



Bulletin

Quarter 1 Issue 10

9th Mar 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.



17:54 - 9th Mar 2019

18:06 - 16th Mar 2019

Email: walthamstowsda@gmail.com

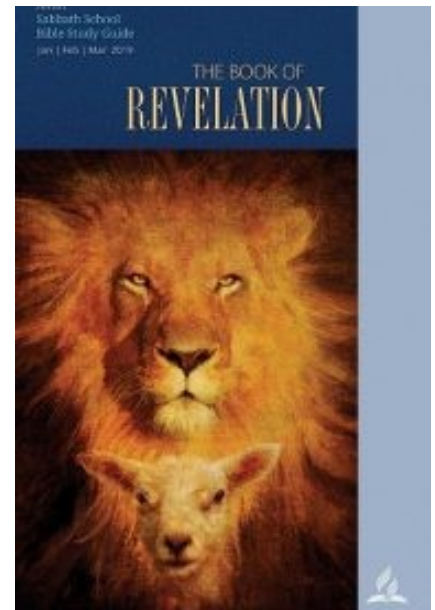
web: <http://www.walthamstowadventistchurch.org.uk>

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 'Preparation for the End Time'



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 Mother's Room.
- ⇒ AYS today at 5pm, called 'Finances'
- ⇒ Please remember our PBE team in your prayers. 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

Invocation

Hymn of Praise All Hail the Power (SDAH 229) Praise Team

Tithes and Offerings

Intercessory Prayer

Hymn of Separation In The Garden (SDAH 199)

******* ORDINANCE OF HUMILITY *******

Hymn of continuation Man of Sorrow Eld. V. Lemonius

Song of Meditation Power of your Love Rebecca Baratto

Sermon He Took My Shame Pst.V. Thorpe

Musical Rebecca Baratto

Communion Readings

******* SHARING THE NEW COVENANT EMBLEMS *******

Special Song David Bramble

Reflective Praise Worthy is the Lamb Congregation
How deep the Father's love

Testimonies Eld. S Hector

Special Item I surrender All Rebecca Baratto

Closing Hymn: Glory for Me Eld. J. Lindo
(Good Samaritan Offering)

Closing Prayer Pst. V. Thorpe

Benediction

After the service there is an afterglow in giving thanks to God!

New parents face up to six years sleep deprivation.

"New parents face up to six years of sleep deprivation," warns The Guardian, February 26 2019.

In a new study, researchers carried out annual interviews with 4,659 people who had a child during the 8-year study period. They were asked how long they slept each night and how satisfied they were with their sleep.

Women and men both reported drops in sleep length and quality after the birth of their first child. Neither parent's sleep went back to pre-pregnancy levels 4 to 6 years after giving birth.

The difference from pre-pregnancy sleep was most apparent 3 months after giving birth, when women reported sleep shorter by an average 62 minutes, and men by 13 minutes. The researchers said factors such as age, wealth and single parenthood did not make any difference to parents' sleep time or satisfaction.

What were the basic results?

Before pregnancy, men and women reported similar sleep length of 7 hours 9 minutes (women) and 7 hours 11 minutes (men). The biggest change in sleep came 3 months after the birth of a first child. Compared to pre-pregnancy sleep:

- women slept an average 62 minutes less, and scored 1.81 points lower on the 0 to 10 scale of sleep satisfaction men slept an average 13 minutes less, and scored 0.79 points lower

The changes to sleep seen after the first child were long-lasting. When the child was aged 4 to 6:

- women slept an average 22 minutes less than before pregnancy, and scored 0.95 points lower for sleep satisfaction men slept an average 14 minutes less, and scored 0.64 points lower.

Breastfeeding women slept an average 14 minutes less than non-breastfeeding women. Being a single parent, being better off and being older made no difference.

Conclusion

It's no surprise that having children disrupts parents' sleep. However, it is surprising that the change is so long-lasting, with sleep not having recovered to pre-pregnancy levels 4 to 6 years later.

If you're expecting a child, it makes sense to prepare for a certain amount of sleep disruption, especially in the first 3 months of the child's life. It may help to know that sleep does improve over time, even if parents don't completely return to pre-pregnancy sleep patterns.

*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 Wednesday. Bulletins will not be printed but will be made available for all. You can access the bulletin at www.walthamstowadventistchurch.org.uk/bulletin
Ideas and suggestions for the bulletin and website are welcome. Please email walthamstowsda@gmail.com.