

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.



16:37 - 26 Jan 2019

16:48 - 02 Feb 2019

Email: walthamstowsda@gmail.com

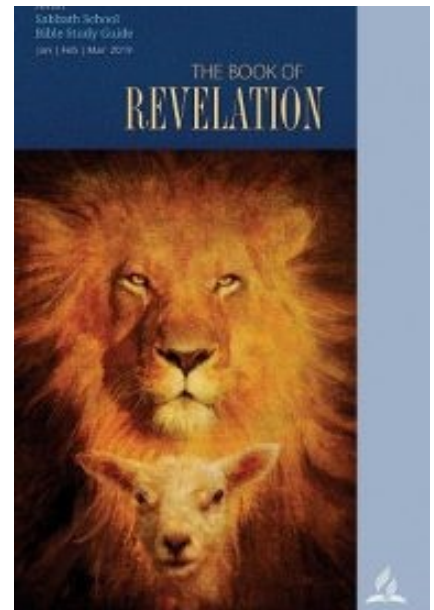
web: <http://www.walthamstowadventistchurch.org.uk>

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.
- ⇒ 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.
- ⇒ On Sunday the Feeding the Community program will continue between 12:30 and 2:30pm.
- ⇒ Sermons are recorded each week and will be available for purchase from the Tech Team. We provide the sermons on DVD or USB stick. DVDs are £1 and we provide a 32GB USB stick for £12 and a 16GB stick for £10. You can then load this with sermons at any time throughout the year.



**Entrance of Worship Leaders**

Introit	'There's a Sweet Sweet Spirit'	Praise Team
Welcome & Prayer		Eld. Ray Marshall
Hymn of Praise	Let Every Lamp Be Burning (SDAH 595)	
Praise & Worship		Praise Team
Scripture Reading	Luke 5:1-11	Savannah Marshall
Pastoral Prayer	'We Need to Hear from You'	Eld. Ray Marshall Joanette Scarlett
Tithes and Offerings	Blessed Assurance (SDAH 462)	Leighton Maine
Children's Story		Darren Johnson
Song of Meditation		
Sermon	'A Friend in Need is a Friend Indeed'	Pastor Vaughn Thorpe
Closing Hymn	I've Found a Friend (SDAH 186)	
Closing Prayer		Pastor Vaughn 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 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.

"Weekend lie-ins could help you avoid an early death" reports The Guardian in May 2018

A 13-year study of more than 43,000 people in Sweden found that regularly sleeping 5 hours or less increased people's chances of dying by 65%, compared to those sleeping around 7 hours. However, there was no increased risk among people who slept 5 hours or less on weekdays but for 7 or more hours at weekends, suggesting the weekend lie-in might compensate for lack of sleep during the week.

The study is the first to look at how differences between sleep on work days and days off might interact. This study also confirmed that people who regularly slept 9 hours or more on both weekdays and weekends also had a higher risk of death.

What were the basic results?

Compared to people who slept 6 or 7 hours on weekdays and weekends:

- people who slept 5 hours or less on weekdays and weekends were 65% more likely to have died during the follow-up period
- people who slept 5 hours or less at weekends were 52% more likely to have died
- people who slept 8 hours or more on weekdays and 9 hours or more on weekends were 25% more likely to have died

Researchers calculated that people with constantly short sleep died approximately 8 months earlier than those constantly sleeping 6 to 7 hours.

Conclusion

This is the first study to suggest that it may be possible to balance out short sleep during the working week with longer sleep on days off. It's an intriguing idea, but the study has some limitations:

- people reported their sleep themselves, which may not be an accurate measurement of sleep time
- information about sleep was only reported at the start of the study, so we don't know how these patterns changed over time
- the type of study means we can't tell whether short sleep actually caused people to die earlier, or whether another factor affecting both sleep and length of life might be more important

*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.