

WELCOME TO

EPPING

SDA CHURCH

THIS SABBATH

ELDER	Arthur
SPEAKER	Pr. Kenneth
OFFERING	Food Ministry

CHURCH SERVICE LINKS

LIVE STREAM CHURCH SERVICE	> https://www.eppingsda.org.au/
	> https://www.facebook.com/eppingsda

COMING UP EVENTS

18th August	BrickKidz
31st August	Fathers day Picnic after church (details below)
7th Sep	Baptism @ Epping Church
22nd Sep	Recipe Club @ Epping 1.30pm

LAST SABBATH

Epping Church Service - 17th August, 2024



Prayer Requests

Please pray for Aunty Helen who's experiencing serious health challenges & for her family we are supporting her

Please pray for Connor who recently had surgery & for his parents
Tori & Jacob



FATHER'S DAY

Church Picnic

SAT 31 | AUG | 1 PM



HI EPPING CHURCH!
FATHER'S DAY IS JUST AROUND THE CORNER!
THE SOCIAL COMMITTEE HAVE A FATHER'S DAY CHURCH PICNIC
PLANNED FOR
SATURDAY 31ST AUGUST 2024 @ 1PM
IT'S ONLY A 15 TO 20 MINUTE DRIVE FROM CHURCH. *DEPART FROM CHURCH 12:30PM*

VENUE: PARK IN RYDALMERE, NEXT TO RYDALMERE WHARF

ADDRESS: JOHN STREET RYDALMERE (BETWEEN MILTON & ANTOINE STREETS)

[HTTPS://MAPS.APP.GOO.GL/KYYIGVJ3ON4DHJYW6](https://maps.app.goo.gl/KYYIGVJ3ON4DHJYW6)

CAR PARKS:

- 1) OPPOSITE 25 JOHNS STREET
 - 2) COMMUTER CAR PARK OPPOSITE 54 JOHNS STREET.
 - 3) PARKING ALONG JOHNS STREET IS ALSO AVAILABLE.
- WE WILL TRY TO SECURE ONE OF THE PICNIC HUTS THAT INCLUDES 2 TABLES.

WHAT TO BRING:

- BYO FOOD AND WATER
- GAZEBO TO SHARE.
- YOUR PICNIC BLANKET, CHAIRS, TABLE.
- SUNSCREEN & HAT

AMENITIES:

TOILETS ARE AVAILABLE

ACTIVITIES:

BRING YOUR BIKES, SCOOTERS, ROLLER BLADES.
FOR THE WALKING / JOGGING ENTHUSIASTS, A WALKING/ JOGGING PATH ALONG THE RIVER IS HIGHLY RECOMMENDED.

FOR FURTHER DETAILS CONTACT:

VANESSA - 0409 746 606 OR BENITA - 0407 086 331
SEE YOU THERE!
THE EPPING SOCIAL COMMITTEE



SAVE THE DATE!



GINGERBREAD HOUSE DECORATING EVENT 2024

**Epping SDA Church,
2 George Street, EPPING**

Sunday, December 1 @ 3:00pm **or
Sunday, December 8 @ 3.00pm**

For all enquiries please contact:

Benita Muller – 0407 086 331

email: benitamuller@hotmail.com



Vegetarian Cooking Demonstration Week 3

Hi Epping Church,

What a wonderful finale to our Vegetarian Cooking Demonstration for 2024. With such a memorable theme “International Vegetarian Cuisine- Globe Trotting”, We were guided around the world exploring so many different flavours.

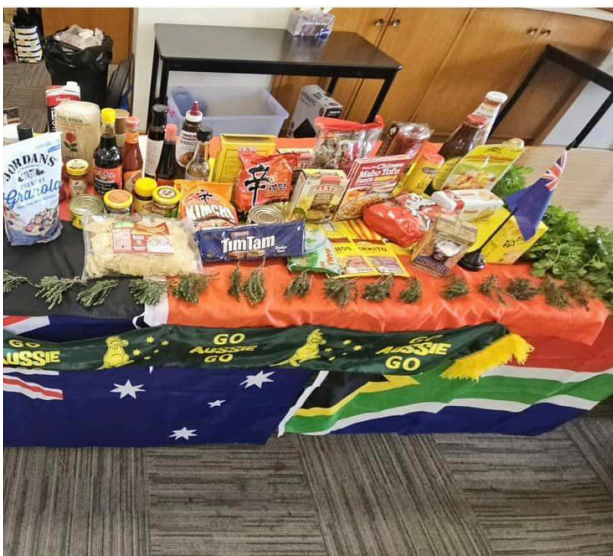
Thank you to our chefs Renee & Rahul and Cyrus & Mande for providing such entertaining and delicious demonstrations.

Thank you also to Ashleigh for sharing her knowledge and experience on eye health and to Henry for his informative session on Bees & Honey- a huge sigh of relief as no bees escaped!

We are blessed with the help from the church members, Pathfinders & PM team- from the vibrant food pantry & fresh herb displays to assistance in the kitchen and also serving the food samples over the past 3 weeks.

Enjoy the recipes! Happy cooking!

The PM Team



NOTICE BOARD



Vegetarian Cooking Demonstration Week 2

Hi Epping Church,

What an awesome afternoon with week 2 of our Vegetarian Cooking Demonstration.

Thank you to the chefs Jun-Li and Arthur for providing such delicious, quick and easy meals -Silky egg white noodles from Malaysia and then from Singapore -fried carrot/white radish cake.

Thank you also to Andrew for his informative session on heart health

We appreciated the help from the church members, and PM team for the vibrant food and pantry display, serving the food and assistance in the kitchen behind the scenes.

Let's all support our final chefs Renee & Rahul and Cyrus & Mande this coming week as they take us on another journey exploring more international flavours.

We continue to pray for success from our outreach program.

The PM Team



NOTICE BOARD



Vegetarian Cooking Demonstrations - Week 1

It was great to see everyone on Saturday afternoon (3/8/24) for week 1 of our Vegetarian Cooking Demonstrations.

Thank you to the chefs Rosie & Marlyn and Aileen with assistant Benita for providing such an entertaining, professional and delicious demonstration from their homeland - Pakistan and the Philippines.

A big thank you to all the church members, Pathfinders and PM team who helped with serving the food and setting up.

Let's also support our next chefs Jun Li and Arthur this coming week as they take us on another flavoursome journey as we explore flavours from Malaysia and Singapore.

We continue to pray for success from our outreach program.

The PM Team



NOTICE BOARD



ONE WHO UNDERSTANDS

We all know that life has its ups and downs. Which means that at different times, we need God to be different things for us. Sometimes we need a teacher, others an encourager. There are times we need to be lovingly chastised, and times we need comfort and compassion. And isn't it wonderful to know that whatever we need, God says "I Am" that for you.

Now and then in life's journey, even when surrounded by people, we feel alone. Alone facing the relentless lashes of Satan's whip. How wonderful then that "Jesus assures His disciples of God's sympathy, that not a sigh is breathed, not a pain felt, not a grief pierces the soul, but the throb vibrates to the Father's heart" HL 238. We don't even need to say a word – He knows.

How wonderful it is to serve a loving personal God! Nothing like the angry, distant, and selfish gods Satan would have us bow down to. We serve a God who knows... and cares.

A poor man went to church each morning, knelt, and looked up to God... but did not pray. When asked about it, he simply said, "No, I do not pray. I just look at God and He looks at me." May we all know that deep connection with God where two hearts connect – no words necessary.

"Jesus understands every weakness of ours, because He was tempted in every way that we are. But He did not sin! So whenever we are in need, we should come bravely before the throne of our merciful God. There we will be treated with undeserved grace, and we will find help." Hebrews 4:15-16.