



Kampala Central Seventh-day
Adventist Church



Sabbath bulletin

COMMUNICATION SABBATH

“EBENEZER ”

Pr. Norman Norman Chisunka

DATE: 01st June 2024 | | 08:00 AM - 5:00PM

LIVE!



Kampalacentraladventist.org



SDAKampalaCentralChurch



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This Sabbath

PROGRAM LINEUP

Song service	8:00am-8:30am
Sabbath school panel	8:30am-9:00am
Church at study	9:00am-9:40am
Song service	9:40am-10:00am
Announcements	10:00am-10:30am
Music prelude.	10:30am-10:45am
Devine Service	
Devine service preliminaries	10:45 am to 11:20 am
Sermon.	11:20 am to 12:00pm

AFTERNOON PROGRAM

Sweet hour of prayer	2:30-3:15pm
Bible Quizz	3:15pm - 4:30pm
Departmental Meetings	4:30pm - 6:00pm
Sun down Worship	6:00pm - 6:30pm

DIVINE SERVICE

Call to Worship	Elder Amon Twesigye
Doxology	Chorister
Invocation	Pr. Norman Norman Chisunka
Welcome Remarks	Elder Amon Twesigye
Opening Hymn	Hymn 334
Pastoral Prayer	Dr. Ndozire Junior
Worship in giving	Sis. Alenyi Winnie Doreen (Hymn 361& 366)
Scripture	Sis. Alenyi Winnie Doreen
Special Song	Church choir
Sermon	Pr. Norman Norman Chisunka
Closing Hymn	Hymn 334
Benediction	Pr. Norman Norman Chisunka
Song of Affirmation	Chorister

03. This Sabbath

Call to worship (Psalms 105: 1 - 2 KJV)

Elder:

1 "O give thanks unto the LORD; call upon his name: make known his deeds among the people.

Congregation:

2 "Sing unto him, sing psalms unto him: talk ye of all his wondrous works."
"

ALL: Amen

Key text (1 samuel 7:12)

This Sabbath

As Ministering team comes to Pulpit

479 - Tread Softly

1

Be silent, be silent,
A whisper is heard;
Be silent, and listen,
Oh treasure each word.

CHORUS:

*Tread softly, tread softly, The Master is here;
Tread softly, tread softly, He bids us draw near.*

Doxology

010 - Come, Christians, Join to Sing

1

Come, Christians, join to sing, Alleluia! Amen!
Loud praise to Christ our King; Alleluia! Amen!
Let all, with heart and voice, Before His throne rejoice;
Praise is His gracious choice: Alleluia! Amen!

2

Come, lift your hearts on High; Alleluia! Amen!
Let praises fill the sky; Alleluia! Amen!
He is our Guide and Friend; To us He'll condescend;
His love shall never end: Alleluia! Amen!

Song of Affirmation

262 – Sweet, Sweet Spirit

1

There's a sweet, sweet spirit in this place,
And I know that it's the spirit of the Lord;
There are sweet expressions on each face,
And I know they feel the presence of the Lord.

Refrain

*Sweet Holy Spirit,
Sweet Heavenly Dove,
Stay right here with us,
Filling us with Your love,
And for these blessings
We lift our hearts in praise,
Without a doubt we'll know
That we have been revived
When we shall leave this place.*

04. Announcements

WEDNESDAY & FRIDAY FELLOWSHIPS: We are happy to announce that our Wednesday and Friday fellowships have resumed. As we continue to worship together, we would like to invite singing groups and soloists to participate in our services. If you are interested in serving through singing, during the fellowships please approach the Head of Youth Department (Mr. Kalanzi).

LIVE STREAMING: Our service is always streaming live on facebook, twitter, and Youtube every sabbath. You can share the stream with your friends to join us in worship while a way from church. You can always use the links below.

FACEBOOK: www.facebook.com/sdakampalacentral/live

YOUTUBE: www.youtube.com/c/sdakcc/live

TWITTER: www.twitter.com/sdakcc

ZOOM: www.zoom.us/j/5699638987

CHURCH CONSTRUCTION: Church construction is ongoing and we are encouraged to support this project through our groups and through the envelopes. The account number for the dedicated construction project are; SDA CHURCH PROJECT, EQUITY BANK, WANDEGEYA; 1044201171534.

05. Events



  

 **Seventh-day
Adventist Church**
KAMPALA CENTRAL

SENIOR YOUTH LEADERSHIP *Training*

 Starting **February 04, 2024**
Every Sunday
 **8:00am**

 **Seventh-day
Adventist Church**
Kampala Central

Invited are?

Young Adults | PCM Leaders and Students | Master
Guides | Deacons & Deaconesses | Church Pastors |
Church Elders | All Church Leaders | All Church
Members Aged 25 Years & above.

06. Sabbath Article



Importance of Effective Communication

Through the years divine instruction has come to the church concerning the importance of using contemporary communication media in spreading the gospel. We have been counseled:

"We must take every justifiable means of bringing the light before the people. Let the press be utilized, and let every advertising agency be employed that will call attention to the work." -Testimonies, vol. 6, p. 36.

"Means will be devised to reach hearts. Some of the methods used in this work will be different from the methods used in the work in the past. . . ." - Evangelism, p. 105.

Organization

The organization of this ministry calls for the enlistment of support from every denominational worker, layperson, and Seventh-day Adventist institution. The Communication Department promotes the use of a sound program of public relations and all contemporary communication techniques, sustainable technologies, and media in the promulgation of the everlasting gospel. It calls for the election of a Communication secretary in every local church and, where needed, a Communication Committee.

Communication Secretary's Work

The church Communication secretary is responsible for the gathering and dissemination of news. As opportunity presents, the secretary will place on the air persons of interest in interview-type programs, and arrange for news features on such persons. Every effort will be made to maintain a friendly, cooperative relationship with editors and other communications/media personnel. (See Notes, #16, p. 139.)

The Communication secretary will cooperate with the conference/mission/field Communication secretary in carrying out the plans of the conference/mission/field and reporting as requested and will also present periodic reports to the church business meeting.

Communication Committee

In a large church a Communication Committee may more adequately handle the many facets of the public relations and communication program of the church than can a secretary working alone. This committee, with the Communication secretary as chairperson, will be elected at the time of the general election of church officers. Individual members of the committee may be assigned specific communication responsibilities, such as working with the press, with media producers and online personnel, and with the internal media of the church. Where there is a church institution in the area, a member of its public relations staff should be invited to sit with the committee. https://walthamstow.adventistchurch.org.uk/Comms-JD?_id=1717199539476.1152

06. Health Message



Healthy Longevity

What you do today can transform your "healthspan," or how you age in the future.

Longevity is the achievement of a long life. We may hope for longevity so that we can experience many years of quality time with loved ones or have time to explore the world. But living to a ripe old age doesn't necessarily mean healthy or happy longevity if it is burdened by disability or disease. What you do today can transform your healthspan or how you age in the future. Although starting early is ideal, it's never too late to reap benefits. Researchers from Harvard University looked at factors that might increase the chances of a longer life.¹ Using data collected from men and women from the Nurses' Health Study and Health Professionals Follow-up Study who were followed for up to 34 years, researchers identified five low-risk lifestyle factors: healthy diet, regular exercise (at least 30 minutes daily of moderate to vigorous activity), healthy weight (as defined by a body mass index of 18.5-24.9), no smoking, and moderate alcohol intake (up to 1 drink daily for women, and up to

2 daily for men). Compared with those who did not incorporate any of these lifestyle factors, those with all five factors lived up to 14 years longer.

In a follow-up study, the researchers found that those factors might contribute to not just a longer but also a healthier life.² They saw that women at age 50 who practiced four or five of the healthy habits listed above lived about 34 more years free of diabetes, cardiovascular diseases, and cancer, compared with 24 more disease-free years in women who practiced none of these healthy habits. Men practicing four or five healthy habits at age 50 lived about 31 years free of chronic disease, compared with 24 years among men who practiced none. Men who were current heavy smokers, and men and women with obesity, had the lowest disease-free life expectancy.

Beyond the five core lifestyle habits mentioned above, a growing body of research is identifying additional factors that may be key to increasing our healthspans.

Access the full article on healthy longevity for a closer look at the research on aging: hspb.me/06a2



GLOBAL DIETS AND CULTURES

Although further clinical trials are needed to better understand the effects of specific diets on aging, there is a pressing need to establish and maintain studies that examine large cohorts of people over time to see the association of dietary factors on aging in culturally diverse populations.

Some traditional diets (e.g., the Mediterranean, Nordic, and Okinawa) and contemporary dietary patterns such as the Healthy Plant-Based Diet Index, the DASH (Dietary Approaches to Stop Hypertension) diet, and the Alternate Healthy Eating Index have been associated with lower mortality and healthy longevity. These patterns share a common foundation of nutrient-rich plant foods, limited amounts of animal foods especially red and processed meats, and culinary herbs and spices as found in global cuisines while embracing distinct elements from different cultures. For example, the Mediterranean diet mainly uses extra virgin olive oil and the Nordic diet uses rapeseed oil, but both are rich in a monounsaturated fatty acid called oleic acid.³

In practice, dietary recommendations should be adapted to individual preferences and cultures, and address special nutritional needs of aging persons. Public health strategies should promote readily accessible nutrition options in public institutions and care facilities for the elderly.

AVOID SUGARY DRINKS

Sugary drinks (also categorized as sugar-sweetened beverages or "soft drinks") refer to any beverage with added sugar or other sweeteners (high fructose corn syrup, sucrose, fruit juice concentrates, and more). This includes soda, pop, cola, tonic, fruit punch, lemonade (and other "ades"), sweetened powdered drinks, as well as sports and energy drinks.

As a category, these beverages are the single largest source of calories and added sugar in the U.S. diet. In other parts of the world, particularly developing countries, sugary drink consumption is rising dramatically due to widespread urbanization and beverage marketing. When it comes to ranking beverages best for our health, sugary drinks fall at the bottom of the list because they provide so many calories and virtually no other nutrients. People who drink sugary beverages do not feel as full as if they had eaten the same calories from solid food, and research indicates they also don't compensate for the high caloric content of these beverages by eating less food. The average can of sugar-sweetened soda or fruit punch provides about 150 calories, almost all of them from added sugar. Routinely drinking these sugar-loaded beverages can increase the risk of type 2 diabetes, heart disease, and other chronic diseases. Furthermore, higher consumption of sugary drinks has been linked with an increased risk of premature death.⁴



HOW SWEET IS IT?

Imagine scooping up 7 to 10 teaspoons full of sugar and dumping it into your 12-ounce glass of water. Does that sound too sweet? You may be surprised to learn that this is the typical can of soda!

1 teaspoon contains 4.2 grams of sugar

There are 4.2 grams of sugar in a single teaspoon. When reading grams of added sugar on a beverage label, keeping this in mind is a helpful way to visualize just how much sugar you're actually consuming:



Aside from soda, energy drinks have as much sugar as soft drinks, enough caffeine to raise your blood pressure, and additives whose long-term health effects are unknown.

As for sports drinks, these are designed to give athletes carbohydrates, electrolytes, and fluid during high-intensity workouts that last one hour or more. For everyone else they're just another source of calories and sugar.



Take an in-depth look at the research on sugary drinks and health: hspb.me/06a2



WIDENING GENDER GAP IN U.S. LIFE EXPECTANCY: Women are living about six years longer than men, as a new JAMA study finds that men are dying at earlier ages, from about 79 years in 2019 to 76 years in 2021.¹ The authors noted that prior to Covid-19, chronic conditions like diabetes and heart disease played a bigger role in earlier deaths in men, but from 2019 to 2021 Covid-19 became the main contributor, followed by "deaths of despair" such as the opioid-overdose epidemic, accidents, and suicide. Socioeconomic factors involved with higher death rates from Covid-19 included increased exposure at jobs, incarceration, and homelessness.



07. Serving groups

Last Sabbath

Joseph Family

This Sabbath

SIMEON FAMILY

Next Sabbath

Gad



09. Hymns for you

334 – Come, Thou Fount of Every Blessing

1

Come, thou Fount of every blessing,
Tune my heart to sing thy grace;
Streams of mercy, never ceasing,
Call for songs of loudest praise.
Teach me ever to adore Thee,
May I still Thy goodness prove,
While the hope of endless glory
Fills my heart with joy and love.

2

Here I raise mine Ebenezer;
Hither by thy help I've come;
And I hope, by thy good pleasure,
Safely to arrive at home.
Jesus sought me when a stranger,
Wandering from the fold of God;
He, to rescue me from danger,
Interposed his precious blood.

3

O, to grace how great a debtor
Daily I'm constrained to be!
Let thy goodness, like a fetter,
Bind me closer still to thee.
Prone to wander, Lord, I feel it,
Prone to leave the God I love;
Here's my heart—O, take and seal it,
Seal it for thy courts above.w.

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9. Contacts

SDA
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www.kampalacentraladventist.org



SDA Kampala Central



<https://goo.gl/424PQL>

type the above link in your browser to join the
whatsapp group

