



COLLEGE HEIGHTS
SEVENTH-DAY ADVENTIST CHURCH

TO SHOW PEOPLE *Jesus*



AUGUST 16, 2025

The Church at Study

9:15 A M

Singspiration: Veronica Chang
Pianist: Vera Wiebe
Superintendent: Joseph Nyachiro

Sabbath School Classes in the Sanctuary

- Tennyson Samraj class: on the balcony with Henrique Silva
- Eric Ollila's class: back of sanctuary with Nwamiko Madden
- Sheldon Bailey's class: front piano-side of sanctuary with Tennyson Samraj
- Livestream Class: Sheldon Bailey's class

SABBATH SCHOOL CLASSES

- Collegiate Class: Burman University Social Eyez at 9:45 AM
- Connect Class: Burman University Library classroom downstairs
- Dave Southcott's Class: Rm 110, McKibbin Centre
- Detours Class: Parkview Adventist Academy, upper level
- Filipino Class: Board Room, BU Marketing & Enrollment Building
- High School Youth: Youth Ministry Centre, BU Marketing & Enrollment Bldg.
- Together @ 111 Class: Rm 111, McKibbin Centre
- Portuguese Class: Burman Library, lower level, 9:30 AM
- Spanish Class: Burman Library, Peace & Justice Rm. at 9:30 AM

The Church at Worship

11:00 A M

Gathering Song & Welcome	Praise Team
Church Announcements	Pr. Orlando Pule
Collection of Offering	Pr. Orlando Pule
Message	Pr. Carl Cunningham
Footwashing	
Children's Story	James Ng
Praise Set	Praise Team
Celebrating the Lord's Supper	Pr. Carl Cunningham & Pr. Massiel Davila-Ferrer
Closing Song	Praise Team
Benediction and Farewell	Pr. Carl Cunningham
Organ Postlude	Joyful Sortie Dr. Wendy Markosky

Community Updates

THE OFFERING today is for Local Church Budget. Donations & offerings can be made at www.chsda.ca or by transfer to etransfer@chsda.ca

SAGE RV CAMPING AT SHEEP RIVER September 8–11. \$50/night per unit. Power available at each site; dumping station nearby. Kananaskis vehicle pass required before arrival. Enjoy the mountains, forests, fellowship, and worship! Register by September 1, 2025. Call Lorna Joch: 587-879-1077 or email lorna.joch@gmail.com.

MAMAWI ATOSKETAN NATIVE SCHOOL WORK DAY – AUGUST 24 Once again, SAGE will be helping with cleaning, painting, and grounds maintenance. This is an open invitation to join a dedicated group of seniors on this project—no matter your age! Please contact Darlene by August 17: rhymekey@gmail.com or 403-784-2430. Visit www.chsda.ca for more details.

VOLUNTEERS NEEDED – LACOMBE FOOD BANK & THRIFT STORE We are looking for caring volunteers to help make a difference in our community. We currently have openings in the following areas:

- **Volunteer Drivers** - help clients get home after picking up their food hampers. Many have no means of transportation, and your ride could mean the world to them.
- **Box Pickup Volunteers** - pick up empty boxes from No Frills 2-3 x a week and deliver them to the Food Bank. A small task but of great importance!
- **Food Bank Volunteers** - assist weekly in preparing food hampers and other tasks. Shifts: Once a week during regular operating hours, plus 30 minutes before opening and 15 minutes after closing. Note: This role involves lifting.
- **Spare Bread Pick-Up Volunteer** - be on-call to help collect bread from food stores when the regular volunteer is unavailable.
- **Spare 'Intake' Volunteers** - help when the scheduled intake volunteer is unavailable. Must be computer-savvy, kind, considerate, and compassionate in working with our clients, respecting their vulnerability.

We'd love to hear from you! Please call 403-782-6777. If we're unable to answer, kindly leave a message—we'll return your call.

SUPPORT FOR A GROWING FAMILY The Portuguese group is collecting new or gently used items to support a family expecting a baby girl. If you have items to donate, please contact Rute Prescod at (226) 750-6766 to arrange details.

FREE PIANO A piano is available for free! Come see it in the north entrance corridor and pick it up at your convenience during the week. Don't miss out!

From the Pastor's heart

My brother Julio and I have been doing the Banff Half Marathon race since 2022. We dabbled in the half-marathon distances for a couple of years but found that walking the 10 km is more our speed. This year's race was on Sunday, June 15—Father's Day and my birthday. We wanted to make the race even more special, so we asked our mom if she would join us. After a dramatic appeal to create lifelong memories, Mom agreed. We planned to walk the 10 km and enjoy race day, no matter what came our way. My mom, Luisa, is an avid walker, so she prepared and built up her strength for race day. For weeks, we continued our almost daily ritual of sending each other our walking stats—everyone was getting ready.

Bright and early on the big day, Julio, Luisa, Noel—Julio's brother-in-law—and I all lined up at the start line. Noel was planning on crushing the run in an hour. Based on our walking times, I was internally planning a gentle pace of 2:15:00. Luisa, caught up in the energy and excitement of race day, let Julio and me know, in no uncertain terms, that we would be crossing the finish line in under two hours. So she set the pace, and off we went. Luisa didn't stop moving. If we had to use the bathroom, she would just keep going and let us catch up. As we neared the end and time was running out, she started to run—and just kept running. Julio and I did our best to keep up with her, cheering her on and chasing after her. With Mom just ahead of us, and the whole family cheering, we crossed the finish line at 1:59:06. My mom's joy and sense of accomplishment as she held her first finisher's medal were infectious.

A familiar passage comes to mind: "I have fought the good fight, I have finished the race, I have kept the faith." Here, Paul doesn't say anything about winning the race; he confidently affirms that he finished the race. Running behind my mom with my brother beside me was my favorite race ever. Finishing it together was the lifelong memory I had dreamed of.

Who are you running with? Who is cheering you on? Remember—in this race of faith, it's about finishing, and there is even greater joy when we can finish it together.



~from Pastor Massiel's heart

HAPPY BIRTHDAY Today we celebrate Andreas Becker—may God bless you with joy and health in the year ahead. Next week we celebrate Lily McNeill—wishing you a wonderful birthday filled with God's love.

DID YOU KNOW growing your own food can help you eat healthier? If you grow your own vegetable garden, you are getting fresh produce that hasn't been treated with pesticides! Exposure to sunlight while gardening grants you a healthy dose of vitamin D. All that digging, planting, and pulling increases your hand and finger strength. Gardening is good for the whole family—it can be an opportunity for bonding with your children. The stress relief and happiness that gardening can provide can reduce symptoms of anxiety and depression. It gives you a chance to focus on something, put your mind to work, and pursue a goal—just to see things growing and thriving. "The Lord God took the man and put him in the Garden of Eden to work it and keep it." – Genesis 2:15 ~ Your Health Ministry Team

ALBERTA CONFERENCE WOMEN'S RETREAT 2025 – CLIMBING TO NEW HEIGHTS Join us in the mountains for a weekend of fellowship and spiritual growth from October 3–5 at the Banff Centre. **Speakers: Annette Stanwick and Darlene Blaney.** The early bird rate - \$295. Regular price - \$325. For inquiries, contact womensministries@albertaadventist.ca. To register visit: <https://www.albertaadventist.ca/events1/23634>.

VBS this summer season is unfortunately cancelled due to insufficient adult volunteers. Please join us at the CHCS GYM for the **Back-to-School Bash** on Wednesday, August 27 from 4:30-6:30 PM. There will be bouncy castles, crafts, games, free barbering & food, a great way to celebrate a new school year!



UPCOMING DATES

TODAY

8:59 PM - Sunset

TUESDAY

7:00 PM - Celebrate Recovery

WEDNESDAY

12:00 PM - Deadline for bulletin information

PREACHING SCHEDULE

- AUGUST 23
- AUGUST 30
- SEPTEMBER 6

HONEY TODD, JOURNEY SERIES
ORLANDO PULE, JOURNEY SERIES
ORLANDO PULE, BACK TO SCHOOL

Let's Connect

TEL: 403 782 6131

FAX: 403 782 7779

EMAIL: OFFICE@CHSDA.CA

WEB: WWW.CHSDA.CA

GAMES, FOOD, PRIZES, CRAFTS, SCHOOL
SUPPLY SCAVENGER HUNT & FREE BARBERING

BACK TO SCHOOL BASH

WEDNESDAY
AUGUST 27
4:30 - 6:30 PM

COLLEGE HEIGHTS
CHRISTIAN SCHOOL GYM



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