

Set Me Free

Walthamstow SDA Church

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Pastor Vaughn Thorpe

Happy Sabbath

Then the LORD told Moses, "Go to the king of Egypt and tell him, 'This is what the LORD says: Let my people go to worship me. ² If you refuse, I will punish Egypt with frogs. ³ The Nile River will be filled with frogs. They will come up into your palace, into your bedroom, on your bed, into the houses of your officers, and onto your people. They will come into your ovens and into your baking pans. ⁴ The frogs will jump all over you, your people, and your officers.'"

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.



16:04 - 04 Jan 2020

16:12 - 11 Jan 2020

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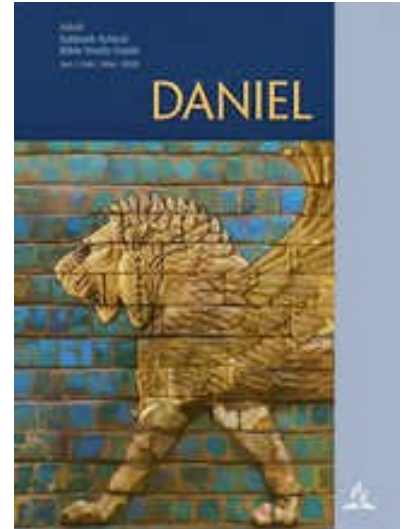
Instagram: <https://www.instagram.com/walthamstowdachurch/>

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 'Daniel'.



ANNOUNCEMENTS

- ⇒ Prayer Meeting takes place every Wednesday at 7:30pm.
- ⇒ AYS @5pm. See poster below.
- ⇒ Please pray for Olive Plummer and family who lost George Plummer recently. The funeral will take place here on Wed 8th Jan. Please also remember Norma Fagan, a former member of this church who lost her mum. Recently. The funeral will be here on Thu 9th Jan.
- ⇒ There are still a couple of vacancies to join the Cleaning Team. Please see Xandra if interested.



Entrance of Worship Leaders

Introit & Welcome	'Oh Come Let us Adore Him	Eld. Joseph Lindo
Opening Prayer		Eld. Joseph Lindo
Opening Hymn	'Another Year is Dawning'	
Praise and Worship		Youth Praise Team
Scripture Reading	'Exodus 8:1-10'	
Prayer	'Me Again'	Eld. Joseph Lindo
Tithes and Offerings	'Bless the Lord with Me'	
Children's Story		
Sermon	'Set Me Free'	Pstr Vaughn Thorpe
Closing Hymn	'All Creatures of Our God & King' (SDAH 2)	
Closing Prayer		
Benediction	'Let the Church Say Amen'	
Afterglow		Youth 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!*

Wednesday 11 December 2019

"Exercise advice on food labels could help to tackle the obesity crisis," The Guardian reports. Labelling on packaged food has to include information such as the number of calories and grams of fat. However, there's evidence that many people do not know what these measures mean.

Researchers involved in a new study have suggested converting calories into the amount of exercise needed to burn them off – for example, labels explaining that you would need to run for:

13 minutes after drinking a 330ml can of fizzy drink

22 minutes after eating a standard size chocolate bar

42 minutes after eating a shop-bought chicken and bacon sandwich

They hoped that doing this would encourage people to choose less calorific foods or eat less of them.

This study summarised the results of previous trials of exercise labelling (called PACE, for physical activity calorie equivalent) compared to no labelling or other nutritional labelling.

Overall, the summary found people selected fewer calories and ate fewer calories when their food choice included PACE labelling.

What were the basic results?

Researchers found:

people were less likely to buy a sugary soft drink if it was labelled with PACE information, compared to no label

people selected on average 64.9 fewer calories if food or drink was PACE labelled, compared to no label or other labelling

people ate on average 80.4 fewer calories if food or drink was PACE labelled, compared to no label or other labelling

The researchers calculated that over the course of a day, this could result in people consuming 195 fewer calories.

Conclusion

Most people become overweight or obese by consuming a few more calories every day than they burn off in daily activities. It sounds logical that people might think twice if they were aware of how much exercise is needed to burn off different types of food.

It's also important to remember that we need calories just to keep our bodies working. The recommended daily intake is around 2,000 calories for an average woman and 2,500 for an average man. While it's important to be active and exercise, it's not necessary to exercise to burn off all the calories from the food you eat.

Additionally, calories are not the only nutritional aspect to consider. For example, a small bag of sweets might have less calories than a chicken and salad sandwich, but the nutrients from the sweets would not be as useful as those from the chicken and salad.

While PACE labelling might be an extra tool to help people consider making better food choices, it's not the full answer to a healthy diet and is unlikely to singlehandedly tackle the UK's obesity epidemic.