



# Bulletin

Quarter 1 Issue 13

30th 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.*



18:29 - 30 Mar 19

17:48 - 6 Apr 19

Email: [walthamstowsda@gmail.com](mailto:walthamstowsda@gmail.com)

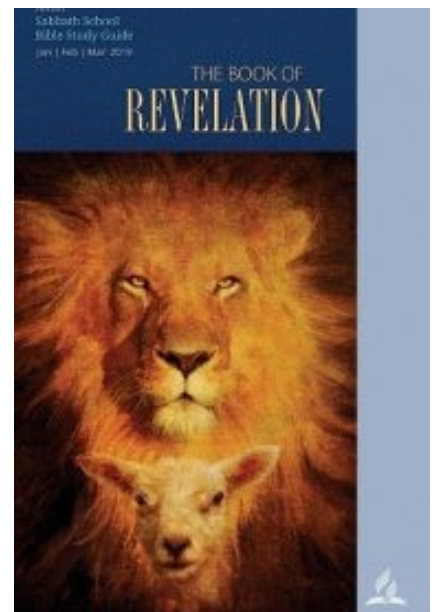
web: <http://www.walthamstowadventistchurch.org.uk>

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 Mother's Room.
- ⇒ 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 available on the church website
- ⇒ Please remember our PBE team in your prayers. The team members are Leah, Kyla, Lorelle, Lyndell, Sade, Sean & Oren.
- ⇒ The pathfinders will be having a fundraising concert this sabbath. Please come back for 4:30pm to support. Following the concert food will be on sale.



**Entrance of Worship Leaders**

Introit	'Welcome In This Place'	Praise Team
Welcome & Prayer		Eld. V Lemonius
Hymn of Praise	'Power in the Blood' (SDAH 294)	
Praise & Worship		Praise Team
Scripture Reading	2 Chronicles 7:14	Shenelle Williams
Pastoral Prayer		Eld. V Lemonius
Tithes and Offerings		
Children's Story		
Sermon	'The Four R's'	Eld. J Lindo
Closing Hymn	'To God be the Glory' (SDAH 341)	
Closing Prayer		Eld. J Lindo
Benediction	'Let the Church Say Amen'	
Afterglow		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 piping hot tea or coffee could 'double your risk of developing tumours in the oesophagus'," reports the Mail Online.

A study of more than 50,000 people showed that those who drank 2 to 3 mugs of black tea a day at temperatures of 60C or above were almost twice as likely to go on to get oesophageal cancer compared with people who drank tea at lower temperatures.

A link between hot beverages and [oesophageal cancer](#) (the long tube that carries food from the throat to the stomach) has been suspected for some time.

But it's still difficult to be certain of direct cause and effect. Other cancer risk factors could be more common among hot tea drinkers and so influence the link, though the researchers tried to account for this as much as possible.

### **What were the basic results?**

- people who said they liked their tea "very hot" were more than twice as likely to get oesophageal cancer than those who said they drank tea "cold/lukewarm" (HR 2.41, 95% CI 1.27 to 4.56)
- people who waited less than 2 minutes to drink their tea were 51% more likely to get cancer than those who waited 6 minutes or more (HR 1.51, 95% CI 1.01 to 2.26)

Some studies have suggested that only people who drink alcohol or smoke are at risk of cancer from drinking hot tea. This study suggests that is not the case.

The results seem to suggest a clear link between drinking very hot tea every day and increased risk of squamous cell oesophageal cancer.

There are several points to note though

This cancer is uncommon. Even in the high risk population studied, where drinking very hot tea is extremely common, only 0.6% developed oesophageal cancer.

Even though hot tea drinking could raise risk, the absolute risk increase would be from less than 1% to 1.2%.

This may well be far smaller than the risk conferred from more established risk factors, such as alcohol, smoking, diet and obesity.

People who want to reduce their risk of developing oesophageal cancer could start with these issues.

Avoiding damaging your mouth and throat by drinking tea at reasonable temperatures is another sensible precaution.

\*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](http://www.walthamstowadventistchurch.org.uk/bulletin). Please email [walthamstowsda@gmail.com](mailto:walthamstowsda@gmail.com). With any ideas.