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1+1=50

Upon my arrival to *Charlottetown Seventh-day Adventist Church* in Prince Edward Island in September 2024, the senior pastor Ramon Triguero entrusted me to work with a young man named Dwight Hubley. He was attending the church regularly. After praying and establishing a friendship with him, I invited him to participate in one of the evangelism programs that they were conducting at the church that was called 1+1=50. 1+1=50 means 50 or more people studying the Bible. The young man agreed to study with us and in March 2025 and we were happy that he decided to commit his life to Jesus through baptism. May 10^{th} , 2025 was a wonderful Sabbath at our church when he was baptized by Pastor Triguero.

As the coordinator of the program, I thank God for the people who are studying with us. We studied with this young man in the church every Saturday and during the week we could see how God was touching his life. We know that he will be a great blessing for our church. He likes to learn about the scriptures and is still studying with us. We thank God for the opportunity to work for Him and ask for your prayers for the others who will come to the feet of Christ.

Finally, I would like to leave you with this statement from Paul in Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up".

Pastor Dewry Mota

Coordinator of Personal Ministries of Charlottetown Seventh-day Adventist Church



Pastor Ramon Triguero praying for Dwight Hubley



Dwight Hubley's baptism

SUMMER CARE



Learn natural preparations to have the safest summer

Join Dr. Sasha Coleman for an informative session on summer safety!

Sabbath, June 21st at 3:30 PM Save this date!!

Hosted by the Maritime Health Ministries





Chia Flaxjacks!

a.k.a Pancakes

Ingredients:

- 1 cups Almond flour
- 1 cup flour Quinoa/Kamut (Khorasan)/Spelt
- 1 1/3 cups Brown Rice flour or Oat flour
- 2 ½ tbsps. Tapioca flour
- 2 tsps. cinnamon or 2 tsps. of coriander and 2 tsps. of cardamon
- 3 tbsps. sugar Date/ Organic Coconut/Maple
- 2 tbsps. Non-aluminum baking powder (homemade works great)
- 4 tbsps. Ground Chia seeds
- 4 tbsps. Ground Flax seed
- 240 ml. hot water
- 1 tbsp. Organic Coconut oil
- 4 cups of any plant-based milk
 (Almond and Organic Soy work well)

Preparation:

- 1. Combine the chia and flax seeds with the hot water.
- 2. Mix well, removing all lumps.
- 3. Add the organic coconut oil and mix well till it has melted completely.
- 4. Combine the rest of all the dry ingredients (all the flours, spice, sugar, baking powder, etc.) together in a separate bowl.
- 5. Add the milk to the chia and flax mixture and whisk until completely blended.
- 6. Combine the wet and dry ingredients and mix thoroughly.
- 7. Let this sit for 5 minutes.
- 8. You can cook on your stove top or use a non-stick electric griddle. Cook till the side facing up bubbles and then flip and cook until the bottom side is lightly browned.

These "flaxjacks" are moist and delicious! Makes about 12 "flaxjacks". Serve with your favorite nut butter, homemade jam, and/or fruit soup.

Enjoy!

Catherine Walsh

Health Ministries Director of the Maritime Conference

Joy on the Journey

PrayerShop 2025

When: June 20-22, 2025

Where: Pugwash, NS

Price: \$60/person, \$120/family,

Free for Prayer Ministry Leaders and Pastors

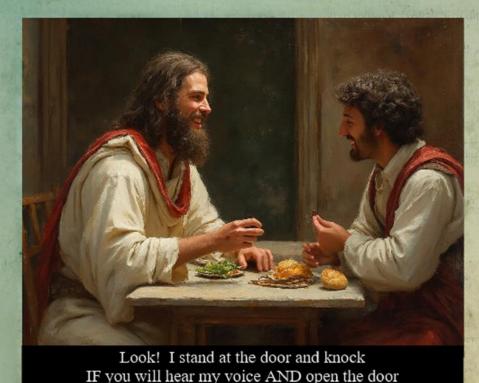
To Register, and for more info, contact: erna.mccann@maritimesda.com

Question to ponder:

What makes the narrow road, narrow?

You make known to me the path of life; in Your presence there is fullness of joy; at Your right hand are pleasures forevermore.

Psalm 16:11



In this verse Jesus is talking to His kids that feel lukewarm about Him. He desperately wants these kids to be other than lukewarm - so much so that He says Look/Behold, I AM right here standing, and I AM knocking on YOUR door. He does not bang on that door demanding to be let in. He does not try to force the door open, saying you better open it or else. He stands at your door. He stands at all the doors where He knows His presence is needed so there is no longer a lukewarm heart. He knocks and

lukewarm state. He is not forceful. He is not aggressive. He is

He calls out in His voice to each one of His kids in this

I WILL come in AND we WILL share a meal TOGETHER as

FRIENDS. Rev 3:20 NLT

not demanding. He is God. He could barge right in, if He wanted to, but He does not. He does not have control issues. He stands, He knocks. He calls out and He waits. He waits. He keeps knocking. calling to you. And then the best part is He says IF you hear Me (ears to hear), AND YOU OPEN your door (He doesn't say how far) I AM going to come in and I AM going to share a meal WITH YOU. He is not only going to come in through your door but He's going to spend time together with each child behind each and every door. Just Him and His child, as FRIENDS, sharing a meal. No hurry. No pressure. Just sharing, caring and loving. That time spent together with Him is prayer, because during that meal you will share with Him, He will share with you, and you will grow to love Him more, and more, and more. It is in knowing Him, experiencing His love, and thus being able to trust in His love, that we become truly free. We cannot know Him without this kind of prayer. Note: His love for us does not grow during the shared meals/prayer because He already loves each one of us more than our hearts can understand. He knows EVERYTHING about each one of us and

because He already loves each one of us more than our hearts can understand. He knows EVERYTHING about each one of us and when others might turn tail and run because of who we are/what we have done, He stands at each door, at my door, at your door, at ALL the doors, and He keeps knocking. When each one of us hears Him and opens our door, then He shares a meal with each one of us. He does this because He already loves you, before the knock, before the meal, before the prayer.





HOW TO REGISTER FOR CAMP

Get ready to have fun learning new skills, building friendships that will last a lifetime, and discovering God through nature this coming camp season. We are excited to introduce new activities, and to launch our very own Family/Alumni Camp.

Spots are being filled. Some of our camps were sold out last year. We don't want you to miss this opportunity. Register now!

Blind Camp: June 29-July 4

Junior Camp: July 7-13

Teen Camp: July 14-20

Camp Meeting: July 25 - Aug 03

Family/Alumni Camp: Aug 4 _ 8

Donate to help support the **ministry**

Camp Pugwash has been central to many lives and families over the decades. This ministry is only made possible through the donations given by individuals who recognize the value of this Camp and its ministry.

The simplest way to donate would be to login into Ultracamp and donate there. If you prefer another way, feel free to contact us by email or phone.

Below is a list of just a few of our projects we would love to accomplish at Camp Pugwash.

- Rock wall shed
- Beach tower
- Bonfire/Amphitheatre worship place
- Water blow-ups and dock
- Gymnastics equipment
- Camp improvements
- Storage facility
- Playground enhancement
- Enlargement of the freezer/office/nursing section of the cafeteria
- · Youth cabin and barrack updates.

JUNE 2025 | **DEPARTMENTAL NEWS 11**





Camp Pugwash is happy to introduce our first ever family camp week. We want to also extend a special invitation to all **ALUMNI** camp staff—and their families—who have previously worked at Pugwash. Family Camp is a great way to enjoy all that Pugwash has to offer, together! **Register now!**

Activities

Crafts

- Arts & Crafts
- Baking
- Ceramics
- Tie Dye
- Rocketry
- Music

Outdoor Pursuits

- Archery
- Rock wall
- Sports
- Family Fitness
- Zumba
- Bible Study*

Waterfront

- Swimming
- Tubing
- Paddleboarding/c anoeing

ADVENTURE - REVIVAL - NATURE - BONDING

Dates

Aug 4 - Aug 8

Ages

FAMILIES!

Rate

1 PERSON - \$300

EVERY ADDITIONAL

PERSON - \$200

4 YEARS AND UNDER - FREE



CARE TAKERS

Before You Say "I Do": 13 Things Every Adventist Young Adult Should Talk About Before Marriage

Because Love Isn't Blind—It's Wise.

You're in love. You've prayed about it. You've talked to each other late into the night. Maybe you've even read Adventist Home together. But before you walk down the aisle, there are some essential conversations that need to happen, ones that could make or break your future happiness.

Love is essential but it's not enough by itself. God calls us to build relationships on truth, trust, and intentional preparation. Here are some crucial things to talk about before you say, "I do."

1. Faith First:

Start with what matters most. Are you both committed to Christ? Are you both active in your faith? If you're Adventist, are you aligned on Sabbath-keeping, worship, and lifestyle values? Amos 3:3 asks, "Can two walks together, unless they are agreed?" A shared spiritual foundation makes everything else stronger.

2. Money Talks:

Talk openly about bills, budgeting, credit scores, debt, and spending habits. Are your savers or spenders? How will you handle student loans or credit card debt? Financial tension is a leading cause of marital stress, but it doesn't have to be. Create a plan that honors God and works for both of you.

3. Parenting Styles & Plans:

Do you both want children? How many? How will you discipline? What role will faith play in your parenting? These are not future your problems they're right now conversations.

4. Family Dynamics:

In laws can be a blessing or a challenge or both. Discuss how you'll set boundaries with family, handle conflict, and support each other. Also, talk about your childhood experiences like what shaped you, what hurt you, and how your upbringing influences your values.

5. Mental Health & Emotional History:

Have you experienced anxiety, depression, or trauma? What kind of emotional support do you need from a partner? How do you manage stress or conflict? Healing begins with honesty. You don't need to be perfect you need to be open.

6. Health History:

What's your family's health background? Is there diabetes, heart conditions, fertility issues, genetic conditions? Discussing this helps you plan and pray together for your future family.

7. Expectations & Roles:

Who cooks? Who cleans? Who handles what? It might seem minor now, but unspoken expectations lead to silent frustrations. Talk about your vision for partnership, gender roles, and how you'll split responsibilities.

8. Education & Careers:

What are your long-term goals? Will one of you go back to school? Are you willing to relocate for each other's career growth? Marriage means cheering each other on even when the path isn't easy.

9. Dreams & Wish Lists:

It's okay to dream! Talk about your dream home, travel plans, ministry goals, and what kind of life you're hoping to build together. This isn't about money it's about vision.

10. Conflict Resolution:

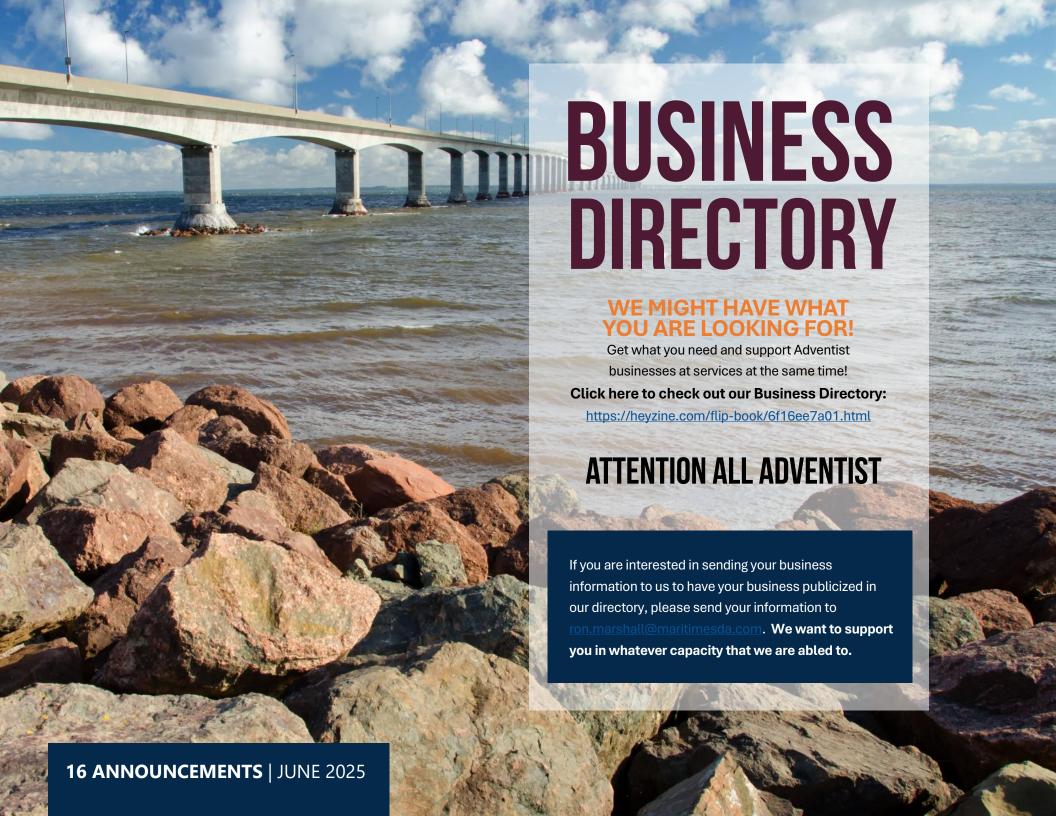
How do you fight? Do you shut down, raise your voice, or avoid issues? Learn healthy ways to communicate and resolve conflict. Seek counseling or mentorship if you need to. Asking for help is a strength, not a weakness.

Marriage isn't about finding someone perfect it's about choosing someone with intention and building something holy together. Proverbs 24:3 says, "By wisdom a house is built, and through understanding it is established." Let God be your foundation. So, before you plan the wedding, plan the marriage. Talk about the real stuff. Pray together. Listen deeply. And above all, love like Christ.

You've got time. Build it right.

Angel Germosen

Assistant Treasurer of the Maritime Conference



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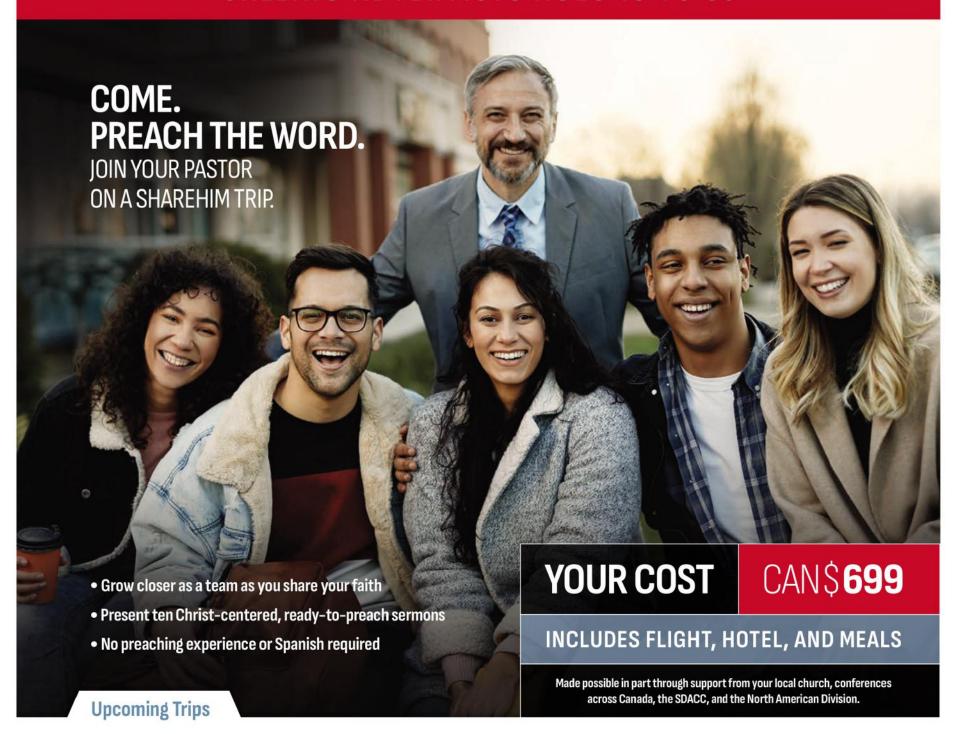
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CALLING ADVENTISTS AGES 18 TO 35



Upcoming Trips

Trips are exclusively for those ages 18-35 from most conferences. You must come with your local pastor.

2025

June 4-16	Georgetown, Guyana		
June 11-23	Liberia, Costa Rica		
Jul 23-Aug 4	Chitré, Panama		
Jul 23-Aug 4	Jinotepe, Nicaragua		
Jul 30-Aug 11	Danlí, Honduras		
Jul 30-Aug 11	Santa Ana, El Salvador		
Jul 30-Aug 11	Totonicapán, Guatemala		
Aug 6-18	Bogotá, Colombia		
Aug 6-18	La Vega, Dominican Republic		
Aug 13-25	Cancún, Mexico		

Aug 13-25	Nagua, Dominican Republic *
Aug 20-Sep 1	Belize City, Belize
Sep 10-22	Rio de Janeiro, Brazil
Sep 17-29	São Paulo, Brazil
Sep 24-Oct 6	Santa Cruz, Bolivia
Oct 8-20	Pucallpa, Peru
Oct 15-27	Viña del Mar, Chile
Oct 22-Nov 3	Quito, Ecuador
Oct 29-Nov 10	Holguín, Cuba

^{*} possibilité de prêcher en français



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Maritime Conference Jan 9 Recines

Dreparing the tarvest

Save the Date July 25-August 02, 2025



Seventh-day Adventist Church

20 ANNOUNCEMENTS | JUNE 2025

CAMP MEETING 2025 AUDITORIUM SCHEDULE

Friday, July 25 - Saturday, August 02, 2025

Time	Friday July 25	Sabbath July 26	Sunday July 27	Monday July 28	Tuesday July 29	Wednesday July 30	Thursday July 31	Friday Aug 01	Sabbath Aug 02	
07:15 - 08:00	DEVOTIONALS	Adrian Jones	Ryan Fraser	Sean Todd	Fred Nahirny	Ramon Triguero	Métard Salomon	Ted Bagassien	Jaqueline Émile	
08:00 - 08:30		Breakfast								
Pastor's Debrief		Pastor's Meeting								
08:30 - 09:00										
09:00-09:30			09:30-10:00	Indigenous Awareness	Indigenous Awareness	Indigenous Awareness	Indiganous Awaraness	Indigenous Awareness		
09:30 - 10:30			Pathfinder Parade	Training Seth Cantu	Training Seth Cantu	Training Seth Cantu	Training Seth Cantu	Training Seth Cantu		
10:30-11:00			10:30-12:00							
11:00 - 12:00		Jeff Brown	Pathfinder Tag Day	Frankie Lazaras	Frankie Lazaras	Frankie Lazaras	Frankie Lazaras	Frankie Lazaras	Jeff Brown	
12:00 - 02:45		Lunch 12:00-12:45								
12:45-02:00		Family Time / Camp Activities								
01:30-03:00										
03:00 -04:00		03:00-04:30 MC Concert		Managing Stress	Don Straub	Don Straub	Don Straub	Don Straub	Don Straub	03:00-03:30 Celebration of Life
04:00-04:15			of the End							
04:15 - 05:15		04:45-05:15 MC Team		Paul Antunes	Paul Antunes	Paul Antunes	Paul Antunes	Paul Antunes	04:00-05:15 Baptism	
05:15-05:30										
05:30 - 06:30	Supper									
06:30-07:00										
07:00-07:15	President Welcome	nt Welcome Special Feature								
07:15-09:00	Jeff Brown	Jeff Brown	Jeff Brown	Jeff Brown	Jeff Brown	Jeff Brown	Jeff Brown	Jeff Brown	Jeff Brown	

WHAT IS GOING ON IN YOUR CHURCH?

We want to know what God is doing in your church! Don't keep the blessings to yourself! Let us know so that we can be inspired!

Submit your reports for the MC Spotlight to ron.marshall@maritimesda.com before the 15th of each month (except for July & December, it will be on the 03rd)

"Tell the world about Jesus...tell them about His love...as you go... tell the world!"





MARITIME CONFERENCE