

## THE CHURCH AT STUDY

A variety of Sabbath School classes for each age group meet to pray, fellowship, study and learn more about Jesus. Our children, youth and young adult classes are held in the lower levels.

Season of Prayer	Congregation
Membership Care and Fellowship	Classes
Sabbath School Study	Classes
Special Music	Verna Holness-Kuye
Feature Presentation	Pastor Lee

### *Growing New Disciples*

Closing Comments and Prayer      Auston McGann and Madison Orpana

*Sabbath School loose offerings will be allocated 50% to S.S. Expense, 50% to missions, unless specified on a tithe envelope.*

## WE GATHER TO WORSHIP

Prelude      Cory Kuipers

Call to Worship      Elder Conrad Smith

Hymn of Praise      Sandy Zamora

### *More About Jesus*

Children's Story      Puppet Theatre

Welcome and CPC News      Elder Conrad Smith

Tithes and Offerings      Adventist World Radio  
Offertory      Cory Kuipers

Praise Singing      Praise Team

Congregational Prayer      David Bannister

Scripture Reading      Matthew Ferreira

### *Luke 2:52*

Musical Meditation      Mark LaFlamme

Message      Pastor Orpana

### *Growing Like Jesus*

Closing Hymn      Sandy Zamora

### *Saviour, Teach Me*

Benediction      Pastor Orpana

Postlude      Cory Kuipers

## WE DEPART TO SERVE

The offering collected during the children's story time will be used for Student Aid Assistance.

## PASTORS CORNER

Coronavirus (COVID-19) Prevention and Ways to Reduce Risks

There are a total of 134,513 cases of the coronavirus confirmed (142 cases in Canada) as I am writing this pastor's corner. It seems that the COVID-19 is spreading rapidly world-wide. One of the roles of our pastoral team is to create a safe space for gatherings. Today I would like to share some ways to reduce risks and to prevent the coronavirus.

**1. Clean your hands often:** wash with soap and water for at least 20 seconds especially after you have been in a public place. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose, and mouth with unwashed hands. Put up signs in the washroom to remind you and your family and friends.

**2. When coughing or sneezing:** cough or sneeze into a tissue or the bend of your arm, not your hand. Dispose of any tissues you have used as soon as possible and wash your hands.

**3. Clean the following high-touch surfaces often:** with household cleaners or diluted bleach (1 part bleach to 9 parts water), clean toys, toilets, phones, electronics, door handles, bedside tables, television remotes, light switches, keyboards, faucets, etc.

**4. Avoid close contact:** especially avoid contact with people who are sick. Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing. When you meet brothers and sisters in the church, please find ways to greet other than a handshake or hug. We want to spread the love of Jesus, not germs. There are safer options: the toe tap, the elbow bump.

**5. Stay home if you're sick:** Please do this for the safety of yourself and others. If you have fever, cough and difficulty breathing, seek medical care early. If you have to go out to get medical care, you should wear a facemask. Avoid any public area with a large crowd. We will miss you at church but join our worship via CPC streaming service.

**6. Minimize your travel:** First of all, avoid travel to an at-risk area, but if you have to limit your contact with others for 14 days starting the day you began your journey to Canada. This means self-isolate and stay at home. (World Health Organization and Government of Canada)

### TODAY

**We are monitoring the current Covid-19 pandemic carefully. In the event that we have to close down the church, we will continue to live stream a modified service to our membership. Over the next few weeks, many of our programs will be impacted any updates will be available through our website at [www.collegeparkchurch.ca](http://www.collegeparkchurch.ca).**

**Charitable church donation tax receipts for 2019 will be available after the service in the foyer.**

**Pre-Baptismal Bible Classes:** 9:30 in Pastor DeSilva's office.

**Bible Study:** 4pm in the West Chapel.

**Spring Week of Prayer:** Starting tomorrow March 15 at 7pm downstairs in the east/west chapel, and continuing on the 16th, 18th, and 20th. Join us for an engaging and interactive evening, featuring one of our young adult speakers each night. Invite your friends and family, and we hope to see you there to connect, grow, and join in with what the Holy Spirit is doing in our church and community.

## WEEK AT A GLANCE

### SUNDAY

**Prayer Shawl Ministry:** 2-4pm in Room 109 East Annex. Beginner knitters and crocheters welcome! Contact: Sherry Reader 905-259-7716.

**Spring Week of Prayer:** 7pm in the East/West Chapel.

### MONDAY

**Caring and Sharing Ministry (Knitting & Crocheting):** 2-4pm at 61 Grandview St. N. Contact 905-723-0267 or [ilahdalke@hotmail.com](mailto:ilahdalke@hotmail.com).

**Spring Week of Prayer:** 7pm in the East/West Chapel.

### WEDNESDAY

**Spring Week of Prayer:** 7pm in the East/West Chapel.

### FRIDAY

**Spring Week of Prayer:** 7pm in the East/West Chapel.

## CPC ANNOUNCEMENTS

**Transitions: Joining College Park Church (2nd Reading)**

Andre, Katia ~ Scarborough Adventist Church

Andre, Pierre-Richard ~ Scarborough Adventist Church

**Leaving College Park Church (2nd Reading)**

Maclean, Brenda ~ Barrie Adventist Church

**Health Ministries:** Vegetarian Cooking Classes will be postponed until further notice.

**Ivor Pitt Retirement:** After 25+ years of service to College Park Church, our church custodian is retiring on April the 10th. We have a card and an envelope at the welcome desk in the foyer for those that wish to donate and express their appreciation for his years of service in maintaining our church. The card will be available until March 21st.

**Janitorial Services:** We are looking to contract a janitorial cleaning company to look after the cleaning and maintenance of the church. If you own your own company and are interested please contact the church office for more information.

### Health Corner

An estimated 1 in 4 Canadians has a degree of depression serious enough to need treatment at some time in his or her life. However, medication and psychotherapies help some people with the disease, but fail many others. Five decades of work on antidepressant drugs have not made them more likely to lift people out of depression. An observational study of more than 300 patients who had moderate depression showed significantly lowered depression scores at the end of an 8-week lifestyle-focused depression treatment program. According to the results, the patients were able to improve their overall lifestyle, nutrition, health habits, and frontal lobe function (*Nedley Depression and Anxiety Recovery Program*). "Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health" (*The Ministry of Health, pg. 27 E. G White*).

## CPC ANNOUNCEMENTS CONT...

**Thanks:** The Frood Family would like to express our sincere thanks to the CPC family for your love, thoughts and prayers during our recent loss.

**Global Youth Day:** Is March 21! Our youth will be serving in our community that Sabbath through visitation, singing in nursing homes, park clean-up, youth & homeless shelter service, and more! Please contact Pastor Andrew for info on signing up.

**Social Committee:** March 21 Gym Night at 7:45 PM at the Kingsway Gym. Learn some West Indian games and then our regular gym time. This is our last gym night for the season.

**Women's Ministry:** Ladies, our Camp Frenja Retreat weekend is, April 3-5, 2020. Registration information is available in the church office. Please complete the registration form and make your payment. The registration deadline is Friday, March 27. We are looking forward to sharing a spiritual weekend together.

**Discovery Mountain:** "Have you ever wanted to act in film or television? Well now is your chance! Discovery Mountain will be producing an all-new VBS program for the summer of 2021 and we need volunteer actors age 10-15 who would be available to spend a few days at Camp Frenja this summer from July 15 – 23. For more details and to find out how you can audition, contact Doug Bruce @ 905-434-5280 or douglasbruce@look.ca. If you haven't listened to Discovery Mountain yet, check it out at [www.discoverymountain.com](http://www.discoverymountain.com)"

**Baby Shower:** For Aaron and Kristina Goodwin. "Little Hunny on the Way!" Everyone is welcome to come and support and celebrate with the "new parents to be" on Sunday March 15th at 2pm in the CPC Assembly Room. Entertainment, food and games provided. Please RSVP to 905-718-6845 or email to [goodwinmurals@gmail.com](mailto:goodwinmurals@gmail.com). Hope you will "bee" there.

**Wedding Shower:** for Julia Curtis and Jayden Brucks. All are invited to a Jack and Jill wedding shower at the CPC Assembly Room on March 22 at 11:00 a.m. For further information email [lindacurtis@sympatico.ca](mailto:lindacurtis@sympatico.ca) or call 905-261-6396.

**Prayer Requests: Traditions of Durham:** Eunice Ferrell, Dave Lawson, Cora Tripp  
**Hillsdale Estates:** Adam Bujak, Lorain Davis, Reg Jariett, Joel Dahl Sr., Hanna Watson; **Hillsdale Terraces:** June Bell, Jill Parchment; **Orchard Villa Long Term Care:** Kay Fairchild; **Marnwood Bowmanville:** Olga Cook; **Strathaven:** Leslie Morrison, **Valleyview Toronto:** George Clarke; **Harmony Estate:** Allie Pazitka; **Victoria Manor:** Mabel Jeffery; **Heritage Green:** Robin Carby; **Whitby Rehab:** Meghan Moores; **Ross Memorial Hospital:** Sandra Albertastine. At Home: Kaeden Bullock, Vida Bullock, Geonelle Kivisto, Cecil Milner, Val Morrison, Marsha Ram, Raymond Morrow, Donna Sherren, Shirley Tarr, Felicia Weststrate, Vincent Williams, Taye-Sean Smith, Ilah Dalke.

## ONTARIO CONFERENCE

**Job Postings:** The Ontario Conference Office of Education is looking for elementary teachers for the 2020-2021 school year. Please go to <https://catnet.adventist.ca/employment/joblist.php?conf=34> for details.

## SDACC

**Job Posting:** The Seventh-day Adventist Church in Canada office is seeking resumes from those interested in applying for the following position. Archives Scanning Specialist – responsibilities to include preparing and scanning departmental files into archiving software. This job is a contract position, renewable yearly. Interested applicants should send a resume to: Paul Musafili Email: [musafili.paul@adventist.ca](mailto:musafili.paul@adventist.ca) Fax: (905) 433-0982 Mail: 1148 King St. E., Oshawa, ON L1H 1H8 Application deadline is April 6, 2020. Applicants should be Seventh-day Adventists in good standing.

March 21 ~ Elder Finnie Flores  
 March 28 ~ Pastor Philip Lee  
 April 4 ~ Pastor Andrew Orpana  
 April 10-12 ~ Pastor Lee  
 Foot of the Cross Weekend

For more information  
[www.collegeparkchurch.ca](http://www.collegeparkchurch.ca)

### FINANCE AT A GLANCE

Church budget needed by Mar 7 '20	\$46, 600
Church budget raised by Mar 7 '20	\$ 43, 919
Mortgage balance as of end of Feb 29 '19	\$140, 681
Mortgage payment needed by Mar 31 '20	\$29, 481
Mortgage payment raised by Mar 7 '20	\$15, 321
Average monthly Interest on Mortgage	\$535

Live streaming is now available on YouTube

*College Park Church Oshawa*

The designated offering for today: **Adventist World Radio**  
 The offering for next Sabbath: **Local Church Budget**

Please remember our ongoing commitment to Adventist Christian Education. There are two options for you to consider when giving to support our young people.

### CPES Worthy Student Fund KC Student Aid/3 Way Matching

Thank you for your support in helping the young people of our church to receive a Christian Education.

There are various options for donating to our church online:

1. Visit [adventistgiving.ca](http://adventistgiving.ca)
2. Download Adventist Giving app onto your smartphone.
3. The link on the homepage of our church website.

#### Lead Pastor

Glenn DeSilva ..... 905-725-1121  
[gdesilva@adventistontario.org](mailto:gdesilva@adventistontario.org)

#### Associate Pastor

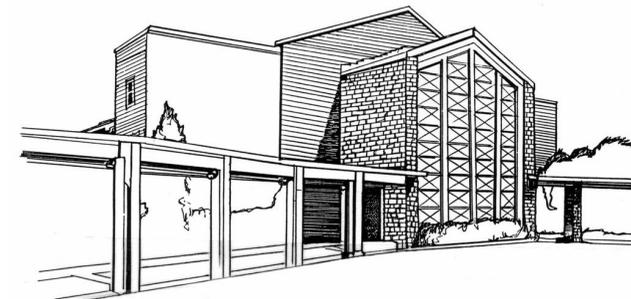
Philip Lee..... 905-725-1121  
[plee@adventistontario.org](mailto:plee@adventistontario.org)

#### Assistant/Youth Pastor

Andrew Orpana ..... 647-679-0070  
[aorpana@adventistontario.org](mailto:aorpana@adventistontario.org)

#### Head Elder

Finnie Flores ..... 905-725-6237  
[finnie\\_flores@hotmail.com](mailto:finnie_flores@hotmail.com)



## COLLEGE PARK SEVENTH-DAY ADVENTIST CHURCH

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[www.collegeparkchurch.ca](http://www.collegeparkchurch.ca)  
[office@collegeparkchurch.ca](mailto:office@collegeparkchurch.ca)

### ON DUTY THIS WEEK

Charge Elder: Conrad Smith  
 Assistant Elder: Ruth Weidner  
 Deacon: Neil Adams  
 Deaconess: Rachel Morae

### PRAYER FOCUS

Love, the basis of creation and of redemption, is the basis of true education. This is made plain in the law that God has given as the guide of life...To love Him, the infinite, the omniscient One, with our whole strength, and mind, and heart, means the highest development of every power. It means that in the whole being—the body, the mind, as well as the soul—the image of God is to be restored.

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March 14, 2020

Sunset tonight: 7:22 Next week: 7:30