



NEWS from the PEWS

PASTOR'S CORNER

“From the rising of the sun unto
The going down of the same the
Lord’s name is to be praised”

Psalms 113:3 KJV

JULY IS....SARCOMA AWARENESS MONTH... Do take care in protecting your skin while enjoying the beautiful sunshine. The use of Vitamin C helps to reduce sun burns. Wearing a hat and protective clothing can also protect our skins. Be safe in the sun!

Before you speak--THINK

T=is it true?
H=is it helpful?
I=is it inspiring
N=is it necessary
K=is it kind?

“...Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report....thing on these things”



JESUS LOVES ALL OF US

CAMPMEETING TIME

Our North Eastern Ontario Camp meeting will be Aug. 30-Sept.1, 2019 at Camp Noronto in Monteville. Please register early even if you are only coming for Sabbath and will need meals. Registration forms are in the foyer or on our church website. Guest Speaker will be Dr. Sung Kwon, the Executive Director of Adventist Community Services. For more information please see Pastor or Inez R.

FUND RAISING

We continue to fund-raise for 2 projects here in our church:-

- 1) NEW BUILDING--\$85,520.48
- 2) EVANGELISM--\$29,839.18

As of June 30, 2019



Enjoy fresh fruits/vegetables

BIRTH DAY WISHES

HAPPY BIRTHDAY goes out to all the **PRINCESSES** and **PRINCES** who are celebrating their birthday in **JULY**

God bless and keep you in His loving care as you continue to do His will here on Earth!

2cups kale(fresh); 2 cups water; 1 banana;2 cups mangos; 1/2 lemon(peeled or juiced)

Blend kale and water until smooth

Add remaining ingredients and blend again.

Enjoy!

This smoothie keeps major organs free of toxins-reducing risk of illness.

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