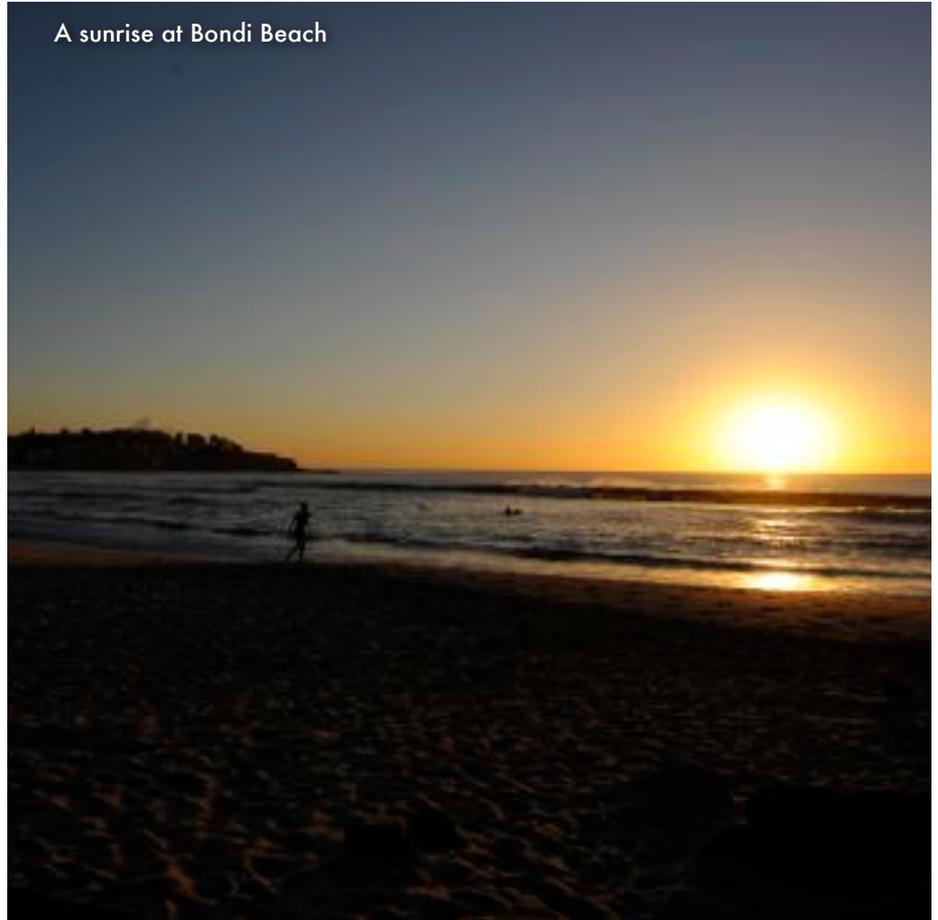


Epping Church Newsletter

NO. 236

12TH
SEPTEMBER
2013

A sunrise at Bondi Beach



WELCOME

Welcome to Epping Church's Newsletter!

The CHIP (Complete Health Improvement Program) has started and so far everyone looks like they are enjoying the healthy eating! There have been many amazing photos of people's meals every single day! Congratulations to all those doing CHIP and keep strong and motivated! You can do it!

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

14th September

The speaker this week: Testimony Day

Elder in charge: Arthur

Offering: Annual Sacrifice

7th September

For those who missed out, last Sabbath was Week of Prayer. We were lucky to have Eva and Daniel lead out our service. Below is a summary:

Our present Duty

Acts 1:3-7

- Human nature. Want to have certainty. When are things going to happen?
- Live by our diaries and plan, when things are going to happen
- This is not what Jesus wanted from his disciples at the time. The disciples will be baptized with the holy spirit "It is not for you to know the times or dates ..."

Yield and Witness

1. Yield to the holy spirit, to do present duties  give the bread of life with human opinions to souls who are perishing for the truth
2. Satan is ever ready to distract us from this mission
3. Jesus' ministry was not to inform us of the time of his second coming but to save us

Not to worry about the future, but focus on our present duties.

Pray for Change of Heart

- Continual danger of complicating the gospel
- Gospel is as simple as John 3:16
- What we need is a change of heart, that can only be obtained by seeking God
- Focus not on the when, but on the who

And they Followed him... (Daniel)

What steps are we taking heavenward? - Watch, wait, pray and work

A call to witness, through the holy spirit

- Go forward in our work of warning the world
- We are to be witnesses of Christ to the uttermost parts of the world
- All around us, are the young, the impenitent, the unconverted, and what are we doing for them?

Our present duty

- Third angel's message is swelling into a loud cry
- Today you are to give yourselves to God, that he may make you vessels unto honor and fit you for his service.
- Give yourself to God, that you may be emptied of self, emptied of envy, jealousy, evil-surmising, strife, everything that shall be dishonoring to God
- Our work today to yield our souls to Christ, that we may be fitted from the time of refreshing from the presence of the Lord- fitted for the baptism of the Holy Spirit

What steps are we taking heavenward?

We are in continual danger of getting above the simplicity of the gospel. *Questions for Reflection and Sharing:*

1. Why is it so counterproductive to focus upon the exact time of Jesus' coming when Jesus calls us to be prepared?
2. What drove the immense mission progress of the early church, and how would this be applicable for us- 2000 years later?
3. Read the parable of the 10 virgins in Matthew 25:1-13. What principles of active waiting can we discover in this important story?
4. How can we become active witnesses and reach a world that seems to be less and less interested in the gospel? *We don't have to change the world overnight. It's one at a time. We need to be lights and shine and do our part.*

Prayer is the breath of the soul. We need to be a praying church otherwise we are just a social church.



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) has a few more sessions to go, for those who are involved. Every session so far has been very interesting and have learnt something fascinating everytime! The upcoming sessions and their topics are below:

Health Check 2: **Thursday 12th September 6:00- 10:00am-** AT EPPING CHURCH HALL. BREAKFAST PROVIDED

Session 12: **Sunday 15th September 2:15-4:00pm-** 'Understanding your results and taking action'

GRADUATION: **Tuesday 17th September 6:30-9:00pm-** COMMENCEMENT CEREMONY

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

SHARE- 14TH SEPTEMBER (This Sabbath Afternoon)

SHARE

A TIME FOR CELEBRATION

14 SEPTEMBER @ 3PM MVAC HALL

WORKSHOPS:

- CONTAGIOUS CHRISTIAN
- RECONNECTING MINISTRY
- INTEGRATION
- CHILDRENS EVANGELISM

FOR MORE INFORMATION CONTACT US: 9868 6522



PEPPING WEEK OF PRAYER PROGRAM, August 31-September 7, 2013

THEME: "AND THEY FOLLOWED HIM"

DATE	TITLE	LOCATION	TIME
Sabbath, August 31	Living With Heaven In Our Hearts	Family Home	5pm-6pm (closing Sabbath)
Sunday, September 1	Things Deeply Hidden – Yet Seen	Individual	between 6am-9am
Monday, September 2	The Cruciform Mind	Family Home	8pm-9pm
Tuesday, September 3	What Am I Thinking?	Individual	between 5:30am-8:30am
Wednesday, September 4	Integer Or Fraction?	Church	7:30pm-8:30pm
Thursday, September 5	What Will It Take?	Family Home	8pm-9pm
Friday, September 6	Leave The Light On	Cell Group / Church	7:30-8:30pm
Sabbath, September 7	Our Present Duty	Church	11:30am-12:30pm (divine service)

Following Jesus is what being a Christian is all about. Many times we read in the Gospels, "And they followed Him." May our Week of Prayer be a time of devotion, reflection, conversation and prayer. May we commit our lives to following our Master and Lord wherever He leads. Pr D

Week of Prayer gives the church an opportunity to gather the Family Home together for a special time of study, conversation & prayer. Often our homes lack the essential component of a regular 'family worship'. It is a blessing to have Family Worship with the entire household.

Individual study, reflection & prayer are also essential for us individually connecting with the Lord. Our one on one time with God is vital for our Christian growth. Make time on Sunday and Tuesday mornings for Individual Prayer.

The annual Week of Prayer that our church encourages gives us all an opportunity to pray together corporately as a Church and give thanks for His mercy and blessings. We can pray for Unity, Direction, and Corporate Obedience to God's Word and Jesus' Great Commission. Be blessed by joining in together on Wednesday & Friday evenings and on Sabbath morning, 7th September. For those that attend Cell Groups on Friday nights, please conduct the WOP program at Cell Group.

ADULT and CHILDREN'S Readings are in the RECORD Magazine, August 31, 2013

YOUTH

FRIDAY NIGHT MEETING

Youth will be held on the Friday Night 20th September 7:30pm at The Yee's house. We will be continuing with the beyond series! For more details, contact Matt Ing. A facebook event will be made soon!

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 CAMP

There has been an annual Youth Camp that has been planned for February 7th - 9th. The back up date will be Feb 14th - 16th. The location will be Bonnie Vale camping ground in Bundeena National Park, just south of Cronulla. For more information, talk to Jon Ap.

PATHFINDERS

Thanks to each of you who came on the camp last weekend, you all performed great.

We accomplished a couple of important things:

Firstly, I think all of you got right into the business of camping. You knew what you had to do and when to do it. Some of you need to improve your meal selection to keep up your energy levels. This will also help you work as a team better.

Secondly, we were able to understand our GPS a bit better and how to utilise it. There are still things that need to be done but we are one step closer.

As a reminder, we are going to have a **Pathfinder meeting this week** to really look over your workbooks to determine what is left for each of you to finish for Investiture. Then it will be up to you to be ready for the Investiture check. A big definite is your memory gems where the DD will be asking each of you to recite and explain the memory gems. We can help you with the meaning, but not the memorising. Do this perfectly or you will be excluded from getting invested. You may still get some honours. If you have outstanding items at the Investiture check, you will have to show me everything one week before the Investiture.

We haven't worked out a date for the Investiture check yet, but the Investiture is set for 26 October. There are no other dates available as we need to get on with other programs.

We have been asked to help with the ADRA Appeal in the afternoon of 26th October. Please be prepared to help out.

Memory Gems:

- [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.

JOB VACANCIES

WA

[Sales Representative](#) | Sanitarium, Perth, WA | Exp 11 Oct

SA

[Sales Representative](#) | Sanitarium, Adelaide, SA | Exp 20 Sept

NZ

[Customer Services Administrator](#) | Sanitarium, Auckland, NZ | Exp 12 Sept

[Church Youth Leader](#) | South New Zealand Conference, Bishopdale, Christchurch | Exp 21 Oct

NZ + NSW

[2 x IT Internships \(IT & Marketing\)](#) | Wahroonga, NSW & Auckland, NZ | Exp 20 Sept

QLD

[Executive Care Manager](#) | Adventist Aged Care South Queensland, Brisbane | Exp 01 Oct

[CAFE co-ordinator](#) | Adventist Aged Care South Queensland, Victoria Point | Exp 01 Oct

NSW

[Public Relations/Editorial Assistant](#) | Adventist Media Network, Wahroonga | Exp 05 Sept

[Chief Executive Officer](#) | Seventh-day Adventist Schools (NNSW) Ltd, Newcastle | Exp 13 Sept

[Occupational Therapist](#) | Adventist HealthCare Limited, Wahroonga | Exp 14 Sept

[Departmental Assistant - Children's Ministries](#) | South Pacific Division, Wahroonga | Exp 15 Sept

[Front end web designer](#) | Adventist Media Network, Wahroonga, NSW | Exp 16 Sept

[Teacher: English](#) | Avondale School, Cooranbong | Exp 20 Sept

[Chemistry/Science Teacher](#) | Macquarie College, Wallsend | Exp 20 Sept

[Teachers: Lower Primary & Upper Primary](#) | Port Macquarie | Exp 20 Sept

[Teacher: Secondary Mathematics](#) | Blue Hills College, Lismore | Exp 20 Sept

[Teacher: Chemistry/Science](#) | CCAS, Erina | Exp 20 Sept

[Teachers: Primary & Secondary \(multiple roles\)](#) | Kempsey Adventist School | Exp 20 Sept

[Business Systems Analyst](#) | Sanitarium, Berkeley Vale | Exp 25 Sept

[Library Technician \(Acquisitions\)](#) | Avondale College, Lake Macquarie Campus | Exp 27 Sept

[General Services Assistant \(Warehouse\)](#) | South Pacific Division, Wahroonga, NSW | Exp 30 Sept

[Assistant Manager](#) | Adventist Alpine Village, Jindabyne | Exp 31 Oct

EPHING MISSION PROJECT

Thank you to all who supported the Epping Mission Project. We have exceeded our goal of \$30,000 and have recently had an anonymous donation of \$2000 towards our ICC Mission Project. This raises our total to **\$32,935** 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 updated photos of the orphanage:



Message from Nerelle and Colleen

We would like to thank our dear 'Church Family' for their kindness and support, at the passing of our loving Husband and adored Dad – Bob McIntyre.

Bob was encouraged and blessed by your prayers during his 5 year cancer battle, as were we.

Our sadness will pass as we dwell on the promises, that all tears shall be wiped from our eyes and that we will be united in God's Holy City.

Thank you so much,
Nerelle & Colleen

Special Prayer Requests

- Please pray for those sitting the HSC this year and guide them with their studies.
- Please pray for Bob McIntyre's family as they struggle through this hard time
- Please remember Dean Ashcroft and his family in your prayers
- Please remember Jeanette Ashcroft, her sister Lucy and family in your prayers
- Please pray for the CHIP program and it's success. May the participants discover a new and healthier life

PHOTO OF THE WEEK



Lion Pride, Serengeti
Michael Nichols

THOUGHT OF THE WEEK

Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.

- 2 Pet 1:4