

WORSHIPPING TOGETHER
SABBATH SCHOOL
9.30 AM

Song Service & Superintendent's Remarks Bruce Hemeon
Lesson Study **Revelation** Bruce Hemeon

SONG SERVICE, WELCOME & ANNOUNCEMENTS
10:45 AM

THEME SONG
We Declare Your Majesty~Psalm 145:5

PRAISE AND WORSHIP
11:00 AM

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|--------------------|---------------------------------------|---------------------------|
| Instrumental | Tread Softly | Congregation Please Kneel |
| Invocation | | Jason Williams |
| Hymn of Praise | #329 Take the World... | Matthew Rasch |
| The Word | Acts 1:8 | Matthew Rasch |
| In Giving/Requests | Church Budget | Jason Williams |
| Response | Come Just As You Are~John 4:14 | |
| In Prayer | | Jason Williams |
| Children's Story | | Lois Gill |
| Special Music | | Grant Hemeon |
| In Sermon | Days of Preparation | Jason Williams |
| Closing Hymn | #330 Take My Life... | Jason Williams |
| Benediction | | Jason Williams |
| Postlude | | |

Let Christians put away all dissension and give themselves to God for the saving of the lost. Let them ask in faith for the promised blessing, and it will come. The outpouring of the Spirit in the days of the apostles was 'the former rain,' and glorious was the result. But the latter rain will be more abundant.

Testimonies for the Church, Vol.8, p.21

Sabbath Thought
How little is required of us!
How small the sacrifice that we can make in
comparison with that which our divine Lord made for us!
E. G. White, 1 Testimonies, p. 544

WORKING TOGETHER

Sabbath, May 2, 2009

- ★ **We'd like to extend a warm welcome** to our visitors and regular members on this Sabbath Day.
- ★ **Mrs. Lillian Noseworthy** will be receiving visitors this afternoon from 2:00–4:00 PM at the Dr. Twomey Centre. "Aunt Lil" will be celebrating her 96th birthday today. Please drop by and bring her your best wishes.
- ★ **Church at Cottrell's Cove** this afternoon at 3:00 PM.

Upcoming Events

- ★ **Fellowship Dinner Schedule:** May 16 (Fellowship Potluck), June 13 (Haystacks with Chili). See the what to bring sheet in foyer for May'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.
- ★ **Dallas Holm in Concert** Please see bulletin board for prices and more details.

To Remember

- ✓ Please pray for the spiritually lost and how we can help them.
- ✓ Please keep the Grand Falls Bible studies in your prayers.
- ✓ Pray for the homes that received the book *Finding Peace*.
- ✓ 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.
- ✓ Best wishes go out to Harry Symonds who celebrates his 101st birthday today.
- ✓ Please keep Jason and Elizabeth in your prayers as they work toward bringing Elizabeth to Canada.
- ✓ Please be advised that all loose offerings collected during our service will be allocated to Local Church Budget.

May Birthdays

Lillian Noseworthy, May 2; Ruth Hibbs, May 9;
Judy Budgell, May 12; Tony Brown, May 13;
Peggy McBay, May 17; Elizabeth Hemeon, May 20;
Truman Billings, May 20; Lois Gill, May 22;
Jessie Billings, May 28

Singing
Praises

#431 Over Yonder

#365 O Zion, Haste

#241 Jesus, the Very Thought of Thee

Theme Song
We Declare Your Majesty
(Please Stand)

We declare Your majesty,
We proclaim that Your name is exalted.

For You reign magnificently, Rule victoriously,
And Your power is shown throughout the earth.

And we exclaim, "Our God is mighty,
Lift up Your name for You are holy."

Sing it again all honour and glory,
In adoration we bow before Your throne.

Prayer Song

Come Just As You Are

Come just as you are, Hear the Spirit call,
Come just as you are.
Come and see, come receive,
Come and live forever.

Life everlasting, Strength for today,
Taste the living water and never thirst again.
(Please Kneel and Repeat 1st Verse)

Children's Song

I Just Wanna Be A Sheep!

I just wanna be a sheep! Baa, Baa, Baa,
I just wanna be a sheep! Baa, Baa, Baa,
Pray the Lord my soul to keep,
I just wanna be a sheep! Baa, Baa, Baa.

Dear Jesus is the Good Shepherd!
Dear Jesus is the Good Shepherd!
And I'll answer when He calls,
Cause I'm gonna be His sheep, Baa, Baa, Baa.

God's Gift

*You cannot count raindrops
Nor stars in the high.
The number of clouds
Is unknown in the sky.
You cannot count ripples
As streams move with each breeze,
Not even the pebbles
Nor leaves on the trees.
But what does it matter,
The number of things?
It's the beauty and joy
That each gift from God brings.
~Joan Stephen~*

Health Nuggets

Fructose Worse than Glucose When it Comes to Sweetened Drinks, Part II

<http://www.cbc.ca/health/story/2009/04/20/fructose-glucose-drinks.html>

Metabolic changes:

In the 10-week study, 17 subjects consumed a quarter of their calories from fructose-sweetened beverages and another 15 subjects drank the equivalent amount in glucose-sweetened beverages. Participants had an average age of 50 and a body mass index of 29, which is considered overweight.

Both groups put on the same amount of weight, but only the fructose group showed the other differences.

People drinking fructose became less sensitive to insulin, which helps control glucose levels in the blood, and showed signs of dyslipidemia such as high cholesterol.

The long-term effects of fructose remain unknown, but it's clear that chronic overconsumption of dietary sugars in general is harmful to health, the commentators said.

"For our part, we will continue to aim for moderation of balanced caloric ingestion without excluding the occasional sweet soda," they concluded.

Next Week: May 9, 2009

***Offering: ADRA Disaster & Famine**

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|------------------------------------|---|
| Praise Service: Praise Team | Greeter: Delcie Hulsmann |
| Sermon: Bruce Hemeon | Deacons: Grant Hemeon, Joe Hancock, Peter Gill |
| Rostrum: Lois Gill | Cleaning: Delcie Hulsmann, Ruth Hibbbs |
| Special Music: Gina Rasch | |
| Children's Story: Lois Gill | |

Sunset this Week: 8:30 PM Sunset May8/9: 8:40 PM

**Please be advised that all loose offerings collected during our service will be allocated to Local Church Budget. Please mark envelope for the week's offering.*

Stewardship Report - April 2009
Church Budget: **\$1334** Received April 25: **\$388.62**

Total for April, 2009: **\$1412.13**

Sharing the Christ Who Cares



Welcome to the Botwood Seventh-day Adventist Church

*Caledonia Road
Botwood, Newfoundland*

May 2, 2009

*For I determined not to know anything among you
except Jesus Christ and Him crucified.
1 Corinthians 2:2*



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