

# **WORSHIPPING TOGETHER** **SABBATH SCHOOL** **9.30 AM**

Song Service & Superintendent's Remarks      Bruce Hemeon  
 Lesson Study    **Heaven's Means of Communication**    Bruce Hemeon

# **WELCOME & ANNOUNCEMENTS** Bruce Hemeon **10:50 AM**

# **PRAISE AND WORSHIP** **11:00 AM**

|                  |                                |              |
|------------------|--------------------------------|--------------|
| Singing Praises  |                                | Praise Team  |
| Call to Worship  | <b>#879</b>                    | Bruce Hemeon |
| Hymn of Praise   | <b>#125 Joy to the World</b>   | Bruce Hemeon |
| The Word         | <b>Psalms 121</b>              | Lois Gill    |
| Response         | <b>Soften My Heart</b>         | Congregation |
| In Prayer        |                                | Bruce Hemeon |
| In Giving        | <b>Church Budget</b>           | Lois Gill    |
| Children's Story |                                | Lois Gill    |
| Special Music    | <b>#342(56) New Beginnings</b> | Congregation |
| In Sermon        | <b>Pressing Onward</b>         | Bruce Hemeon |
| Closing Hymn     | <b>#507 Moment By Moment</b>   | Bruce Hemeon |
| Benediction      |                                | Bruce Hemeon |

*Let us then be quiet in God. Let us calmly trust in Him and praise Him that He has shown us such revelations of His will and purposes that we shall not build our hopes in this life but keep the eye upward to the inheritance of light and see and sense the amazing love of Jesus.* Ellen G. White (Written to Dr. and Mrs. J. H. Kellogg, January 1, 1886.)

**Next Week: January 10, 2008**  
**Offering: Newfoundland Advance**

|                                    |   |
|------------------------------------|---|
| <b>Praise Service:</b> Praise Team | <b>Greeter:</b> Delcie Hulsmann                       |
| <b>Sermon:</b> Pastor Gary Hodder  | <b>Deacons:</b> Grant Hemeon, Joe Hancock, Peter Gill |
| <b>Rostrum:</b> Bruce Hemeon       | <b>Cleaning:</b> Bruce & Verna Hemeon                 |
| <b>Special Music:</b> Grant Hemeon |   |
| <b>Children's Story:</b> Lois Gill |   |

**Sunset this Week: 4:28 PM      Sunset January 9/10: 4:37 PM**

# **WORKING TOGETHER**

**Sabbath, January 3, 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, 3:00 PM.

# **Upcoming Events**

- ★ **Fellowship Dinner Schedule:** January 17 (Potluck), February 14, (Lasagna Dinner). Please sign up on the what to bring sheet on foyer bulletin board.
- ★ **Community Services Centre** will reopen this Wednesday. The Centre is open every Wednesday, 1:30-3:00 PM except the week we have Goodwill Duty.
- ★ **Kids Eat Smart Breakfast Program:** at Memorial Academy schedule February 11, April 8, June 10

# **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, Robert St. Croix, Kim Crowle, Sheila Lanto..
- ✓ The Interfaith Goodwill Centre will be closed until further notice due to the break in over the Christmas holidays.
- ✓ Bruce Hemeon will be away at Workers' Meetings January 11-14.
- ✓ Jason Williams will be away from December 7 until January 14. Please pray for his safety in traveling, as well as for the spiritual interest of his Bible students during his absence.

# **Sabbath Thought**

***Glory to God in highest heaven,  
 Who unto man His Son hath given;  
 While angels sing with tender mirth,  
 A glad new year to all the earth.***

Martin Luther

**A Happy New Year to All**



**# 149 Once in Royal David's City**

# **ANNOUNCEMENTS**

**#140 Thou Didst Leave Thy Throne**

**#152 Tell Me the Story of Jesus**

**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**

### **We Three Kings of Orient Are**

We three kings of Orient are;  
Bearing gifts we travelled so far  
Field and fountain, moor and mountain,  
Following yonder star.

O Star of wonder, star of night,  
Star with royal beauty bright,  
Westward leading, still proceeding,  
Guide us to thy Perfect Light.

### **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.

### **January Birthdays**

Delcie Hulsmann, January 11; Violet Mews, January 22;  
Ruby St. Croix, January 24; Alexander Symonds, January 27

### **January Anniversaries**

Ray & Lucie Moores, January 1

### **Health Nuggets**

**Q:** I have osteoarthritis, and recently bought a bottle of glucosamine and chondroitin to see if it would help. I read it came from shellfish. What do you think about it?

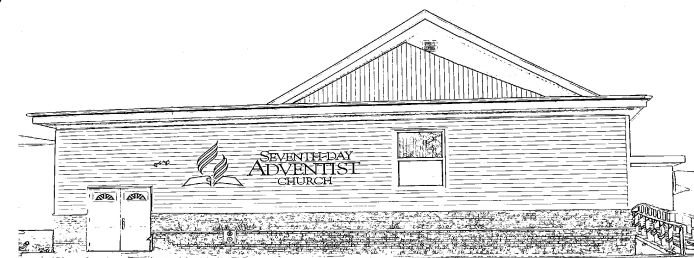
**A:** Well, there are millions of people with osteoarthritis—20 million in the United States. So a product that is “natural,” doesn’t irritate the stomach, and has no questions over its head like some of the cox-2 inhibitors (remember Vioxx and Bextra?) sounds great. It contains an amino sugar extracted from crustacean shells, which is found in cartilage.

If it were demonstrated to be highly effective, we would not be overly concerned that it was derived from crustaceans. Glucose is glucose, regardless of where it comes from. And taking a chemical compound is not like eating the animal. However, we are not sure it is efficacious. The National Institutes of Health (NIH) is conducting a large study that involves 1,600 patients with osteoarthritis. They have broken the group into subsections, and randomly assigned them to five treatment protocols. One group took a placebo (unknowingly); one group, celecoxib (a cox inhibitor); one group, glucosamine (1,500 mg/day); one group, chondroitin sulfate (1,200 mg/day); and the last group both chondroitin and glucosamine.

The study is not finished, but the initial findings suggest that, as far as pain is concerned, overall these products are no better than a placebo. The next phase of the study will look at X-ray studies to see if the joint spaces are better preserved. But we would think you could spend the cash on a better diet—how about some blueberries, raspberries, and some nuts?

*Allan R. Handysides, M.B., Ch.B., F.R.C.P. (c), is director of the General Conference Health Ministries Department; Peter N. Landless, M.B., B.Ch., M.Med., F.C.P.(SA), F.A.C.C., is ICPA executive director and associate director of Health Ministries.*

*Sharing the Christ Who Cares*



*Welcome to the Botwood  
Seventh-day Adventist Church*

*Caledonia Road  
Botwood, Newfoundland*

*December 27, 2008*

*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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