

## 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.

Praise in Song	Brad and Brenda Farranto
Circle of Prayer	Congregation
Opening Song	Happy the Home
Scripture Reading	<i>Ephesians 5:31, 32, 33</i> Alfredo Tumangday
Opening Prayer	Pastor Orpana
Guest Superintendent	<i>Marriage</i> Brad Farranto
Lesson Study	Classes
Lift Skit: <i>Till Death do us Part</i>	Brad and Brenda Farranto
Special Music	Sandy Zamora
Lift Skit: <i>Shame on You</i>	Brad and Brenda Farranto
Closing Thought	Brad Farranto
Closing Prayer	Cindy Webber

*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	Daniella Kuchurivski
Call to Worship	Elder Roshan Abbadasari
Hymn of Praise	Congregational <i>Blessed Assurance</i>
Children's Story	Amanda Mohns
Welcome and CPC News	Elder Roshan Abbadasari
Tithes and Offerings	Local Church Budget
Offertory	Daniella Kuchurivski
Praise Singing	Praise Team
Congregational Prayer	Pastor Chandar Pal
Musical Meditation	Boys of Promise
Message	Pastor DeSilva <i>Sweet Hour of Prayer</i>
Closing Hymn	Congregational <i>I Need the Prayer</i>
Benediction	Pastor DeSilva
Postlude	Daniella Kuchurivski

## WE DEPART TO SERVE

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

## PASTORS CORNER

This week's Adult Sabbath School lesson (From Confession to Consolation) centres on Daniel chapter nine. Daniel 9 contains Daniel's personal heartfelt prayer of confession on behalf of the Jewish Nation and the angel Gabriel's response which provides Daniel with insight and understanding concerning the future. The focus of this amazing prayer is appropriate for us to contemplate as we conclude our 10 Days/Weeks of Prayer Meeting series. For ten weeks we have focused on our need for the Holy Spirit to be present in our personal lives as well as the life of our church. Today we will bring the format of prayer meeting into our worship hour. Our prayer emphasis this morning will include: personal health requests, healing in light of the world wide coronavirus, family concerns, financial needs and character development that is desperately needed among the body of believers who follow Jesus. These prayer requests are indeed worthy of our attention and focus, but they must be secondary in importance. First and foremost, like Daniel, we must declare that our God is awesome, righteous, merciful and loving. Only after recognizing who God is, can we say like Daniel, listen, forgive, hear and act! The prayer focus on the front cover of the bulletin reminds us, "Only to those who wait humbly upon God, who watch for His guidance and grace, is His Spirit given." Like Daniel, at the conclusion of his prayer, we too desire a fresh revelation of Jesus and moving of the Holy Spirit within our midst. In our humility, we must seek to remove hindrances that block our paths to God. God's servant reminds us, "There is nothing that Satan fears so much as that the people of God shall clear the way by removing every hindrance, so that God can pour out His Spirit upon a languishing church and an impenitent congregation" (Selected Messages, Book 1, p.124).

It is most interesting that our emphasis on seeking the Holy Spirit for such a time as this, coincides with the United States' National Day of Unplugging which began sundown Friday evening, March 6th and will conclude sundown on Sabbath evening, March 7th. The goal of this movement is to create "a 24-hour global respite from technology." During this 24-hour tech-fast people all over the world are encouraged to disconnect from their digital devices "in order to connect with ourselves, our loved ones and our communities" (Screenagers, March 2020). I am supportive to the aims and goals of the Unplugging Movement. Most of us recognize that technology is extremely important in today's society, but we have to admit that it can also become a hindrance in our spiritual walk if we allow it. Let's take this Sabbath to unplug from the world and plug into the Holy Spirit and His power. Ellen G. White writes "A revival of true godliness amongst us is the greatest and the most urgent of our needs. To seek this should be our first work...A revival need be expected only in answer to prayer." Selected Messages, Book 1, p. 121.

### TODAY

**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.

**Deacon/Deaconess Meeting:** Immediately following the service today all deacons and deaconesses are asked to come forward to the front of the church for a brief meeting.

**Visitation Committee:** 3:30 pm in the Upper Board Room. If you would like to join please plan to attend. Info: Frances Chant at 905-925-7687 or josofrogers@gmail.com.

### TODAY CONT...

**Adventurers:** 4pm regular meeting in the Assembly Room.

## 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.

### MONDAY

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

**School Board Meeting:** 7pm at College Park Elementary.

### TUESDAY

**Pathfinders:** 6:30pm regular meeting at College Park Elementary.

**Worship Committee:** 7:30pm in the Upper Board Room.

### WEDNESDAY

**Prayer Meeting:** 7pm in the East Chapel. We will be using the 10 days of Prayer materials. Week 10 Topic: Abiding in the Holy Spirit. Materials are available at <https://www.tendaysofprayer.org>

**Baptismal Classes:** 7pm in the Earliteen Room. Ages 10-16.

### FRIDAY

**Young Adult Vespers:** 7pm in the East Side Chapel. Our young adults are encouraged to attend for an evening of spiritual fellowship.

## CPC ANNOUNCEMENTS

**Transitions: Joining College Park Church (1st Reading)**

Andre, Katia ~ Scarborough Adventist Church  
Andre, Pierre-Richard ~ Scarborough Adventist Church

**Leaving College Park Church (1st Reading)**  
Maclean, Brenda ~ Barrie Adventist Church

**CPC Service Opportunities:** Contact the office for more information.  
**Junior Sabbath School Class:** A husband and wife team. Time commitment: 2 times per month. Class decoration, scheduling and teaching.

**AY Leader:** A individual is needed to lead out in a once per month program geared towards our youth and church families.

**Health Ministries:** Vegetarian Cooking Classes will start March 29. See bulletin boards for more information on how to register.

### Health Corner

Diet is an important modifiable lifestyle determinant in the development of type 2 diabetes (T2D), a form of diabetes characterized by high blood sugar, insulin resistance, and relative lack of insulin. In 2017, 7.3% of Canadians aged 12 and older (roughly 2.3 million people) reported being diagnosed with diabetes. Adherence to a more plant-based, and less animal-based diet is associated with a lower risk of insulin resistance, prediabetes and T2D. "And God said, behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." (Gen. 1:29)

## CPC ANNOUNCEMENTS CONT...

**Ivor Pitt Retirement:** After 25+ years of service to College Park Church, our church custodian is retiring on April the 10th. Presently he is on vacation so beginning next we will have an 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.

**Spring Week of Prayer:** Starting Sunday, 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.

**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, mark your calendars and get ready for our Camp Frenda Retreat weekend, April 3-5, 2020. Registration information is coming soon!

**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 Frenda 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.

**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, Teye-Sean Smith, Ilah Dalke.

## ONTARIO CONFERENCE

**VBX/VBS Training 2020:** Sunday, March 8 at 10am at College Park Church for VBX Leaders. A light lunch will be served following the presentations.

March 14 ~ Pastor Andrew Orpana  
 March 21 ~ Elder Finnie Flores  
 March 28 ~ Pastor Philip Lee  
 April 4 ~ Pastor Andrew Orpana

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

Live streaming is now available on YouTube  
*College Park Church Oshawa*

### FINANCE AT A GLANCE

Church budget needed by Feb 29 '20	\$40, 600
Church budget raised by Feb 29 '20	\$ 40, 553
Mortgage balance as of end of Feb 29 '19	\$164, 822
Mortgage payment needed by Feb 29 '20	\$19, 654
Mortgage payment raised by Feb 29'20	\$14, 217
Average monthly Interest on Mortgage	\$535

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

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

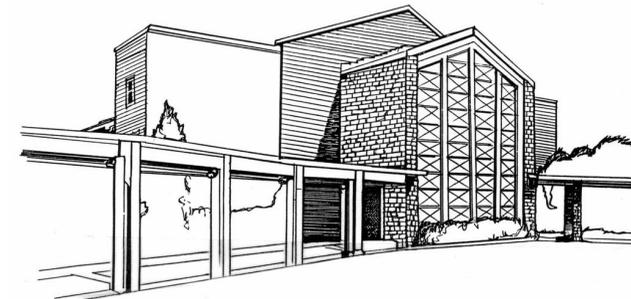
Philip Lee..... 905-725-1121  
[plee@adventistontario.org](mailto:plee@adventistontario.org)

### 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

1164 King Street East  
 Oshawa, Ontario L1H 1H9  
 Telephone 905-725-1121  
[www.collegeparkchurch.ca](http://www.collegeparkchurch.ca)  
[office@collegeparkchurch.ca](mailto:office@collegeparkchurch.ca)

### ON DUTY THIS WEEK

Charge Elder: Roshan Abbasari  
 Deacon: Exequiel Juanata  
 Deaconess: Lucille Grondin

### PRAYER FOCUS

Only to those who wait humbly upon God, who watch for His guidance and grace, is the Spirit given. The power of God awaits their demand and reception. This promised blessing, claimed by faith, brings all other blessings in its train. It is given according to the riches of the grace of Christ, and He is ready to supply every soul according to the capacity to receive.  
*Desire of Ages pg. 672*

March 7, 2020

Sunset tonight: 6:13 Next week: 7:22