



Bulletin

Quarter 1 Issue 1

5th Jan 2019

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.



16:05 - 05 Jan 2019

16:13 - 12 Jan 2019

Email: walthamstowsda@gmail.com

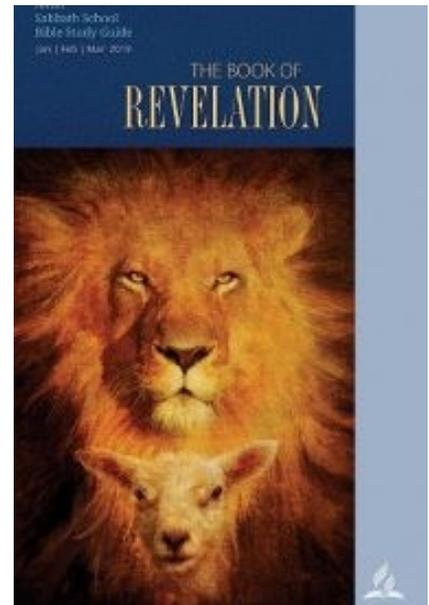
web: <http://www.walthamstowadventistchurch.org.uk>

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 'The Book of Revelation'



ANNOUNCEMENTS

- ⇒ Prayer Meeting takes place on Wednesday at 7:30pm.
- ⇒ TODAY is Prayer & Fasting. The Prayer & Fasting Program will take place between 2 and 4pm.
- ⇒ AYS TODAY is at 5pm and is entitled 'New Beginnings'. Please come and support.
- ⇒ 10 Days of Prayer begins on the 9th January @7:30pm each night except Monday the 14th Jan and finishes during AYS on the 19th Jan. For further details visit www.tendaysofprayer.org.

10 DAYS OF PRAYER

January 9-19, 2019

Seventh-day
Adventist Church

WWW.TENDAYSOFPRAAYER.ORG



Entrance of Worship Leaders

Introit	'Oh Come Let Us Adore Him'	Praise Team
Welcome & Prayer		Eld. C. Redwood-Sawyerr
Opening Hymn	Joyful, Joyful (SDAH 12)	
Praise & Worship		Praise Team
Scripture Reading	Ezekiel 36:26-27	Andre Collins
Pastoral Prayer	'Hear My Cry'	Eld. C. Redwood-Sawyerr Keeley Davis
Tithes and Offerings	'Give and It Will Come Back'	Norman Wallace
Children's Story		
Sermon	'Generous Life Retains'	Pastor Todd Frias
Closing Hymn	I Know Whom I Believed (SDAH 511)	
Closing Prayer		Eld. C. Redwood-Sawyerr
Benediction	'He is Exalted'	
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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Health in the News

‘People who eat organic food ‘are 25 per cent less likely to get cancer’

The Sun, October 23 2018

<https://www.thesun.co.uk/news/7559026/organic-food-25-per-cent-less-cancer/>

The news website reports on a large study in France that questioned 69,000 people on their consumption of organic food, and then monitored them for 5 years to see how many developed cancer.

Researchers found that people who ate the most organic food had a 24% reduced risk of cancer compared to those who ate the least.

Despite the encouraging media reports, this study does not prove that eating organic food will protect you against cancer.

The study does not demonstrate that organic food is the direct cause of the reduced risk. People who ate more organic food had healthier lifestyles in general, doing more exercise and eating more fruit and vegetables than other people. Though the researchers tried to adjust for such health and lifestyle factors, it's still possible these things had an influence.

So, claims that "eating organic food will reduce cancer rates" remain unproven. It would be better to focus on eating a healthy diet high in fruit, vegetables and fibre and low in processed meat, and to maintain a healthy weight. Eating well, along with taking regular exercise and not smoking, can significantly reduce your risk of developing cancer.

The study was published in the medical journal JAMA Internal Medicine.

Baudry J, Assmann KE, Touvier M, et al. Association of Frequency of Organic Food Consumption With Cancer Risk - Findings From the NutriNet-Santé Prospective Cohort Study. *JAMA Internal Medicine*.
Published online October 22 2018

*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 Thursday. You can access the bulletin at www.walthamstowadventistchurch.org.uk/bulletin. Please email walthamstowsda@gmail.com. With any ideas.