



## CHILDREN'S DAY

When we think of helping our kids grow in wisdom, we think of school. We think of literature, history, science, technology, math, music, and art. We think about what we can teach them at home and what experiences we can introduce them to.

These are all good gifts from God, but God tells us throughout the Bible that knowing God and seeking Him first is real wisdom (Matthew 6:33).

## 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.*



15:51 - 14 Nov 2019

15:50 - 21 Dec 2019

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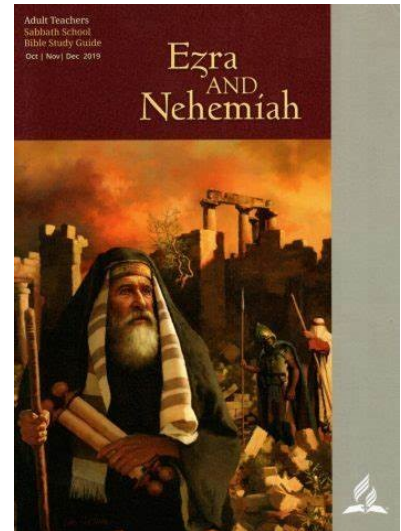
Instagram: <https://www.instagram.com/walthamstowdachurch/>

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 'Ezra and Nehemiah'



## **ANNOUNCEMENTS**

- ⇒ Today is Children's Day. The children will be taking the morning worship session. Let's encourage them as they participate.
- ⇒ AYS is @4pm.
- ⇒ Lunch is provided for all. Please feel free to come and fellowship with us.
- ⇒ Prayer Meeting takes place every Wednesday at 7:30pm.
- ⇒ Thanks on behalf of the church for all those who helped with the Joint Communion and Agape Feast with Leytonstone Church last week.
- ⇒ December 21st - Walthamstow Market Evangelism

Two vacancies have arisen in the Cleaning Team of our Church. Male or female applicants most welcomed. Please contact: Sister Xandra Joseph or Sister Hector if you are interested or have any questions.

**Entrance of Worship Leaders**

|                      |   |                                |
|----------------------|---|--------------------------------|
| Welcome              |   | Kiana                          |
| Opening Prayer       |   | Laura & Cameron                |
| Theme Song           | 'God Makes Things Grow'                 |                                |
| Praise and Worship   |   | Laura / Kadi / Leah / Shenelle |
| Scripture Reading    |   | Oren                           |
| Tithes and Offerings |   | Cynan                          |
| Testimony            |   | Noel / Stewart / Joy           |
| Children's Story     |   | Sade Ellis                     |
| Special Item         |   | Shamaiah & Soraya              |
|                      | Kindergarten & Cradle Roll Presentation |                                |
| Special Item         |   | Geri / Kristof                 |
|                      | Primary Presentation                    |                                |
| Conclusion           |   | Leah & Savannah                |
| Special Item         |   | Leighana                       |
| Closing Prayer       |   |                                |
| Theme Song           | 'God Makes Things Grow'                 |                                |
| Afterglow            |   | Laura / Kadi / Leah / Shenelle |

*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!*

***"Number of children with anorexia on the rise," reports The Guardian on Wednesday 23 October 2019***

The headline is based on a study of records of eating disorders in children and young people in the UK and Ireland carried out in 2015. Child and adolescent psychiatrists reported 305 new cases of anorexia during an 8-month period, among children and young people with an average age of between 14 to 15 years. Overall, that translated to around 14 new cases of anorexia per 100,000 young people aged 8 to 17 each year.

The numbers of cases differed greatly by age and sex. Anorexia was more common among girls and those aged 12 to 16 than among boys or younger children. These findings would seem to confirm previous research that suggests anorexia is a particular problem in teenage girls.

**What were the basic results?**

The researchers had 305 confirmed cases. Of these:

91.48% were girls

91.64% were white

The researchers calculated that the annual number of new cases of anorexia was 13 per 100,000 young people aged 8 to 17 years.

The figures increased as children grew older:

1 in every 100,000 8 year olds

4 in every 100,000 11 year olds

20 in every 100,000 13 year olds

30 in every 100,000 16 year olds

**Conclusion**

Headlines reporting that anorexia rates have doubled in younger children sound alarming. While any cases of anorexia among young people are certainly cause for concern and need urgent specialist care and treatment, we should keep in mind that the actual number of children under 12 with anorexia remains very small.

Anorexia is more common among teenagers, especially girls, but even then the overall population rate remains fairly low

While childhood obesity is more often discussed in the media, eating disorders such as anorexia are serious, can cause life-long problems and in some cases are life-threatening. If you're concerned your child or another young person in your care may have an eating disorder, make an appointment for them to see a GP as soon as possible. The sooner they get help, the better chance they have of making a full recovery.