

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.



20:38 - 11 May 19

20:48 - 11 May 19

Email: walthamstowsda@gmail.com

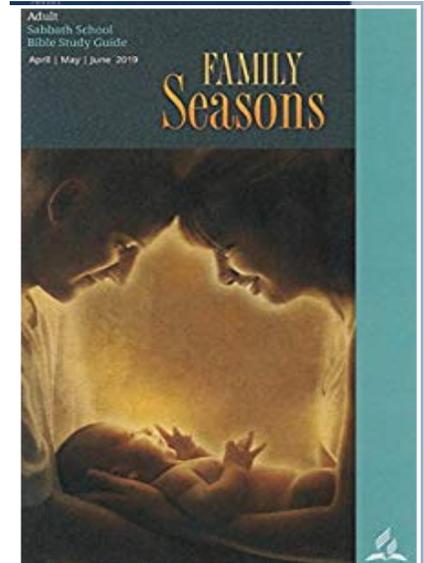
web: <http://www.walthamstowadventistchurch.org.uk>

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.
- ⇒ Women's Ministries Day - 8th June. The department is planning on having a special choir. Those who wish to participate in the choir please meet at the front of church immediately after the Divine Service.
- ⇒ Quarterly orders for Adults and Children due by 25th May 2019. Please place correct amount in envelope provided. For Bank Transfer details please see Marsena.
- ⇒ The Core of Adventism 2019 Programme takes place at the Ilford Central SDA Church from the 11th - 18th May. See poster below.



Entrance of Worship Leaders

Introit	'Lord You are Good'	Youth Praise Team
Welcome & Prayer		Eld Roz Parson
Hymn of Praise	'Marching to Zion' (SDAH 422)	
Scripture Reading	Isaiah 40:31	Kayden Blake
Praise & Worship		Youth Praise Team
Pastoral Prayer	'In Moments Like These'	Eld Roz Parson Sis Sharon Brown
Tithes and Offerings	'Oh My Soul Magnify the Lord'	Leighton Maine
Children's Story		
Sermon	'Wait on the Lord'	Eld. John Martin
Closing Hymn	'Watch Ye Saints (SDAH 598)	
Closing Prayer		Eld John Martin
Benediction	'Let the Church Say Amen'	
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.

"Skipping breakfast may raise risk of heart disease by up to 87 per cent, study finds," The Sun reports.

This follows a US study that looked at the breakfast habits of over 6,500 adults aged around 50. It then looked to see how many people died overall and the specific cause.

A third died over the next 18 years, and there was no link between eating breakfast and risk of dying overall.

When researchers looked at deaths due to cardiovascular causes such as heart attacks or stroke, they found a possible link. People who reported never eating breakfast were found to have an 87% increased risk of cardiovascular death than people who ate breakfast daily.

But it's not possible to prove not eating breakfast directly increased risk of cardiovascular death. Other lifestyle habits, like unhealthy diet and being inactive, which are also associated with not eating breakfast, could be clouding the link.

Overall the study supports general understanding that it's good to eat a breakfast as part of a healthy lifestyle, but the quality of what you're eating for breakfast is important too.

Conclusion

The study cannot prove not eating breakfast is the direct cause of cardiovascular death. The study demonstrated there were many differences in the health and lifestyle of people who did and did not eat breakfast. Though they tried to adjust for confounding, it's possible other related factors like diet and activity could be influencing the link.

It found no link at all between frequency of breakfast eating and risk of death. The only significant finding was for cardiovascular deaths. However, during 18 years of follow-up there were only 41 deaths from cardiovascular disease among people who never ate breakfast. Analyses based on small numbers of people like this may be less accurate.

Overall the study supports the general view that it's good to eat breakfast as part of a healthy lifestyle. But it's not just eating breakfast that's important, but what you're eating.

*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.