

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.



17:49 - 02 Mar 2019

17:54 - 09 Mar 2019

Email: walthamstowsda@gmail.com

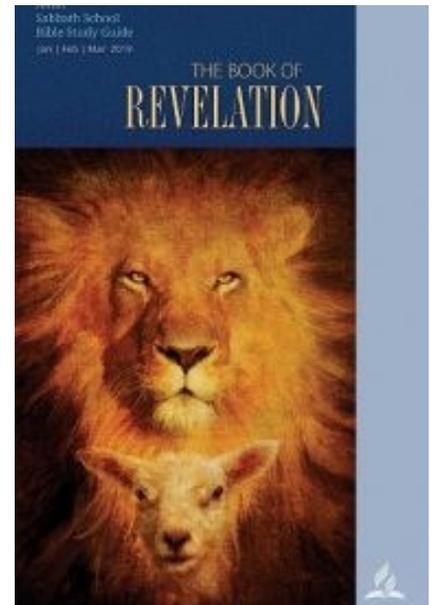
web: <http://www.walthamstowadventistchurch.org.uk>

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.
- ⇒ 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	'Jesus We Worship'	
Welcome & Prayer		Eld. Darren Johnson
Hymn of Praise	'Wonderful Grace'	
Praise & Worship		Praise Team
Scripture Reading	Deut 10:21	Kayden Blake
Pastoral Prayer	'What A Friend We Have in Jesus'	Eld. Darren Johnson
Tithes and Offerings	'Give & Will Come Back to You'	Rusivo Kamariwo
Children's Story		Dennisha Galloway-Clarke
Special Item		Paul Lee
Sermon	'And Worship Me'	Paul Lee
Closing Hymn	'How Deep the Father's Love'	
Closing Prayer		Paul Lee
Benediction	'Let the Church Say Amen'	
Afterglow	'To God Be the Glory'	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.

"Just 30 minutes of exercise a day 'as good as drugs' to lower blood pressure," reports the Daily Mirror, February 20 2019

Australian researchers conducted experiments on 67 adults aged 55 to 80 to look at the effects of half an hour of walking on the blood pressure of people who were otherwise sitting down for 8 hours a day.

Their estimate reported that the reduction in blood pressure seen from exercise was "comparable" to the effects of taking a single blood pressure lowering medicine.

Women seemed to get extra benefit from frequent 3-minute walk breaks throughout the day, in addition to the half hour of walking they did in the morning.

The researchers only looked at the short-term effects of exercise on blood pressure on 1 day, so we do not know the long-term effect on conditions linked to high blood pressure, such as heart attacks and strokes.

Conclusion

We have known for years that exercise is a great way to keep blood pressure at a healthy level.

This study shows under laboratory conditions the difference that a 30-minute walk can make to someone who has been otherwise sedentary for much of the day.

It's interesting that, especially for women, there was an added effect if they also got up and walked around every half hour, avoiding the effects of lengthy periods of sitting.

It's the sort of programme people who spend a lot of time sitting down could adopt in their daily lives – for example, a half-hour walk in the morning, then getting up to make a cup of tea or just walk around every half hour.

It could also be useful for people who are retired, reminding them to take a walk in the morning and get up regularly throughout the day.

Also, importantly we do not know whether a daily half-hour walk is really as good as drugs for people who have high blood pressure.

A daily walk is a great idea – it may reduce the risk of developing high blood pressure in the first place, and may also help people who have high blood pressure.

But it may not be an adequate substitute for medicine in people whose doctor considers blood pressure medication necessary.

It can be dangerous to stop taking medicines without talking to a doctor first.

*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.