

WORSHIPPING TOGETHER
SABBATH SCHOOL
9.30 AM

Song Service & Superintendent's Remarks Bruce Hemeon
Lesson Study **Faith** Jason Williams

WELCOME & ANNOUNCEMENTS
Bruce Hemeon
10:50 AM

PRAISE AND WORSHIP
11:00 AM

Singing Praises		Praise Team
Call to Worship	#877	Bruce Hemeon
Hymn of Praise	#468 A Child of the King	Bruce Hemeon
The Word	Revelation 1:17, 18	Vicki Hemeon
Response	Soften My Heart	Congregation
In Prayer		Bruce Hemeon
In Giving	Canadian Christian Record	Vicki Hemeon
Children's Story		Lois Gill
Special Music		Lois Gill, Ruth Hibbs
In Sermon	Jesus <u>Is</u> Real	Bruce Hemeon
Closing Hymn	#321 My Jesus, I Love Thee	Bruce Hemeon
Benediction		Bruce Hemeon

O, the cross, the cross! It is set up that we may know the only true God, and Jesus Christ whom He has sent. Only the cross can measure the length and breadth, the depth and height, of infinite love, the greatness of the Father's sacrifice for lost humanity.
E. G. White, Published in The [Australasian] Union Conference Record, June 1, 1900.

Next Week: April 18, 2009
Offering: Church Budget

Praise Service: Praise Team	Greeter: Ruth Hibbs
Sermon: Jason Williams	Deacons: Grant Hemeon, Joe Hancock, Peter Gill
Rostrum: Verna Hemeon	Cleaning: Bruce & Verna Hemeon
Special Music: Bill & Kelley Symonds	
Children's Story: Lois Gill	

Sunset this Week: 7:58 PM Sunset April 17/18: 8:09 PM

WORKING TOGETHER

Sabbath, April 11, 2009

- ★ **We'd like to extend a warm welcome** to our visitors and regular members on this Sabbath Day.
- ★ **Church at Cottrell's Cove** this afternoon at 3:00 PM.

Upcoming Events

- ★ **Fellowship Dinner Schedule:** April 18 (Burgers & Fries), May 16 (Fellowship Potluck), June 16 (Haystacks with Chili). See the what to bring sign-up sheet in foyer for next week's dinner.
- ★ **Community Services Centre** is open every Wednesday, 1:30-3:00 PM except the weeks we have Goodwill Duty.
- ★ **Goodwill Centre Duty:** Week of May 18, June 29, August 10, September 23, November 2, December 14..
- ★ **Kids Eat Smart Breakfast Program Schedule** at Memorial Academy: June 10.
- ★ **Sunshine Band Schedule:** May 9.

To Remember

- ✓ Please pray for the spiritually lost and how we can help them.
- ✓ Please keep the Grand Falls Bible studies in your prayers.
- ✓ At Home/Sick/Hospital: Floella Butt, Cheryl Haytor, Fred Oates, Edith Curlew, Lillian Noseworthy, Rowena Langdon, Rob Gill, Violet Mews, Reg Moores, Peggy McBay, Shawn Hancock, Kim Crowle, Sheila Lanto, Harry Symonds, Linda Stagg.
- ✓ Please keep Jason and Elizabeth in your prayers as they work toward bringing Elizabeth to Canada.

Sabbath Thought

*No man ever loved like Jesus.
He taught the blind to see and the dumb to speak.
He died on the cross to save us. He bore our sins.
And now God says, "Because He did, I can forgive you."*
Billy Graham



All Hail, King Jesus

All hail, King Jesus! All hail Emmanuel,
King of kings, Lord of lords, Bright Morning Star.
And throughout eternity I'll sing Your praises,
And I'll reign with You throughout eternity.

ANNOUNCEMENTS

Because He Lives

God sent His Son, they called Him Jesus,
He came to love, heal, and forgive;
He lived and died to buy my pardon,
An empty grave is there to prove my Saviour lives.

Chorus:
Because He lives I can face tomorrow,
Because He lives all fear is gone;
Because I know He holds the future.
And life is worth the living just because He lives.

How sweet to hold a newborn baby,
And feel the pride and joy He gives;
But greater still the calm assurance,
This child can face uncertain days because He lives.

All Heaven Declares

All heaven declares the glory of the risen Lord.
Who can compare with the beauty of the Lord.
Forever He will be the Lamb upon the throne.
I gladly bow the knee and worship Him alone.

I will proclaim the glory of the risen Lord.
Who once was slain to reconcile man to God.
Forever You will be the Lamb upon the throne.
I gladly bow the knee and worship Him alone.

Holy, Holy, Holy

(Please Stand)

Holy, holy, holy, Holy is the Lord!
Holy, holy, holy, Holy is our God!
He who always liveth, Evermore the same.
Heaven and earth He ruleth, Come and praise His name!

Holy, holy, holy, Holy is the Lord!
Holy, holy, holy, Holy is our God!
Glorious and beloved Is the One adored.
Holy, holy, holy, Holy is the Lord.

O Thou Who Hearest

O Thou who hearest every heartfelt prayer.
With Thy rich grace, Lord, all our hearts prepare;
Thou art our life, Thou art our love and light,
O let this Sabbath hour with Thee be bright.
(Please kneel and repeat verse)

Prayer Song **Soften My Heart**

Soften my heart, Lord, soften my heart;
From all indiff'rence set me apart.
To feel your compassion, to weep with Your tears;
Come soften my heart, O Lord, soften my heart.
(Please kneel and repeat verse.)

Children's Song **White As Snow**

White as snow, white as snow,
Though my sins were as scarlet,
Lord, I know, Lord, I know That I'm clean and forgiven.

Through the power of Your blood,
Through the wonder of Your love,
Through faith in You I know that I can be White as snow.

Benediction

Turn Your Eyes Upon Jesus

Turn your eyes upon Jesus, Look full in His wonderful face;
And the things of earth will grow strangely dim
In the light of His glory and grace.

Turn your eyes upon Jesus, Take hold of His powerful hand,
He will lift you up in His mighty love,
In the strength of your God you can stand.

April Birthdays

Kaitlynn Symonds, April 3; Shawn Hancock, April 4;
Rowena Osbourne, April 13; Sherry Hayter, April 16;
Lucas Rasch, April 17

Health Nuggets

10 Health Habits That Will Help You Live to 100, Part III

By Deborah Kotz

<http://health.usnews.com/articles/health/baby-boomer-health/2009/02/20/10-health-habits-that-will-help-you-live-to-100.html>

6. Consume whole foods, not supplements. Strong evidence suggests that people who have high blood levels of certain nutrients—selenium, beta-carotene, vitamins C and E—age much better and have a slower rate of cognitive decline. Unfortunately, there's no evidence that taking pills with these nutrients provides those antiaging benefits. "There are more than 200 different carotenoids and 200 different flavonoids in a single tomato," points out Ferrucci, "and these chemicals can all have complex interactions that foster health beyond the single nutrients we know about like lycopene or vitamin C." Avoid nutrient-lacking white foods (breads, flour, sugar) and go for all those colorful fruits and vegetables and dark whole-grain breads and cereals with their host of hidden nutrients.

7. Be less neurotic. It may work for Woody Allen, who infuses his worries with a healthy dose of humor, but the rest of us neurotics may want to find a new way to deal with stress. "We have a new study coming out that shows that centenarians tend not to internalize things or dwell on their troubles," says Perls. "They are great at rolling with the punches." If this inborn trait is hard to overcome, find better ways to manage when you're stressed: Yoga, exercise, meditation, tai chi, or just deep breathing for a few moments are all good. Ruminating, eating chips in front of the TV, binge drinking? Bad, very bad.

8. Live like a Seventh Day Adventist . Americans who define themselves as Seventh Day Adventists have an average life expectancy of 89, about a decade longer than the average American. One of the basic tenets of the religion is that it's important to cherish the body that's on loan from God, which means no smoking, alcohol abuse, or overindulging in sweets. Followers typically stick to a vegetarian diet based on fruits, vegetables, beans, and nuts, and get plenty of exercise. They're also very focused on family and community.

Continued Next Week....

Sharing the Christ Who Cares



*Welcome to the Botwood
Seventh-day Adventist Church*

*Caledonia Road
Botwood, Newfoundland*

April 11, 2009

*For I determined not to know anything among you
except Jesus Christ and Him crucified.*

1 Corinthians 2:2



Bruce Hemeon, Church Leader

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