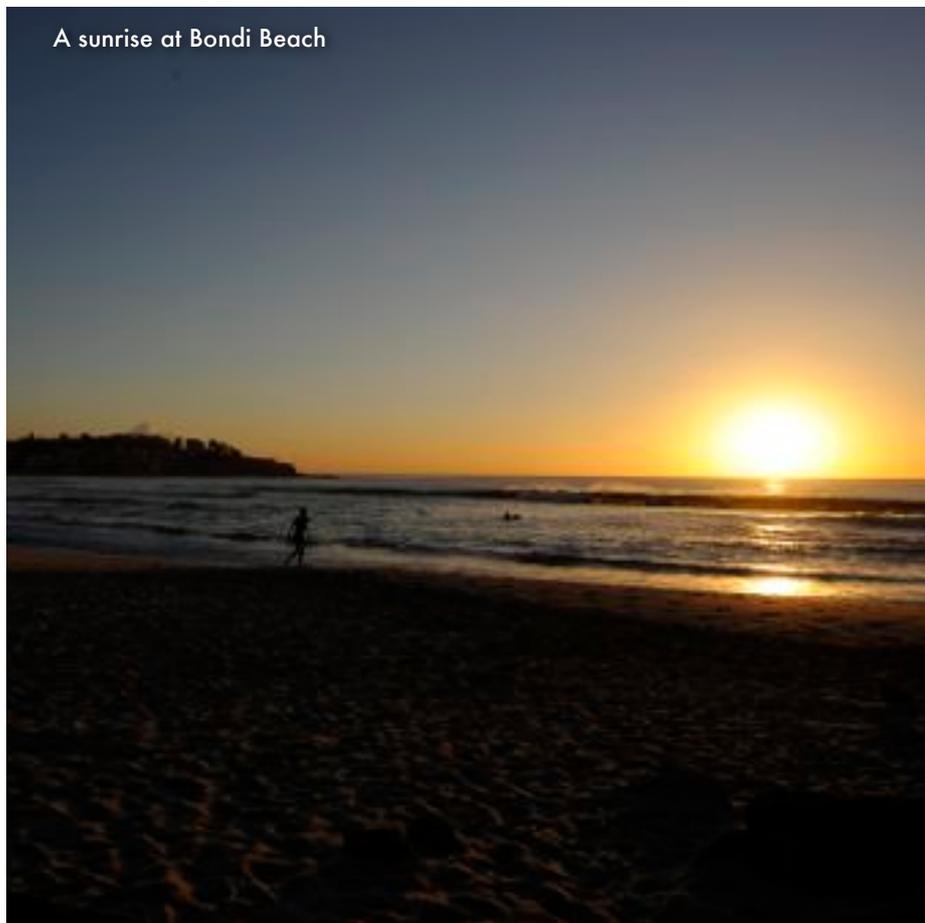


Epping Church Newsletter

NO. 230

1ST
AUGUST
2013

A sunrise at Bondi Beach



WELCOME

Welcome to Epping Church's Newsletter!

I'm back! I had a lovely time away in Japan enjoying my university holidays as much as I could! Thank you Alvin for the newsletter last week, you did an amazing job!

Epping Church has been super busy over the last few months especially with the up and coming CHIP program starting in 2 weeks! Get involved in

this amazing opportunity for our church!

If there is any information or images you would like to share in future editions, please email it to Alvin or Stephanie at the addresses below:

ajing@eppingsda.org.au
stephcye@yahoo.com

This newsletter can also be downloaded on our website:

[http://
www.eppingsda.org.au](http://www.eppingsda.org.au)

This Sabbath at Epping

3rd August

The speaker this week: Pastor Peter Joseit

Elder in charge: Greg Long

Offering: Local Budget

COMMUNION HAS BEEN POSTPONED!

Re:Fresh

Bible Study : Prayer : Testimony : Devotion : Share

Special Guest Speaker, Pr Peter Joseit will share his joys & trials over the years, and how they have resulted in a closer walk with Jesus.

You will find his topics insightful and inspiring. They include:

- “How to study the Bible so it becomes more meaningful to me”
- “How can my prayer life come alive”
- “How to formulate and share my testimony with others”

Don't miss out on this mountaintop weekend experience! Program times are:

Friday, 2 August @ 7:15pm

Saturday, 3 August @ 11:00am

Saturday, 3 August @ 2:00pm



Epping Seventh-day Adventist Church : 2 George Street, Epping NSW

There will be a light pot-luck supper after the program with finger food, soup and buns. Feel free to bring some simple food to share!

Last Sabbath at Epping

27th July

Speaker: Pastor Daniel Przybylko

Thanks to Rod/Elaine for the photos

Thanks Pastor Daniel for an amazing message last Sabbath. For those who missed out, below is a summary of his talk!

SMYRNA: Be Faithful to the End

The letters to the 7 churches had a local application but in a prophetic sense they also represented the successive periods of the Christian church. We understand that the period of this 2nd church (Smyrna) went from around 100AD to 313AD. Smyrna was built around 1000BC then it was destroyed by Lydians 600BC and rebuilt again as a beautiful city around 200BC. The Romans called it, ***“The city that died and yet lives.”*** The time & place of Smyrna was a period & key place where Christians were themselves crushed or martyred for their beliefs. Smyrna the first of the large cities that adopted ‘Emperor Worship’ which became compulsory, so Christians that lived there were always living on the edge of persecution.

Recent studies show that even today, in the 21st century there are on average 165,000 Christians that face death each year because of their faith. Studies have estimated that from the time of Christ until today, over 70 million people have given up their lives because of their faith in Jesus.

Q: In the face of death, what gave these men, women and children the courage to stand?

Q: Do you think YOU would be able to stand if placed in a similar situation today?

8 *“And to the angel of the church in Smyrna write, ‘These things says the First and the Last, who was dead, and came to life:*

One of the reasons that the Christians of Smyrna – and of all ages have HOPE is found in this verse. Jesus who was dead... is now alive. The fact that Jesus was able to turn Death into Life give hope and meaning to the suffering in the world... and those facing death.

9 *“I know your works, tribulation, and poverty (but you are rich); and I know the blasphemy of those who say they are Jews and are not, but are a synagogue of Satan.*

The church in Smyrna was being crushed by Rome and the pagan society they lived in.

Sometimes you might be tempted to think that you have it hard... when your workmates might ridicule you for finishing work early on Friday – to keep the Sabbath... or for not joining in with the crew after work for a few drinks! That might be peer pressure... but it’s not persecution! Well, sometimes we may even lose our job over being faithful to the Lord Jesus rather than the boss... But we’re not at the point of losing our head over it!

Jesus says *“I know your... poverty (but you are rich)”* These are the same riches that are extended to each one of us today. Whatever trial or challenging situation you are going through, whatever difficulties, sorrow, pain, you have in your life, God promises to go through that trial with you.

There is a time coming... *“a time of trouble, such as never was since there was a nation, even to that time...” (Dan 12:1)* What happened to the Christians in Smyrna will happen again.

Illustrations Today:

Persians – in prison for faith... here they have freedom

Great Controversy Project

Adventist Pastor, Antonio Monteiro www.pray4togo.com

10 *Do **not fear** any of those things which you are about to suffer. Indeed, the devil is about to throw some of you into prison, that **you may be tested**, and you will have **tribulation ten days**. Be faithful until death, and **I will give you the crown of life**.*

In **v.10** we have a number of principles that we can learn from to help us through

1. Fear NOT!: We are in the middle of a conflict between good & evil
2. God does allow testing: He has something special for you down the road
3. Tribulation has a time limit (here it is 10 days)... so hang on during crisis
4. God's promise to the faithful is a Crown of life – Eternity - look beyond the present

Illustration: Polycarp (69-155AD) – Bishop of Smyrna

Arrested on a Sabbath day & challenged to burn incense to Caesar or die. Stretching out his hands, he said, *“Eighty Six years have I served Him who has done me no wrong, how could I blaspheme my King who saved me?”* Polycarp, the Bishop of Smyrna was then burnt at the stake...

Jesus promise in the sermon on the Mount **Matt 5:10** *“Blessed are those who are persecuted for righteousness sake... for theirs IS the kingdom of heaven”* That promise stands just as true today.

11 *“He who has an ear, let him hear what the Spirit says to the churches. He who overcomes shall not be hurt by the second death.”*

Q: How are you dealing with suffering and challenges in your life?

Q: What do you do when you feel God is far away and is not intervening?

I have found that for every life situation there is help and healing in the Psalms. The Psalms are real people crying out to God with real problems. A pattern you'll find in quite a number of Psalms is:

1. **Pouring** – this involves pouring your heart out to God.

2. **Petitioning** – move beyond complaining and ask God for help

3. **Praising** – this provides the most healing for our soul.

e.g. **Psalm 13: POURING: How long, O Lord...? PETITIONING: Consider and hear me...**

PRAISING: My heart shall rejoice in Your salvation...

God never abandons us...

Q: Where is God when we are hurting? The same place He was when Jesus was on the cross for our sin. He's in the process of winning the war... not in the same way the devil fights. He fights with love... He's guaranteed to win the fight... but the war is not over yet.

Recently... a good friend of mine died. 5 years ago, I was his best man. He left behind his wife and 2 little children... when cancer got the better of him. I spoke to him a couple of weeks before he passed away... We spoke about the love of Jesus... and he said *“We're continuing to be faithful, trusting Jesus in what may come.”* My good friend now awaits the resurrection.

Psalms 2:12 Blessed are they that put their trust in Him (God)

There is suffering in this life. We all suffer in various ways... but the promise remains, *“He who overcomes shall not be hurt by the second death.”* We have a hope in the living Saviour.

Q: How is it with you today?

Q: If things turned upside down for you, would you remain faithful or would you give in to pressure?

“Be faithful until death, and JESUS will give you the crown of life.”

Q: Do you believe that? That's the promise!

Q: What challenge do you face today? **Q:** What heartache do you carry today? **Q:** What trial are you going through today?

“Be faithful until death, and JESUS will give you the crown of life.”



We were lucky enough to hear from the Manahan Family with a special item! Thank you very much!

Special Prayer Requests

- Please pray for Bob as he continues to battle against his illness.
- Please remember Ken, the boys and their families in your prayers.
- Please remember Jeanette Ashcroft, her sister Lucy and family in your prayers.
- Please remember Graham Worker in your prayers.
- Please remember Dean Ashcroft and his family in your prayers.
- Please pray for Anne Kelly's health. She is Brad's mum and is currently facing a few health challenges.

PERSONAL MINISTRIES

CELL GROUPS

Term 3 Cell groups have started. They are **every Friday evening**. Please check with cell group leaders regarding starting time. If you want to join one please speak to Rod, Ben or Matt.

CHIP

CHIP (Complete Health Improvement Program) will be having a Health Information Session on July 23, July 25 and 28. Our church will be participating in this program so get ready to get healthy! CHIP applicants: All registration fees need to be paid by Thursday August 1 and the CHIP kit orders will be made on August 2.



LIFESTYLE
MEDICINE
INSTITUTE

- ✓ Reduce risk of heart disease
- ✓ Normalize blood pressure
- ✓ Lower cholesterol
- ✓ Lower triglycerides
- ✓ Stabilize fasting blood sugar
- ✓ Reduce BMI
- ✓ Improve sleep, resilience and depression

PROVEN RESULTS *Priceless benefits*

ENROLL TODAY!



LIFESTYLE
MEDICINE
INSTITUTE

PROVEN RESULTS

Priceless benefits

Prevent, arrest and even reverse many health conditions with the education, motivation, support and friendship found in a CHIP program.

Epping CHIP Program

Attend any one of our Free Information Sessions to learn more about CHIP, register for the program and schedule a comprehensive Health Screen:

1. Tuesday July 23, 7:15pm-8:30pm
2. Thursday July 25, 7:15pm-8:30pm
3. Sunday July 28, 2:15pm-3:30pm

SDA Fellowship Hall: 2 George Street, EPPING NSW 2121

Pre-register Now! **0433 732 039 / 0418 525 437**

chip@eppingsda.org.au

www.chiphealth.com

The program starts on August 17th and goes for a month, till September 17.

Prevent, arrest and even reverse chronic disease
COMPLETE HEALTH IMPROVEMENT PROGRAM



REGISTER NOW



Complete Health Improvement Program

EPPING

FREE Information Sessions and Registration

To learn more about CHIP, registration, and to schedule a comprehensive HealthScreen, attend any one of our FREE information sessions below:

1. Tuesday July 23, 7:15pm-8:30pm
2. Thursday July 25, 7:15pm-8:30pm
3. Sunday July 28, 2:15pm-3:30pm

HealthScreen:

Thursday August 15, 8am-10am by appointment.

General Class Schedule and Topics:

Tuesdays & Thursdays 7:15pm-9:00pm
Sundays 2:15pm-4:00pm

The Epping CHIP series begins

Saturday August 17, 2013 at 2:15pm

Directors: Daniel & Geraldine Przybylko

Phone: 0433 732 039 / 0418 525 437

Email: chip@eppingsda.org.au

Website: www.eppingsda.org.au

Location: 2 George Street, Epping 2121

REGISTER TODAY

**Limited Seats
DON'T MISS OUT!**



Proven Results and Priceless Benefits of CHIP®

The Complete Health Improvement Program (CHIP) is a scientifically proven lifestyle education program that can help prevent, arrest and even reverse common risk factors for lifestyle diseases such as obesity, type II diabetes, cardiovascular disease and high blood pressure.

CHIP provides the information and motivation and group support over a three month period to help participants make positive lifestyle changes and empowers them to play a key role in their own health and wellbeing. Numerous peer-reviewed scientific journals attest to the positive health benefits that can be experienced by CHIP participants within as little as 30 days. Join over 55,000 previous CHIP participants who have experienced the Optimal Lifestyle™.

CHIP® offers:

- › A licensed and certified facilitator to deliver or manage the program
- › Access to a pre and post program blood tests and report card utilizing your own health care provider
- › Access to the CHIP program content
- › Cooking and food assembly demonstrations
- › Dynamic group discussions
- › Access to easy to follow basic fitness instruction
- › A CHIP 'toolkit' containing a workbook, reference text, cookbook, water bottle and pedometer

YOUTH

FRIDAY NIGHT MEETING

Youth is going to be held **9th August 7:30pm**. Location to be confirmed. Will be added in next week's newsletter. For more information, contact Matt! Can't wait to see you all there!

BLOOD DONATIONS

For those who are interested, we will be donating blood with the Red Cross on the **21st September at 1:15pm**, which has been booked. Talk to Matthew Ing for more details!

YOUTH BREAKFAST

Youth will be hosting another **FREE** breakfast for church members on the 31st August. Breakfast will be served from 9:15 - 9:45 am. More details will be shown soon!

PATHFINDERS

MEETING THIS WEEK

Due to the very important happenings this weekend, Pathfinder meeting will be very short: 1:15 to 2 pm. Please attend all of Pastor Joseit's Re:Fresh series.

Friday 2 Aug @ 7:15 pm
Sat 3 Aug @ 11:00 am
Sat 3 Aug @ 2:00 pm

Those who are having Bible Studies with me, I'm making this a requirement that you attend all three of the meetings and write a summary of what you learned and how it's going to change your life. That's basically what our next topic is going to be about. Please email or ring me if you have any issues getting to the 3 meetings.

Enclosed below are the Memory Gems for this year, and the meeting will consist of you taking the Memory Gem test and reciting 10 of them accurately from memory with references. Memorise them before you come. Print or write this out if you need to.

1 Peter 5:8 *Be self controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.*

1 Cor 10:31 *So whether you eat or drink or whatever you do, do it all for the glory of God.*

Prov 4:23 *Above all else, guard your heart, for it is the wellspring of life.*

1 Cor 10:13 *No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it.*

Matt 6:31,33 *So do not worry, saying "What shall we eat?" or "What shall we drink?" or "What shall we wear?" ... But seek ye first His kingdom and His righteousness, and all these things shall be give to you as well.*

Matt 7:7 *Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.*

1 John 1:9 *If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

Ps 103:13 As far as the east is from the west, so far has He removed our transgressions from us.

Eph 2:8 For it is by grace you've been saved, through faith - and this is not from yourselves, it is the gift of God.

Jam 1:5 If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault; and it will be given him.

1 John 4:7, 8 Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love.

Rom 5:8 But God demonstrates His own love for us in this, while we were still sinners, Christ died for us.

EXPEDITION FORM IS NOW ONLINE

This year's Expedition is at Marramarra from 20 - 22 September, first week of the school holidays.

This year's expedition application is on line. Please click on the link and fill in all the details.

1. <http://www.sydneyadventistyouth.com/>
2. Then select Pathfinders > Expedition 2013
3. Select the Early Bird option (valid until 26 Aug) after which it becomes \$50.
4. DO NOT fill in the Church information section
5. Make sure you READ the list of Medical Conditions and answer appropriately. It is your responsibility to do this accurately. They need a full date of your last tetanus shot. You probably can't remember unless you wrote it down, just get close.
6. Don't forget to tick the Terms and Conditions Box.

Please pay by credit card if you can. If your payment doesn't go through, you will not be registered. This is true whether you pay now or get an invoice sent to you. Only paid applications are registered.

Don't forget to print your receipt or save it electronically (you will get one sent to your email).

Email Henry a copy of your receipt/s so I know you have registered or at least email me after you have completed it. Any questions, please email Henry and do this ASAP.

Options for the Expedition: These are the options for this year's Expedition. I suggest the Advanced Pathfinders do #4 and the Beginners do #1. That way everyone will improve their navigation skills. Let me know what you think. Each group will need an adult to go with them and we may have only two groups.

1. Rogaining: Each group chooses their own adventure including how high a score they can achieve
2. History Trail: A limited number of groups can choose to complete the historical walking trail. This will visit sites of historical significance to Aboriginals and early settlers
3. Nature Trail: A limited number of groups will walk through some great flower displays and other great natural wonders
4. Geocaching: This is limited to advanced groups. These groups will follow the GPS on a challenging treasure hunt to find each of the hidden caches

EPPING MISSION PROJECT

Thank you to all who supported the Epping Mission Project. We have exceeded our goal of \$30,000 and have raised **\$30,935** for ICC-Sri Lanka. We have been able to support the Brick Making Project and the Sewing project. The latest donations will help purchase a generator for the ICC Village as their power supply is not reliable. Thank you to all our generous donors for their support of this worthy cause.

As you know, some of our church members will be travelling to Sri Lanka on a medical and spiritual mission in early January. We would like to give our Epping Church family the opportunity to make a small donation towards gifts for the children of the ICC orphanage. If you are interested in doing this, please see Belle Tung. The money will be used to buy gifts for the children (crayons, colouring pencils, books etc).

Here are some photos of the orphanage:



Happy 8th Birthday Nic!

Nic celebrated his 8th birthday with the church family last Saturday! Some photos are below. Thanks Ben for the photos!



JOB VACANCIES- South Pacific Conference

Here's a list of the current vacancies with employers in the South Pacific (new roles in red)

[Marketing and Administration Coordinator](#) | Adventist Media Network, Wahroonga | Exp 26 Jul
[Accounts Clerk/Cashier](#) | SDA Church (Vic. Conference) Ltd., Nunawading, VIC | Exp 26 Jul
[Marketing Manager](#) | Adventist HealthCare Limited, Wahroonga | Exp 26 Jul
[Administration Coordinator](#) | Sydney Adventist Hospital Foundation, Wahroonga | Exp 01 Aug
[Team Leader - Spreads](#) | Sanitarium, Berkeley Vale, NSW | Exp 02 Aug
[Nursing Unit Manager Level 2 - Endoscopy - Day Surgery](#) | San, Wahroonga | Exp 06 Aug
[Adventist Book Centre Support Role](#) | Greater Sydney Conference, Epping, NSW | Exp 14 Aug
[Media Response Assistant](#) | Adventist Media Network, Wahroonga NSW | Exp 19 Aug
[Audit Manager - General Conference Auditing Service](#) | SPD, Wahroonga | Exp 25 Aug
[Chief Executive Officer](#) | Seventh-day Adventist Schools (NNSW) Ltd, Newcastle | Exp 30 Aug

RUMOUR MILL

There is a rumour going around that there might be an awesome Epping church camp next year! I wonder if it's true....

PHOTOS OF THE WEEK



Staying young and enjoying the Sabbath!

THOUGHT OF THE WEEK

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.
-John 10:10