

## Walthamstow SDA Church

78-80 Boundary Road,  
Walthamstow  
London E17 8JU

020 8520 2760  
Pastor Vaughn Thorpe

### We're in this thing together!

*A person's body is one thing, but it has many parts. Though there are many parts to a body, all those parts make only one body. Christ is like that also.*

*If one part of the body suffers, all the other parts suffer with it. Or if one part of our body is honoured, all the other parts share its honour.*

*Together you are the body of Christ, and each one of you is a part of that body. [1 Cor 12]*

### 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.*



20:19 - 17 Aug 19

20:06 - 24 Aug 19

**Email:** [walthamstowsda@gmail.com](mailto:walthamstowsda@gmail.com) / **Twitter:** @WalthamstowSDA

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

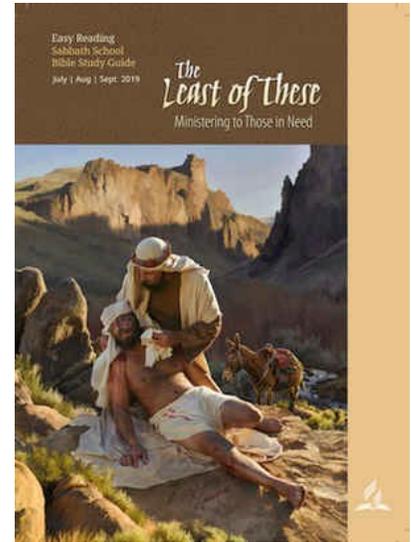
**Instagram:** <https://www.instagram.com/walthamstowsdachurch/>

**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.

**This quarter's topic for the Adult Sabbath School lesson is 'The Least of These: Ministering to Those in Need'**



## ANNOUNCEMENTS

- ⇒ **Prayer Meeting Wednesdays at 7:30pm.**
- ⇒ Big thank you to all those who helped out in the evangelism outreach programme in the market square last week. It was a great success despite the weather. May God continue to bless our outreach efforts and may his Holy Spirit work on the seeds that were sown.
- ⇒ The funeral of Sis Irene Shaw will take place at church at 10:30am on Tuesday the 27th August. Let's continue to pray for the family.
- ⇒ Let's also continue to pray for the Oliver family who are grieving the loss of Bro George Oliver. May God provide comfort to both these families during this very difficult time.

Knowing the time, that now it is high time to awake out of sleep, for now is our salvation nearer than when we believed. **Romans 13:11**

# RECLAIMING OUR TIME

**13-14 SEPT 2019**  
Broadway Theatre  
Catford Rd, Catford, London SE6 4RU

As a **Generation X** it is **TIME** to wake up from our sleep! There is no **TIME** to mess about. We are professionals, we are family people, we have busy lives and have no time for nonsense, pomp and ceremony.

**It is TIME to get down to the knitty gritty!**

**FRI 13th SEPT 2019**  
Doors Open - 7pm  
**SAT 14th SEPT 2019**  
Morning Service  
Doors Open - 9.30am  
Evening Service, Doors Open - 4.30pm

Turn over for more details...

## SEC Men's Ministries Retreat

Keynote Speaker - **PASTOR ANDREW DAVIS**

# MEN'S IDENTITY

**11th - 13th October 2019**

De Vere Horsley Estate,  
Ockham Road South, East Horsley  
Leatherhead, KT24 6DT

£165.00pp for singles &  
£115.00pp for twin occupancy

LIGIA BUZAC AT SEC OFFICE ON 01923 232728  
OR EMAIL [LBUZAC@SECADVENTIST.ORG.UK](mailto:LBUZAC@SECADVENTIST.ORG.UK)

## SEP OPEN DAY 2019

Sunday 1 September • 8am-4pm

**Speaker**  
Ruska Stefanovic is Professor of New Testament at the SDA Theological Seminary at Andrews University. He earned a doctorate degree from Andrews University in 1995 in the area of the New Testament with an emphasis on the book of Revelation. Stefanovic is an author of numerous scholarly articles. He specialises in the book of Revelation; he has authored Revelation of Jesus Christ, a very popular 570-page commentary on Revelation, which is the standard textbook in many Adventist colleges and universities. His most recent book is Plan Revelation: A Reader's Introduction to the Apocalypse. He and his wife Estera have two adult children.

Sharon Platt-McDonald, BUC Director for Health, Women's Ministries & Community Services, will be speaking on her joint new project with ADRA, Urban Voices.

**Special music**  
The Golden Chords and Christine Burt Trio

**Food specials**  
We are happy to extend the offer from Camp Meeting on the Cedar Lake lines: buy one case, get the second half-price. We have a new line of non-soya mince, soya-free based organic mince, which was introduced at both camp meetings this year. The introductory price will be kept for Open Day only.

**Food demonstration**  
An experienced chef and chef will demonstrate some menus you can prepare using a range of the products we provide. You can try before you buy!

**Books & resources**  
There are host of new titles, Bibles and resources that you can take home with you.

**Entertainment available for the whole family - bouncy castles, food and good music - so make this date one not to miss and join us for the day!**

For any further information contact us on 01478 591700 or [open@stbarnboroughpress.org.uk](mailto:open@stbarnboroughpress.org.uk)  
The Barnborough Press Ltd, Londorborge Road, Goutham, Lincs. NG31 9SL.

**Exhibition marquee**  
There will be space in an exhibition/marquee for those who require early and need our terms and conditions. Official permits may be obtained by an order from 29 August, at a cost of £35 from Elizabeth Parkinson 01478 591700 or [open@stbarnboroughpress.org.uk](mailto:open@stbarnboroughpress.org.uk), and in order to availability. An display or seating will be provided on The Barnborough Press property without an official permit obtained in the above manner.

**Catering**  
Provision has been made for an authorised caterer to supply a variety of tasty meal options at reasonable prices. No other food or refreshment vending will be permitted.

**Entrance of Worship Leaders**

Introit / Call to Worship	'You Know My Name'	Youth Praise Team
Welcome & Prayer		Elder Darren Johnson
Praise & Worship		Youth Praise Team
Hymn of Praise	'Marching to Zion' (SDAH 422)	
Scripture Reading	'1 Cor 12:12-27'	
Prayer	'Create in Me'	Elder Darren Johnson
Tithes and Offerings	'Give & Will Come Back to You'	
Children's Story		Ruth Lindo
Sermon	'We're in this thing together'	Elder Trevor Johnson
Closing Song	'O Love That Will Not Let me Go' (SDAH 76)	
Closing Prayer		Elder Trevor Johnson
Benediction	'He Knows My Name'	
Afterglow	'Strength Will Rise'	Youth 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.*

## Does gluten in children's diets raise the risk of coeliac disease?

"Too much wheat and gluten in early stages of infancy raises risk of coeliac disease in children at risk of the condition," reports the Mail Online.

Researchers looked at the diets of 6,605 children from Sweden, Finland, Germany and the US, all of whom had genetic variants that put them at higher risk of developing autoimmune conditions like [coeliac disease](#), where the immune system starts to attack the body's own tissues.

Gluten is a protein found in grains including wheat, rye and barley. Despite claims to the contrary, it's an essential component of a healthy diet for most people.

In people with coeliac disease, gluten triggers the immune system to produce antibodies that attack the lining of the gut wall, meaning they cannot absorb nutrients.

Coeliac disease is not a food intolerance, it's a severe allergy. The only treatment is a lifelong gluten-free diet. Between 1 in 5 and 1 in 10 of this higher risk sample developed coeliac disease, a higher rate than the 1 in 100 population average.

They found children who ate more than the average amount of gluten were a little more likely to get the disease. But this does not mean gluten definitely caused their disease. The type of study means we cannot tell that. For example, some children could have been on low or no gluten diets as a precaution, but would have otherwise developed coeliac disease.

## What were the basic results?

Children who ate more gluten than the average child in the study were more likely to develop coeliac autoimmunity or coeliac disease.

The researchers calculated:

- children had a 20.7% risk of coeliac disease if they ate average amounts of gluten at age 2
- this risk increased to 27.9% if they ate 1g a day above-average gluten (about half a slice of white bread more)

## Conclusion

This study adds to our knowledge about how coeliac disease may develop in children with genetic variants linked to the disease, and how diet in early childhood appears to be linked with that.

But it does not tell us what young children should be eating. Most people do not have genetic variants linked to coeliac disease, so the results do not affect them.

There's been a lot of media attention around people claiming to have a gluten intolerance and sensitivity, but this is not the same thing as an allergic reaction to gluten.

Coeliac disease is actually fairly rare, affecting only around 1 in 100 people in the UK population.

Gluten can form a normal part of a healthy diet for most people.

\*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](http://www.walthamstowadventistchurch.org.uk/bulletin). Please email [walthamstowsda@gmail.com](mailto:walthamstowsda@gmail.com). With any ideas.