



# Bulletin

Quarter 3 Issue 10

7th September 2019

## Walthamstow SDA Church

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Pastor Vaughn Thorpe

## God Has A Plan for Your Life!

*“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.*



19:34 - 07 Sep 19

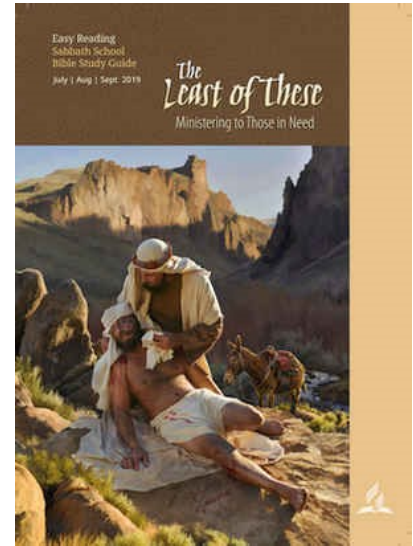
19:18 - 14 Sep 19

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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 and Fasting today**
  
- ⇒ **AYS at 5:30pm.**
  
- ⇒ **Prayer Meeting Wednesdays at 7:30pm.**

**Entrance of Worship Leaders**

Introit / Call to Worship	'You Know My Name'	Praise Team
Welcome & Prayer		Roz Parson
Praise & Worship	My God is a Good God The Water is Troubled Lord Almighty	Praise Team
Hymn of Praise	'Great is Thy Faithfulness' (SDAH 100)	
Scripture Reading	Romans 8: 33-39	
Prayer	'Create In Me' (SDAH 262)	
Tithes and Offerings	'Give and It Will Come Back to You	
Children's Story		Ruth Lindo
Sermon	'God Has A Plan for Your Life'	Vincent Lemonius
Closing Song	'Trust and Obey' (SDAH 590)	
Closing Prayer		Vincent Lemonius
Benediction	'You Know My Name'	
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!*

*Or for fellowship and discussions with brethren please leave the main church—the main hall is available.*

"Older adults can boost longevity 'with just a little exercise'," reports The Guardian. It's long been known that being more physically active is linked to being healthy and living longer. Now researchers who re-examined data from 8 studies, which included 36,383 people aged over 40, say the benefits are greater than previously thought, and that any intensity of activity helps.

Researchers found benefits were greatest for those who did:

375 minutes (about 6 hours 15 minutes) a day of light-intensity physical activity, such as walking, cooking or gardening

24 minutes a day of moderate to vigorous physical activity

People who managed those levels of activity cut the risk of premature death during the study by 50% to 60%, compared with people who were least active.

But even doing a little more activity helped. People who did about 60 minutes a day more of light activity, compared with those who were least active, had a 40% lower risk of death.

The researchers also found the risk of dying during the study was higher for people who spent the most time sitting down, with the risk starting to rise sharply after 9.5 hours a day spent sedentary.

## What were the basic results?

The 36,383 people, average age 62.6, included in the study were followed for an average 5.8 years. Compared with people who did the least physical activity overall, those who did the most were 73% less likely to have died

But even those in the second-least active group cut their chances of death by 52%, compared with those doing the least

People who spent the most time sitting had the highest chance of death, compared with those who spent least time sitting.

They were 263% more likely to die – more than twice as likely.

The researchers said the risk of death associated with sitting started to go up between about 7 and 9 hours, with a sharper increase from 9.5 hours.

People who spent 12 hours a day sitting had almost a 3-fold increased risk of death

## Conclusion

It's not news that being more physically active is likely to help you live a longer, healthier life. But this new study helps to show how great the benefit may be.

Focusing on studies that used more accurate measurement of activity levels (rather than relying on self-reported activity) may explain why this systematic review found bigger benefits from physical activity than previous systematic reviews.

The study is also useful because it looks in detail at the effects of low-intensity activity.

Especially as people age, they may be much less likely to want, or start, to do vigorous activities like playing sport or running.

The study shows that any type of activity is beneficial, and increasing the time you're up and moving about makes a difference, even if you do not think of it as exercise.

The study also adds to evidence that spending long periods of time inactive and sitting down is likely to be bad for health.

This study adds to that mountain of evidence to suggest that we should all take the researchers' advice to "sit less and move more".

\*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.