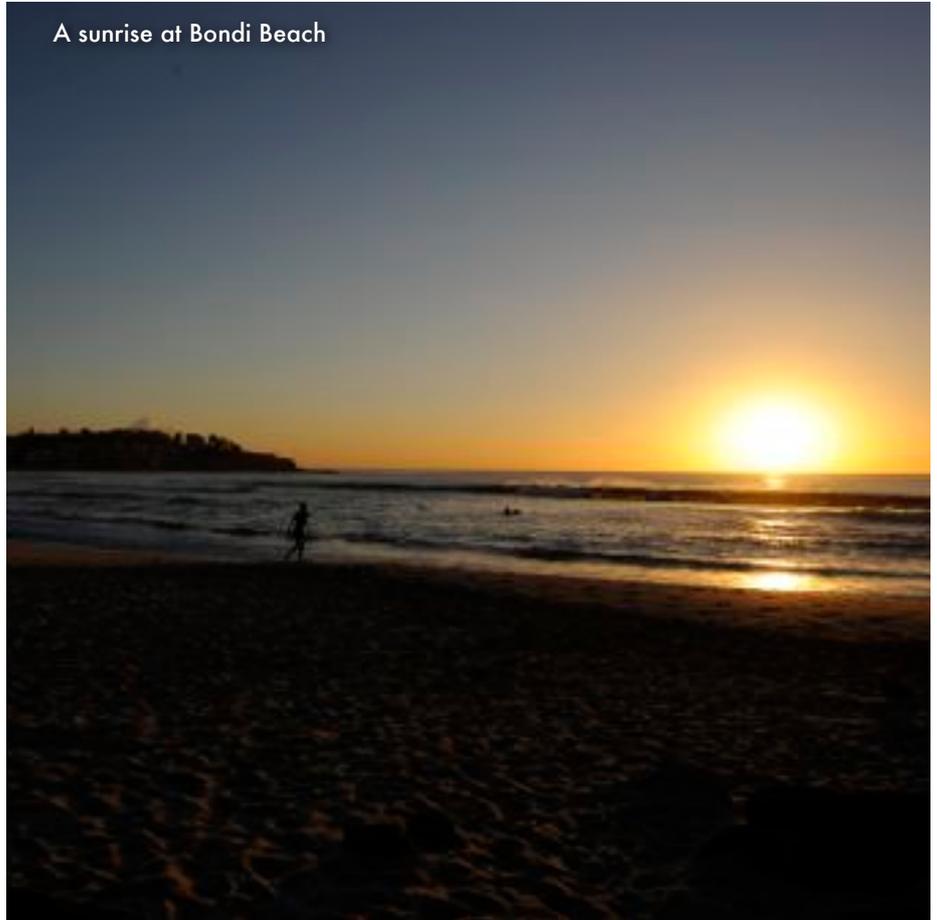


Epping Church Newsletter

NO. 231

8TH
AUGUST
2013

A sunrise at Bondi Beach



WELCOME

Welcome to Epping Church's Newsletter!

The CHIP (Complete Health Improvement Program) starts NEXT WEEK! 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.
stephcyee@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

10th August

The speaker this week: Dr Ross Grant

Elder in charge: Eva Ing

Offering: Media Evangelism

Last Sabbath at Epping

3rd August

“God calls to Calvary”

Speaker: Pastor Peter Joseit

Last week we were lucky enough to have Pastor Peter Joseit preach to us as part of Re:Fresh. It was such an inspiring talk and if you missed it, below is a summary:

John 5:39- You study the scriptures diligently because you think that in them you have eternal life. These are the very scriptures that testify about me.

1 Cor: 2:2- For I determined not to know anything among you except Jesus Christ and him crucified

"Kneeling in faith at the cross, we have reached the highest place to which man can attain" - AA pg. 209

Knowing him, Jesus prays and says John 17:3. When you know Christ with the bible you have eternal life

2 Peter 1:16-21 - Bible says... where do you measure your faith from?

Battle cry of the Reformation: Martin Luther (prove it to me through scripture). (Sola Scriptura= Scripture alone) --> John 5:39 - searching scriptures is not enough.



How to study the Bible :

- Use of maps and in text citations (explanations) e.g. study of paul's journey
- Table of weights and measures
- Concordance (help find context)
- Margin references (similarity of texts)
- John 3:3- "The new birth"
- Reading scripture in order to know God, not just the bible (John 17:3)
- Group bible study (memory of bible texts)

1. **Pray** ("Open my eyes that I may see wonderful things in your law"- Ps 119:18)

2. Read

1. What is actually written there?
2. Context
3. Different translations
4. Repeat in your own words
5. Parallel passages; marginal references

1. Think

1. What does it say about, God, Jesus Christ, The holy spirit?
2. What does it say about people mentioned in the story?
3. What does it say about myself?
4. Where am I stuck, bound, in trouble?
5. Where do I have to change direction?
6. What will I have to do about the issue?
 1. Towards God (my spouse, family, friends, community and church?)

2. Thank

1. What can I praise and thank God for?
2. What will be my requests after God has now spoken to me?

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 starting **NEXT Thursday** (15th August). This will be the Health Screening #1 @ Epping Church Hall. Times will be allocated between 6am-10am, so make sure you know what time you are! Breakfast will be provided!

Thursday 15th August- Screening 1

Saturday 17th August 2:15-4:00pm- The rise and Rise of Chronic Disease

Sunday 18th August 2:15-4:00pm- Lifestyle is the Best Medicine

Monday 20th August 7:15-8:45pm- The Common Denominator of Chronic Disease

Thursday 22nd August 7:15-8:45pm- The Optimal Lifestyle



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



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 is at Jon Ap's place. His address is: Unit 20, 15 Busaco Rd, Marsfield 2122. For more information, contact Matt! We will be continuing with #2 from the 'Beyond' Series. 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

EXPEDITION

Just reminding all of you who haven't yet registered for the Expedition to please do so at this link:

http://www.sydneyadventistyouth.com/?page_id=3658

You don't need to select your group just yet, we will organise that later. Make sure you select the club as Epping and if you aren't too sure of the exact date of your last tetanus, but know the year, that might be good enough. You will need your Medicare number.

This year's Expedition is a very short backpack and lots of fun to choose. I'm suggesting that we will focus on either the geocaching or the rogaining activities. Either way, we will be doing a couple of activities this month to prepare for them. Watch for the emails!!

All of you who have registered, thanks for being so prompt.

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:



MESSAGE FROM ANNALI...

I'd just like to thank my church family for the amazing generosity, support and prayers over the last couple of months while I was in Nepal. Your gifts of money and teaching supplies were greatly appreciated and went a long way to making the education experience for those kids in Nepal more memorable and fun! I had an awesome time and I know I was kept safe because of people's prayers back home, and for that I thank you also. I am so grateful to God that He has blessed me with such an amazingly supportive church family as you all and want to thank you all for being the individuals you are! Thank you so much!

"And the King will say, 'I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!'" Matt 25:40 NLT





Happy 21st Birthday Shannon!

A big 2-1 to Shannon Ing who recently turned 21! Hope you had a fantastic time celebrating with family and friends. You are no longer considered a "kid!"



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

FEDERAL GOVERNMENT ELECTIONS

As usual, the coming Federal elections take place on the Sabbath. I am sure you are all familiar with the challenge that government elections bring those who wish to keep the sanctity of the Sabbath.

This is a short note to ask that you might, through your Conference newsletter or other means, provide your membership a little guidance as to how they can uphold the sanctity of the Sabbath while still being an involved citizen of Australia by making their vote count – a vote that is grounded in Christian beliefs and values. Those new to the Church and even our young people voting for the first time may not understand what is available to them.

The Australian Electoral Commission (AEC) has a statement on their website that summarises the options for our membership and others not available on 14 September. Pre-polling venues and dates will be published after 24 August. The AEC's website is: <http://www.aec.gov.au/election>

What do I do if I can't vote on election day, 14 September 2013?

Early voting is available for electors who are unable to vote on election day. This includes electors who for religious reasons are unable to vote on Saturday 14 September 2013. The dates for early voting are to be confirmed but commence soon after the declaration of nominations for candidates standing in the election during the election period.

Postal and pre-poll voting:

§ Electors who for various reasons cannot attend a polling place anywhere in the State or Territory for which they are enrolled on polling day can apply for a 'postal vote'. The AEC will then send them their ballot papers which must be posted back **before** polling day.

§ Alternatively a 'pre-poll vote' can be cast in person at a pre-poll voting centre or divisional office in the lead up to polling day as soon as early voting becomes available. Early voting dates will be publicised. Mobile polling is also carried out on or before polling day. Mobile polling teams visit electors in selected hospital and nursing homes, and in remote areas.

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



Taken by: Rod Kuo

THOUGHT OF THE WEEK

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!
- 2 Cor 5:17