

TODAY

Worship Service: Ken Dever

Elder: John Tompson

Offering: Local Church Budget

Next Sabbath – March 8

Worship Service: Dr Mark Pearce

Elder: Joyce Dever

Offering: Adventist World Radio

Prayer Group



Each Sabbath a special time of prayer is held at 9.15 am in the Youth Sabbath School room. Everyone is welcome.

Offering Schedule – March

1 – Local Church Budget

8 – Adventist World Radio

15 – Local Church Budget

22 – Local Church Budget

Food & Fellowship

1st Sabbath - BYO Picnic – TODAY!

3rd Sabbath - Combined Lunch (March 15)

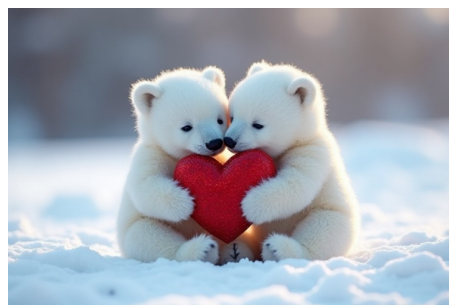
Sunset Times

7:29pm tonight

7:22pm next Friday, March 7



Sneaky Celebrations!



Nathan & Maria's 1st Anniversary last Tuesday

**HAPPY
BIRTHDAY**

Birthday Buddies last Wednesday

Dianne Dance - 80th

Mick Murphy

Adventist World Radio Offering

Next Sabbath – March 8

Lejoby was a notorious bandit in Madagascar who lived deep inside a cave. One night, after his gang raided a village, he unknowingly stole an AWR solar-powered “Godpod” device that contained the Bible and other spiritual materials in his language.

He thought it was a radio and was shocked to get “reception” inside the cave.

But what happened next was even more surprising . . .

Don't miss this and many other incredible stories next week during Adventist World Radio's annual offering on March 8. (To watch inspiring videos of stories like this, visit awr.org/videos.)

Thank you for planning to support of Adventist World Radio next Sabbath.

BYO Picnic Lunch Today



Bring your own lunch and enjoy some social time together after Sabbath School



Find us on:      youtube.com/TheIncredibleJourney

Gem SUNDAY 8:30AM |  **YouTube** WATCH ANYTIME

The Incredible Journey presents: Henry Lawson
Henry Lawson was one of Australia's most celebrated literary giants. Best known for his stark and striking poetry and short stories, Lawson's raw depictions of life in the Australian bush strike a chord in the hearts of anyone who reads his work. As we look at the life and times of this renowned Australian poet, we might learn some lessons from his life and work.

- 9GEM: Sunday, 2 March at 8:30 am
- YouTube: Watch any time

Second Reading

Second Reading Nominating Committee:

Helen West as Doing Life Together – Facilitator (Board position)
Margot Marshall as Health Ministries – Team Leader (Board position)

Transfers Out:

Pr Alan Saunders
to Avondale Memorial Church

Mrs Marilyn Saunders
to Avondale Memorial Church

3ABN 1-hour Interview

Dr Mark Pearce joins us this week to discuss the important topic of the love of God and the impact it had on the life of Ellen G White. God's love for His creation, especially the humans He made in His likeness, is central to the Bible. This topic was very important to Ellen, and she wrote on it extensively. But what does that mean to us, today? Should it be important to us as well? Join us as we delve into this Bible subject, and look at how it should impact us as Christians.

3ABN Australia's 1 hour interview program, 3ABN Now, can be viewed on 3ABN International every week on Sundays at 8:00pm, repeated Tues., 8:00pm and Wed., 10:00am. The guest this Sunday is Pr Mark Pearce (God's Love and EG White). Next Sunday is Dr Eddie Ramirez. Apart from the VAST satellite, you can also watch online at www.3abnaustralia.org.au, 3abnplus.tv (scroll down to 3ABN Australia), or on the free phone App.

Find us on facebook!

"Wye Seventh-day Adventist Church"

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Please give any bulletin announcements me by 5 pm Wednesday ☺



LEARN IT, LIVE IT, LOVE IT! INTRODUCTION TO LIFESTYLE MEDICINE

Short course LIVE online with Prof Darren Morton, Dr Mel Renfrew and Simon Matthews

Join us for an engaging online lifestyle medicine experience featuring expert insights, interactive activities, and strategies for enhancing your well-being. Connect, learn, live and love it!

The course offers 10 hours of fun with friends online, and will run for 2 hours every Wednesday evening for 5 weeks.

Join Professor Darren Morton, Dr Mel Renfrew & Simon Matthews for an immersive LIVE online experience that features interactive & practical activities and engagement with your fellow participants. Participate in making quick & delicious plant-based food with Mel (participants will receive a list of ingredients to join in). Extra resources and references will be made available for those who wish to explore topics further.

This short course is suitable for anyone who is interested in the growing area of Lifestyle Medicine, not just health professionals. It is approved as a 10-hour event by the International Board of Lifestyle Medicine.

Participants will receive a certificate of completion.

Topics include:

- Food is medicine
- Exercise is medicine
- Stress management
- Sleep hygiene
- Positive relationships
- Making it happen - effective behaviour-change strategies
- Managing substance use
- Plant-based cooking segments
- Physical activity breaks with Darren
- New frontiers in lifestyle medicine
- The role of meaning, purpose & spirituality

Dates: Mar 19, 26, Apr 2, 9 & 16 2025 live online @ Avondale University

Time: 7 - 9pm AEDT weeks 1 to 3, AEST weeks 4 to 5

Where: LIVE via Zoom

Cost: Special introductory offer \$299 (regular fee \$499) | Registrations close March 18, 10 pm.



To enrol, or find out more about the course, scan the QR code or go to <http://www.avondale.edu.au/short-courses/introduction-to-lifestyle-medicine> or email lifestylemedicine@avondale.edu.au

Avondale University has just opened registrations for its brand new short course: *Introductions to Lifestyle Medicine - Learn it, Live it, Love it!* This 10-hour course is for anybody interested in Lifestyle Medicine (no education prerequisites are required). As a non-accredited short course, it does not include any assessments, and all participants will receive a certificate of attendance.

Church members interested in health ministry would find this helpful in building their knowledge regarding the latest scientific evidence related to our Adventist Health Message.

Running from 7-9pm each Wednesday from March 19 for 5 weeks.

For more information & to register: www.avondale.edu.au/courses/vet/short-courses/introduction-to-lifestyle-medicine/



Money-SAVING Workshops

Budgeting | Supermarket Tour | Cooking

Healthy

FoodSAVE shows how to save money on food by making healthier choices



Simple

Hands-on and interactive approach makes learning easy and fun



Needed

Food insecurity affects around 1 in 3 Australian households*



*Foodbank Hunger Report 2024

Make a difference in your community
...become a FoodSAVE Facilitator!

You don't need a nutrition background to teach FoodSAVE - just the ability to share information and manage a small group

TRAINING DETAILS:

Gosford SDA Church Hall
Sunday 16th March 2025

8:50am-5pm. Training cost \$85pp

Register: <https://bit.ly/FoodSAVEGosford>

Registrations close 11th March unless sold out prior. Contact: kategarriga@adventist.org.au