

Epping SDA Church Newsletter

No: 108 15th May, 2009

Welcome to our weekly Church Newsletter. Thank you to everyone who has contributed to this edition with articles, news and photos. If you have anything you would like to share or inform us of, please send them to: ajing@eppingsda.org.au.

Please consider making a bid for Helen's Artwork

This newsletter can also be downloaded on our website: <http://www.eppingsda.org.au>

This Sabbath @ Epping

This week's service will be taken by **Pastor Chris Manthey**, with **Henry** being the Elder in charge. The offering this week is for **Local Budget**.

Last Sabbath @ Epping



Our service last week was taken by **Pastor Michael Worker** and was based upon Exodus 19. In particular Pastor Michael illustrated how an Eagle initially carries its young, before it teaches them to fly. Eventually, after repeated challenges, the young spread their own wings and fly independently.

Exodus 19:3 and 4 –

Then Moses went up to God, and the LORD called to him from the mountain and said, "This is what you are to say to the house of Jacob and what you are to tell the people of Israel: 'You yourselves have seen what I did to Egypt, and how I carried you on eagles' wings and brought you to myself.

God uses the imagery of the Eagle to help us understand how he relates to his church and people. Pastor Michael also described how Exodus 19 helps us gain insight into the Ten Commandments in Exodus 20, and gives us the background that makes the commandments so much more powerful.

Last week, was also **Mothers' Day** and **Sharon Gardner** lead the **JETS** (Junior and Earliteens) as they gave some very excited mothers presents they had made in class. All our mothers were thrilled to know they were so very much appreciated.





Epping Youth

1. Friday Night Youth Meeting to be held on Friday 22nd May

The next Friday Night Youth meeting will be held at Rod and Elaine Kuo's home at Strathfield on 22nd May 1830. More details in next week's newsletter

2. Mountain Biking and Picnic trip in the Blue Mountains on Sunday May 24th .

Ride the fire trail from Woodford to Glenbrook and have a BBQ/Picnic at the end of it.

For those who don't want to ride, you can drive-in and meet the riders at the end of their ride for the BBQ/Picnic.

Please see **Matthew** or **Arthur** for further details.

Pathfinder and Adventurer News – Next Meeting May 16

Pathfinders and Adventurers will be meeting this Sabbath after lunch. From Henry:

“For our meeting this week we will have some **local letterboxing** to support the **Health Evangelism** that will be running during May and June at our church. This is a very important outreach aspect and we will have an important part in getting the information out to the community. We will spend about 30 minutes or so for this section.

When we get back we will have a short session with a couple of modules which will be taught by the teens and then we will have a cooking session in three groups.

This week's food theme is Asian. This will be lead by the mums in the church so we will have to divide the Pathfinders as evenly as possible between the groups.

For those who are able to bring a kitchen knife in a sheath or case and a cutting board, please do so.”

Health Assessment and Health Seminar – Sunday May 17

From Victor:

Epping Church is conducting a Health Assessment at Eastwood Mall on Sunday, May 17.

This is our first program to reach out to the local community, to make friends, to build relationships with the Epping community, and to let them know about the love that Jesus has for each person in this community. It is also a good opportunity to create a higher profile for the Epping Seventh Day Adventist Church within this community

The assessment will run from 9:30am and will conclude in the early afternoon.

During the Health Assessment, we will be enrolling participants, measuring their height, weight, blood pressure and lung function. After a computer analysis and a review by health professionals, advice will be given on improving their health.

We will also be encouraging participants to attend our 'Improving Your Health' seminars, which will be held on 5 Sabbath afternoons following the Health Assessment.

We are in need of volunteers to help in a number of ways:

- Help is needed in distributing flyers promoting the 'Improving Your Health' Seminars. If you are free on Sabbath afternoons on May 16 and for the following few weeks, please help us letterbox these flyers around the Epping area. Please see Victor for a handful of flyers and an area to letterbox.

- *Volunteers are also required to run each of the stations at the Health Assessment at Eastwood on May 17. We need people to take enrolments, measure height, weight, blood pressure and lung function.*
- *If you can help, please let any one of the Personal Ministries team know - They are Victor Ing, Pr Chris Manthey, Pr Michael Worker, Rod Kuo, Matthew Ing and Josh Woods.*

I would like to encourage everyone to support this program, and to pray for it's success and impact on the local community.

The timing of the Health Seminars are as follows (Sabbath afternoon):

May 23 - Improving Your Health Talk 1 - Heart Health

May 30 - Improving Your Health Talk 2 - Lung Health

June 13- Improving Your Health Talk 3 - Joint Health

June 20- Improving Your Health Talk 4 - Vitamins & Nutrition

June 27- Investiture: Improving Your Health Talk 5 - Stress Management

It would be wonderful to support out Personal Ministries team in this outreach endeavour.

Improving Your Health

SEMINARS



Seminar 1 – May 23
Improving Your
Cardiac Health
Dr Alvin Ing

Seminar 3 - June 13
Improving Your
Joint Health
Dr Rod Kuo



Seminar 2 - May 30
Improving Your
Lung Health
Dr Alvin Ing



Seminar 5 - June 27
Stress Management
Maree Worker



Seminar 4 - June 20
Vitamins & Nutrition
Dr Rod Kuo / Darlene Pennell

Location Epping SDA Church Hall, 2 George Street, Epping.

Time All seminars start at 2:30pm.

All Seminars are free and in English only.

Light refreshments will be provided after each seminar.

For bookings and enquiries phone 0425 766 216.

Inaugural Epping Auction

Many thanks to **Helen Wong** for donating this beautiful piece of artwork to Epping Church, to help our fundraising efforts for our **Philippines Project**.

Many of us have been amazed at Helen's creativity, talent and skill, and I understand Helen has been commissioned by a number of collectors to create specific works. This is your chance to own a **Helen Wong original**, and you will also be helping our Philippines Orphanage in the process. An obvious win win!

The work is a Chinese Watercolour on Rice Paper and is entitled **"12 Ducks"**

It is unframed and measures approximately 100cm by 70 cm



The artwork is up for an online auction and there is a reserve price. I'll inform the readership once this has been reached. This has not been reached at this stage.

*The auction will close at **5pm Wednesday May 27**. All bids to:*

ajing@eppingsda.org.au

Bids will be placed in the order that I receive them by email. I will inform all active bidders of the current highest bid price at the earliest opportunity.

Email me for further information on the artwork, or speak to Helen.

Once again Helen, thank you for your generous donation!

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Philippine's Project Update

Thanks to Belle for the following update:

Thanks to everyone for continuing to support our Philippine's Orphanage Project. To date we have raised over **\$31,000**, well done!

However our goal is **\$50,000** and I encourage everyone at Epping to see the project through to completion.

The Plans for the Orphanage are in previous editions of this newsletter, and I believe that work is about to start. I'm sure it will be exciting to visit next January to see this come to fruition.

Donations can now be made **online** on the ICC secured website which automatically issues receipts.

<https://iccaustralia.worldsecuresystems.com/support/support.html>

If email address is provided, it will send a pdf copy of the receipt. Please note that online donation only accepts credit cards. On the donation form, **Area to Support** field, please type "**Epping Project**" so that ICC will know that the donation is specifically for the Philippine Orphanage School Building Project.

Thank you once again for your continuing support

Credit Card Donation Form



Epping Mission Project

Note: This donation is to support the ICC Happy Valley Elementary School building project, ICC Orphanage, Philippines.

Fax this form to	Fax No (03) 8660 2967		
Postal Address	International Children's Care Shop 7 Riviera Plaza BAIRNSDALE VIC 38757A		
Credit Card Details			
Card Type	<input type="checkbox"/> Mastercard	<input type="checkbox"/> Visa	<input type="checkbox"/> Bankcard
Name on Card		Expiry Date	
Credit Card No		Amount	\$
Signature		Date	
Telephone No		Mobile	
Address you would like the receipt sent to	Street		
	Suburb		
	State		Post Code

THANK YOU !!!

Prayer Requests:

Health Assessment and Health Seminars	Please pray for the success of Epping's Outreach programs over the coming months. The Health Assessment is at Eastwood Mall this Sunday
Adelyn, Joshua and Marcus Ing	Please continue to pray for Adelyn, Joshua and Marcus
Bob McIntyre	Please remember Bob, Nerelle and Colleen in your prayers.
Sue Wood	It's great to hear that Sue is progressing well and I ask that you remember Sue, Ken and their family in your prayers.
David Blaymires	Please prayer for David
Ivan Baxter	Ivan continues to have therapy for a haematological disorder. Please remember him in your prayers.

Dates to Keep in your Diary:

May 16	Pathfinder Meeting and Letterboxing
May 17	Health Assessment - Eastwood Mall. Please see newsletter for dates of Health Seminars
May 22	Epping Youth Group Meeting – Rod and Elaine Kuo's home
May 24	Youth Group Mountain Bike and Picnic event
November 21	Baptism 2009. Please see Pastor Manthey if you are interested

Photo of the Week

"On the Wings of an Eagle"



Thought for the Week:

"As you do not know the path of the wind, or how the body is formed in a mother's womb, so you cannot understand the work of God, the Maker of all things."

Ecclesiastes 11:5