



Bulletin

Quarter 3 Issue 5

3rd August 2019

Walthamstow SDA Church

78-80 Boundary Road,
Walthamstow
London E17 8JU

020 8520 2760
Pastor Vaughn Thorpe

LET GO, LET GOD!

Surrendering to God is literally giving up. It is telling God that we are not big enough to deal with our worries, and He must take over. When we finally let go, we give God room to wield His mighty arm in our lives. When our hands are weak and tired, God's hands are strong and powerful!

Letting go is a daily, moment-by-moment choice. Like every discipline in life, we must learn to surrender and give it to God. The enemy seeks every new day to cloud our mind with worries, doubts, and fears. Surrendering to God becomes a lifestyle of daily giving it all to Him.

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.



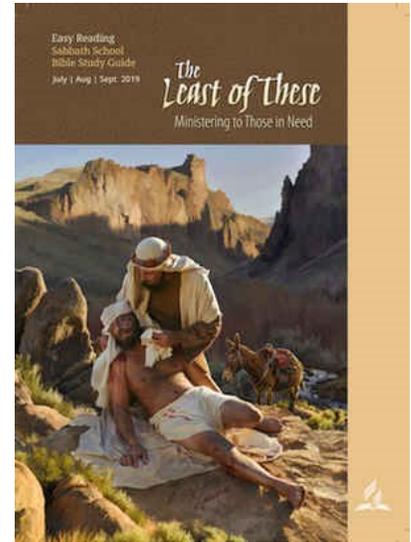
20:45 - 03 Aug 19

20:34 - 10 Aug 19

Email: walthamstowda@gmail.com / **Twitter:** @WalthamstowSDA
Web: <http://www.walthamstowadventistchurch.org.uk/>
Instagram: <https://www.instagram.com/walthamstowdachurch/>
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.

This quarter's topic for the Adult Sabbath School lesson is 'The Least of These'. This week's lesson study is 'The Cry of the Prophets'.



ANNOUNCEMENTS

- ⇒ **Prayer and Fasting TODAY** - straight after divine service.
- ⇒ **There is NO AYS or Bible Study TODAY.**
- ⇒ **Prayer Meeting Wednesdays at 7:30pm.**

TIPPING POINT

A faith-based humanitarian response to poverty, inequality and knife and violent crime in the UK.

10 AUGUST

at Advent Centre, 37-39 Brandon Street, London W1H 8JF
Morning: 10:30 - 1pm
Afternoon: 3pm - 6pm

SPEAKERS:
 Ray Patrick
 Max McKenzie-Cook
 Bert Smit - CEO of ADRA-UK

Join us for a day of solution-focused reflection and dedicated action to address three of the most challenging issues the UK in the 21st Century.

ADRA

URBAN

HUMANITY - JUSTICE - SERVICE

TICKETS from Eventbrite:
<https://www.eventbrite.co.uk/e/tipping-point-tickets-65787027771>

LIVING MY BEST LIFE

AUG 24-31 2019 7:30-9PM

LEYTONSTONE SDA 14 DRAYTON RD, LONDON E11 4AR

MOTIVATIONAL SPEAKER/COUNSELLOR: **CAROL BARRON**

MUSIC BY: **4Horns4Hox - JEMUEL AND DONNA-MARIA ANDERSON**

GUEST SPEAKER: **PASTOR ANDRE MCLLOUD**

Pastor Andre McCloud

Living My Best Life

Saturday 24, 11:30am

Saturday 24, 6:00pm

Sunday 25, 6:30pm

Sunday 25, 7:30pm

Monday 26, 7:30pm

Tuesday 27, 7:30pm

Wednesday 28, 7:30pm

Friday 30, 7:30pm

Saturday 31, 11:30am

Carol Barron

Saturday 24, 10:30am

Saturday 24, 5:00pm

Sunday 25, 6:30pm

Monday 26, 7:30pm

Tuesday 27, 7:30pm

Wednesday 28, 7:30pm

Friday 30, 7:30pm

Saturday 31, 10:30am

HELP!

How Long Are You Going to Hold That Hand Grenade?

INTEGRITY

Kicking The BUTS Out of Your Life with NO Excuses!

Forgiveness

Believe Me: There is Life After Divorce

Your Red Sea Crisis

CONCERT SATURDAY AUG 31, 6 PM

NO MEETING ON THURSDAY

LGBTIQ

THIS IS ME

STORIES OF LIFE OUTSIDE THE SDA BUBBLE

AUG 03

HOST: **Pastor Anthony Fuller**

10.00 - 16.00

VENUE:

City Mission Church
 2 Scrubs Lane
 Willesden
 NW10 6RB

THIS WILL BE A TICKETED EVENT

Tickets will include
£4 lunch,
 available from
Monday July 29 @ 1800

Entrance of Worship Leaders

| | | |
|---------------------------|--|--|
| Introit / Call to Worship | 'Welcome in this Place' | Praise Team |
| Welcome & Prayer | | Eld. Ray Marshall |
| Praise & Worship | | Praise Team |
| Hymn of Praise | 'Burdens are lifted at Calvary' (SDAH 476) | |
| Scripture Reading | 'John 16:33' | Shenelle Williams |
| Prayer | 'Whisper a Prayer' | Eld. Sheila Hector Sis Fay Hamilton |
| Tithes and Offerings | 'Showers of Blessing (SDAH 195) | Ruzivo Kamuriwo |
| Children's Story | | Karena Samuel Adams |
| Special Testimony | | |
| Sermon | 'Let go and Let God' | Eld. Sheila Hector |
| Closing Song | 'Take the name of Jesus with you' (SDAH 474) | |
| Closing Prayer | | Elder Ray Marshall |
| Benediction | | |
| 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.

For fellowship and discussions with brethren please leave the main church—the main hall is available.

Healthy lifestyle reduces dementia risk even in those with genetic risk factors

"Bad dementia genes can be overcome through healthy living, study finds," reports The Daily Telegraph.

The newspaper reports that regular exercise, not smoking, drinking sensibly, and eating a healthy diet have been found to reduce risk of getting dementia even if a person has a higher genetic risk of developing the condition.

This news is based on an analysis of data collected over 8 years from almost 200,000 adults aged 60 and over in the UK. The volunteers completed questionnaires at the start of the study about their lifestyles, and researchers looked at their DNA to see who carried genetic variations that have been associated with increased risk of Alzheimer's – the most common type of dementia.

The researchers found that among participants who had a higher genetic risk of getting dementia, only about 11 in every 1,000 with healthier lifestyles developed the condition during follow-up, compared with about 18 in every 1,000 with unhealthy lifestyles.

Some of the reports oversimplify the results. For example, the Daily Mirror's headline suggests that protecting against dementia is "all in your diet", when in fact smoking, physical activity, and alcohol consumption also play a role. They do clarify this later in the article.

People who have healthy diets, are physically active, do not smoke and only drink alcohol in moderation are at lower risk of developing dementia.

We do not fully understand how genetics and lifestyle risk interact with each other to affect dementia risk. In this study, the researchers mainly wanted to see whether having a healthy lifestyle reduced risk in people who had genetic risk factors for dementia.

This type of study is the most feasible way of looking at this type of question, as randomly assigning people to risky lifestyle activities, such as smoking, would not be ethical.

Conclusion

The positive message of this study is that even those with some genetic predisposition to developing dementia can still do something about it. It may also be of some comfort to bear in mind that even among those with high genetic risk in this study, only 1.2% developed dementia during follow-up. While this may in part be due to the fact that participants were still not very old at the end of the study (average age 72 years), it still shows that genetic risk factors are not a guarantee of a diagnosis.

Overall, the results of this study do offer reassurance that having a healthy lifestyle is your best chance of reducing your dementia risk.

*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.