



# Bulletin

Quarter 4 Issue 10

8th Dec 2018

## 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.*



15:50 - 08 Dec 2018

15:51 - 15 Dec 2018

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

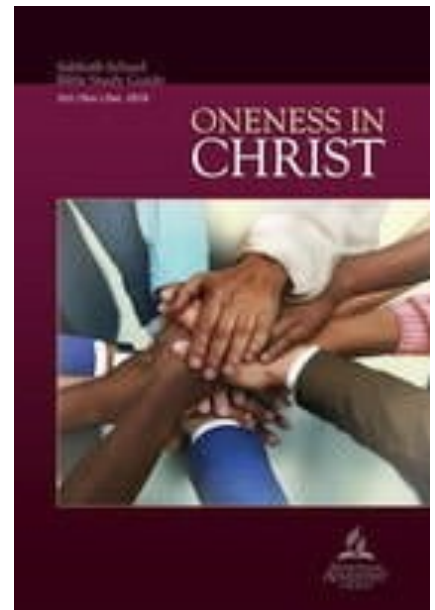
**web:** <http://www.walthamstowadventistchurch.org.uk>

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

Sabbath School begins at 9:30am.

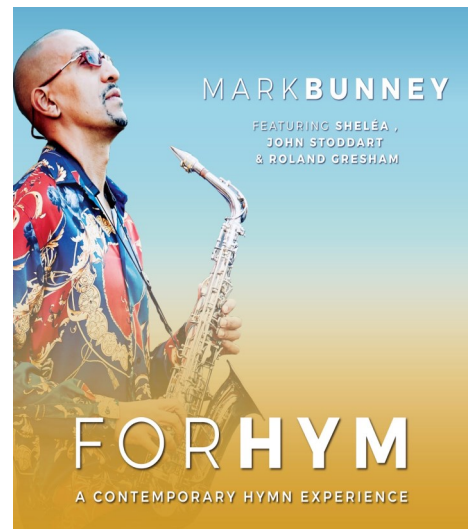
Children's Sabbath School begins at 9:45am in the hall.

***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.
- ⇒ AYSTODAY is at 5pm. Many of our Teens will be away at the SEC Teens Day of Fellowship in Wood Green. Let's continue to pray for our Teens/Youth.
- ⇒ Members please be reminded to pay monies for quarterlies & calendars. This can be done by either bank transfer or cash. Please see Marsena for details.
- ⇒ See Tia for details regarding the Mark Bunney album below. Cost is £13.
- ⇒ Stanborough Press Book Sale - December 15th after Sabbath



**Entrance of Worship Leaders**

Introit

Welcome &amp; Prayer

Eld. Roz Parson

Opening Hymn

Oh Love of God (SDAH 79)

Praise &amp; Worship

Praise Team

Scripture Reading

Luke 2:29-31

Dillon Ruthman

Pastoral Prayer

Eld. Roz Parson

Denisha Galloway

Tithes and Offerings

Rusivo Kamuriwo

Children's Story

Ruth Lindo

Song of Meditation

Breathe on me Breathe of God (SDAH 265)

Sermon

'Lord Give Me a Song

Eld. C. Redwood-Sawyerr

Closing Hymn

Jesus Paid it All (SDAH 184)

Closing Prayer

Eld. C. Redwood-Sawyerr

Benediction

'Let the Church Say Amen'

Afterglow

Praise Team

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

*Please sit and mediate 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**

We first laugh at about four months of age. There are thousands of languages, hundreds of thousands of dialects, but everyone speaks laughter in pretty much the same way. Babies have the ability to laugh before they ever speak. Children who are born blind and deaf still retain the ability to laugh.

There is a link between laughter and healthy function of blood vessels with the fact that laughter causes the dilatation of the inner lining of blood vessels and increases blood flow. Laughter has proven beneficial effects on various other aspects of biochemistry. It has been shown to lead to reductions in stress hormones such as cortisol and epinephrine, the release of endorphins that can relieve some physical pain and boosting the immune system.

A 2000 study found that people with heart disease were 40 percent less likely to laugh and be able to recognize humor in a variety of situations, compared to people of the same age without heart disease. It has even been shown to reduce allergic reactions in dust mite allergy sufferers.

A cheerful heart is good medicine, but a broken spirit saps a person's strength Ecc 8:15  
So I commended enjoyment, because a man has nothing better under the sun than to eat, drink, and be merry; for this will remain with him in his labor all the days of his life which God gives him under the sun.  
Proverbs 17:22

\*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).