

YOUTH DAY

Walthamstow SDA Church

**78-80 Boundary Road, Walthamstow
London E17 8JU**

020 8520 2760

Pastor Vaughn Thorpe

BLUEPRINT

God is making known to us the mystery of his will, according to his purpose, which he set forth in Christ as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

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.



18:18 - 23 Mar 2019

18:28 - 30 Mar 2019

Email: walthamstowsda@gmail.com

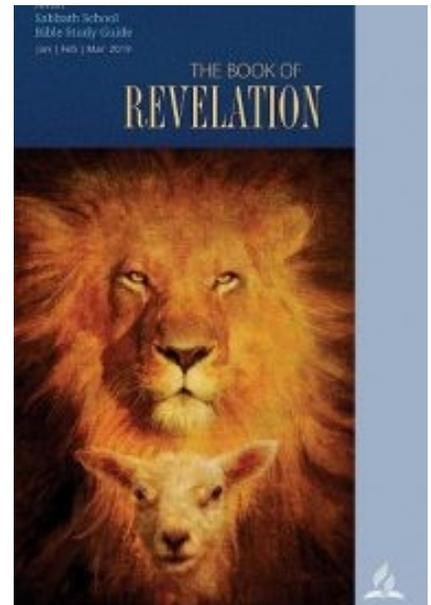
web: <http://www.walthamstowadventistchurch.org.uk>

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.
- ⇒ Feeding the Community takes place tomorrow at church from 2:30pm. Donations of clothes and toiletries welcome. See Bernice for further details.
- ⇒ Please remember our PBE team in your prayers. The team members are Leah, Kyla, Lorelle, Lyndell, Sade, Sean & Oren. They are through to the finals in Chicago next month. May God continue to bless them as they study his word.
- ⇒ AYS takes place at 5pm TODAY. Following AYS there will be a social where we will play games and food will be on sale.
- ⇒ On the 7th April we plan to have our annual Run Ride Walk around Whipps Cross Pond to raise money for our annual ADRA appeal. Sponsorship forms are now available on the church website.
- ⇒ Next Sabbath there is a special Pathfinder Fundraising Concert at 4:30pm here at Walthamstow Church hosted by the Pathfinder Department. Following the concert food will be on sale.



**PATHFINDER
FUNDRAISING
CONCERT**

WALTHAMSTOW
SDA CHURCH
30TH MAR 2019
4:30 TO 6:30 PM

COST : FREE

COME AND SUPPORT
A FREEWILL OFFERING WILL BE COLLECTED

FOOD WILL BE ON SALE FOLLOWING THE CONCERT.

THERE WILL ALSO BE ADDITIONAL ITEMS FOR SALE (CLOTHES, TOYS, BRIC-A-BRAC).

All proceeds will go to towards the Pathfinder Department.

Entrance of Worship Leaders

Introit	'Welcome in this Place'	
Welcome & Prayer		Keeley Davis
Praise & Worship - 'Session One'		Youth Praise Team
Testimony Session		
Praise & Worship - 'Session Two'		Youth Praise Team
Children's Story		
Pastoral Prayer	'In Moments Like These'	
Tithes and Offerings	'Oh My Soul Magnify'	
Praise & Worship - 'Session Three'		Youth Praise Team
Sermon	'Blueprint'	Philip Chackochen
Closing Prayer		Philip Chackochen
Benediction	'Shout to the Lord'	
Afterglow		Youth 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.

Drinking just one sugary drink a day raises your risk of dying from heart disease and even cancer, research suggests," the Mail Online, March 18 2019.

This headline is prompted by new research looking at the intake of sugary and artificially sweetened drinks.

They found a 31% increased risk of death from cardiovascular diseases (such as heart disease or stroke) and a 16% increased risk of death from cancer for people consuming 2 or more sugary drinks a day compared with people who drank less than 1 sugary drink a month.

While it is well known that too much sugar is bad for your health, the link was not quite as strong for artificial sweeteners.

These results provide further support for recommendations to limit the intake of sugary drinks. The lead researcher is quoted as saying: "Our results provide further support to limit intake of sugar-sweetened beverages and to replace them with other beverages, preferably water."

What were the basic results?

Compared with less than 1 drink a month, drinking:

- 2 to 6 sugary drinks a week increased the risk of death by 6%
 - 1 sugary drink a day increased the risk of death by 14%
- 2 or more sugary drinks a day increased the risk of death by 21%

Drinking 2 or more sugary drinks a day was also associated with a 31% increased risk of death from cardiovascular disease, and a 16% increased risk of death from cancer

Artificially sweetened drinks were associated with a 4% increased risk of death from any cause and a 13% increased risk of death from cardiovascular disease but only in women who consumed 2 or more drinks a day.

However, there are a number of limitations to consider.

Participants' sugary drink intake was self-reported using food frequency questionnaires and may therefore not be completely accurate.

The questionnaires were completed every 4 years, making it very difficult for each participant to accurately record exactly what they ate and drank over this period of time.

There are many other factors that can influence cardiovascular and cancer risk that are not possible to account for in this study, such as genetics and stress.

The study was conducted in a population of healthcare professionals, therefore the study is not generalizable to the whole population. Healthcare professionals are likely to be more aware of their health, and their health behaviours are likely to be different to the general population.

The people in this study were also mainly white, which also limits the applicability of the findings, as different ethnicities are known to react differently to diets high in sugars.

These limitations aside, there is a robust body of existing evidence that shows that regular consumption of sugary drinks can increase the risk of a range of health conditions, from tooth decay, to diabetes, to heart attacks and stroke.

*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.