



Bulletin

Quarter 1 Issue 3

19th 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.



16:26 - 19 Jan 2019

16:37 - 26 Jan 2019

Email: walthamstowsda@gmail.com

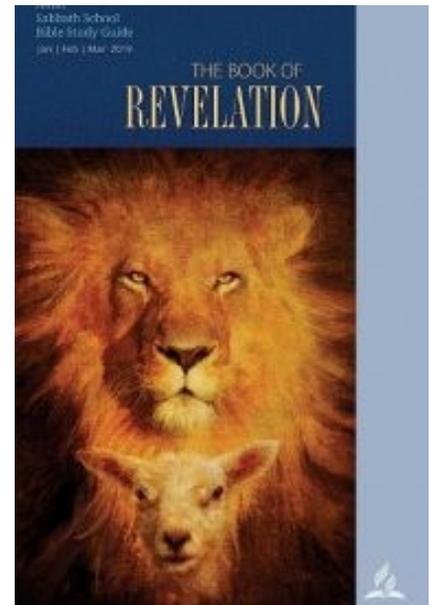
web: <http://www.walthamstowadventistchurch.org.uk>

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 the last day of the '10 Days of Prayer'. The final session will take place during AYS at 5pm and will be taken by the Alexander Family.
- ⇒ Please note that all items of clothing left in the church will be disposed of at the end of each month.
- ⇒ Just a reminder that you can drop your toiletry donations into the containers provided in the mothers room.



WALTHAMSTOW SDA CHURCH INVITES YOU TO WORSHIP...

19 JAN 2019, 9:30 AM

"Flying back Home"

NEC President
Pastor R. S. Jackson

COME AND FELLOWSHIP WITH US!
LUNCH WILL BE PROVIDED

Social and Games

AFTER SUNSET
 Walthamstow SDA Church
 78-80 Boundary Road, E17 4BU
 Bus: 20, 48, 55, 56, 58, 69, 97, 158, 257, W15
 Tube: Walthamstow Central Station

Entrance of Worship Leaders

Introit	'Oh Come Let Us Adore Him'	Praise Team
Welcome & Prayer		Eld. Joseph Lindo
Opening Hymn	Shelter in the Time of Storm (SDAH 528)	
Praise & Worship		Praise Team
Scripture Reading	Isaiah 40:28-31	
Pastoral Prayer	'I Come to the Garden Alone' (SDAH 528)	Eld. Joseph Lindo
Tithes and Offerings	'Just Wanna Thank You He Who Began a Good Work	Ethan Hippolyte
Children's Story		
Special Item		Annwen Johnson
Sermon	'Flying Back Home'	Pastor Richard Jackson
Closing Hymn	And Can it Be (SDAH 198)	
Closing Prayer		Pastor Richard Jackson
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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Health in the News

Going vegan "can 'significantly improve' mental health, reduce diabetes and lower weight," reported the Daily Mirror [Oct 2018]

Vegan or plant-based diets are becoming more popular. While vegans exclude all animal products from their diet, including dairy products and eggs, the researchers defined a plant-based diet as one where 10% or less of daily calories came from animal products. It's likely that most plant-based diets are lower in calories than diets that include meat or high-fat dairy products, which could account for the reported weight loss and improved diabetes control.

- In 3 studies, 1 specifically reported improvements in a psychological measure of quality of life, 1 reported decreased depression levels, and the other decreased pain symptoms
- In 8 of 10 studies including adults with diabetes, diabetes control measured by HbA1c was better in the plant-based diet groups.
- In 5 of 6 studies including adults with diabetes people in the plant-based groups lost more weight than people in the control groups (average 5.23kg compared to 2.83kg).

Conclusions

Eating a healthy diet can help people with type 2 diabetes to manage their condition and avoid complications. This study supports this conclusion. However, it had too many limitations to tell us for sure that a vegan diet, specifically, is the best diet for people with diabetes.

A healthy diet includes lots of fresh vegetables, pulses, fruits and wholegrains. A plant-based diet needs to include plenty of these types of food, rather than relying on refined plant-based carbohydrates such as sugar and white flour, to be truly healthy.

So a healthy diet is likely to improve diabetes control, but this study does not show convincingly that a vegan diet is superior to other healthy diets for people with diabetes. And you don't have to go vegan to improve the quality of your diet.

*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.