

2019 Church Directory

Senior Pastor	Pr Abel Iorgulescu	0404 464 477
Associate Pastor	Pr Steven Magaitis	0410 609 119; 4024 4030
Associate Pastor	Pr Susan Magaitis	0405 277 250; 4024 4030
AdSafe Coordinator	Adele Cooper	
Adventurers	Greta Cherry	
ASL Chaplain	Pr Kenn Duke	
Audio Visual	Wayne Thomson	
Avondale Memorial Chorale	Lyndon Taylor	
Avondale Memorial Suzuki Organ School	David Clark	
Building Maintenance	Peter Cherry	
Bulletin/Membership Secretary	Nina Hearn	
Catering	Kevin Ormiston	
Children's Ministries	Krystal Lawrence	
Church Clerk	Les Relihan	
Disaster/Welfare	Peter Cherry	
Fun 4 Kids Playgroup	Pr Susan Magaitis	
Head Deacon	Clarence Hines	
Head Deaconess	Ulna Keet	
Head Elder	Pr Richard Reynolds	
Hospital Chaplain	Pr Roger Nixon	
Librarian	Carol Braidwood	
Multi-Purpose Centre	Jon Knight	
Pathfinders	Paul Ginn	
Personal Ministries	Breese Rickards	
Plus One	Karen Zeuschner	
Prayer Ministries	Lionel Hughes	
Public Relations Secretary	Dr John Hammond	
Resource Centre	Shelley Vaughan	
Sabbath School Superintendent	Karen Muirhead	
StormCo		
Teen Ministries	Francois and Monique Keet	
Youth Ministries	Charlea Lawrence	
Treasurer	Bob Dale	
Worship Co-coordinator	Lyndell Dale	

Seventh-day Adventist Church™

Avondale Memorial

Contact Information

584-586 Freemans Drive (PO Box 14)
COORANBONG NSW 2265

Website: <https://avondalememorial.adventist.org.au>

Facebook: <https://www.facebook.com/AvondaleMemorialSDA>

Church Office: (02) 4977 1251

Email: amsda@outlook.com

Instagram: <https://www.instagram.com/amsdachurch>

Facebook (group): [Avondale Memorial SDA Church group](https://www.facebook.com/AvondaleMemorialSDA)

Pastoral Information

- I wish to upgrade my contact details for the Church Office
- I wish to transfer my church membership from Church
- I would like to receive a visit from a Pastor/Elder
- I would like to know more about God by receiving Bible studies
- I would like to have the church bulletin emailed to me

If you would like a DVD of today's sermon, please call the office during office hours on 4977 1251.

Name:

Address:

.....

Telephone number: Date:

Mobile number:

Email:

*The Lord your God is in your
midst. He is with you and is
strong to save. . . .*

Zephaniah 3:17 (Clear Word)



16 March 2019



SABBATH 16 MARCH 2019

Bible Study—9.15 am

To win . . . To train . . . To hold

LEADER		Pr Adrian Craig
PRAISE AND WORSHIP	600— <i>Hold Fast Till I Come</i> (seated) 610— <i>Stand Like the Brave</i> (seated)	
WELCOME		Margaret Major
HYMN	10— <i>Come, Christians, Join to Sing</i> (standing)	Margaret Major
PRAYER		Pr Adrian Craig
MISSION NEWS		Pr Adrian Craig, Dr Sheree Hattingh
OFFERING OFFERTORY	<i>Selected</i>	Margaret Major Ruth Duffy
SPECIAL ITEM	<i>Everlasting Arms</i>	Dr Don Roy
HYMN	619— <i>Lead On, O King Eternal</i> (standing)	Margaret Major
BIBLE STUDY	THE SEVEN LAST PLAGUES Separate for smaller classes Main Church—Pr Abel Iorgulescu Prayer Room—John Fraser Romanian Class—near the Elders' Room	
BENEDICTION		Pr Abel Iorgulescu
POSTLUDE	<i>Selected</i>	Ruth Duffy

ORGANIST—Ruth Duffy
PRAISE TEAM—Pr Don Hosken, Dr Don Roy, Dion Spiros, Elijah Spiros
WORSHIP COORDINATOR—Lyndell Dale

SABBATH, 16 MARCH 2019

Worship Service—10.50 am

Enter to Worship . . . Depart to Serve

CALL TO WORSHIP	249— <i>Praise Him! Praise Him!</i> (seated) 264— <i>O For That Flame of Living Fire</i> (seated)	Praise Team
WELCOME		Pr Richard Reynolds
MINISTRY FOCUS		Pr Abel Iorgulescu
PRAYER		Dr David Heise
TITHE/OFFERING OFFERTORY	LOCAL CHURCH (no Conference envelope) <i>Selected</i>	Pr Richard Reynolds Lew Newman
CHILDREN'S STORY— <i>(come to the front for your story during the offering)</i>		Sallyanne Dehn
HYMN	260— <i>Hover O'er Me, Holy Spirit</i> (standing)	Pr Richard Reynolds
SERMON	A SPIRIT-FILLED LIFE	Pr Abel Iorgulescu
HYMN	258— <i>Baptize Us Anew</i> (standing)	Pr Abel Iorgulescu
BENEDICTION		Pr Abel Iorgulescu
POSTLUDE	<i>Selected</i>	Lew Newman

ORGANIST—Lew Newman
PRAISE TEAM—Pr Don Hosken, Dr Don Roy, Dion Spiros, Elijah Spiros
WORSHIP COORDINATOR—Lyndell Dale

General Information

CHURCH LUNCHEON

The next church luncheon will be held on 30 March after the church service. Bring food to share and take advantage of this opportunity for fellowship.

IN MEMORIAM

We regret to announce that the following people have passed away:

- *Rebecca Chilton*—her funeral service was held at 10.30 am on Friday 8 March in the Avondale Cemetery Chapel
- *Judy Banks*—her funeral service was held at 1.30 pm on Friday 15 March in the Ella Hughes Chapel (Avondale College)
- *Dr Des Ford*—passed away on 11 March. No further information available at the time of printing.

We extend our sympathies to families and friends.

FELLOWSHIP AND HYMN SINGING

Come to the Ella Hughes Chapel on 23 March from 4.00 pm for an afternoon of fellowship and hymn singing. Dr Lyell Heise will host the program. *The Promise* and violinist Ray Lecciones will also take part in this inspirational event.

DISCIPLE-MAKING BOOK/ VIDEO LAUNCH

Come to the Avondale College church **tonight** at 7.00 pm for a book and video launch. The featured videos are

- *Following Jesus* produced by Wes Tolhurst. It is based on the four gospels and looks at the methods Jesus used.
- *Following the Spirit* is based on the book of Acts.

VOICES OF VANUATU

Voices of Vanuatu will present a deeply spiritual and entertaining afternoon, in support of the *El Haven Project* (a program for orphaned and abandoned children in Vanuatu) at Avondale Memorial SDA Church on 13 April at 4.00 pm. Admission is free but there will be an offering taken up during the concert to help support this work. See <https://www.elhaven.com/>

General Information

EARLY VOTING FOR NSW STATE ELECTION

18–22 March

Early voting will be available at the Cooranbong Community Services Centre at the following times:

Monday–Wednesday 8.00 am - 4.00 pm
Thursday (21 March) 8.00 am - 8.00 pm
Friday 8.00 am - 4.00 pm

WORKING WITH CHILDREN REQUIREMENTS

If you need to complete or haven't yet completed all WWC and AdSafe requirements please contact Adele Cooper for assistance.

HOSPITAL VISITATION

If you know of anyone who would like a hospital visit by one of our pastors please let Nina know at the office on 4977 1251.

FUN 4 KIDS PLAYGROUP

Bring your 0–6 year old children and join us in the Function Centre on Wednesdays from 9.30 am to 11.30 am for a morning of singing, stories and fun activities.

LIBRARY HOURS

The *Library* is open at the following times:

Sabbath 8.45 am – 9.20 am
10.30 am – 10.55 am
Tuesday 2.30 pm – 3.30 pm

RAW CHALLENGE FUNDRAISER — DOYALSON OVAL

On 24 March Hazel Bilas is running to raise funds for the Blue Haven Community Church Soul Food Ministry. To support Hazel come to the Doyalson Oval on 24 March. The race starts at 10.30 am. You can support her by donating to the Soul Food Ministry via Facebook on the *Go Fund Me* page set up by Pr Dan Brunt. For more information see Hazel or contact her on her mobile: 0432 363 548.

General Information

HEALTH UPDATE—DARP

Session 2 of the Depression and Anxiety Program introduces participants to the lifestyle factors that produce the hits that lead to anxiety and depression. Participants were informed about the general symptoms of anxiety, such as feeling wound up, tense or restless, being easily fatigued, having difficulty concentrating, irritability, difficulty sleeping and experiencing excessive anxiety and worry about a variety of events and situations, with difficulty controlling worry. Being generally unable to cope with life and relax are basic symptoms of anxiety. Participants also found that there are specific forms of anxiety such as panic disorder, various phobias such as Agoraphobia, obsessive compulsive disorder and post-traumatic stress disorder. While learning about anxiety we were given both the benefits and limitations of treating anxiety with medication.

To cope with anxiety, participants were taught the benefits of long walks, aerobic fitness training and internal training. They were also taught the benefits of light therapy. Our brains require exposure to blue light, the colour of the sky, to remain healthy. This exposure is of maximum benefit if taken in the morning and should last for at least one hour. Another role light plays is setting our circadian rhythm. Our circadian rhythm, or body clock, need to be in sync with the environment. The body's clock affects hormone levels and sleep patterns. Inadequate sleep and irregular sleep patterns are one of the hits that leads to depression and anxiety.

Fresh air and deep breathing also plays a part in maintaining a healthy mind. Walking or exercising in green spaces, especially where we can be exposed to negative ions, like the beach or by a lake, will help create a positive mood.

Finally what we think about is critical to our mental wellbeing. Participants were instructed to not say anything critical about anyone or anything for 14 days, resetting the clock when you slipped up. This concluded *Session 2*.

HOLY SPIRIT

God does not ask us to do in our own strength the work before us. He has provided divine assistance for all the emergencies to which our human resources are unequal. He gives the Holy Spirit to help in every strait, to strengthen our hope and assurance, to illuminate our minds and purify our hearts.... There is no limit to the usefulness of the one who, putting self aside, makes room for the working of the Holy Spirit upon his heart and lives a life wholly consecrated to God.... Christ declared that the divine influence of the Spirit was to be with His followers unto the end.

White, E G, *My Life Today*, 374

Worship Services

WELCOME TO WORSHIP

If you would like the pastor to pray for you or for us to respond to any other request please complete the Welcome Card found in the pew rack in front of you. Hand the card to an elder or deacon as you leave.

MAIN CHURCH

16 March—Pr Abel Iorgulescu
23 March—Pr Abel Iorgulescu
30 March—Avondale School
6 April—Pr Abel Iorgulescu

PLUS ONE

16 March—Nathaniel Ginn
23 March—Pr Steven Magaitis
30 March—Kidz Church
6 April—Avondale School

OFFERINGS

16 March—Local Church
23 March—Local Church
30 March—Education
6 March—Local Church

Bible Study

FELLOWSHIP SABBATH SCHOOL

We are pleased to have Lynette Carlsen take our lesson study today. Come and join us “down under” for an hour before the church service today.

DE CAF OUTREACH BIBLE STUDY

Meet at 9.30 am in the De Caf Room for a time of fellowship, discussion and prayer.

WOMEN'S MINISTRIES BIBLE STUDY

Meeting scheduled for today cancelled
Come to the De Caf room at 3.30 pm on **23 March** to enjoy fellowship, prayer and Bible study. We will commence our study of John. Light refreshments will be served.

Prayer Meetings

SABBATH MORNING PRAYERS

Start Sabbath with prayer. All are welcome to join in a time of prayer at 8.45 am in the Prayer Room. Pray for the day's speakers, teachers, visitors, our church family and any needs you may have.

PRAYER REQUESTS

Please write your prayer request on the Prayer List in the church foyer or the Prayer Room, or you may contact Nina at the office on 4977 1251. Please let Nina know if you wish any names to remain confidential.

PRAYER TIME AFTER THE CHURCH SERVICE

Two elders will be available in the front row of the church to pray with you. A quiet room is also available if you prefer. This can be for praise or requests to the Lord. Come and spend time in prayer and see the Lord work.

WEEKLY PRAYER MEETINGS

Monday—18 March

- Alton Villa 14 at 9.30 am
- Kressville Villa 142 at 10.00 am

Tuesday—19 March

- Alton Villas Activities Centre at 10.00 am—Dr Wendy Jackson
- Prayer Room at 7.00 pm

Wednesday—20 March

- De Caf Room at 10.15 am—*The Cross and its Shadow*
- Function Centre at 7.00 pm—*Forty Heroes of Faith Over the last 2,000 years—Nathaniel* (Pr Richard Reynolds)

BOARD MEETING

The next church Board Meeting will be held on 25 March at 7.00 pm in the Function Centre. Any agenda items need to be submitted to Nina at the church office by 12.00 noon on Thursday 21 March.

General Information

SUNSET TIMES

Tonight 7.10 pm
Next Friday 7.02 pm

ANONYMOUS RECEIPTS

Week ending 9 March 2019

Details not available on web version

Adopt-a-Clinic	\$
Adventist World Radio	\$
Building Renovations	\$
Currawah College	\$
Evangelism (Mongolia)	\$
Sabbath School	\$
Tithe	\$

3ABN AUSTRALIA INTERVIEWS

3ABN Australia's one-hour interview program, *3ABN Now*, can be viewed every week on Sunday at 8.00 pm, repeated Tuesday at 8.00 pm and Wednesday at 10.00 am. The guest for this Sunday is Frank Cherry (*testimony*). Next Sunday's guest is Dr Coralia Jigau. Watch online at www.3abnaustralia.org.au, on the free phone app, or 3ABN Australia's YouTube channel.

COMMISSIONING

Pr Susan Magaitis will be commissioned on 6 April at 4.00 pm. Come to the church and share in this very important occasion.

MISSION TO MONGOLIA

Ten church members will be going to North West Mongolia in September 2019, an area that hasn't been reached by the Adventist message. We plan to hire the largest hall in Ulaangom seating about 250 people. The team will present health talks and evangelistic messages. We are planning to purchase Bibles, *Desire of Ages*, *Steps to Christ*, *Psalms 23 for Children* and a health booklet in Mongolian and offer them to the people. We pray that by God's Spirit we will be able to start the first SDA church in that region. Pray for us, for the Mongolian people, and if you can, support us financially.

THANK YOU

Merle Hodges and family thank you for your prayers, phone calls, cards and expressions of sympathy following their recent loss. Your

General Information

13TH SABBATH OFFERING

The 13th Sabbath Offering will be collected on **30 March**. Your 13th Sabbath offering may be given any time up to that date. Offerings given later for 13th Sabbath will be allocated to the next quarter's projects.

The projects for this quarter are:

São Tomé

- Set up an alcohol and drug rehabilitation centre
- Build a new church
- Build an auditorium for K-12 school

Mozambique

- Build an elementary school, Milange
 - Expand food and nutrition department at Mozambique Adventist University, Beira
 - Establish an orphanage for children who lost parents to HIV/AIDS, Nampula
- #### Children's Project
- Portuguese Bibles for children from needy families in Mozambique, São Tomé and Príncipe.

IMPORTANT DATES

The following dates are important—please include them in your diary:

- Disciple-Making Book Launch—**tonight** at 7.00 pm
- Early voting for NSW State Election from 18-22 March at CCSC (from 8.00 am)
- Fellowship and Hymn Singing—23 March at 4.00 pm
- 13th Sabbath Offering collected 30 March
- Regional Prayer and Praise—30 March at 5.00 pm
- Church Luncheon—30 March
- Commissioning—Pr Susan Magaitis—6 April (4.00 pm)
- Voices of Vanuatu*—13 April at 4.00 pm
- Big Camp—19-27 April.
- Grey Nomads—10-18 May. Register now

JUST LETTING YOU KNOW . . .

Pastors Abel, Susan and Steve will be away at Stuarts Point for ministers' meetings from 18, 19 March. If there is an emergency they may be contacted by email or mobile:
Pr Abel 0404 464 477
Pr Steve 0410 609 119
Pr Susan 0405 277 250