cha Manja	Mr Justice Makuluni
Gulu Loimba	SELAPHIMS
Woimbitsa Nyimbo	Mr C Vomela
Woimba Limba	Mr Mphatso Luwani
Pemphero Loyamba	TBA
Pemphero Lotsiliza	TBA

AFTERNOON PROGRAM : TBA

ELDER ON DUTY

Elder N Pendame and Elder

DEACONS / DEACONESSES ON DUTY

English Service

Mr. Kalimbuka	Member
Mr. S. Phalira	Member
Mr. A. Chirwa	Member
Mr. S. Mahowa	Member
Mr. O. Sinumbe	Member
Mrs. Chakwamba	Leader
Mrs. Ndazipere	Member
Mrs. Baloyi	Member
Mrs. Makwakwa	Member
Mrs. W. Nseula	Member

Chichewa Service

Mr. Z. Meke	Member
Mr. P. Zimbiri	Leader
Mrs. H. Golozera	Member
Mrs. Thebuka	Member

LESSON 8: NOVEMBER 15 – November 21

Giants of Faith: Joshua *and* Caleb



SABBATH AFTERNOON

Read for This Week's Study: [Num. 13:6, 30-32; Josh. 14:6-14; Luke 18:1-5; Josh. 19:49-51; 2 Cor. 3:18; Rom: 12:1-2](#)

Memory Text: “Remember your leaders, those who spoke to you the word of God. Consider the outcome of their way of life, and imitate their faith” ([Hebrews 13:7](#), ESV).

Every parent knows that their children learn by example, don't they? How many parents have fretted over seeing their children follow their bad traits instead of their good ones? Whatever our age, we find it easier to do wrong than to do right. It's just part of what it means to be fallen beings. “For what I will to do, that I do not practice; but what I hate, that I do” ([Rom. 7:15](#), NKJV). Who can't relate?

From birth, humans are shaped by the power of example. We learn to do the most basic things in life, such as walking, talking, and expressing our emotions, by imitating those closest to us. As adults, we still need role models, and, even if they are not perfect, we can admire and emulate those spiritual traits that made them giants of faith.

This week, we will take a deeper look into the personal examples of two giants of faith in the book of Joshua: Caleb and Joshua. What is it that made them stand out in their generation and play a key role in the life of God's people during one of the most crucial periods of Israel's history?

** Study this week's lesson to prepare for Sabbath, November 22.*

Upcoming Events – December 2025

December 13 : AY Investiture
December 14-20 : Revival Week – SWMC
President
December 20 : Holy Communion

Details of Events.

November 8 : **Health Emphasis Sabbath**
November 22: **Stewardship day**
November 29: **Baptism**

BIRTHDAYS COLUMN 16th November TO 21st November 2025

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

- 1. Kwanjiwa Banda – 17th Nov
- 2. Karabo Phwetete – 18th Nov
- 3. Mabvuto Bamusi - 18th Nov
- 4. .Elder P.A Chitsime- 20th Nov



Note: Members who would like to share their Birthdays are kindly requested to register with **Communications Secretary, Mr. S Nkosi on 0988950350**

Announcements

1. We warmly welcome our visitors and regular Church members. Let us all observe reverence in Church
2. We shall have Baptism on 29th November 2025 after Chichewa Service.
3. **2026 Church Office Bearers Election still on going** all members are kindly requested to continue praying for the elected members so that God should guide them leaders.
4. **Preparation of 2026 Departmental Plans and Budgets.**
All departmental leaders are hereby requested to prepare their respective plans and budgets for the year 2026 in alignment with the Sunnyside Strategic Plan (2024–2028). Completed plans and budgets should be submitted to the respective Elder by 22nd November 2025. A standard template for preparation has been shared on the Church Board Forum for your reference and use.
5. The South West Malawi Conference has designated the month of November as Stewardship Awareness Month. All church programs and activities during this month will focus on stewardship themes and messages, emphasizing faithful management of the time, talents, and resources entrusted to us by God.
6. Malawi Union Conference Session shall be held from 24th to 26th November 2025, at Linde Hotel, in Mponela. All members are requested to pray for the session.
7. AY Investiture shall take place on 13th December 2025. All those to be Invested are requested to prepare.
8. South West Malawi Conference has Branded Golf shirts and T-shirts for sale at the conference office Reception. The price is as follows:
Golf shirts K20,000 each.
T-shirts K15,000 each.

CHILDRENS CHAPEL CONSTRUCTION PROJECT PROGRESS IN PICTURES AS AT NOVEMBER 2025



ALL MEMBERS ARE REMINDED TO CONTRIBUTE TOWARDS THIS PROJECT.

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 is 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 23rd – 29th November, 2025

23/11/2025 - (Judges 10)
24/11/2025 - (Judges 11)
25/11/2025 - (Judges 12)
26/11/2025 - (Judges 13)
27/11/2025 - (Judges 14)
28/11/2025 - (Judges 15)
29/11/2025 - (Judges 16)

Weekly Spirit of Prophecy Reading; Patriarchs and Prophets
Chap. 41-42 — Apostacy at The River Jordan

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

Sabbath Health Reading- November 8

DENTAL HYGIENE

Common Types of Oral Conditions & Dental Diseases

Common Types of Oral Conditions & Dental Diseases

Common oral diseases and conditions include cavities, gum disease, periodontal disease, and oral cancer.

Here's a breakdown of some of the most common oral health conditions and dental diseases:

1. Cavities (Tooth Decay)

A [cavity](#), also known as tooth decay or dental caries, is a hole in your tooth caused by bacteria interacting with sugar. It's one of the most common dental conditions, with 90% of people over 20 having at least one cavity in their lifetime.¹

A cavity first appears as a small light brown spot on the enamel. As it progresses, the hole deepens and may turn black.

Cavities won't go away on their own. You'll need a dentist to provide treatment involving dental fillings or crowns. If you wait too long to get a filling, a root canal or extraction may be necessary.

2. Gingivitis & Periodontal Disease

[Gingivitis](#) is the mildest form of gum disease that causes gum inflammation. Many adults over 30 show signs of gingivitis.²

Gum disease is an early stage of [periodontal disease](#) (PD), a severe oral condition that permanently damages the gums and jawbone. If you don't treat your gingivitis, it can progress into PD.

Periodontal disease results from poor oral hygiene worsened by smoking or a high-sugar diet. Symptoms of periodontal disease include:

- Inflamed gums
- Bleeding gums
- High levels of dental plaque and tartar/calculus

3. Bad Breath

Bad breath, also known as halitosis, affects 30% of the population.³ Common causes of [bad breath](#) include [tobacco use](#), high-sugar diets, excessive coffee or alcohol consumption, poor oral hygiene, and dry mouth.

It can also be a symptom of gum disease and periodontal disease, so you don't want to ignore your bad breath. Depending on the condition's severity, there are professional dental treatments available and natural ways to reduce bad breath.

4. Dry Mouth

An estimated 1 in 4 people experience [dry mouth](#), a condition characterized by an underproduction of saliva.⁴ While not usually a life-threatening condition, it can indicate a deeper issue or feel uncomfortable.

This chapter is based on Numbers 25.

With joyful hearts and renewed faith in God, the victorious armies of Israel had returned from Bashan. They had already gained possession of a valuable territory, and they were confident of the immediate conquest of Canaan. Only the river Jordan lay between them and the Promised Land. Just across the river was a rich plain, covered with verdure, watered with streams from copious fountains, and shaded by luxuriant palm trees. On the western border of the plain rose the towers and palaces of Jericho, so embosomed in its palm-tree groves that it was called “the city of palm trees.”

On the eastern side of Jordan, between the river and the high tableland which they had been traversing, was also a plain, several miles in width and extending some distance along the river. This sheltered valley had the climate of the tropics; here flourished the shittim, or acacia, tree, giving to the plain the name, “Vale of Shittim.” It was here that the Israelites encamped, and in the acacia groves by the riverside they found an agreeable retreat.

But amid these attractive surroundings they were to encounter an evil more deadly than mighty hosts of armed men or the wild beasts of the wilderness. That country, so rich in natural advantages, had been defiled by the inhabitants. In the public worship of Baal, the leading deity, the most degrading and iniquitous scenes were constantly enacted. On every side were places noted for idolatry and licentiousness, the very names being suggestive of the vileness and corruption of the people. These surroundings exerted a polluting influence upon the Israelites. Their minds became familiar with the vile thoughts constantly suggested; their life of ease and inaction produced its demoralizing effect; and almost unconsciously to themselves they were departing from God and coming into a condition where they would fall an easy prey to temptation.

During the time of their encampment beside Jordan, Moses was preparing for the occupation of Canaan. In this work the great leader was fully employed; but to the people this time of suspense and expectation was most trying, and before many weeks had elapsed their history was marred by the most frightful departures from virtue and integrity.

At first there was little intercourse between the Israelites and their heathen neighbors, but after a time Midianitish women began to steal into the camp. Their appearance excited no alarm, and so quietly were their plans conducted that the attention of Moses was not called to the matter. It was the object of these women, in their association with the Hebrews, to seduce them into transgression of the law of God, to draw their attention to heathen rites and customs, and lead them into idolatry. These motives were studiously concealed under the garb of friendship, so that they were not suspected, even by the guardians of the people.

At Balaam’s suggestion, a grand festival in honor of their gods was appointed by the king of Moab, and it was secretly arranged that Balaam should induce the Israelites to attend. He was regarded by them as a prophet of God, and hence had little difficulty in accomplishing his purpose. Great numbers of the people joined him in witnessing the festivities. They ventured upon the forbidden ground, and were entangled in the snare of Satan. Beguiled with music and dancing, and allured by the beauty of heathen vestals, they cast off their fealty to Jehovah. As they united in mirth and feasting, indulgence in wine beclouded their senses and broke down the barriers of self-control. Passion had full sway; and having defiled their consciences by lewdness, they were persuaded to bow down to idols. They offered sacrifice upon heathen altars and participated in the most degrading rites.

It was not long before the poison had spread, like a deadly infection, through the camp of Israel. Those who would have conquered their enemies in battle were overcome by the wiles of heathen women. The people seemed to be infatuated. The rulers and the leading men were among the first to transgress, and so many of the people were guilty that the apostasy became national. “Israel joined himself unto Baalpeor.” When Moses was aroused to perceive the evil, the plots of their enemies had been so successful that not only were the Israelites participating in the licentious worship at Mount Peor, but the heathen rites were coming to be observed in the camp of Israel. The aged leader was filled with indignation, and the wrath of God was kindled.

Their iniquitous practices did that for Israel which all the enchantments of Balaam could not do—they separated them from God. By swift-coming judgments the

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 J Mataya	0999 950 613

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	Mrs. C Phuza	0888 890 987
5. Church Dev.& Fundraising	Mr. C Kachiswe	0999 642 391
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	0999 587 063

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