



Bulletin

Quarter 1 Issue 6

9th Feb 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.



17:01 - 09 Feb 2019

17:14 - 16 Feb 2019

Email: walthamstowsda@gmail.com

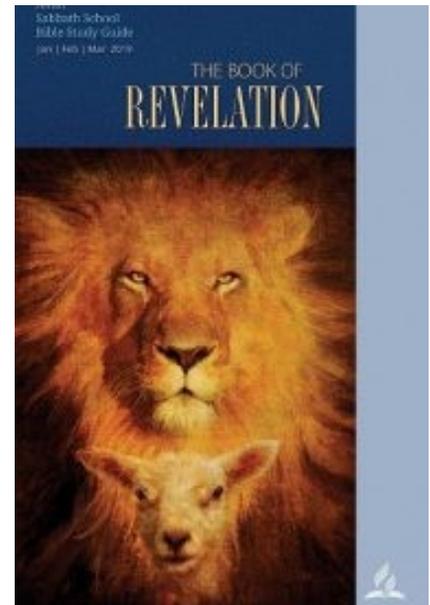
web: <http://www.walthamstowadventistchurch.org.uk>

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 for Community Ministries into the containers provided in the mothers room.
- ⇒ On Monday the 11th February @7:30pm there is Board Meeting for all Board Members. Department heads please remember to submit your reports to the Church Clerk before the meeting.
- ⇒ Please remember our PBE team in your prayers as they go to Newbold today to participate in the 2nd round of testing for the Pathfinder Bible Experience. The team members are Leah, Kyla, Lorelle, Lyndell, Sade, Sean & Oren.



Paying Tithes & Offerings via Bank Transfer

Bank Details (Account No : 11755526 / Sort Code : 40-01-13)

After making payment, contact one of the treasurers and let them know how you want the money broken down (i.e. £100

Tithe / £20 Budget)

Entrance of Worship Leaders

Introit	'Welcome In This Place'	Praise Team
Welcome & Prayer		Eld. Joseph Lindo
Hymn of Praise	'Take My Life (SDAH 330)	
Praise & Worship		Praise Team
Scripture Reading	Luke 11:1-13	Cameron Hinds
Pastoral Prayer	'Now Dear Lord as We Pray'	Eld. Joseph Lindo
Tithes and Offerings	'Give and It Will Come Back'	Olivier Matthews
Children's Story		Ruth Lindo
Song of Meditation	'There is Nothing Greater Than Grace'	
Sermon	'Throne Approach'	Pastor Vaughn Thorpe
Closing Hymn	'Have Thine Own Way' (SDAH 567)	
Closing Prayer		Pastor Sam Davies
Benediction	'Let the Church Say Amen'	
Afterglow	'He is Exalted' 'My God is an Awesome God'	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.

"Adding more fruit and veg to your diet boosts your mood and emotional wellbeing as much as landing a new job," reports the Mail Online, February 5 2019

Researchers used survey results from UK families to estimate the link between how much fruit and vegetables people ate on a typical day, and their mental wellbeing. They found people reported feeling happier, more purposeful and less anxious when they ate more fruit and veg.

The difficulty is in knowing whether fruit and veg is actually the cause of their improved mental health. Researchers took account of confounding factors such as people's age, income levels, marital and employment status and general health, and compared the same people's results over time. This approach helped to make the results more reliable. But we can't be sure that the results don't show, for example, that people eat more fruit and veg when they feel more cheerful, rather than the other way around.

The results reported that less than 22% of people said they ate the recommended 5 daily portions of fruit or vegetables, and only 50% said they ate at least 1 portion of vegetables daily. Women, people in middle age and people with higher incomes ate slightly more fruit and vegetables. However, even those in the highest salary bands tended not to eat 5 portions a day.

The researchers then looked at the link between fruit and vegetable consumption and mental wellbeing. The results were not able to show a direct effect of consumption on the 0 to 36 mental health score because of all the confounding variables that they included in their analysis. Instead, they found patterns of association that suggested that increased consumption was linked with better mental wellbeing.

The study has limitations. The most important is that this type of observational study can't tell us whether the fruit and veg consumption actually causes improved mental wellbeing – only that it is associated with it.

But the study generally is good news. We already know some of the benefits of eating plenty of fruit and veg as part of a healthy diet. If eating more is also linked to feeling happier, more fulfilled and less anxious, that can only be a good thing.

*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.