



WELCOME TO
Epping Church
 WKLY NEWSLETTERS

8/8/19

If you have anything to share with the church, please don't hesitate to contact us on the below emails.
Mande :mande.lees@gmail.com ; **Stephanie**: stephcyee@yahoo.com ; **Alvin**: ajing@eppingsda.org.au

FREE Vegetarian Cooking Demonstrations

New Recipes Each Day! 3rd, 10th, 17th August 2019
 New to vegetarian cooking? Want to learn some healthy new recipes? Did you enjoy our 2009–2018 demonstrations?
 Join us for our 11th Series of Multicultural Vegetarian Cooking demonstrations.



Location Epping SDA Church Hall, 2 George Street, Epping.
Time All cooking demonstrations start at 2:30pm and are in English.
Bookings and Enquiries Contact Elaine on 0409 224 824 or visit our website at <http://www.eppingsda.org.au> to register online.
 Photos are not indicative of any food featured in any particular demonstration. Dishes may change at the demonstrator's discretion.



EVENTS

| | |
|-----------------|-----------------------------------|
| August 10&17 | Vegetarian Cooking Demonstrations |
| August 31 | Father's Day Breakfast |
| September 27-29 | Pathfinder Expedition |

PRAYER REQUEST

- Please pray for all our Epping Church Bible Study Groups
- Please pray for all the members of our local and global church
- Please pray for Blacktown ADRA in providing service to the needy, particularly with limited resources
- Pray for my Macquarie Uni Adventist club that we continue to grow and gain influence at Macquarie Uni
- Pray for future campus ministry groups across Sydney
- Pray for the establishment of an official Adventist Group at Sydney University

*THIS SABBATH
@EPPING*

Elder: Vanessa

Speaker: Pr. Nigel

Offering: SPD Strategy

8/8/19

Last Sabbath

Pr John Kosmeir was our speaker and his sermon was titled "Bible Highlights". He looked at the different Mountains that were mentioned in the Bible and spoke about their importance.

Some of these included Mount Ararat, Moriah, Nebo, Carmel, Calvary, Olivet, Mount of the Beatitudes, Mount of Transfiguration and Megiddo.



**ELIA Wellness Lifestyle Medicine Summit,
at the Pioneer Theatre,
Castle Hill from 23-25 August 2019.**



ELIA WELLNESS

Wellness for
**WHOLE-PERSON
HEALTH**

**Think!
Vibrant
Health**

AUG FRI, 23-SUN, 25
**LIFESTYLE
MEDICINE
SUMMIT 2019**

LIMITED SEATS - BOOK NOW TO RECEIVE THE EARLY BIRD PRICE - www.eliawellness.com/summit2019

KEYNOTE SPEAKERS

Wayne S. Dysinger
MD, MPH
Chair, American Board
of Lifestyle Medicine
Physician and CEO,
Lifestyle Medicine
Solutions



Brian Schwartz
MD - Cardiologist
Board-Certified
Interventional Cardiology Fellow
American College of Cardiology



VENUE
Pioneer Theatre
Cnr Pennant Street & Castle Street
Castle Hill NSW 2154, Sydney, Aus

BRINGING TO YOU BY
Adventist Health

HIGHLIGHTS

- We have exciting Comprehensive Health Strategy developments to share, and new resources to empower you to bring health, healing and hope to the community.
- TED-style talks
 - Lifestyle Medicine the New Innovation in Health Care
 - Lifestyle Dentistry - the next big thing?
 - Chronobiology: The Healing Power of Circaseptan
 - Evidence of how Spirituality Affects Health Outcomes, and also how Health Affects our Spirituality.

Practical Training on how Health Professionals can Introduce Spirituality into their Practice.

Next Generation Breakout Sessions (Young Professionals and Thought Leaders)

Powerful Wellness Ambassador Training to Empower You to Make a Difference in the Community.

CPD Points for Selected Presentations

Book now at <https://www.eliawellness.com/summit2019> before 7 August to get the early bird rate!!!

For more information about this Summit please contact Geraldine Przybylko who is putting together this great event at GeraldinePrzybylko@adventist.org.au

Week 1

8/8/19

"It was great to see everyone for week 1 of our Vegetarian Cooking Demonstration Sabbath afternoon with a large turnout with over 70 people attending.

Thank you to the chefs Aileen /Jesse and Henry/Belle for providing such an entertaining, professional and tasteful demonstration.

The feedback was very positive. A big thank you to all the church members and PM team who helped with serving the food and setting up. Let's keep the good work up for the next week and continue to pray for success from this outreach program.

Heads up on the next Recipe Club meeting Sunday September 29th at 1.30pm in the church hall. For further details please talk to Rochelle and Benita.

This upcoming week Ailo/Benita and Rochelle will be demonstrating so please come along and support!"



Week 1

8/8/19



NOTICE BOARD

LIGHT AND MOTION PHOTOGRAPHY



E P P I N G C H U R C H P H O T O G R A P H Y C L U B

Light and Motion Photography 's Alvin Ing and Andy Ly, together with Epping SDA Church, are commencing a photography club with the aim of providing a safe and educational environment for field trips and photographic excursions. There will be four organised field trips each year, including some weekend and overnight mini-expeditions.

The annual cost is a minimum of \$100 donation, with all proceeds to the Epping Mission Project. Previous projects have supported ADRA (Adventist Development and Relief Agency) missions in Vanuatu, as well as schools in Sri Lanka, Cambodia and the Philippines. Those new to photography and first time visitors may attend the first field trip for free.

To join, click the below E-giving link, then click the "Show other Offerings" tab, and choose "Epping Mission Project". Please email the receipt to ajing@lightandmotionphotography.com <https://egiving.org.au/Epping%20SDA%20Church>

Included in the joining fee is access to all supervised field trips with personal guidance and instruction, as well as a regular newsletter which will share educational articles on photography, and feature images from members of the club. Weekend and overnight field trips will incur additional transport and accommodation costs.

The first field trip is scheduled for *Sunday September 8, 2019*; when we will visit the *Blue Mountains and walk the Valley of the Waters* track at Wentworth Falls. The highlight of the walk are the multiple magnificent waterfalls along the route. More details on joining. The second field trip is planned for Sunday December 8, 2019.

Hoping to see you all in the field!

DETAILS AND CONTACT: ajing@lightandmotionphotography.com

Lightandmotionphotography.com.au

MEMORY VERSE OF THE WEEK

WEEK TWENTY TWO

**"Behold, He is coming with the clouds,
and every eye shall see Him, even they
who pierced Him".**

Revelations 1:7

To all our valued supporters,

To say the year has been one of change would be an understatement. As I reflect on the last year, and what we have been able to achieve at Light of Hope Cambodia, I am humbled and filled with hope for the future. Humbled because of the journey of faith in which we are being led. At times things were uncertain, but God has provided us with tangible signs that He is with us and not once did we lack for what we needed. I am filled with hope for the future because I see the lives of children and families impacted daily, both for now and eternity.

Our significant milestones in 2018-2019 included:

- The opportunity to build on our food production program, to increase our sustainability, with the expansion of our fruit orchard on the property.
- The implementation of two kindergarten classrooms for early childhood learning.
- The 100% pass rate of all students completing government exams.
- The graduation of several university trained students who are now independent and dutifully employed.
- The opportunity to build capacity in our in-country staff through training and personal development programs.

I acknowledge that these successes and others must be attributed to the dedication of many – from the generous and unwavering support of our donors and volunteers, and the care and commitment of our staff in-country, to the determination of the youth and children in our care who have gladly made the most of the opportunities set in front of them.

Continuing in through 2019, our challenge for the future and what drives us is our plan to implement more community development projects. It is easy to become complacent about the situation of so many when we sit inside the confines of the Light of Hope property where essential daily needs are met. A trip into the nearby villages opens your eyes to the immense need still out there in the rural provinces of Cambodia. Needs in the area of health, hygiene and education, amongst others.

Without you, our incredible supporters, Light of Hope Cambodia could not fulfil its objectives to improve the lives of some of Cambodia's most vulnerable. As always, your generosity is very much appreciated!

We look forward to continuing the journey that God has taken each of us on in service of the precious lives in Cambodia; as donors, as volunteers and as staff members.

Yours sincerely,



Sherree Hughes

Light Of Hope Project Manager

"Trust in the Lord with all your heart, and do not lean on your own understanding" Proverbs 3:5

To make your valued donation go to www.wra.org.au/1808lightofhope

Thank you for your continued support!

Your generous continued support of at-risk children in Cambodia through Light of Hope is bringing about great change in some very precious young lives. Thank you! "Ignite Hope" funds go straight to the front line, finding children who are suffering from abuse, abandonment or dire poverty, and are severely at risk, and turning their lives around. Here are just two examples from the past year:

Meet Asa and Ase



Asa and Ase are young brothers who have seen more than their fair share of heartache in their few years. They were part of an impoverished, yet happy and loving family when their father was tragically killed in a motorbike accident. He did not die immediately, and in trying to save his life, substantial medical bills were accumulated. This left the young mother of Asa and Ase in a difficult situation where she now had to support them alone in addition to paying off the medical debt. She worked hard in every daylight hour to provide for her boys. Asa and Ase's mother was so exhausted that she became ill and did not have the time or the money to seek medical care. Tragically, she died at home with only the boys present. Asa and Ase were bought to live with their grandmother who cared for them for several years. Grandma loves the boys, but she is often sick and has to spend extended periods in hospital and is unable to care for Asa and Ase any longer. Asa and Ase now live at Light of Hope, but they go to visit Grandma often as she lives relatively close to the centre. She is so happy to see them growing up in a safe and secure environment.

Meet Panha



Panha grew up in a remote village in rural Cambodia. His mother fell pregnant with him while in Thailand where she had been trafficked against her will. She was a perfectly normal 16yr old girl before she left her family village, but upon return had been so mentally damaged that she was now operating at around the age of a crazed six-year-old. Panha spent the first five years of his life raised by his mother in the village where local neighbours would help and support the single mother as they were able. As Panha grew older, his mother was no longer able to control him, and she started to seriously hurt him to control his boyish behaviour. Neighbours noticed this mistreatment and asked Light of Hope to come and help Panha. When the social workers arrived at the village, it was clearly evident that Panha was not being cared for well. He had burns and bruising all over his body. When Panha came to live at Light of Hope Cambodia he did not play with the other children and his behaviour was unusual, but over time Panha has settled well to his new home and now is enjoying the happy and carefree life that every six-year-old child has the right to.

These are just some of the children whose lives have been filled with hope because of the generosity of donors like you.

Thank you for supporting me and loving me!

Contact us for more information:

f www.facebook.com/lightofhopecambodia @ info@lightofhopecambodia.org
☎ Sherree: +61 0435 336 118 \$ www.wra.org.au/1808lightofhope

MEMORY VERSES

Week 15

"Call upon Me in the day of trouble; I will deliver you, and you shall glorify me".

Psalms 50:15

Week 16

"For if we live, we live in the Lord; and if we die, we die in the Lord. Therefore, whether we live or die, we are the Lord's".

Romans 14:8

Week 17

"Wait on the Lord; be of good courage, and He shall strengthen your heart".

Psalms 27:14

Week 18

"Then you shall call, and the Lord will answer; you shall cry, and He will say. "Here I am".

Isaiah 58:9

Week 19

"For I, the Lord Your God, will hold your right hand, saying to you, 'Fear not, I will help you"

Isaiah 41:13

Week 20

"But to him who does not work but believes on Him who justifies the ungodly, his faith is accounted for righteousness"

Romans 4:5

Week 21

"For as the lightening flashes in the east and shines to the west, so it will be when the son of Man comes".

Matthew 24:27

Week 22

"Behold, He is coming with the clouds, and every eye shall see Him, even they who pierced Him".

Revelations 1:7

MEMORY VERSES

Week 8:

"The Lord shall prevail you from all evil"

Psalms 121:7

Week 9:

"They that sow in tears shall reap in joy"

Psalms 126:5

Week 10

"Don't be afraid of what you are about to suffer. The devil will throw some of you into prison to test you. You will suffer for ten days. But if you remain faithful even when facing death, I will give you the crown of life."

Revelation 2:10

Week 11

"He shall give His angels charge over you, to keep you in all your ways."

Psalms 91:11

Week 12

"Whoever loses his life for My sake will save it."

Luke 9:24

Week 13

"When they bring you to the....magistrates and authorities, do not worry about how or what you should answer, or what you should say. For the Holy Spirit will teach you in that very hour what you ought to say".

Luke 12: 11-12

Week 14

"Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and he will make your paths straight."

Proverbs :5-6

MEMORY VERSES

Week 1:

"To the law and to the testimony! If they speak not according to this word, it is because there is no light in them" Isa 8:20

Week 2:

"These people are false apostles. They are deceitful workers who disguise themselves as apostles of Christ. But I am not surprised! Even satan disguises himself as an angel of light. So it is no wonder that his servants also disguise themselves as servants of righteousness. In the end they will get the punishment their wicked deeds deserve" 2 Corinthians 11 13:-15

Week 3:

"To obey is better than sacrifice" 1 Samuel 15:22

Week 4:

"For false Christs and false prophets will arise and will show great signs and wonders, so as to mislead , if possible, even the elect." Matthew 24:24

Week 5:

"If you are told that the Messiah is out in the desert don't go there! And if you are told that He is in some secret place, don't believe it!"

Matthew 24:26

Week 6:

"And although I...understand all mysteries and all knowledge, and though I have all faith...but have not love, I am nothing"

1 Corinthians 13:2

Week 7:

"Do not lose your courage...keep on patiently doing God's will...His coming will not be delayed much longer"

Hebrews 10:35-37