

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

Song Service & Superintendent's Remarks      Bruce Hemeon  
Lesson Study      **Atonement at the Cross**      Bruce Hemeon

**WELCOME & ANNOUNCEMENTS**  
Jason Williams  
**10:50 AM**

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

Singing Praises		Praise Team
Call to Worship	<b>#847</b>	Jason Williams
Hymn of Praise	<b>#184 Jesus Paid It All</b>	Jason Williams
The Word	<b>John 13:1-5</b>	Bruce Hemeon
Response	<b>Soften My Heart</b>	Congregation
In Prayer		Jason Williams
In Giving	<b>Church Budget</b>	Bruce Hemeon
Children's Story		Lois Gill
Special Music		Gina Rasch
In Sermon	<b>The Basin and The Towel</b>	Jason Williams

**Ordinance of Humility and the Lord's Supper**

Closing Hymn      **#350 Blest Be the Tie...**      Bruce Hemeon  
Benediction      Jason Williams

**Next Week: December 13, 2008**  
**Offering: Inner City Ministries**

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

Sunset this Week: 4:13 PM      Sunset December 12/13: 4:13 PM

**Sabbath Thought**  
*When Christ entered our world,  
He didn't come to brighten our Decembers,  
but to transform our lives.*  
Rich Miller

**WORKING TOGETHER**

**Sabbath, December 6, 2008**

- ★ **We'd like to extend a warm welcome** to our visitors and regular members on this Sabbath Day. Today we will celebrate the Communion Service together. Join us as we follow the Lord's example and bidding in participating in this very special service.
- ★ **Christmas Choir practice this afternoon** at 2:30 PM; Monday and Fridays at 7:00 PM.
- ★ **Church** at Cottrell's Cove this afternoon, 3:00 PM.

**Upcoming Events**

- ★ **Annual Christmas Program**, *Christmas Memories*, will be held at the church next Saturday night, December 13, at 7:30 PM. Please invite your family and friends to join us for this happy celebration. Invitations and posters are available on foyer table.
- ★ **Fellowship Dinner Schedule:** December 20 (Church Christmas Dinner), January 17 (Potluck), February 14, (Lasagna Dinner). Please what to bring sheet on foyer bulletin board.
- ★ **Community Services Centre** will be closed until January.
- ★ **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.
- ✓ Please continue to pray for the St. Croix Family as they attend to their son Robert in Toronto.
- ✓ 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..
- ✓ 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.

*Like Peter and his brethren, we too have been washed in the blood of Christ, yet often through contact with evil the heart's purity is soiled. We must come to Christ for His cleansing grace. Peter shrank from bringing his soiled feet in contact with the hands of his Lord and Master; but how often we bring our sinful, polluted hearts in contact with the heart of Christ! How grievous to Him is our evil temper, our vanity and pride! Yet all our infirmity and defilement we must bring to Him. He alone can wash us clean. We are not prepared for communion with Him unless cleansed by His efficacy.*

*The Desire of Ages*, pp. 648, 649



**I Exalt Thee**

For Thou O Lord, art high above all the earth,  
Thou art exalted far above all gods.  
For Thou O Lord, art high above all the earth,  
Thou art exalted far above all gods.

I exalt Thee, I exalt Thee, I exalt Thee, O Lord.  
I exalt Thee, I exalt Thee, I exalt Thee, O Lord.

For Thou O Lord, art high above all the earth,  
Thou art exalted far above all gods.  
For Thou O Lord, art high above all the earth,  
Thou art exalted far above all gods.

We exalt Thee, We exalt Thee, We exalt Thee, O Lord.  
We lift our hands to Thee, We sing our songs to Thee,  
We exalt Thee, O Lord.

**ANNOUNCEMENTS**

**Come, Let Us Worship and Bow Down**

Come, let us worship and bow down;  
Let us kneel before the Lord, our God, our Maker.  
Come let us worship and bow down;  
Let us kneel before the Lord, our God, our Maker.  
For He is our God, and we are the people of His pasture  
And the sheep of His hand, just the sheep of His hand.

Come, let us worship and bow down;  
Let us kneel before the Lord, our God, our Maker.  
Come, let us worship and bow down;  
Let us kneel before the Lord, our God, our Maker.

**Emmanuel**

Emmanuel, Emmanuel, His name is called Emmanuel.  
God is with us, revealed in us, His name is called Emmanuel.

### **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

### **Little Donkey**

Little donkey, little donkey on the dusty road,  
Got to keep on plodding onwards with your precious load,  
Been a long time, little donkey, through the winter's night,  
Don't give up now, little donkey, Bethlehem's in sight.  
Ring out those bells tonight, Bethlehem, Bethlehem,  
Follow that star tonight, Bethlehem, Bethlehem.  
Little donkey, little donkey, had a heavy day,  
Little donkey, carry Mary safely on her way.

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.

### **December Birthdays**

Olaf Hulsmann, December 12; Pastor Steven Couto,  
December 13; Roger St. Croix, December 29

### **Health Nuggets**

#### **Exercise, Part II**

**Q:** I am 55 years old and have never had a regular exercise program. What are the benefits of exercise, and will I benefit starting at this later stage of my life?

**A:** Regular exercise helps to strengthen bones. Exercise can help to increase the healthy or high density lipoprotein cholesterol (HDL). Individuals who exercise regularly have less chance of developing type 2 diabetes in adult life. In those patients who already have this disease, exercise can help control or even reverse the diabetes, as long as the lifestyle changes are continued. Any changes in medications should be made by the treating physician.

Regular exercise appears to decrease the risk for certain cancers. The evidence is most convincing for breast and colon cancer; it is thought that exercise may also decrease the occurrence of prostate, lung, and uterine (womb) cancers. This benefit of exercise may be partly because physical activity helps to reduce weight, and excess weight is a risk for cancer. Regular exercise is good for you only if you do it! It is never too late to start.

*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 6, 2008*

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

*1 Corinthians 2:2*



**Bruce Hemeon, Church Leader**

P. O. Box 670, Botwood, NL A0H 1E0  
Phone: 257-3750 (Home) 257-3445 (Office)  
Church Web page: [www.botwoodsda.org](http://www.botwoodsda.org)