

## Walthamstow SDA Church

78-80 Boundary Road, Walthamstow  
London E17 8JU

020 8520 2760

Pastor Vaughn Thorpe

### PRAYER MINISTRIES

Please join with the prayer team as we pray this month for all our needs but specifically: **Physical, spiritual, emotional healing, compassion for the elderly, sick, disabled and bereaved**

#### Health and Special needs ministries

The prayer ministry team are praying regularly for individuals & families attending church. We are happy to pray with you on Sabbath, or at any other time, just let us know. You are welcome to attend our Prayer and Fasting session 2-4pm on the first Sabbath of every month- a time of prayer & praise in songs & testimonies. Fasting is optional. We can pray for you / others during the session if you let know in advance .

### SABBATH TIME

*The Sabbath is a day of delightful communion with God and one another. We joyfully observe this holy time from Friday evening to Saturday evening, from sunset to sunset, as a celebration of God's creative and redemptive acts.*



18:11 - 13 Oct 2018

17:58 - 20 Oct 2018

Email: [walthamstowsda@gmail.com](mailto:walthamstowsda@gmail.com)

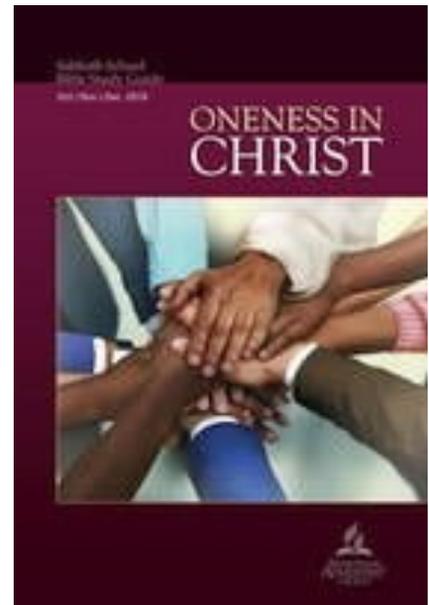
web: <http://www.walthamstowadventistchurch.org.uk>

Facebook: <https://www.facebook.com/pages/Walthamstow-Seventh-Day-Adventist-Church>

Sabbath School begins at 9:30am.

Children's Sabbath School begins at 9:45am in the hall.

***The topic of the Adult's Sabbath School lesson this quarter is 'Oneness in Christ'***



## **ANNOUNCEMENTS**

- ⇒ Prayer Meeting takes place on Wednesday at 7:30pm.
- ⇒ Stanborough Press has advised us that the cost of the Adult Sabbath School Lessons will increase from £5.25 to £5.75. This means that quarterlies ordered for the 1st quarter of 2019 will be £5.75. See Marsena for orders or any questions.
- ⇒ AYS is at 5:30pm.
- ⇒ Just a reminder from the Treasury Team that both tithes and offerings can be paid weekly by bank transfer. The church account details are : Bank : HSBC / Account No : 11755226 / Sort Code : 400113. Once you have made the payment consult a member of the team to say how you want the funds to be split and distributed.
- ⇒ If you require copies of the sermons from the Abundant Life Campaign please see a member of the Tech Team. These are being offered on DVD or USB stick.
- ⇒ The church clerk is attempting to ensure the church records are up to date. If you feel that the church does not have your current contact details then please let him know. If you're not sure then check with clerk who is Andy.

**Entrance of Worship Leaders**

Introit

Welcome &amp; Prayer

Eld. Roz Parson

Opening Hymn 'To God Be the Glory (SDAH 341)'

Praise &amp; Worship

Praise Team

Scripture Reading

Leah Marshall

Prayer Meditation 'Now Dear Lord as we Pray (SDAH 671)'

Pastoral Prayer

Eld. Roz Parson

Tessa George-Da Silva

Tithes and Offerings 'O Taste and See'

Bro Norman Wallace

Children's Story

Denis Lindo

Sermon 'Communication Through Prayer'

Pst Richard Daly

Closing Hymn

Closing Prayer 'Draw Me Nearer (SDAH 306)'

Pst Richard Daly

Benediction

'Let the Church Say Amen'

Afterglow

Praise Team

*After the service there is an afterglow in giving thanks to God!*

*Please sit and meditate on the message or join in with the praise team in singing!*

*Or for fellowship and discussions with brethren please leave the main church—the main hall is available.*

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## **Fearfully & Wonderfully Made**

### **Honey, not antibiotics, recommended for coughs**

The guidelines from the National Institute for Health and Care Excellence (NICE) and Public Health England (PHE) have been developed after looking at the best available scientific evidence.

Most acute coughs are self-limiting (they get better by themselves) viral infections. And antibiotics don't work for viral infections and can cause unpleasant side effects. Antibiotics will only usually be used if people are very unwell or have increased risk of complications due to an underlying health condition. The evidence showed that honey could be effective at reducing the symptoms of acute coughs due to upper respiratory tract infections (infections of the airways), including how often people coughed and how bad their cough was.

The guidance applies to adults and children over 5 years of age. It's important to note that honey is not safe for children under the age of 1. While there are many over-the-counter cough medicines that include honey, you can also mix it with hot lemon yourself at home to obtain a similar effect:

squeeze half a lemon into a mug of boiled water

add 1 to 2 teaspoons of honey

drink while still warm (don't give hot drinks to small children)

\*Please note the service is recorded and streamed live during the Divine Service programme.

The deadline for all information to be published in the bulletin is 8pm on Wednesday. Bulletins will not be printed but will be made available for all. You can access the bulletin at [www.walthamstowadventistchurch.org.uk/bulletin](http://www.walthamstowadventistchurch.org.uk/bulletin)  
Ideas and suggestions for the bulletin and website are welcome. Please email [walthamstowsda@gmail.com](mailto:walthamstowsda@gmail.com).