



COLLEGE HEIGHTS
SEVENTH-DAY ADVENTIST CHURCH

TO SHOW PEOPLE *Jesus*



MAY 17, 2025

The Church at Study

9:15 AM

Singspiration: Veronica Chang **Pianist:** Nicole Bartolay
Superintendent: Joseph Nyachiro

Sabbath School Classes in the Sanctuary

- o Tennyson Samraj class on the balcony with Dr. Jair Ramos
- o Eric Ollila's class: back of sanctuary with Craig Gerst
- o Sheldon Bailey's class: front piano-side of sanctuary with JW Bruins
- o 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.
- Keith Clouten's 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 AM

Gathering Song	Praise Team	
Welcome & Church Announcements	Caleb & Joshua	
Praise & Worship	Praise Team	
Community Prayer	Isabella & Craig Gerst	
Offering	Pr Orlando Pule	
Children's Story	Mufaro M.	
Music of Meditation	Londiwe Ndlovu & Diara Lewis	
Message	Pr Honey Todd	
"The Journey of Growth: The Sinner, The Savior, The Servant"		
Response Song	Praise Team	
Benediction and Farewell	Pr Honey Todd	
Postlude	Recessional on "Majesty"	Wendy Markosky

Praise Team: Isabella, Shemar, Diana, Steve, Emily, Diara, Londiwe, Nomvuyelwa, Buhle & Busi

Community Updates

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

FATHER'S DAY IS COMING! Only 4 weeks to go until Father's Day and our annual Canoeing and BBQ event for the community of Lacombe! This is a big endeavor, and we need all the volunteers we can get. It always turns into a fun and meaningful day—so come out and be part of it! If you feel called to help, give us a call and say "yes": 📞 Ken Sheffield – 403-357-4610, 📞 Mark Glover – 403-352-1702, 📞 Tena Zazulak – 403-785-7824

BURMAN | PAA ALUMNI HOMECOMING WEEKEND Join us June 6–8 for a weekend themed "Living on Purpose" with guest speakers Pastor Danielle Placide, Pastor James Anderson, and Curtis Letniak. Highlights include the alumni banquet, huge Sabbath potluck, Sunday breakfast, golf tournament & more! Banquet pre-payment required by May 24. Details & tickets: burmanu.ca/alumni/homecoming, 📞 (403) 786-2533 | ✉️ alumni@burmanu.ca

BURMAN | PAA ALUMNI HOMECOMING POTLUCK All alumni and friends are invited to a fellowship meal June 7 @ 12:45 p.m. in the PE Centre. Please bring an entrée, salad, and dessert to share. A big thank you to our local supporters who bring extra food for guests!
📞 More info: (403) 786-2533 | ✉️ alumni@burmanu.ca

WORLD ADVENTURER DAY – MAY 17 Today is day of a joyful celebration that highlights the Adventurer's Club's impact in nurturing children's spiritual growth, values, and emotional well-being. Centered on the theme "Travel with Faith," this year's WAD invites all ages to come together, celebrate, and journey forward with trust in God's guidance.

CONGRATULATIONS to our amazing Parkland Adventurers team for their incredible win at the Conference-Level Bible Games! Families from across the region gathered to test their knowledge of the Book of Exodus, and our team came out on top!

WOMEN'S EMPOWERMENT WEEKEND MAY 30–31 Join us at the Red Deer SDA Church for an uplifting weekend covering topics that matter: financial wellness, hormonal health, sexuality, fitness, parenting, life planning, and mental health, etc. Register & learn more: https://mailchi.mp/5b9eaaaafcaa/fool4y9tck?mc_cid=3b6dcf833b

FIRE DRILL Please note that our fire drill is scheduled for Friday, May 24, next week.

From the Pastor's heart

We found ourselves waiting this week—Orlando and I were at the AMA in Red Deer, needing to sort out some insurance paperwork. And we waited. For what felt like forever.

You know the drill. You scan the room, count how many people are ahead of you, and start estimating how long it might take. Then you realize there's only one agent working, and suddenly the anticipation kicks into overdrive. Maybe it's just me, but I really like to know what's coming next. Being organized, prepared, in control—it feels good, right? I imagine that if life came with a countdown timer, we'd all be a lot calmer.

A timer would tell me when the specialist will call to book that appointment. When my son will text me back. When the refund cheque will arrive in the mail. No surprises. No spinning thoughts. Just certainty.

But life doesn't work that way. And in the absence of that countdown, the waiting room becomes a breeding ground for anxiety. That's why Paul's words in Philippians 4:6 hit so deeply: "Don't be anxious about anything; rather, bring up all of your requests to God in your prayers and petitions, along with giving thanks."

It sounds so simple. But honestly? It's a real struggle to live out. The Greek word used here for "anxious"—μεριμνῶ—means more than just feeling nervous. It literally means to be pulled apart in different directions. Paul isn't just saying, "don't stress." He's saying, don't let your thoughts tear your mind to pieces.

I don't know what you're waiting for or what you're waiting in—but I pray your mind isn't being pulled in a thousand directions. In every circumstance—every line, every unanswered question, every "what if"—God invites us to respond with worship at the same time bringing every request to Him.

And here's the part that challenges me: we're invited to come to God with thanksgiving—before we know the outcome. Gratitude in the waiting. Gratitude in the unknown. Friends, this is hard, but don't let it stop you from sharing everything on your heart with God. Even if it's being called next at the insurance office, because, somehow, even in the waiting, He's working.

~from Pastor Liz's heart

HAPPY BIRTHDAY to those who are celebrating in the coming week: Vicki Bruce, Kevin Davis, Stacy Hunter, Daryn Lewis.

MOTHER'S DAY As we celebrate this day each year, it is an opportunity to embrace & encourage everyday healthy choices for all women! A nutritious diet & physical activity are essential in preventing heart disease & promoting overall good health. Keep in mind why you are doing it! You are a "Spiritual mentor" to your children & your grandchildren! A healthy lifestyle helps your well-being in the present, & extends your healthy life. Stress can harm health because it contributes to poor lifestyle decisions that can impact your health. Physical activity is a good way to combat stress & avoid unhealthy behaviors.

Proverbs 31:28-29 quotes: "Her children rise up & call her blessed; her husband also, & he praises her..." ~ Your Health Ministry Team

CHCS PLAYGROUND FUNDRAISER – SUPPER & LIVE/SILENT AUCTION "Together We Climb", Sunday, June 1, 2025 @ 4:30 p.m. (Doors open at 3:30 p.m.), at the CHCS Gym. \$35/Adult and \$25/Children 9 and younger. Includes all you can eat pasta bar, fruit and desserts. Join the fun and help raise funds for the replacement of the current CHCS playground. Tickets sales end May 27. Please call CHCS Office (403)782-6212 for payment options. If you have interest in being a primary donor to the playground, please contact our vice principal: charissah@chcs.cc

UPCOMING DATES

TODAY
9:28 PM - Sunset

TUESDAY
7:00 PM - Celebrate Recovery

WEDNESDAY
12:00 PM - Deadline for bulletin information
7:00 PM - Prayer Meeting

PREACHING SCHEDULE

- MAY 24 ORLANDO PULE, THE JOURNEY SERIES
- MAY 31 RYAN ACKERMAN (LAMBERT), EDUCATION CHCS
- JUNE 7 ALUMNI HOMECOMING



COMMUNITY PASTORS

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Let's Connect

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CELEBRATE RECOVERY

A SAFE PLACE FOR PEOPLE
WITH HURTS, HABITS +
HANG-UPS

TUESDAYS @ 7:00 PM IN THE
EARLITEEN ROOM