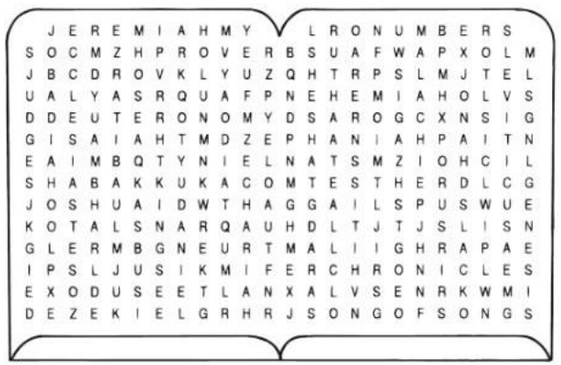
Notes:

The Old Testament



GENESIS	NEHEMIAH	HOSEA
EXODUS	ESTHER	JOEL
LEVITICUS	JOB	AMOS
NUMBERS	PSALMS	OBADIAH
DEUTERONOMY	PROVERBS	JONAH
JOSHUA	ECCLESIASTES	MICAH
JUDGES	SONG OF SONGS	NAHUM
RUTH	ISAIAH	HABAKKUK
SAMUEL	JEREMIAH	ZEPHANIAH
KINGS	LAMENTATIONS	HAGGAI
CHRONICLES	EZEKIEL	ZECHARIAH
EZRA	DANIEL	MALACHI

Miscellaneous

FIRST AID NURSE ON DUTY: **Bro Timi Abiola**

Stewardship Report

Treasury-January 2026
Church Family Budget Collected: $7371
Church Family Budget Budgeted: $13,439
Building Fund: $3326

Online Giving – The Adventist Giving website has been updated! Simply visit the website and from homepage, select Bridgeland Seventh-day Adventist Church. Enter your envelope information and click continue to login with your personal account information and submit.
https://www.adventistgiving.org

THE HEALTH HUDDLE

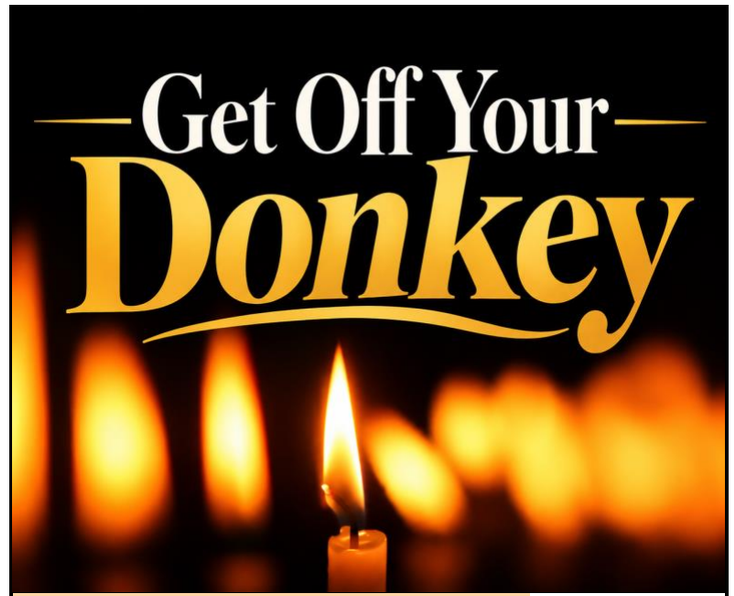
Hypertension (high blood pressure) is a common condition where the force of blood against the artery walls stays consistently too high, causing the heart to work harder than normal. Over time, it can damage blood vessels and lead to serious complications such as heart disease, stroke, kidney failure, and vision loss. It is often called a "silent" condition because many people do not notice symptoms until complications develop. In Alberta and across Canada, those most at risk include older adults, people with a family history of hypertension, and individuals with lifestyle factors such as physical inactivity, unhealthy diet, excess weight, smoking, and high alcohol use. Health experts recommend having your blood pressure checked regularly during routine healthcare visits. When measuring blood pressure, sit calmly for a few minutes, avoid caffeine or exercise beforehand, and take multiple readings for accuracy. Maintaining a healthy lifestyle—such as eating a balanced diet, staying active, and limiting salt can significantly reduce your risk and help manage blood pressure. The Bible also encourages caring for our physical well-being. As it says in 1 Corinthians 6:19-20: *"Do you not know that your bodies are temples of the Holy Spirit… therefore honor God with your bodies."* In this way, taking steps to monitor and manage conditions like hypertension is not only wise for health, but also an act of stewardship—honouring the body God has given us.

Leadership Directory

Office	Name	Phone
Senior Pastor:	Terrence Horrell	403-909-7210
Assistant/Youth Pastor:	Recardo Thompson	403-872-0382
Head Elder:	John Alai	403-870-1481
Church Clerk:	Arlette Lynch	403-890-6301
Head Deaconess:	Verona Blackwood	403-973-0389
Head Deacon:	Leon Montique	403-700-6502
AY Leader	Cheyanne Romeo	587-215-1757

Bulletin Info

Please submit bulletin information to *communications@bridgelandsda.com* ***REMINDER:*** *Bulletin submission is REQUIRED NO LATER than* ***Tuesday at 10PM.*** **Editor Tracy-Ann Adjei**



Pastor Terrence Horrell

BRIDGELAND
SEVENTH-DAY ADVENTIST CHURCH

48-12TH STREET NE, CALGARY, AB T2E 4P4 | 403-290-1946
www.bridgelandsda.com https://www.facebook.com/calgarybridgelandsda/

Pastors Church Office Hours: 10:00 am – 2:30 pm
Tuesdays, Wednesdays & Thursdays

SUNSET TODAY: 5:34 PM	SUNSET NEXT FRI: 5:31 PM

28 November 2026

Welcome Guests!

We are delighted you are worshipping with us today. Our family is eager to minister to you in any way.

Studying Together
SABBATH SCHOOL – 9:15 AM

Opening Prayer		Bro Rupert Richards
Opening Hymn	**O Word of God Incarnate**	#274
Mission Story		Bro Rupert Richards
Scripture Reading	***Isaiah 8:18-20***	Sis Christene England
Theme Presentation	***Four Basic Principles in Scripture to Evaluate A Prophet***	
Lesson Study		Classes
Closing Remarks/Prayer		Bro Rupert Richards
Special Music		Sis Chiko Botomani

"Short Interlude"

Family Prayers	Bereavement
Esme Gordon	Sis Tecla Clarke
Elder Renaldo Lynch	Bro Banis Desin
Sis Kathleen Ricketts	Sis Dorit Foster
Bro Terry Afflick	Sis Renee Gordon
Sis Merlene Romeo	Sis Trisha Anderson-Allen
Ramson Family	
Sis Joyce Brown	
Church Family	
City of Calgary	

Worshipping Together
DIVINE SERVICE – 10:30 AM

Announcements/Promotions		Communications Department
Call To Worship		Elder John Alai
Welcome		Elder John Alai
Opening Hymn	***"We Plow The Fields"***	#561
Call to Altar & Intercessor Prayer	***"All We Ask"***	Elder John Alai

…We give thee but thine own…

Offering Appeal & Prayer		Elder John Alai

…Jesus Loves the Little Children…

Children's Story		Video

Pastor's Corner

Promotions		Pastor Recardo Thompson
Praise & Worship		Praise Team

…To listen to him…

Scripture Reading	***Matthew 5:14-16***	Sis Athena Dube
Introduction to Speaker		Elder John Alai
Special Music		Sis Chiko Botomani
Sermon	***Get Off Your Donkey***	Pastor Terrence Horrell
Closing Hymn	**"A Diligent and Grateful Heart"**	#639
Benediction		Elder John Alai

Have a Blessed Sabbath!

Please remain seated until ushered out

Looking Ahead
Today

Sabbath School

- Both Adult and Lower Division Sabbath School classes start at **9:15 AM** every Sabbath.
- Lower Division is asking for volunteers to teach Kindergarten Sabbath School class.

Prayer Room

- The Prayer Room is open every Sabbath for prayer requests. The prayer room is open for all to come in.

Upcoming at Bridgeland & Beyond

Dec 5 **Praise and Worship Day**
Enjoy a full day of uplifting music, inspiring presentations, and heartfelt worship, from Sabbath School through to an Afternoon Program.
Praise and Worship Sabbath School
"Praise with what you have!" All are invited to bring their talents of praise in songs, musical instruments, or a verse of praise to share. It will be an interactive and amazing time of Praise!
Fellowship Lunch Contributions: The Music & Worship Department is kindly requesting monetary contributions toward the Fellowship Lunch. Please give through your **tithing**, specifying **"Hospitality."**

Dec 11 **A Couples Evening of Delight**
6:30 PM The family life department is hosting this event, please come and invite other couples!

Dec 12 **CAAA Domino Tournament**
The CAAA invites everyone to come out and enjoy an evening of fun, fellowship, and friendly competition!We will be hosting a Domino Tournament after sunset, to help support our elderly members in attending Camp. Come out, bring your domino skills, and support this meaningful cause. Bring your board games as well. Every contribution will help make a difference! Let's play together, fellowship together, and support our seniors!

Dec 12 **Communion**
Please prepare your hearts as we come together for Communion.

Dec 31 **Agape Feast & New Year's Eve Celebration**
Join us for our Agape Feast, followed by an evening of **Praise & Worship, Testimonies, and Thanksgiving**. Come and let us **worship, praise, and give thanks!**