



Bulletin

Quarter 1 Issue 2

12th 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.



16:15—12 Jan 19

16:25—19 Jan 19

Email: walthamstowsda@gmail.com

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

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

1. I will make the darkness light before thee,
What is wrong I'll make it right before thee,
All thy battles I will fight before thee,
And the high place I'll bring down.

Refrain

*When thou walkest by thy way I'll lead thee,
On the fatness of the land I'll feed thee,
And a mansion in the sky I'll deed thee,
And the high place I'll bring down.*

2. With an everlasting love I'll love thee,
Though with trails deep and sore I'll prove thee,
But there's nothing that can hurt or move thee,
And the high place I'll bring down.

Refrain

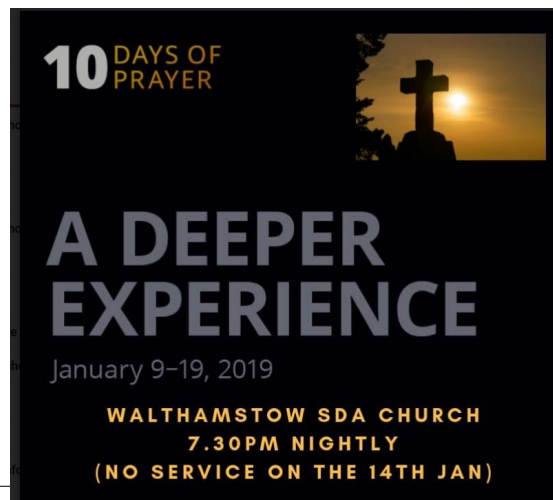
3. Although Satan in his range would hear thee,
And with all his winning arts would snare thee,
Even down to thine old age I'll bear thee,
And the high place I'll bring down.

Refrain

4. I will make the darkness light before thee,
I will make the crooked straight before thee,
I will spread My wings protecting o'er thee,
And the high place I'll bring down.

ANNOUNCEMENTS

- ⇒ Prayer Meeting takes place on Wednesday at 7:30pm.
- ⇒ AYS today is at 5pm
- ⇒ 10 Days of Prayer has began and takes place each night at 7:30pm except Monday the 14th Jan and finishes during AYS on the 19th Jan. For further details visit www.tendaysofprayer.org.



**Entrance of Worship Leaders**

Introit	'Oh Come Let Us Adore Him'	
Welcome & Prayer		Eld. Roz Parsons
Opening Hymn	Praise Him! Praise Him! (SDAH 249)	
Praise & Worship		Praise Team
Scripture Reading	Psalm 107:1—32	Walthamstow PBE Team
Prayer Meditation		
Pastoral Prayer	Hear My Cry	Eld. Roz Parsons Sis. Annwen Johnson
Tithes and Offerings	O Taste and See	Bro. Kenton Harriott
Children's Story		Eld. Darren Johnson
Sermon	'Where Wit Ends'	Pst. V. Thorpe
Closing Hymn	'I Will Make the Darkness Light'	
Closing Prayer		Pst. V. Thorpe
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!*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Fearfully & Wonderfully Made

"Crosswords do not prevent dementia but can make your brain sharper to start off with," reports the Mail Online."

The question of whether doing puzzles and problem-solving activities can stave off mental decline in older age is often debated.

A study of 498 people born in Scotland in 1936 found people who enjoyed intellectually stimulating tasks had better mental functioning at around age 64 than less intellectually active people, but that their rate of mental decline from that point was the same.

As we live longer, many of us fear losing our mental faculties with age. The idea that we can stave off decline by doing crossword puzzles is attractive, but this study suggests it's more complicated than that.

This type of study can never prove that 1 factor is the main cause of another, so even if the study had found slower mental decline among people who liked problem-solving, we couldn't say for sure that puzzles were the reason for this. But the study does seem to show that life-long intellectual engagement and problem-solving is linked to higher mental functioning, so it's not the case that giving your brain a workout is a waste of time - especially if you find those activities enjoyable and fulfilling.

While problem-solving seems to be linked with improved mental abilities, it doesn't necessarily protect against the decline of those abilities with age.

There's no way to definitely prevent dementia. But we do know that what's good for the heart and circulation is also usually good for the brain.

Physical exercise, a healthy diet, not smoking and not drinking too much alcohol may all help reduce the risk.

*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