



Seventh-day
Adventist® Church



MOUNT ZION FILIPINO

"The Mount Zion Filipino Seventh-day Adventist Church exists to proclaim the Good News of salvation to all people, leading them to Jesus Christ and His church, nurturing them to spiritual maturity, and engaging them in Christian service until He comes."

FEBRUARY 9, 2019

THE ENEMY OF MARRIAGE

Month of February, our church focuses on learning to build a good marriage relationship. Today we will learn how to deal with anger in marriage.

One famous American humourist and actor Will Rogers once said, "People who fly into a rage always make a bad landing." Generally, it is hard to deal with an angry person and it is even harder when the angry person is your spouse.

If we can record everyone, we would discover that almost everyone was angry at least once this past week. It may have been minor frustration with a crazy driver or being irritated with your children for not putting away their toys. It could have been a situation at work. Some husbands and wives live with daily anger and hurt feelings. Some parents and their children are in a constant battle of outbursts of anger and abusive words. Many grown-ups have hurts from childhood that keep bubbling to the surface. Every time they think about them, they boil with anger.

What would it happen if everyone learned to deal with their anger? I think child abuse and divorce would be eradicated. Murder, terrorism, and war would stop. And many health problems would clear up. Doctors believe that anger can harm the hearts as much as smoking and high blood pressure do. The number one predictor in cardiovascular disease—more important than cholesterol—is mismanaged anger (Los Angeles, 3/88). There are many more other serious health problems and diseases that anger can produce.

Actually, anger, only one letter away from "danger," is poison to our physical and corrosive to the bonds of marriage. Someone said, "Holding on to anger is like drinking poison and expecting the other person to die."

The Bible says that anger is foolish (Eccl. 37:7-9), destructive, cannot produce right (James 1:20), and should be abandoned and avoided (Ps. 37:8-9).

All these are good reminders for those who are in marriage bond. But what can you do when your spouse is an angry person? Thankfully, the answer is not "nothing."

The Bible also warns us about this "danger." "*Be angry, and do not sin*": *do not let the sun go down on your wrath, nor give place to the devil*" (Eph. 4:26-27 NKJV). This is the best marriage tip for any married couple or who plan to be married. But a question "HOW" still needs to be answered. What should be the problems if we go to bed with our anger?

I would like to invite to join me during the sermon time to learn about the principles on how to deal with anger in marriage or other relationships.

In His Ministry,

Pastor Sereivudh Ly, D.Min.

SABBATH SCHOOL

February 9, 2019

9:15 a.m.

Song Service	“WE GATHER TOGETHER” SDAH#8 “LOVE DIVINE” SDAH#191	Chorister
Welcome Remarks		Ruby Delos Reyes
Opening Song	“WAKE THE SONG” SDAH#34	Congregation
Scripture Reading	REVELATIONS 7:14 NKJV	Erickson Martin
Opening Prayer		Gemma Muico
Mission Story		Video Presentation
Testimonies	ANSWERED PRAYERS	Ashton Soogrim
Special Music		Kaela Geuel Ramel
Lesson Review	THE SEALED PEOPLE OF GOD	by Classes
Closing Song	“ALL THE WAY” SDAH#516	Congregation
Closing Prayer		Geraldine Villamor

THIS WEEK’S MEMORY TEXT:

“These are the ones who come out of the great tribulation, and washed their robes and made them white in the blood of the Lamb”

(Revelation 7:14 NKJV)

CHORISTER: Rose Lily Esmana & Team

PIANIST: Sharon Grace Cruz

DIVINE WORSHIP

February 9, 2019

10:50 a.m.

Prelude Pianist/Organist

Welcome & Announcements Lowen Tenerife

Call to Worship Lowen Tenerife

Introit Congregation

“SURELY THE PRESENCE OF THE LORD”

Invocation Pastor Sereivudh Ly

Children’s Story Steve Dela Cruz

Songs of Worship Praise Team

“WE GATHER TOGETHER” SDAH#8
“WHAT A FRIEND WE HAVE IN JESUS” SDAH#499
“PRAISE TO THE LORD” SDAH#1

Scripture Reading Rachel Co

EPHESIANS 4:26-27

Call to Prayer Congregation

“CLEANSE ME”

Intercessory Prayer Lauren Rabena

Prayer Response Congregation

DIVINE WORSHIP

February 9, 2019

10:50 a.m.

Offertory Reading & Prayer

Ashton Soogrim

Offering: **IT IS WRITTEN CANADA**

Offertory Music

Dana Rey

Introduction of the Speaker

Lowen Tenerife

Message in Song

Chris and Madz Juricki

Message from God's Word

PASTOR SEREIVUDH LY

Lead Pastor, Mount Zion Filipino Seventh-day Adventist Church

"HOW TO DEAL WITH AN ENEMY OF MARRIAGE"

Song of Dedication

Congregation

"LEANING ON THE EVERLASTING ARMS" SDAH#469

Benediction

Pastor Sereivudh Ly

Song of Affirmation

Congregation

"THEREFORE THE REDEEMED OF THE LORD"

Postlude

Pianist/Organist

PRAISE TEAM: Aedrich Tubongbanua & Team

PIANIST: Ina Echavez

ORGANIST: Dahl Docil

WARM WELCOME TO ALL

With glad hearts and open arms, we welcome you to Mount Zion Filipino Seventh-day Adventist Church. We extend a special greeting to all guests and visitors who have joined us today. Thank you for worshiping with us this Sabbath day and we look forward to seeing you again. Happy Sabbath to all!

THIS WEEK, SABBATH, FEBRUARY 9, 2019

- 9:15 a.m. – Sabbath School: **Ruby Delos Reyes**
- 10:30 a.m. – Speaker: **Pastor Sereivudh Ly**
- 1:30 p.m. – Prayer Ministry
- 2:00 p.m. – “F” Teams Meeting
- 2:30 p.m. – Second Congregation – Speaker: **Emicil Dela Cruz**
- 2:30 p.m. – A. P. in Fellowship Hall- Seniors in charge
- 3:00 p.m. – Adventurers
- 5:00 p.m. – Pathfinder Induction
- 5:30 p.m. – Marriage Enrichment (1)
- 5:38 p.m. – **SUNSET**

NEXT WEEK, SABBATH, FEBRUARY 16, 2018

- 9:15 a.m. – Sabbath School: **Myrna Villanueva**
- 10:30 a.m. – Speaker: **Evelyn Regoso**
- 1:30 p.m. – Prayer Ministry
- 1:30 p.m. – Children’s Choir Practice
- 1:30 p.m. – Adult Choir Practice
- 2:30 p.m. – Second Congregation – Speaker: **Pastor Ire John Echavez**
- 3:00 p.m. – Pathfinders
- 5:00 p.m. – Adventurer Induction
- 5:30 p.m. – Marriage Enrichment (2)
- 5:47 p.m. – **SUNSET**
- 7:00 p.m. – Youth Gathering (Offsite)

UPCOMING EVENTS

- February 10 – Adventurer Basic Staff Training/Directors & Instructors’ Cert. (OC)
- February 15-18 – ACF Retreat (OC)
- February 16 – Family Life 100 Year Launch (OC)
- February 17 – CRDP First Aid Workshop @ 9:00 a.m. – 4:00 p.m.

FAMILIES FOR PRAYER:

February 9, 2019

1. **Dela Cruz**, Emicil & Sharon
2. **Dela Cruz**, Steve & Stephanie
3. **Dela Cruz**, Vilmore, Elsie & Reeza Mae
4. **Dela Cruz**, Julita
5. **Dela Roca**, Peter & Jean
6. **Dela Roca**, Glenn, Ann, Andrew, Ava & Abigail
7. **Delos Reyes**, Jun & Ruby

FAMILIES FOR PRAYER:

February 16, 2019

1. **Demafeliz**, Catalina
2. **Diaz**, Jane
3. **Diaz**, Jason, Janice & Jared
4. **Diestro**, Ariel, Sharon, Allan & Mika
5. **Docil**, Vicente
6. **Docil**, Ike, Sally, Dester, Denver, Darryl, Diovann & Dessa
7. **Docil**, Dale, Dahl, Danica, Dylan & DJ
8. **Docil**, Ryan & Mark

ANNOUNCEMENTS

||| DEADLINE FOR BULLETIN MATERIAL

Please submit all materials for the bulletin no later than midnight every Monday. Please continue to email items to mtzionsda@yahoo.ca. Thank you.

** This deadline will be strictly adhered to.*

||| MID-WEEK PRAYER MEETING

Join us for Mid-week Prayer on Wednesday, February 13, 2019 at 7:00 p.m. in the Sanctuary.

||| FRIDAY EVENING VESPERS

As we welcome each Sabbath day, we are encouraging all members to attend vespers for another series of inspirational study on the book **“Thoughts from the mount of blessing”** by Ellen G. White. Here the Prince of preachers, the Master Teacher, utters the words that the Father gave Him to speak. Friday, February 15, the topic is **“Blessed are the poor in spirit”** (Matt 5: 2-3). Our speaker/facilitator is Elder Ezekiel Lucrida. Bring your family and invite your friends and experience what this series can do for you and your love ones and how it changes lives.

||| MZFC AFTERNOON CONGREGATION

After years of steady growth, our Divine Worship attendance and parking spaces are filled beyond capacity. Launched in June 2018, the MZFC 2nd Congregation provides an opportunity to reach, serve and connect with our members and our community in a more intimate worship and CARE Group setting. If you are looking for a fresh way to grow in your faith and to connect with other genuine and caring people, we encourage you to worship with us on Sabbath afternoons at 2:30 p.m. Thank you for your ongoing prayers and support as we continue to grow this new ministry, our love for others and for Christ.

||| CAMP FREندا NEW EMAIL ADDRESS AND PROVINCE WIDE ANNOUNCEMENT

YOUNG PEOPLE, are you interested in working at Frenda this summer? An incredible experience awaits! Check out www.campfrenda.com and see if God is calling you to camp ministry this year. Applications close February 28, don't delay!

||| ONTARIO CONFERENCE DISCIPLES SHIFT CONVENTION

Calling all elected ministry leaders. Do you want to sharpen your disciple-making skills in the context of your ministry? Would you like to network and exchange valuable ideas with ministry colleagues? Are you seeking through a meaningful worship and training experience? If so, we invite you to participate in Ontario Conference's biennial training event for church leaders. If you have not yet done so, register at www.discipleshift.ca
Deadline: March 13, 2019. Check our bulletin board for more info.

||| SENIORS' TRIP

The Seniors' Ministry - President's Office is pleased to pre-announce that this year, the seniors' trip will be to the Sight & Sound to see “Jesus”. The trip will be in July so please start your preparation. Registration forms will be sent out to Seniors' Ministry leaders and pastors. Please expect them in a month or so. If you'd like the registration form to be emailed to you, please email Sarah Gouda- Maka at sgouda@adventistontario.org. Stay warm and safe with God's richest blessings and protection.

HOW IS OUR GIVING?

LOCAL CHURCH FUNDS	Month			Year-To-Date		
Period Ending	Actual Income	Actual Expense	Surplus (Short)	Actual Income	Actual Expense	Surplus (Short)
Jan 31, 2019						
Comb Ch Budget	9,773	17,300	(7,527)	9,773	17,300	(7,527)
Others	11,626	14,017	(2,391)	11,626	14,017	(2,391)
Total MZFC Funds	21,399	31,317	(9,918)	21,399	31,317	(9,918)

Year-To-Date Budget Comparison	Local Church Funds			Conference Funds		
	YTD Actual	YTD Plan**	Variance Fav/(Unfav)	YTD Actual*	YTD Plan**	Variance Fav/(Unfav)
Ch Budget/Tithes	37,415	52,795	(15,379)	9,773	12,917	(3,143)
Other Income	2,352	2,849	(4,97)	11,626	13,117	(1,491)
Total All Funds	39,767	55,643	(15,876)	21,399	26,034	(4,635)

*Actual Funds remitted to the Ontario Conference.

** Church Budget approved by the Church on Dec 29, 2018.

OFFICERS' SCHEDULE

DUTIES	THIS WEEK (FEBRUARY 9, 2019)	NEXT WEEK (FEBRUARY 16, 2019)
PRESIDING LEADER:	Lowen Tenerife	Jason Diaz
DEACONS:	Rene Robes, Eduardo Balance, Hector Guzman, Medel Hongo, Richard Caguioa, Generoso Oabel, Jerry Santander & Tony Bernardo	Rene Robes, Dennis Rey, Armando Repizo, Helmer Ferraren, Sam Ly, Jigjig Acaín, Jun Delos Reyes, Andrew Lancia
DEACONESSES:	Leonor Jaraba, Irene Abrece, Arlene Galoyugo, Erna Magsipoc, Marcelina Manalo, Dorothy Jaraba & Casey Rabena	Amelyn Jordan, Elsa Nepomuceno, Dione Dann, Anna Nool, Lorcie Aberin, Hennessee Lospe
FELLOWSHIP LUNCH:	Group # 5: A. Jordan & R. Bisnar	Group # 6: M. Jaraba & E. Magsipoc
REFUSE DISPOSAL:	Eduardo Balance, Hector Guzman & Medel Hongo	Dennis Rey, Armando Repizo & Helmer Ferraren
NURSES ON DUTY:	S. Dela Cruz & J. Esguerra	Arlene Ramel & Melrose Caguioa
OPEN/CLOSE CHURCH:	TBA	

CONTACT

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