



Bulletin

Quarter 2 Issue 11

15th 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.



21:18 - 15 Jun 19

21:21 - 22 Jun 19

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

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

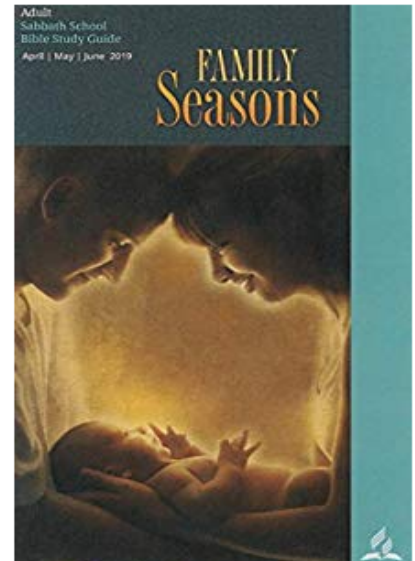
Instagram: <https://www.instagram.com/walthamstowsdachurch/>

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

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

⇒ **AYS at 5:30pm. Safeguarding against youth violence**

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

⇒ **Music Day - 29th June.**

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



Stanborough Park, Watford
Hertfordshire, WD25 9JT

Time
SATURDAY 10.00AM - 5.00PM
SUNDAY 12.00 NOON - 5.00PM

We extend a warm invitation for you to join us for this Special occasion on Stanborough Park



Entrance of Worship Leaders

Introit / Call to Worship	'Welcome In This Place'	Praise Team
Welcome & Prayer		Sheila Hector
Praise & Worship	Lord I'm Available to You Ancient Words He's Worthy	Praise Team
Hymn of Praise	'Lord I Want to be a Christian' (SDAH 319)	
Scripture Reading	'Matthew 22:1-14'	Caitlin Aley
Prayer	'Lead Me to the Rock'	Sheila Hector Sis Gomes
Tithes and Offerings	'O Taste and See'	Togara Togara
Children's Story		
Sermon	'No Hats, No Trainers'	Adjobiah Ackah
Closing Song	I'm Gonna Sit At the Welcome Table	
Closing Prayer		Adjobiah Ackah
Benediction	'Let the Church Say Amen'	
Afterglow		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!*

The Guardian gives us the bad news that "red and processed meat can shorten life", while The Daily Telegraph provides the good news that "swapping one portion of red meat a day for fish or nuts could cut risk of early death by almost a fifth".

Both headlines are prompted by a major new study into diet and health outcomes. Researchers looked at changes in diet for more than 50,000 women and 27,000 men in the US, over 16 years.

They found that those who had changed their diet to include more red meat were around 10% more likely to die during the study. While reducing red meat alone did not result in lower risk of death, swapping red meat for another protein source such as fish or nuts did slightly reduce the risk of death.

Previous studies have found that higher red meat consumption, and especially processed red meat such as bacon and sausage, is linked to poorer health including increased risk of cancer and cardiovascular disease. But this is the first study to try to assess whether changing your diet to include more or less red meat makes a difference to how long you live.

What did the research involve?

Researchers used dietary and lifestyle information recorded as part of the Nurses' Health Study (mostly female nurses), which began in 1976, and the Health Professionals Follow-up Study (mainly male doctors), which began in 1986.

They calculated the risks of death from any cause for people who:

increased their red meat (including processed meat) by 1 or more serving a week

reduced their red meat (including processed meat) by 1 or more serving a week

did not change their red meat consumption by at least 1 serving a week

What were the basic results?

Men and women who increased their red meat consumption by more than 3.5 servings a week (or more than half a serving a day) had a 10% increased risk of death.

Eating less red meat in itself had no effect on people's chance of death. However, when the researchers looked at the impact of swapping 1 portion of red meat per day with 1 portion of nuts, chicken, fish, dairy products, eggs, legumes, wholegrains or vegetables, they found the risk did go down.

When breaking down by type of meat, the links to risk of death seemed slightly stronger with processed meat than unprocessed meat

Conclusion

This study provides additional evidence to support previous studies that have found a link between eating more red meat, and particularly processed meat, and higher chances of cardiovascular disease and some types of cancer.

However, as with all observational studies, we need to remember that the results do not prove conclusively that eating more red meat increases your risk of death.

Even though the researchers adjusted for various health and lifestyle factors, they still may not be able to fully account for their effect and other factors could be having an influence. It's always difficult to quantify exactly how much of a difference a single change, such as swapping a portion of red meat with a portion of nuts, will make.

Also we don't know why people in the study changed their diets. It's possible that some people might have chosen to eat more or less meat as a result of being diagnosed with a health condition. This may further cloud the picture.

The studies mostly included white health professionals from the US. We don't know how applicable the results are to other populations. As the average age of participants was around 60 at the start of the study, the study can't really tell us about the effect of consuming more or less processed meat over a lifetime.

However, the results are broadly in line with what we already know about eating well. Current advice is to limit consumption of red meat and processed meat, and to eat plenty of vegetables, fruit, pulses, beans and wholegrains.

If you eat more than 90g of meat a day, you are advised to cut down. This study suggests that replacing one portion of meat with other, healthier food might help you live a little longer.

*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.