



Seventh-day  
Adventist Church  
Newlife  
5<sup>th</sup> Ngong' Avenue, Nairobi

## Sabbath Bulletin

Theme: “Going Forward Amidst Obstacles”

Key Text: 2 Chronicles 20:15-17



3<sup>rd</sup> May 2025

### VISITORS' CORNER

We are glad you joined us today. God bless you for taking time to come worship with us today. We would be happy for you to make this your place of worship. If you have any questions, do not hesitate to ask our welcome team on +254 706 222 326. Check our website, church noticeboard and various social media platforms for updates. Welcome and God bless you.

### OUR MISSION

The Mission of the Seventh-day Adventist Church is to make disciples of Jesus Christ who live as His loving witnesses and proclaim to all people the everlasting gospel of the Three Angels' Messages in preparation for His soon return (Matt 28:18-20, Acts 1:8, Rev 14:6-12).



### TITHE AND OFFERINGS

"But this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver. And God is able to make all grace abound toward you, that you, always having all sufficiency in all *things*, may have an abundance for every good work."

2<sup>nd</sup> Corinthians 9:6-8 – NKJV

To return tithe and give offerings, kindly use:

M-PESA Pay Bill No. **861200**

A/C number: "*Tithe*", "*Offerings*", "*LCB*"

OR

Standard Chartered Bank, Kenyatta Ave.

A/C number: **0102022990600**

### PRAYER REQUESTS

+254 750 932 026

+254 793 049 375



Seventh-day  
Adventist Church  
NEWLIFE

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5<sup>th</sup> Ngong Avenue, Nairobi, Kenya

#### Phone:

+254 795 638 070

#### Email Address:

[info@newlifedananairobi.org](mailto:info@newlifedananairobi.org)

#### Website:

[www.newlifedananairobi.org](http://www.newlifedananairobi.org)

#### Social Media

YouTube: [@NewlifeSDChurchNairobi](https://www.youtube.com/@NewlifeSDChurchNairobi)

Facebook: [newlifedananairobi.org](https://www.facebook.com/newlifedananairobi.org)

X (Twitter): [NewlifechurchKE](https://twitter.com/NewlifechurchKE)

Instagram: [newlifedachurchnairobi](https://www.instagram.com/newlifedachurchnairobi)

[WhatsApp Channel Link](#)

### Leaders

#### Senior Pastor:

Gerald Mochoge, +254 712 527 310

#### Associate Pastors:

Elvis Onyango, +254 731 391 000

Polycarp Manyinsa, +254 720 574 250

#### Head Elder:

Omondi Oyoo, +254 722 522 359

#### Church Clerk:

Isaac Nyangolo, +254 729 651 504

#### Head Deacon:

Luke Osiemo, +254 721 994 565

#### Head Deaconess:

Judith Kirui, +254 722 308 323

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## Happy Sabbath! Shabbat Shalom!

A warm welcome to the Health Ministry Sabbath. We are blessed to have you worship with us. Our speaker is our Senior Pastor, Pr. Gerald Nyarega. We welcome and pray for him as he prepares to speak on the subject **"Going Forward Amidst Obstacles"**. The message is inspired by **2 Chronicles 20:15-17**.

Please lift in prayer Pr. Gerald and all those ministering today. May God guide, bless, and inspire them as they lead us in worship.

### PASTORAL MESSAGE: "WHOLENESS"

God's plan for humanity includes vibrant health and joyful living. Ellen G. White wrote, *"Health is a treasure. —Of all temporal possessions it is the most precious. Wealth, learning, and honor are dearly purchased at the loss of the vigor of health"* {**Christian Temperance and Bible Hygiene**, p. 150}. We honor God when we care for our bodies—His temples—through nutritious food, fresh air, exercise, rest, and trust in Him. This balance promotes physical strength and spiritual sensitivity, enabling us to better serve others and glorify our Creator.

Our **mental health** is equally important in the Christian Walk. A peaceful mind, rooted in trust in God, is a powerful shield against life's stresses. Sister White encourages us: *"Gratitude, rejoicing, benevolence, trust in God's love and care—these are health's greatest safeguard"* {**Ministry of Healing**, p. 281}. Dwelling on God's promises, engaging in uplifting activities, and cultivating faith and thankfulness renew the mind and sustain emotional strength in times of trial.

In contrast, **intoxicating substances** undermine both physical and spiritual life. Ellen G. White warned, *"The use of intoxicating liquor dethrones reason, and hardens the heart against every pure and holy influence. The inanimate rock will sooner listen to the appeals of truth and justice than will that man whose sensibilities are paralyzed by intemperance. ..."* {**Temperance**, p. 228}. Whether alcohol, tobacco, or modern drugs, these destroy self-control, cloud judgment, and separate us from God's purpose. True freedom arises not from external stimulants but through the empowerment of the Holy Spirit. Let us choose the best way—the way of life, health, and holiness. God bless you!

## 1. Servants on Duty

### Elder-in-charge of:

- Order and Visitation (Week: 4<sup>th</sup> – 10<sup>th</sup> May 2025): **Walter Okuthe**: +254 728 364 900
- Pulpit: **Tom Omurwa**
- Stewardship: **Isaac Wasonga**

### Today's Lead Deaconate Team:

- **Bro. Stephen Amadi**: +254 722 440 108
- **Sis. Rose Matoka**: +254 721 967 343

*For any assistance or inquiries in these areas, feel free to reach out.*

## 2. 📅 Camp Meeting 2025

- You are encouraged to plan ahead, **take leave**, and join us this spiritually enriching annual convocation. The dates are as tabled below:

Camp Meeting	Date
Saikeri Sabbath School	10 <sup>th</sup> – 16 <sup>th</sup> Aug 2025
Main & Childrens Camp	16 <sup>th</sup> – 23 <sup>rd</sup> Aug 2025
Prison Camp	22 <sup>nd</sup> – 28 <sup>th</sup> Jun 2025

- This year's Camp Meeting Offering goal is **KES 2.5M**. You are encouraged to plan and give generously. Last year, we realized **KES 984,749** against a target of **KES 2.5M**. It is from this financial pool that the SNKF supports mission activities, including cash appropriations to churches and schools.

## 3. One Church, One Budget, One Programme

Today, **3<sup>rd</sup> May 2025**, being the first Sabbath of the month, you are kindly reminded to give a generous offering towards the Local Church Budget (LCB). Among others, this fund meets expenses towards evangelistic campaigns/missions, Camp Meetings, Administration, Welfare, Newlife Adventist School – Saikeri (NASS), Chaplaincy and other departmental programs. Please prayerfully plan your giving through any of the following methods:

- ✓ Using the offering envelope – **Local Church Budget (LCB)** section.
- ✓ M-PESA Paybill **861200**; Account: **LCB**, or
- ✓ Standard Chartered Bank, Kenyatta Avenue Branch; Account Number: **0102022990600**. Reference: **LCB**

God bless you.

#### 4. Prayer Ministry

We will have **"Prayer and Fasting Service"** in the sanctuary immediately after the Divine Service as is our custom on the first Sabbath of the month. All church members are encouraged to attend.

#### 5. Church Business Meeting

There will be a physical Church Business Meeting today, from **2:00 PM**, here in church. All church members are encouraged to attend.

#### 6. BABY DEDICATION

There will be a Baby Dedication Ceremony today during Divine Service. Parent(s) who wish to avail his/her(their) child(ren) for this service is(are) encouraged to register by visiting the church clerk's desk.

#### 7. Diaconate

- i. To uphold order and reverence in the house of God, **please do not remove chairs from the Main Sanctuary without diaconate's approval.**
- ii. Kindly note that conducting business within the church precincts is not permitted, except for Newlife Garden Cafeteria Limited. We appreciate your cooperation in maintaining an **orderly and reverent worship environment.**

#### 8. Welfare Ministry

**Sis. Beatrice Nyakundi** (Deputy Treasurer), lost her brother, Fred Osoro Nyakundi. The late Fred was tragically attacked by a rogue bull on 23<sup>rd</sup> April 2025 and succumbed to his injuries on Friday, 25<sup>th</sup> April 2025. The burial is scheduled for Monday, 5<sup>th</sup> May 2025 at Tinderet Settlement Scheme in Nyamira County. Please remember Sis. Beatrice in prayers during this difficult time.

The Welfare leadership is appealing to church members to support those in need through in-kind donations. Many among us are facing hunger or could greatly benefit from clothing donations. If you have items to give, such as food or clothes that are no longer in use, please consider contributing to this noble cause. For more information on how to offer your support, contact the Welfare leader, Sis. Eucabeth Onuong'a, on +254 722 741 282.

#### 9. Baptismal Classes

Those who desire to be baptised are invited to join the Baptismal Class. The class meets every Sabbath from 8:30 AM for Bible study.

#### 10. Adventurer Club

The club is requesting parents of children who have outgrown their uniform to donate them to the club. For more information, reach out to the Director, Tr. Elizabeth Ochieng (+254 724 523 975). God bless you.

#### 11. Ambassadors Ministry

Youth aged 16–21 are urged to register and join the Ambassador Ministry. The fee is **KES 500** payable to the Treasurer, Sis. Sharon Ochuka (+254 114 562 080).

#### 12. Young Adults Ministry

- i. Every youth who wishes to be part of this ministry this year is invited to register with a membership fee of **KES 150** payable to the Treasurer: Sis. Ruth Koskei (+254 713 847 336).
- ii. Young Adults are reminded of their Sabbath School class every Sabbath at 8:55 AM. The class meets next to where the Church Choir sits.

#### 13. Adventist Men's Ministries (AMM)

- i. Next Sabbath, 10<sup>th</sup> May 2025, shall be led by AMM. The guest Speaker shall be Pastor Ernest Njeru Ileri, the Executive Secretary, North East Kenya Field. You are all invited to fellowship with us.
- ii. The AMM invites all men to a session of aerobics and thereafter a soccer training session on Sunday, 11<sup>th</sup> May 2025 from 9:30am to 1pm at Strathmore University Sports Complex/grounds.
- iii. There will be a joint social Sunday activity for AMM and AWM members on Sunday, **25<sup>th</sup> May 2025** involving a hike up the Ol Donyo Sabuk Hills. The cost is **KES 500** per person payable to the AMM Treasurer, Bro. Justus Gekone (+254 727 242 477). Kindly pray for this event and remember to register for it.
- iv. The AMM leadership encourages all men who are not in the AMM WhatsApp group to contact AMM secretary, Bro. Maxuel Omondi, on +254 712 060 431 to be added.

All visitors are humbly requested to meet the **Interest Coordination** team immediately after the Divine Service on the right-hand side of the pulpit next to where the pulpit team sits.

#### 14. Adventist Women's Ministries (AWM)

- i. All women who are not in the AWM WhatsApp group are urged to reach out to the Secretary, Sis. Rebecca, on +254 742 379 009 to be added. All women are encouraged to attend.
- ii. The second AWM Prayer Night (Kesha) will be held this Saturday, **3<sup>rd</sup> May 2025**. For more information, please contact the Secretary, Sis. Rebecca Moyo. All women are encouraged to attend.
- iii. 2025 AWM registration is still open at **KES 500** payable to the church M-PESA paybill number: **861200**; Account: **AWM Reg.** The registration form has been shared in the AWM WhatsApp group.
- iv. The **AWM Retreat** will take place at Lake Naivasha Resort from **20<sup>th</sup> to 22<sup>nd</sup> June 2025**. The total cost, including full board, transport, and team building facilities and activities, is **KES 24,000** "per person sharing" and payable through the church's M-PESA paybill number: **861200**; Account, "**AWM Retreat**". Partial payment can be made as follows: KES 12,000 by 30<sup>th</sup> April, KES 6,000 by 31<sup>st</sup> May and KES 6,000 by 15<sup>th</sup> June 2025. Additional information will be shared on the AWM WhatsApp Group.

#### 15. Public Campus Ministries (PCM)

- i. The entire church is warmly invited to **PCM Week 2025**, running from **22<sup>nd</sup> June 2025** and culminating in the celebration of **World PCM Day on Sabbath of 28<sup>th</sup> June 2025** at the sanctuary here in Newlife. Welcome to this special week of worship and fellowship!
- ii. We invite members interested in serving as mentors or guest speakers at public campuses to enroll and contribute to this initiative. For more information, kindly contact the Secretary, Bro. Korimbas Morphine, on +254 796 64812.

#### 16. Education

The Newlife Adventist School-Saikeri (NASS) Board of Management (BOM) invites church members to donate laptops, desktops, or a printer to support the implementation of the Competency-Based Education (CBE). Your

contribution will have a lasting positive impact on the education of NASS learners.

#### 17. Adventist Possibility Ministries (APM)

The APM has organized a **Sign Language Training** here at Newlife church every **Sunday 10:00 AM to 1:00 PM** from **6<sup>th</sup> April to 29<sup>th</sup> June 2025**. Interested souls are encouraged to register with APM leader, Sis. Dorothy Obura (+254 721 607 106) or Pastor's Office. Departments are also encouraged to sponsor candidates. Charges are **KES 3,000** per person payable via M-PESA Paybill **861200**. Account: **APM YourName**. For more information, kindly contact Sis. Dorothy.

#### 18. Chaplaincy Ministry – Hospital

- i. The ministry visits and supports the sick at home and in hospitals. Should you need these services, reach out to the Chaplaincy Ministry – Hospital leader, **Sis. Nelly Koskei**, on **+254 721 864 793** or the Diaconate leadership.
- ii. The ministry is appealing for donations in kind to support their outreach programs. You may give baby clothes, baby shawls, pampers, prophecy books, slippers, soaps, tissue paper, sanitary pads, or long-life milk. God bless you.

#### 19. Counselling Ministry

The Counselling Department reminds you that it is here to support your mental, emotional, and spiritual well-being. Why Counselling Matters?

- i. **Therapy is Normal:** It's okay to seek help—mental health is just as important as physical health.
- ii. **Safe & Confidential:** A private space to heal, grow, and be heard.
- iii. **Faith & Healing:** Christian therapy supports your walk with God while addressing life's challenges.
- iv. **Stronger Relationships:** Learn healthy communication and strengthen your connections
- v. **Build Resilience:** Gain tools for coping, self-care, and emotional strength.

*Let's break the stigma & grow together in Christ.*

20. Church Clerks’ Desk

a. Wedding Banns

Youth intending to get married and married couples intending to formalise their union should notify the church **AT LEAST 3 MONTHS** before the date of the wedding. Wedding notification forms are available from Monday to Friday at the Pastor’s office (church secretary). You may also contact any of the Church Clerks or reach us through our church website.

b. Collection of Baptismal and Baby Dedication Certificates

Members are requested to collect their baptismal and baby dedication certificates. Some certificates, dating back to 2024, remain uncollected.

c. Church Membership Review

The church is in the process of reviewing and updating its Register of Members. Church Members are requested to visit our website through the [link](#) to submit their records or visit the Church Clerks’ Desk to confirm their membership details.

d. Church Clerks’ Services

Church members and visitors are reminded of the services offered at the Church Clerks’ Desk (**next to EXIT 3**). They include; Membership Review, registration for Baby Dedication, collection of Baby Dedication certificates, Baptismal Certificates, Wedding Notification Forms, and Membership Transfer Request forms. You are most welcome.

INFO CORNER

1. The official website of the Seventh-day Adventist Church is [www.adventist.org/](http://www.adventist.org/). It serves as the primary source of information about the Church’s beliefs, mission, and global initiatives.

2. Adventist News Network (ANN)

Founded in 1994, the Adventist News Network ([ANN](#)) is the official news service of the Seventh-day Adventist Church. It is produced by the **Communication Department** at the Church’s world headquarters in **Silver Spring, Maryland**. ANN Shares content across:

- ✓ Official websites
- ✓ Publications
- ✓ Broadcasters
- ✓ Social media platforms.

3. 62<sup>nd</sup> General Conference (GC) Session

The [62<sup>nd</sup> General Conference \(GC\) Session](#) will take place in St. Louis, Missouri, U.S.A., from **3<sup>rd</sup> to 12<sup>th</sup> July 2025**.

★ **Theme:** “Jesus is Coming, I Will Go!”

🙏 **Request:** Kindly pray for God’s guidance and blessings on this important gathering.



COUNSELLING MINISTRY MEMO

Sometimes, it’s tempting to put on a brave face and pretend everything is okay, to smile and distract ourselves from what’s really going on inside. Yet, behind these masks, the struggle can be exhausting. We convince ourselves we’re fine, but deep down, we know we need more.

That’s why we invite you to consider a different path, one of healing and honesty. Therapy offers a safe space where we can drop the masks and truly unravel what we’re carrying. It’s a place where healing begins, where quick fixes are replaced with lasting change.

Many may think they can manage alone, but therapy shows us that we don’t have to. Help is available, and healing is possible.

Join us in embracing this journey towards wholeness. For more information, reach out to the Counselling Ministry Leader, Sis. Carolyn Mboya, on +254 722 678 839.



Sign Language TRAINING

6<sup>th</sup> April - 29<sup>th</sup> June Every Sunday | 1000am to 1300hrs



Register now with APM leader or Pastor’s office. Departments are encouraged to sponsor candidates.

[mpesa](#) Paybill 861 200 Acc. No: APM YourName

For more information reach out to APM leader Dorothy Obura on 0721607106



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# ORDER OF WORSHIP

Health Ministry Sabbath

3<sup>rd</sup> May 2025

## SABBATH SCHOOL (08:00 – 8:55 AM)

Song Service:	Choristers
Opening Prayer:	Bro. Davis Onger
Welcome & Introduction:	Bro. Davis Onger
Opening Song (SDAH #12):	Choristers
Special Thought:	Bro. Edwin Matoka
Special Song:	Choristers
Mission Story:	Bro. Timothy Anyona (Title: <b>"Long Walk to God, Part 1"</b> ; Pada)
Closing Song (SDAH #388):	Bro. Timothy Anyona / Choristers
Closing Prayer:	Bro. Edwin Matoka

## CHURCH AT STUDY (8:55 – 10:00 AM)

Lesson Study:	Lesson Classes in Church and the Online Church Panel
Closing Prayer & Song Service:	Sabbath School Superintendent & Choristers

## HEALTH NUGGET & ANNOUNCEMENT HIGHLIGHTS (10:00 – 10:30 AM)

Health Nugget (Topic: <b>"Drug and Substance Abuse"</b> ):	Sis. Jaqui Mwango Ayieko
Announcements Highlights:	Eld. David Sing'ombe
Worship in Music:	Choristers

## DIVINE SERVICE (10:30 AM – 12:35 PM)

Doxology:	Choristers
Invocation:	Pr. Gerald Mochoge
Welcome & Introduction:	Eld. Evans Kibet
Welcome Song:	<i>"What A Fellowship."</i>
Scripture Reading (2 Chronicles 20:15-17):	Bro. Antony Kodiwo
Hymn of Praise (SDAH #612):	Bro. Antony Kodiwo
Pastoral Prayer:	Eld. Evans Kibet
Offertory / Stewardship:	Sis. Cynthia Nyanchoka
Special Songs (2 Items):	Esiiro Choir & Redemption Singers
Offertory Response:	Choristers
Children's Sermon:	Earl Madiba
Special Song:	Church Choir
Sermon (Topic: <b>"Going Forward Amidst Obstacles"</b> ):	Pr. Gerald Mochoge
Closing Hymn (SDAH #348):	Choristers
Benediction:	Pr. Gerald Mochoge
Recessional Hymn:	Choristers

## PRAYER & FASTING SERVICE (12:35 – 2:00 PM)

Theme: <b>"Persisting in Prayer When God Seems Silent"</b>	Eld. Ken Ochuka & Prayer Ministry Council
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## AFTERNOON SERVICE (2:00 – 4:30 PM)

Song Service:	Choristers, Esiiro Choir
Special Song:	Church Choir
Church Business Meeting:	Pr. Gerald Mochoge
Music:	Redemption Singers
Closing Prayer:	Pr. Gerald Mochoge

**Sign Language Interpreters:** Hope Mandela and Stephen Koina

**Choristers:** Maxuel Omondi, Joshua Okari, Tina Alai, Evelyn Lele

**Pianist:** Mercia Orina

**Health Ministry Council:** Antony Kodiwo (Leader), Eld. Robert Nyarango (Deputy), Annete Kibet (Secretary), Eld. Evans Kibet (Elder-in-Charge), Beatrice Kiage, Eld. Daniel Mokaya, Eld. Emmanuel Mayakah, Cynthia Nyanchoka, Mary Wangai, Zipporah Kerandi, Kelvin Kiptanui, Davis Onger

### Tithes & Offerings:

To return tithe or give an offering kindly use,

M-PESA Pay bill number: 861200

A/C number: **"Tithe", "Offerings", "LCB"**

OR

Standard Chartered Bank | Branch: Kenyatta Avenue

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