

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.



17:28 - 23 Feb 2019

17:39 - 02 Mar 2019

Email: walthamstowsda@gmail.com

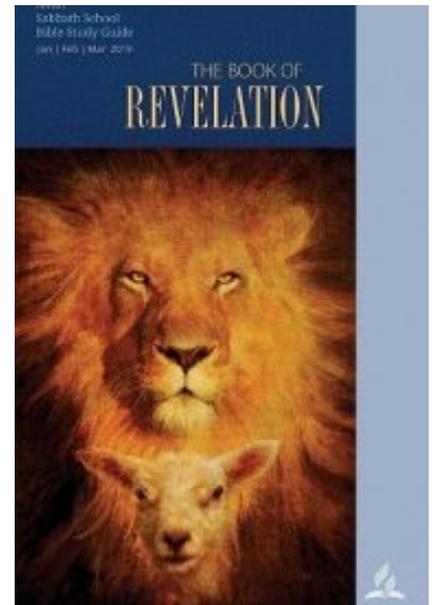
web: <http://www.walthamstowadventistchurch.org.uk>

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.
- ⇒ Feeding the Community takes place tomorrow at church. Donations of clothes and toiletries welcome.
- ⇒ There will be a Business Meeting tomorrow at 6:30pm.
- ⇒ Please remember our PBE team in your prayers. The team members are Leah, Kyla, Lorelle, Lyndell, Sade, Sean & Oren. They are through to the final round of the competition and a chance to represent the UK at the Grand Finals in Florida.
- ⇒ Orders for Children's Quarterly, 2nd Quarter, to be placed by Sabbath, 2nd March 2019. Please order age appropriate quarterlies if your child has changed Sabbath School class. Payment by cash or bank transfer. Please see Marsena for further details.
- ⇒ Communion is on the 9th March 2019.



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	'There's a Sweet Sweet Spirit'	
Welcome & Prayer		Eld. Sheila Hector
Hymn of Praise	'Rescue the Perishing' (SDAH 367)	
Praise & Worship		Praise Team
Scripture Reading	Matthew 14:13-22	Chanelle Campbell
Pastoral Prayer		Eld. Sheila Hector Karen Jordan-Nichols
Tithes and Offerings	'Showers of Blessing' (SDAH 195)	Kevin Lemonius
Children's Story		Ruth Lindo
Sermon	'You Feed Them'	Pastor Vaughn Thorpe
Closing Hymn	'My Saviours Love For Me'	
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.

"Study links heavily processed foods to risk of earlier death," reports The Guardian, February 11 2019

Researchers reported that middle-aged French people who ate 10% more so-called "ultra-processed" food had a slightly increased chance of dying over a 7-year period compared with those who ate less.

They give examples of ultra-processed food as those including "mass produced and packaged snacks, sugary drinks, breads, confectionaries, ready-made meals and processed meats".

While some of these foods may be unhealthy, it seems unhelpful to group together nutrient-free sugary drinks and ready-made vegetable soups, for example.

As one dietitian points out: "Bread or biscuits baked at home would not be considered ultra-processed, whereby shop bought versions would, despite identical ingredients."

This study does add some information to evidence about the importance of a healthy diet.

Unfortunately, grouping together all "ultra-processed" food in one category makes it hard to make much sense of this study.

The Mail Online warned that a "junk food diet is killing us", and stated that eating processed food like "burgers, sugary cereals and pizzas increases risk of fatal diseases".

But the news story does not point out the limitations of the study, or question why "any product involving an industrial procedure" should raise disease risk.

The Daily Mirror's headline that eating processed food "knocks decades off [lifespan]" was wide of the mark, as the difference in lifespan reported in the study amounted to about 18 months.

The Guardian gave a more balanced analysis, giving the absolute numbers of deaths in the study and quoting experts who questioned its findings.

It's quite difficult to unpick any useful messages in this study because of its many limitations.

We certainly cannot conclude that all processed food is bad, or that eating processed food is killing us.

But the study is a reminder that relying on pre-prepared food or eating too many snacks, sweets and ready-meals can make it easy to consume too much salt, sugar and saturated fat, and not enough fibre, green vegetables and fruit.

*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.