Happy Birthday



- 3 Cecilia Kileste Brenda Rivera Patrick Herbst John Micah Louise Naranjo Joseph Franco Regalado
- 4 Angeli Dancel Nesrine Aguilar Angeli Aves Dino Amiel Cabanag Ken Michael Teves Mesha Danielle A. de Jesus
- 5 Japphet Araujo Lynle-Lu Dato Owen B. Palang
- 6 Melzen Florendo Olfie Hope Reyes Rolwie Love Reyes Vanci Faith Reyes
- 7 Arlyn Rochelle Abrasado Bonifacio Yrad Jr.
 Nathan Ganchorre
- 8 Mir Olivet Sadiasa Nathaniel Cazon Romualdo Espino Valerie Ann Utzurrum Luther Mancao Lian Rivera
- 9 Carlo Fonz Fontelo Hernando Puracan Charity Robillos Lauren Torrevillas

If there are birthdays wrongly indicated, we appreciate and welcome corrections as we based our info from the church database.

2019 COMMUNICANT'S CLASS

Kindly fill out the Application Form below:

Application Form

Name of the Child

Birthday

Home Address

Contact Numbers

Name and Signature of Parent

you are INVITED

You are all invited to a Forum on the Place of the LGBTQ+ in the Family and Community Tomorrow, February 4, 2018; 2:00PM, Udarbe Memory Chapel

Speakers: Rev. Dr. Noriel C. Capulong Elder Gladys R. Malayang Elder Arlene D. Villegas

Sponsored by the Justice and Peace Committee of SU Church.

STEWARDSHIP REPORT

Date: January 27, 2019
SERVICES
6:30 AM
8:00AM
9:30AM
4:00PM
5:30PM
Date: January 27, 2019
PHP 3,056.00
PHP 22,445.00
PHP 53,663.30
PHP 18,663.15
PHP 2,479.25

TOTAL OFFERING PHP 100,306.70

THE SILLIMAN UNIVERSITY CHURCH

PARISH IN Covenant with the United Church of Christ in the Philippines PARISH IN EVIS

Telefax Nos. (035) 2254837, 4226002 loc.340

Dumaguete City, Philippines

"Proclaiming Christ, Discipling for Dynamic Witness"

WORSHIP SCHEDULES

6:30 AM Silliman Heights 7:00 AM

Pantejo Chapel Medical Center 8:00 AM

Udarbe Memory Chapel
8:30AM

UCCP Chapel of the Evangel Fellowship 9:30 AM Main Sanctuary

4:00 PM
Main Sanctuary

5:30 PM Youth Worship Udarbe Memory Chapel 7:00 PM

Midweek Service Main Sanctuary (every Wednesday)

PASTORAL TEAM

Rev. Dr. Noriel C. Capulong Interim-Senior Pastor Contact No. 0977.620.7916

Rev. Leny Igot-Jovita

Minister for Christian

Witness and Service

Contact No. 0923.145.7052

Rev. January B. Alpuerto
Minister for Christian
Education and Nurture
Contact No. 0975.517.5310

Rev. Wella H. De Rosas Minister for Students and Campus Chaplaincy Contact No. 0905.295.9882

CHURCH OFFICE STAFF Mrs. Milagros T. Guerrero Mrs. Joy A. Tuates

Mrs. Irene D. Veradio Church Office Assistants Contact No. 0917.882.0025 422-6002 loc.340 church@su.edu.ph

5th Sunday in Epiphany



Communion Sunday

On this first Sunday of February, which is also the fifth Sunday in Epiphany, we give focus on the vital role of each and every member of the church in the task of building up the body of Christ for its edification. Every individual member from the Sunday School

Volume 20 Issue 34 EY 2018—2019 February 3, 2019

children to the adults and senior members is expected to carry on a distinct role that will contribute to the mission and ministry of the church in this place. That is why we receive our equipping and empowerment for these tasks through the teaching and preaching we receive and through our own collective and individual reflections on the word of God during Bible studies. Empowerment of the lay is a key towards a more robust, dynamic and mission oriented church.

is Membership Mont

As we now begin the month of February we will be resuming our annual communicants class. Those who belong to the age bracket of 11-13 and have not undergone the communicants class program may please contact **Rev. January B. Alpuerto** for proper listing. Classes will start on March 2, 2019 from 9AM-3PM @ Conference Room.

We are also preparing to update our membership record for the governing members of this church. We will request those who are governing members to fill up our revised membership form. Others who are interested to become governing members may fill up the appropriate application form.

February 3, 2019 PARISH NEWS 2

Regular Schedule

The following are various bible study groups and schedules. Everyone is welcome and invited to join

CYF - Mondays, 5PM Church Lawn UCM—Mondays @6:00 SU Conf. Rm. YAF - Tuesdays, 7:30PM, Bio Department Office Staff—Wednesday at 8AM, Conf. Rm Security Guards-Wed@2:00PM PASO Office. CWA—Fridays, 3PM CWA Room Bantayan Cluster—Saturdays, 6:30 AM

PRAYER GROUP SCHEDULE

Wednesdays

6-7PM Chancel and 8-9PM
Church Entrance
4PM Udarbe Chapel led by J2MAD

The Pastors Appreciation Day will be on **February 10, 2019**. Those who would like to give gifts to show your appreciation for the pastors in any form are very much welcome.

LAY PREACHERS

6:30AM Mr. Atilano Jaculbe, Jr. **8:00AM** Elder Gladys G. Malayang **9:30/4:00PM** Elder Phobe A. Tan

"The elders who direct the affairs of the church well are worthy of double honor, especially those whose work is preaching & teaching." 1 Timothy 5:17

NOTICE OF MEETING Board of Elders will have their

regular monthly meeting today after the 9:30am worship service at the conference room.



Thank you to all those who gave generous support and donations for the New Year Fellowship of the Morning Light Choir in Bacong last January 6, 2019. God bless you all!

STATEMENT OF ACTUAL RECEIPTS vs. BUDGET as of December 31, 2018

	BUDGET 2018-2019	ACTUAL 2018-2019	DIFFERENCE	Actual vs Budget
Support and Contribution				
Pledges	2,515,000.00	1,502,801.60	(1,012,198.40)	60%
Tithes	559,000.00	315,673.13	(243,326.87)	56%
Loose Offerings	2,418,000.00	1,080.275.10	(1,337,724.90)	45%
Thanksgiving Offerings	100,000.00	66,990.00	(33,010.00)	67%
Special Worship Services Offerings	320,000.00	129,417.65	(190,582.35)	40%
Sunday School	25,500.00	13,319.95	(12,180.05)	52%.
Total	5,937,500.00	3,108,477.43	(2,829,022.57)	<u> </u>

Focus on bone health

By: Nenita P. Tayko

After reaching 30 years of age, if you have not been doing exercises to promote bone health, you might have problems later. Bones and muscles both become stronger when muscles push and tug against bones during physical activity. Here are five exercises for you: brisk walking, dancing, climbing stairs, jogging, jumping rope, step aerobics and hiking. Eating food rich in calcium will also increase your bone density: milk, cheese, other dairy products, green leafy vegetables, soya beans, tofu, nuts, fish (including bones as in sardines) & bread (with fortified flour).

Love your bones and prevent osteoporosis!

February 3, 2019 PARISH NEWS 3



Marita Apangchan Guillermo Bergado Eugene Bardaje Merle Bardaie Jendelle Morphia Cabajon Florenda Cabatit Maryjun Candia Rolando Cavan Betty Distrito Bill Eadie Lorenza Elviña Osmundo Elviña Arlene V. Espina Alice Joyce Figueroa Cecilia Gadingan Jean Galicano Remedios Gaudiel Felix Gaudiel Jr Samuel Gregorio Dianne Guerrero Eddi Icamen Nestor Jalandoon Antonia Janguen Estrella Kiamco Dr. Samuel Dulay Ennie Lago

Luzvimenda C. Lewi Helga Magdamo Rolando Magdamo Magnolia Nova Mendoza Marrylen Malalay Reynaldo D. Maravilla Norma Martinez Arturo Maypa Laraine MDR-Tobias Lourdes Mege Encarnacion Mercolisa Tuting Monte De Ramos Fe M. Pia Futalan Piñero Ben M. Poblete Agustin Pulido Doris Pulido Amada Ragay Antonio Ragudo Rose K. Raterta Feliciano Refugio Grace Sycip-Romano Calinica Roleda Rainell Garcia-Schaerer Tita Sanguila Valentino Sitoy Amelia Teves Patrick Sam Tubojan Sandra Perez-Uriarte Brix Wyl Valencia Ruth Velasco Karlo Villas Jeff & Laura Wallin

(Please inform the office if there is a need to update our list.)

Feel free to text your prayer

24- Hour Hotline for SU Students

Prayer Hotline 09751993554

"Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. If you ask me anything in my name, I will do it." John 14: 13-14

PRAYER REQUEST We are pleased to join you in praying for specific

needs.			
Please pray foi	·:		
Con	fidential N	Mohile #	

40	
4	CHURCH
1 m F	MINISTRIE:

Jail Ministry: Bible Study every Sunday @ 2PM (Male Inmates); Every Thursday @ 2PM (Female Inmates) Worship Sunday every 4th Sunday @ 2PM.

Feeding Program:

Cadawinonan every 2nd and 4th
Sunday of the month at 2pm
Looc every 1st and 3rd Saturday of the month at 8:30AM

Dumaguete Youth Home (*Children in Conflict with the Law*) Bible Classes: every 4th Saturday of the month.

Shut-in and Visitation Ministry:

Giving communions to our elderly members who cannot attend worship service every 1st Sunday with Rev. Jovita. For shut in services or visitations, you may approach Rev. Jovita. (see Church Office)

See—You- at—the- Pole: every first Monday of the month at the East Quadrangle

Children's Sunday School
Sundays SU Heights Subd. at 9:00 AM
Toddler and Nursery at Toddler's Rm.
Grades 1&2 at the CWA Rm
Grades 3-4 at the Conference Rm
Grades 5-6 at the second fir Magbanua Bldg.

Junior Worship for Sunday School Every first Sunday of the month at Udarbe Chapel Choir Practices

Children's Choir practice every Sunday after Sunday School classes at Udarbe Chapel Sunrise Choir Saturdays 5:00PM—6:00PM, SU Heights Pilgrim Choir Saturdays 5:30PM Udarbe

Chapel
Covenant Choir Thursdays 5:30
COPVA Music Sala
Morning Light Choir Thursdays 6:00PM
Udarbe Chapel

ACUPUNCTURE SCHEDULE

Monday—1:00PM =3:00 PM @ CWA Rm. Thursday—9:00AM-11:00AM @ CWA Rm.

EMERGENCY NUMBERS

 Silliman University Medical Center

 225-0841/225-3563/ (ICU) 422-8970

 Holy Child Hospital
 225-4841 / 225-0510

Negros Oriental Provincial Hospital 225-0950 / 225-0949

Philippine Nat. Police **225-1766/422-9702**

Dumaguete City Fire Department

225-3445 / 422-9672

One Rescue (Dgte) 225-9110/422-9110