

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.



20:16 - 20 Apr 19

20:28 - 04 May 19

Email: walthamstowsda@gmail.com

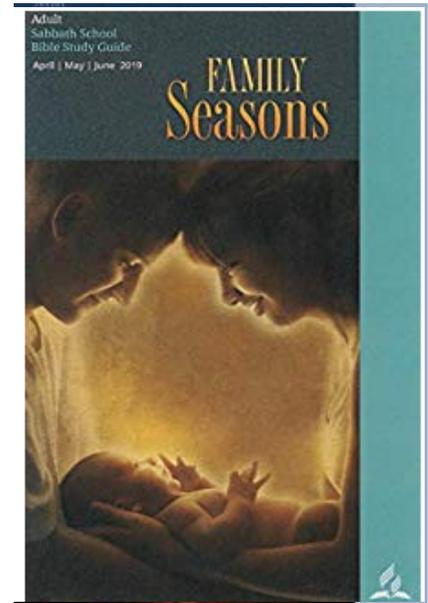
web: <http://www.walthamstowadventistchurch.org.uk>

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 'Family Seasons'



ANNOUNCEMENTS

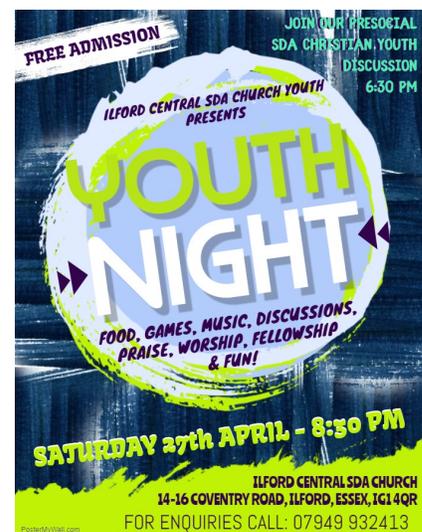
- ⇒ Prayer Meeting takes place on Wednesday at 7:30pm.
- ⇒ Please note that all items of clothing left in the church will be disposed of at the end of each month.
- ⇒ Please remember our PBE team in your prayers. The team members are Leah, Kyla, Lorelle, Lyndell, Sade, Sean & Oren.



- ⇒ THE GOSPEL FROM PATMOS is on Special Offer £5. until April 30th 2019
This book can be used as a reference when studying the Book Of Revelation.
There is a New Departmental Product Catalogue published by Stanborough Press.
See Marsena for further details.

- ⇒
- ⇒ The Run, Ride, Walk around Whipps Cross Pond to raise money for our annual ADRA appeal will be on Sunday 5th May 2019.

- ⇒ Ilford Central SDA Church are hosting a Youth Social Event Tonight 27th April and 8:30 pm and a pre SDA Biblical Youth discussion at 6:30 pm.



**Entrance of Worship Leaders**

| | | |
|---|---|--------------------------------|
| Introit | 'Welcome In This Place' | Praise Team |
| Welcome & Prayer | | Rebekah and Dionne Lemonius |
| Hymn of Praise | 'Tell Me The Story Of Jesus' (SDAH 152) | |
| Scripture Reading | Matthew 10:40-42 | |
| Praise & Worship | | Praise Team |
| Being Visually Impaired in the church environment | | Sharon Brown |
| Pastoral Prayer | | |
| Living with Visual Impairment | | Moses Thompson |
| Tithes and Offerings | | |
| Children's Story | | Darren Johnson |
| Disabilities | | Joseph Lindo |
| Sermon | 'All Seated At The Welcome Table' | Pastor Michael Simpson |
| Closing Hymn | 'I Hear Thy Welcome Voice' (SDAH 282) | |
| Closing Prayer | | Pastor Michael Simpson |
| Benediction | 'Let the Church Say Amen' | |
| Afterglow | | Praise Team |

"Taking vitamin supplements does not help you live longer but may actually cause you harm, study suggests," reports The Sun, April 9 2019.

A US study reports that vitamin and mineral supplements do not reduce the risk of death. And there's a suggestion that high-dose calcium supplements could actually increase the risk.

The researchers looked at data from more than 30,000 adults in the US. This included a one-off 24-hour dietary recall and whether the adults had taken any dietary supplements in the previous 30 days.

This study does not change current advice. Most people who eat a healthy, balanced diet should already be consuming enough vitamins and minerals without having to worry about whether they need to take supplements.

What kind of research was this?

This was a [cohort study](#), where people are assessed at baseline and then followed up over time to see who ends up with the outcome in question.

With this type of study there's always the potential for unmeasured factors to have had an effect. This is why cohort studies cannot prove cause and effect.

What were the basic results?

During the 6 years of follow-up:

- There were 3,613 deaths, including 805 from cancer.
- Use of any dietary supplements was not associated with reduced risk of death compared with no use.

High-dose calcium supplements increased the risk of death from cancer.

How did the researchers interpret the results?

They said: "The complex interactions among nutrients are likely to play a more important role in determining health outcomes than individual nutrients.

"Thus, our findings on individual nutrients should be considered exploratory and interpreted with caution."

Conclusion

There are very few firm conclusions that can be drawn from this study. This is because of the high number of limitations. Diet and supplement use were only assessed at one point in time. This is likely to change over the course of a person's life. Such dietary recall assessments can also be an inaccurate representation of a person's normal diet due to the day of the week or time of the year the assessment is performed. Estimating portion sizes can also be problematic. There was also a lack of information about whether any of the participants required supplements because of nutrient deficiencies. And the researchers only looked at the risk of death. Supplements may have a range of health benefits depending on individual circumstances.

In summary, this study does not change the current recommended daily intake for levels of nutrients. Unless you have a deficiency, you should be able to get all the nutrients you need through a healthy, balanced diet, apart from vitamin D.

*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.