



COLLEGE HEIGHTS
SEVENTH-DAY ADVENTIST CHURCH

TO SHOW PEOPLE *Jesus*



AUGUST 9, 2025

The Church at Study

9:15 A M

Singspiration: Kathleen Campbell
Pianist: Joanne Nischuk
Superintendent: Jonathan Campbell

Sabbath School Classes in the Sanctuary

- Tennyson Samraj class: on the balcony with Henrique Silva
- Eric Ollila's class: back of sanctuary with Craig Gerst
- Sheldon Bailey's class: front piano-side of sanctuary with Sheldon Bailey
- 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	Foothills Summer Camp Team	
Church Announcements	Pr. Liz Pule	
Praise Set	Foothills Summer Camp Team	
Community Prayer	Elder Karen Leung	
Collection of Offering	Pr. Liz Pule	
Children's Story	Foothills Team	
Music of Meditation		
Message	<i>Reciprocal Living</i>	Pr. Massiel Davila-Ferrer
Response Song	Praise Team	
Benediction and Farewell	Pr. Massiel Davila-Ferrer	
Organ Postlude	To God Be The Glory! Dr. Wendy Markosky	

Community Updates

THE OFFERING today is for Christian Record Services Canada.

COMMUNION SERVICE will be held on August 16, 2025. Members who desire a pastor/elder team to bring the communion emblems to your home, please contact the church office by Thursday, August 14.

SAGE ALBERTA RV CAMPING – OPEN CREEK DAM, AUGUST 18–21 Join us for a relaxing time in nature! No hookups available, but a nice outhouse is on-site. \$30 per night — pay at the office upon arrival. Please pay \$5 to Lorna to help cover the additional group event site. Sites are limited — reserve yours soon! Contact Lorna Joch at lorna.joch@gmail.com or 587-879-1077.

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 twice a week and deliver them to the Food Bank. A small task with big impact!
- **Food Bank Helpers** - 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' Volunteer** - help when the scheduled intake volunteer is away. Must be computer-savvy, kind, considerate, and gentle in working with clients—showing compassion, understanding, and respect for their unique situations.

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 and pickup.

From the Pastor's heart

When I was about 7, a distant relative visited our home unexpectedly one night. My parents woke my brother and me to meet him. My mom introduced us to Uncle Bob. The first thing he said to me was, “You look like a little witch”—a joke, apparently, about my messy, sleep-tousled hair. But at 7, I didn’t understand sarcasm or bad humor. All I heard was that someone thought I looked like a witch—and it hurt.

Maybe you’ve had someone label you too: lazy, too much, not enough, a failure, a red flag. Those words can stick and weigh us down. But while others may be loud, I pray you’ll tune in to the one voice that matters—God’s. I’ve been reading *You Are More Than You’ve Been Told* by Hosanna Wong, and this excerpt reminded me of who I really am—and whose I am.

“...you are more than you’ve been told. God has some other names for you. It is written:

- **John 15:15 – Friend of God** You are not alone. Jesus is with you. He has your back.
- **1 Thessalonians 1:4 – Chosen** You are not here by accident. You are made for this moment, the way you are, because the Creator said it was important for you to be here.
- **Ephesians 2:10 – God’s Masterpiece** You are the handiwork of the Artist of the heavens and the earth. Your details are important. You are a work of art, meticulously made to accomplish the good works of God.
- **1 Corinthians 6:19 – Temple** No matter what you feel you lost because of your choices, when you give your life to Christ, God’s Word calls your body a temple—the place where the Holy Spirit dwells. Your body is good.
- **Acts 1:8 – Messenger** God calls us “witnesses” of the love and power of Jesus, and “messengers” of the gospel to those right next to us. God wants to use your real story to reveal the real love of Jesus.
- **Romans 5:8 – Greatly Loved** You are so loved that even while you were running away from God, He was running after you. He sent His Son Jesus to die for you so you could be free, forgiven, and reconnected with God.
- **John 8:36 – Free** You may be living in chains you don’t have to live in anymore. Give them to God. Surrender them to Him. Live as the free child of God you truly are.
- **2 Corinthians 5:17 – Brand New** Jesus is a brand-new beginning. With Him, you are a brand-new creation with an entirely different life. When you know who you are, it changes how you live.”

Today, let’s choose to hear God’s voice above anyone else’s.

~ from Pastor Liz’s heart

HAPPY BIRTHDAY Birthday blessings to Wanda Johnson, Judy Schafer, Lisa Reimche, Julie Thompson, and Joseph Nyachiro, who celebrated this past week — and to Jacklyn Hudema Weller, Alfred Tataryn, and Colin Sydenham, celebrating next week. May God bless you with joy, health, and His loving guidance in the year ahead!

HAVE YOU HAD YOUR DAILY DOSE OF SUNSHINE TODAY? If not, get up and get going! Sunlight is one of God’s greatest blessings—yet we often take it for granted. Then God said, “Let there be lights in the firmament of the heavens to divide the day from the night; and let them be for signs and seasons, and for days and years; and let them be for lights in the firmament of the heavens to give light on the earth”; and it was so. — Genesis 1:14–15. The sun provides life and health to the earth. Without it, we would freeze. Without the sun’s power to kill germs, disease would spread uncontrollably. In moderation, sunlight boosts your immune system, strengthens your heart, and improves circulation. So go for a good walk today—let the sun revitalize you!

~ Your Health Ministry Team

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



UPCOMING DATES

TODAY

9:13 PM - Sunset

TUESDAY

7:00 PM - Celebrate Recovery

WEDNESDAY

12:00 PM - Deadline for bulletin information

PREACHING SCHEDULE

- AUGUST 16 CARL CUNNINGHAM, JOURNEY SERIES (Communion)
- AUGUST 23 HONEY TODD, JOURNEY SERIES
- AUGUST 30 ORLANDO PULE, JOURNEY SERIES

Let's Connect

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WEB: WWW.CHSDA.CA

ALBERTA CONFERENCE WOMEN’S RETREAT 2025

Climbing to New Heights

“The Sovereign LORD is my strength! He makes me as surefooted as a deer, able to tread upon the heights.”


-Habakkuk 3:19 (NLT)

**OCTOBER 3-5
BANFF CENTRE**

Join us in the mountains for a transformative weekend of faith, fellowship, and spiritual growth.

 Registration opens Friday, July 18

 Early Bird: \$295

 Regular Price: \$325

**SCAN
to Register**



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