

Only a Look

Walthamstow SDA Church

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Pastor Vaughn Thorpe

HAPPY SABBATH.

² Now behold, there was a man named Zacchaeus who was a chief tax collector, and he was rich.

³ And he sought to see who Jesus was, but could not because of the crowd, for he was of short stature.

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.



15:52 - 21 Dec 2019

15:56 - 28 Dec 2019

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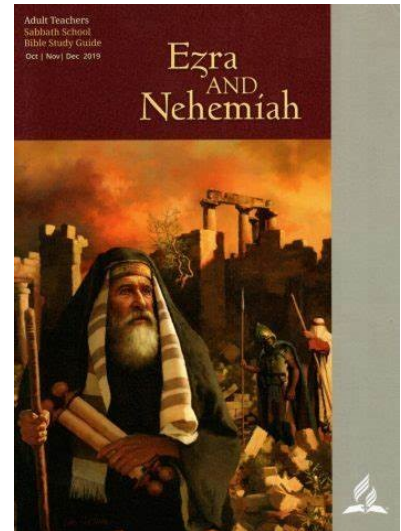
Instagram: <https://www.instagram.com/walthamstowsdachurch/>

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 'Ezra and Nehemiah'



ANNOUNCEMENTS

- ⇒ Well done to children, parents and teachers who participated in the Children's Day Programme last week. It was a blessing.
- ⇒ TODAY we will be going to Walthamstow Market Square @2:30pm to minister our community. There will be a table for the children as well as live carol singing, hot chocolate and mince pies.
- ⇒ Prayer Meeting takes place every Wednesday at 7:30pm.
- ⇒ Please pray for Olive Plummer and family who lost George Plummer on Monday. The funeral will take place on Wed 8th Jan.

Two vacancies have arisen in the Cleaning Team of our Church.

Male or female applicants are welcomed.

Please contact:

Sister Xandra Joseph or Sister Hector if you are interested or have any questions.

Entrance of Worship Leaders

Welcome		Eld. Darren Johnson
Opening Prayer		Eld. Darren Johnson
Opening Hymn	'Rescue the Perishing (SDAH 367)	
Praise and Worship		Praise Team
Scripture Reading	'Luke 19:3	
Prayer		Eld. Darren Johnson
Tithes and Offerings		Leighton Maine
Children's Story		Eld. Darren Johnson
Sermon	'Only a Look'	Bro. Astor Tate
Closing Hymn	'I Would Be Like Jesus (SDAH 311)	
Closing Prayer		
Benediction		
Afterglow		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!

"Eating two apples a day boosts health of your heart by slashing high levels of cholesterol," reports The Sun.

The story is based on a small trial that found that eating 2 apples a day for 8 weeks can slightly reduce [high cholesterol](#) levels, by up to 4%. Apples are high in fibre and polyphenols (chemicals thought to have various health benefits).

The trial included 40 healthy volunteers with slightly raised cholesterol. When they ate 2 apples a day for 8 weeks, total cholesterol and LDL ("bad") cholesterol levels reduced slightly compared with when they consumed the same number of calories from apple juice concentrate mixed with water.

What kind of research was this?

This was a [randomised crossover trial](#) comparing apple consumption with calorie-matched apple juice. Participants switched from fruit to juice halfway through the trial. As the same people were exposed to both interventions, this reduces the risk of patient variation affecting the results and means a smaller number of participants can be involved.

What were the basic results?

After 8 weeks, the group on 2 apples a day had better cholesterol readings compared with the group on apple juice:

Conclusion

This small study has found that eating 2 apples a day may be beneficial in terms of reducing total cholesterol, LDL ("bad") cholesterol and triglyceride levels. The effect was quite small and the participants' cholesterol levels remained higher than what is considered to be healthy – i.e. less than 5mmol/L for total cholesterol and 3mmol/L or less for LDL cholesterol.

That said, any reduction is likely to be worth it in terms of reducing the risk of cardiovascular disease such as heart attack or stroke. However, eating apples should not be seen as an alternative to statins, which have been shown to have a much greater effect in lowering cholesterol.

Though the study was a randomised controlled trial, there are some limitations such as the small number of participants and the short length of the trial. Nevertheless, eating apples is not only likely to reduce cholesterol, but also contributes to the consumption of dietary fibre, which reduces the risk of bowel cancer. Consuming a variety of fruit and vegetables to [achieve our 5 a day](#) is likely to be better than focusing on just the 1 fruit.