



Bulletin

Quarter 2 Issue 10

8th June 2019

Walthamstow SDA Church

78-80 Boundary Road,
Walthamstow
London E17 8JU

020 8520 2760
Pastor Vaughn Thorpe

ARISE & SHINE!

"Arise, shine; for your light has come! and the glory of the Lord is risen upon you. For behold, the darkness shall cover the earth, and deep darkness the people; but the Lord will arise over you, and His glory will be seen upon you"

God is calling you "to get up, to awaken, to move upward"! You may sometimes feel beaten down and depressed by your circumstances, but He has a specific purpose for your life and it is time for you to arise! You are to be a light-bearer, leading by example, and serving as a role model to inspire others to share the light.

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.



21:14 - 08 Jun 19

21:18 - 15 Jun 19

Email: walthamstowsda@gmail.com / Twitter: @WalthamstowSDA

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

Instagram : <https://www.instagram.com/walthamstowsdachurch/>

Facebook: <https://www.facebook.com/pages/Walthamstow-Seventh-Day-Adventist-Church>



Song Service / Prayer	Joan & Corine	Lesson Conclusion	Sharon
Welcome	Xandra	Offering & Prayer	Kimberley
Special Item	Jill	Welcome	Sade, Caitlin & Shannon
Lesson Introduction	Sharon	Closing Prayer	Rhonda
Testimony	Xandra	10 Minute Spot	Jessica
Lesson Study	Marcelle		

ANNOUNCEMENTS

→ **AYS at 5pm will continue on our theme and be taken by the ladies.**



→ **Prayer Meeting Wednesdays at 7:30pm.**



→ **Music Day - 29th June.**



→ **Pathfinder Investiture Day 13th July.**



**Entrance of Worship Leaders**

Introit / Call to Worship		Women's Choir
Welcome & Prayer		Roz
Praise & Worship		Women's Praise Team
Hymn of Praise	'Trust & Obey' (SDAH 590)	
Scripture Reading	'Numbers 13:1-3'	Kyla
Prayer	'Sweet Holy Spirit'	Roz Sis Gomes
Tithes and Offerings	'For All That You Have Done'	Corine
Children's Story		Helen
Introduction to Speaker		Annwen
Song of Meditation	'Just a Prayer Away'	Annwen
Sermon	'Who's Report Will You Believe'	Adriana Murray
Special Song	'I Believe'	Women's Choir
Closing Prayer		Adriana Murray
Benediction	'Let the Church Say Amen'	
Afterglow		Women's Praise Team

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

Please sit and meditate 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.

"Women who work more than 55 hours a week are more likely to suffer from depression than those who work the standard 35-40 hours," The Guardian reports.

The study found similar levels of depression symptoms among men who worked 55 hours or more a week compared with those working an average week of 35 to 40 hours.

But women working longer hours reported slightly higher levels of depression symptoms compared with women working the average week.

These are self-reported symptoms of depression. The participants have not been clinically diagnosed as depressed.

The reasons for the difference between men and women are unclear.

The study included a total of 11,215 men and 12,188 women.

What were the basic results?

On average, men were more likely than women to work longer hours and work weekends, and less likely to work part-time.

For men, depression symptoms were no different between those working 35 to 40 hours a week and those working 55 or more hours (both scoring 10.1 out of 36).

Women working 55 or more hours had marginally more depression symptoms (11.8 out of 36) compared with women working 35 to 40 hours (11.0).

Similar results were seen for weekend working. Women working most or all weekends scored slightly higher (11.5) than women working none (10.9).

How did the researchers interpret the results?

The researchers concluded:

"Increased depressive symptoms were independently linked to working extra-long hours for women, whereas increased depressive symptoms were associated with working weekends for both genders, suggesting these work patterns may contribute to worse mental health."

*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.