

WORSHIPPING TOGETHER
SABBATH SCHOOL
9.30 AM

Song Service & Superintendent's Remarks Bruce Hemeon
Lesson Study **The Fall Into Sin** Jason Williams

WELCOME & ANNOUNCEMENTS
Jason Williams
10:50 AM

PRAISE AND WORSHIP
11:00 AM

Singing Praises		Praise Team
Call to Worship	#849	Jason Williams
Hymn of Praise	#88 I Sing the Mighty Power	Jason Williams
The Word	1 John 4: 10-12	Bruce Hemeon
Response	Soften My Heart	Congregation
In Prayer		Bruce Hemeon
In Giving	Newfoundland Advance	Jason Williams
Children's Story		Lois Gill
Special Music		Vicki Hemeon
In Sermon	God's "One Another" Command	Bruce Hemeon
Closing Hymn	#316 Live Out Thy Life	Bruce Hemeon
Benediction		

Selfishness and cold formality have well-nigh extinguished the fire of love, and dispelled the graces that should make fragrant the character. Many who profess His name have lost sight of the fact that Christians are to represent Christ. Unless there is practical self-sacrifice for the good of others, in the family circle, in the neighborhood, in the church, and wherever we may be, then whatever our profession, we are not Christians. *Desire of Ages*, p. 504

Next Week: November 1, 2008
Church Budget

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

Sunset this Week: 5:59 PM Sunset October 24/25: 5:47 PM

WORKING TOGETHER

Sabbath, October 25, 2008

- ★ **We'd like to extend a warm welcome** to our visitors and regular members on this Sabbath Day.
- ★ **Sunshine Band** 2:30 PM this afternoon at the Twomey Centre.
- ★ **Church at Cottrell's Cove**, 3:00 PM this afternoon.

Upcoming Events

- ★ **Bon Fire** at the Furey's place, Saturday night, November 8. Bring your own wieners and potatoes, etc.
- ★ **Fellowship Dinner Schedule:** November 15 (Soup & Sandwiches), December 20 (Church Christmas Dinner). Please what to bring sheet on foyer bulletin board.
- ★ **Community Services Centre** is open every Wednesday, 1:30 to 3:00 PM, except for weeks when there is Goodwill duty.
- ★ **Goodwill Duty** for our church will be the week of November 3-9.
- ★ **Kids Eat Smart Breakfast Program:** at Memorial Academy schedule December 5, 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.
- ✓ Special Prayer for St. Croix Family. Ruby's son Robert has been diagnosed with cancer and needs our prayers. Ruby is with her son in Toronto at this time.
- ✓ The STEPFEST Health and Wellness Program began on Thursday evening in Grand Falls-Windsor. This program will run for the next 5 consecutive Thursdays. Please remember this program in your prayers as we seek to help our community.
- ✓ At Home/Hospital: Floella Butt, Cheryl Haytor, Fred Oates, Edith Curlew, Lillian Noseworthy, Rowena Langdon, Rob Gill, Violet Mews, Reg Moores, Peggy McBay, Shawn Hancock, Tony Brown, Robert St. Croix.
- ✓ Your church board recently met and discussed our church's finances. Currently we have a deficit in our Church Expense fund. We must work together now as a church body to cover our own church expenses. Please prayerfully consider your personal giving and please give as the Lord has blessed you to support your local church budget.

Sabbath Thought

***Love is a fruit in season at all times,
and within reach of every hand.***
Mother Teresa



For God So Loved The World

For God so loved the world, He gave His only Son,
To die on Calvary's tree, From sin to set me free;
Some day He's coming back, What glory that will be!
Wonderful His love to me.

ANNOUNCEMENTS

His Banner Over Me Is Love

The Lord is mine and I am His,
His banner over me is love,
The Lord is mine and I am His,
His banner over me is love,
The Lord is mine and I am His,
His banner over me is love,
His banner over me is love.

Chorus:

God loves you and I love you and that's the way it should be,
Halleluiah
God loves you and I love you and that's the way it should be.

2. He brought me to His banqueting table. . . .
3. He's looking for a people without a spot or wrinkle. . . .
4. He is the vine and we are the branches. . . .
5. Jesus is the rock of my salvation. . . .

I Love You, Lord

I love You, Lord, And I lift my voice to worship You,
O my soul rejoice.
Take joy, my King, in what You hear,
May it be a sweet, sweet sound in Your ear.

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 indifference 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

Love, Love

Love, love, love, love, Christians this is your call,
Love your neighbour as yourself, For God loves all.

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.

October Birthdays

Floella Butt, October 5; Gina Hemeon, October 8;
Doug Furey, October 15; Kayla Hancock, October 22;
Bruce Hemeon, October 28

Health Nuggets

Diet Fads

The recent flurry of interest in high-protein diets as a means of controlling weight has the western world in a "low-carb" frenzy.

Many paunchy "wanna-be thins" will try anything except a reduction in calories or increase in exercise, it seems.

While high protein is associated with a greater level of satiety, and hence may permit tolerance of a lesser calorie intake, there is a concern over the concomitant increase in saturated fats, and the long-term effects of such a radical change from centuries-old diets, traditional to many cultures.

Complex carbohydrates found in unrefined foods, eaten without too much manipulation, have provided the basis of human diet for centuries, and have well-known positive effects. Concern exists over long-term effects of high-protein (and, coincidentally, high-cost) diets.

An interesting recent study, while not by any means the last word on the subject, highlights the need for caution. Dr. David Gardiner of the Colorado Center for Reproductive Medicine in Englewood, said a diet containing 25 percent of calories from protein disrupts the development of early mice embryos.

While all scientists recognize the vast difference between mice and men, the demonstration showed that doubling protein intake halved the normal development of embryos. In other words, instead of 70 percent normal development, mice on high-protein diets had only 36 percent normal development. This, while not a final and definitive answer, means that high protein diets, if nothing else, are food for thought.

Persons trying for pregnancy might be smart to eat a traditional diet rather than the latest fad diet.

reference: http://www.nlm.nih.gov/medlineplus/news/fullstory_18623.html

Sharing the Christ Who Cares



*Welcome to the Botwood
Seventh-day Adventist Church*

*Caledonia Road
Botwood, Newfoundland*

October 25, 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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