



Seventh-day Adventist Church Retirement Plan for Canadian Employees

Canadian Retirement Plans

Marilyn Pazitka, Director

Charisma Hodgins, Retirement Specialist

Colleen Page, Benefits Assistant

Aileen Babida, Junior Accountant
*Direct deposits, cheques, tax withholding,
change of address, reporting a death*
retirement@adventist.ca

Retirement Department
1148 King St E
Oshawa ON L1H 1H8
Phone: (905) 433-0011
Fax: (905) 433-0982
Web Site: www.adventist.ca/retirement

Health Benefits Plan

Jeremy O'Dell, Director

Jesther Migrino, Claims Specialist

Nadine Ramsay, Secretary

Healthcare Claims Enquiries
1-800-263-7868
healthbenefits@adventist.ca

Submit medical claims to:
Health Benefits Administration
1148 King St E
Oshawa ON L1H 1H8

2023 Canadian to US Exchange Rates:

Annual Fixed Rate: 1.3013

January Statement / Exchange Rate
= Bank Deposit

January	1.3587	July	1.3384
February	1.3769	August	1.3821
March	1.3969	September	1.3714
April	1.3772	October	
May	1.3841	November	
June	1.3399	December	



Prayer Corner

“For where two or three are gathered together
in my name, there am I in the midst of them.”
Matthew 18:20 KJV



October

Maritime Conference

- 2 – Departmental Directors & Support Staff
- 3 – Evangelistic Efforts & Interests
- 4 – Pastors & Members

Newfoundland and Labrador Mission

- 5 – Administration & Board
- 10 – Departmental Directors & Support Staff
- 11 – Evangelistic Efforts & Interests
- 12 – Pastors & Members
- 16 – SDA Students in Public Schools

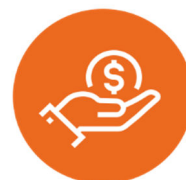
Ontario Conference

- 17 – Administration & Board
- 18 – Departmental Directors & Support Staff
- 19 – Evangelistic Efforts & Interests
- 23 – Pastors & Members
- 24 – Teachers & Students

Quebec Conference

- 25 – Administration & Board
- 26 – Departmental Directors & Support Staff
- 30 – Pastors & Members
- 31 – Teachers & Students

2023 Cheques/EFT Schedule:



October 25
November 24
December 21