

WORSHIPPING TOGETHER
SABBATH SCHOOL
9.30 AM

Song Service & Superintendent's Remarks Bruce Hemeon
Lesson Study **The Prophet Isaiah** Bruce Hemeon

WELCOME & ANNOUNCEMENTS
Jason Williams
10:50 AM

PRAISE AND WORSHIP
11:00 AM

Singing Praises		Praise Team
Call to Worship	#866	Jason Williams
Hymn of Praise	#8 We Gather Together	Jason Williams
The Word	Philippians 2:5	Delcie Hulsmann
Response	Soften My Heart	Congregation
In Prayer		Jason Williams
In Giving	Newfoundland Advance	Delcie Hulsmann
Children's Story		Lois Gill
Special Music		Vicki Hemeon
In Sermon	This Mind	Jason Williams
Ordinances of Humility and The Lord's Supper		
Closing Hymn	#350 Blest Be The Tie...	Jason Williams
Benediction		

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!...He alone can wash us clean. We are not prepared for communion with Him unless cleansed by His efficacy.

The Desire of Ages, p. 648, 649

Next Week: October 4, 2008
Offering: Church Budget

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

Sunset this Week: 6:55 PM Sunset October 3/4: 6:40 PM

WORKING TOGETHER
Sabbath, September 27, 2008

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

Upcoming Events

- ★ **Fellowship Dinner Schedule:** Our next fellowship dinner will be held on October 11 (Thanksgiving Dinner Potluck), November 15 (Soup & Sandwiches), December 20 (Church Christmas Dinner). Please what to bring sheet on foyer bulletin board. There are also invitations to give to family and friends to attend our special Thanksgiving service and dinner.
- ★ **The STEPFEST Health and Wellness Program** will be held in Grand Falls-Windsor, beginning on Thursday, October 23, 7:00 PM. This program will run for 6 consecutive Thursdays. It will be held at the Seniors Recreation Centre, 25 Edwards Place, GFW. Registration and materials fee is \$15 per person; \$25 per couple. Please call 258.2295 to pre-register if you plan to attend. For additional details, please see your bulletin insert.
- ★ **Community Services Centre** is open every Wednesday, 1:30 to 3:00 PM, except for weeks when there is Goodwill duty.

To Remember

- ✓ Please pray for the spiritually lost and how we can help them.
- ✓ Please keep the Grand Falls Bible studies in your prayers.
- ✓ Shawn, Doreen and Kayla Hancock would like to thank everyone who prayed and supported Shawn before, during and after his surgery and continue to do so now. The prayers, visits and support were very much appreciated.
- ✓ 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.
- ✓ Check out this website: www.thesureword.org.

Sabbath Thought

When you have no helpers, see your helpers in God.
When you have many helpers, see God in all your helpers.
When you have nothing but God, see all in God.
When you have everything, see God in everything.
Under all conditions, stay thy heart only on the Lord.

Charles Spurgeon



We Bring the Sacrifice of Praise

We bring the sacrifice of praise into the house of the Lord;
We bring the sacrifice of praise into the house of the Lord;
And we offer up to You the sacrifices of thanksgiving;
And we offer up to You the sacrifices of joy!

ANNOUNCEMENTS

Nothing But the Blood

What can wash away my sin? Nothing but the blood of Jesus;
What can make me whole again?
Nothing but the blood of Jesus.

Chorus:

Oh! Precious is the flow That makes me white as snow;
No other fount I know, Nothing but the blood of Jesus.

For my pardon, this I see, Nothing but the blood of Jesus;
For my cleansing this my plea, Nothing but the blood of Jesus.

Nothing can for sin atone, Nothing but the blood of Jesus.
Naught of good that I have done,
Nothing but the blood of Jesus.

This is all my hope and peace. Nothing but the blood of Jesus;
This is all my righteousness, Nothing but the blood of Jesus.

Make Me A Servant

Make me a servant, humble and meek,
Lord, let me lift up those who are weak,
And may the prayer of my heart always be:
Make me a servant,
Make me a servant, Make me a servant today..

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 To Be Like Jesus

To be like Jesus, to be like Jesus; All I ask to be like Him;

All through life's journey from earth to glory,

All I ask to be like Him.

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.

September Birthdays

Joe Hancock, September 13; Fred Oates, September 15;

Kelley Symonds, September 21

Health Nuggets

Coffee and Caffeine, Part I

By Winston J. Craig

We live in a fast paced society - fast cars, fast computers, and fast food. Anyone who is not pumped may be considered dull or boring. Many people get revved up artificially with the use of caffeine-containing beverages such as coffee, tea and cola beverages.

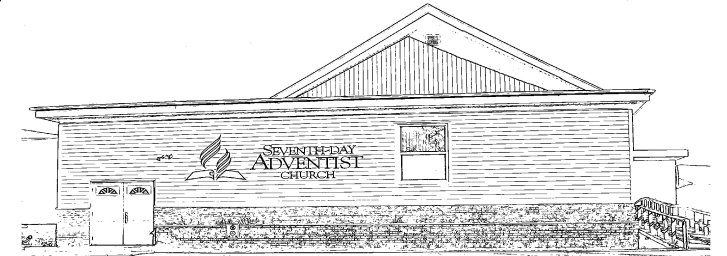
About one in 5 adult Americans consume over 350 mg of caffeine per day, a level sufficient to produce dependency. A 5 ounce cup of coffee contains between 60 and 150 mg of caffeine while a cup of tea has 35 to 60 mg, depending upon the variety used, the method of preparation and the strength of the brew. A cola typically contains 30-55 mg of caffeine per 12-oz. can. New caffeinated beverages such as Surge, Jolt, and Water Joe all contain about 55-70 mg caffeine/12 oz. can and are intended to provide a cerebral buzz. Caffeine elevates blood glucose giving the allusion of an energy surge.

Caffeine is considered a psychoactive drug since it stimulates the central nervous system and alters mood and behavior. Physiological effects may be experienced in adults after as little as one cup of coffee or 2 cans of cola. The unnatural stimulation or high is usually followed by a depression or low. Unfortunately, caffeine has a variety of adverse physiological effects.

Adverse effects include insomnia and disruption of sleep patterns; tremors, nervousness, restlessness, and irritability; headaches; elevation of blood fatty acid levels; elevation of blood pressure and/or serum cholesterol levels; irregular heartbeats and palpitations, and increased risk of cardiac arrhythmia and heart attack; increased gastric acid production & aggravation of peptic ulcers; increased heartburn; increased symptoms of PMS; increased risk of bladder and rectal cancer; higher risk of the birth of a low-birth-weight child; and increased urinary calcium losses.

Winston J. Craig is Professor of Nutrition at Andrews University, Berrien Springs, MI.

Sharing the Christ Who Cares



*Welcome to the Botwood
Seventh-day Adventist Church*

*Caledonia Road
Botwood, Newfoundland*

September 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

P. O. Box 670, Botwood, NL A0H 1E0

Phone: 257-3750 (Home) 257-3445 (Office)

Church Web page: www.botwoodsda.org