

WORSHIPPING TOGETHER
SABBATH SCHOOL
9.30 AM

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

SONG SERVICE, WELCOME & ANNOUNCEMENTS
10:45 AM

THEME SONG
We Declare Your Majesty~Psalm 145:5

PRAISE AND WORSHIP
11:00 AM

Instrumental	Tread Softly	Congregation Please Kneel
Invocation		Bruce Hemeon
Hymn of Praise	#92 This Is My Father's	Verna Hemeon
The Word	Psalm 103:19	Verna Hemeon
In Giving/Requests	Newfoundland Advance`	Bruce Hemeon
Response	Come Just As You Are~John 4:14	
In Prayer		Bruce Hemeon
Children's Story		Lois Gill
Special Music		Vicki Hemeon
In Sermon	The King's Testimony	Bruce Hemeon
Closing Hymn	#83 O Worship the King	Bruce Hemeon
Benediction		Bruce Hemeon
Postlude		

This was a voluntary sacrifice. Jesus might have remained at the Father's side. He might have retained the glory of heaven, and the homage of the angels. But He chose to give back the scepter into the Father's hands, and to step down from the throne of the universe, that He might bring light to the benighted, and life to the perishing.
Desire of Ages, pp. 22, 23.

Sabbath Thought
Human things must be known to be loved:
but Divine things must be loved to be known.
Blaise Pascal

WORKING TOGETHER
Sabbath, June 27, 2009

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

Upcoming Events

- ★ **Prayer Meeting** will be on Tuesday, June 30, 7:30 pm. This is the last meeting until September.
- ★ **Newfoundland Camp Meeting** will be held at Camp Woody Acres from July 20-25. If you plan to attend, and have not yet sent in your application, please do so very soon!
- ★ **Applications Junior Camp at Camp Woody Acres** are available. Children aged 9-14 that would like to attend a Christian summer camp from July 26-31, should apply by July 10.
- ★ **Sunshine Band Schedule:** August 15.
- ★ **Community Services Centre** will be closed for the summer and will reopen in September.
- ★ **Goodwill Centre Duty:** Week of August 10, September 23, November 2, December 14.

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, Kim Crowle, Linda Stagg, Dolph Diamond, Rosalind Baier, Florence Pennell, Rick Brent, Shawn Langdon.
- ✓ Melissa Pope and Mr. David Harris will be united in marriage on July 4 at the Buchans Salvation Army Citadel. We wish to extend our best wishes to Delcie and Olaf as they celebrate this joyous occasion with Melissa and David.
- ✓ Grand Falls-Windsor Sabbath Services will continue each Sabbath at 9:30am and 11:00am at St. Alban's Anglican Church, 13 Master's Avenue, Grand Falls-Windsor.

June Birthdays

Don Gill, June 4; Verna Hemeon, June 6; Reg Moores, June 21; Ray Moores, June 24; Anetta Pelley & Ethel Symonds, June 28; Vicki Hemeon, June 29

June Anniversaries

William & Kelley Symonds, June 25;
Anetta & Wilf Pelley, June 27



#218 When He Cometh

#361 Hark! 'Tis the Shepherd's Voice I Hear

#600 Hold Fast Till I Come

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

White As Snow

White as snow, white as snow
Though my sins were as scarlet
Lord, I know, Lord, I know
That I'm clean and forgiven

Through the power of Your blood
Through the wonder of Your love
Through faith in You
I know that I can be White as snow.

Health Nuggets

Blood clots, disturbed metabolism

A report by Statistics Canada also suggested that "screen time" — the number of hours a day spent watching television or sitting in front of a computer — should be considered a distinct contributing factor to obesity, in addition to physical inactivity and diet.

Why is the time we spend sitting so important to our health?

One reason is that excessive sitting can lead to blood clots, like those that afflict some airline passengers.

Deep-vein thrombosis, or DVT, is thought to be caused by sitting rigidly for too long. A blood clot forms in leg veins and travels to the lungs or heart or brain days or weeks later, where it can lead to a heart attack or stroke.

Enzymes in the blood vessels of muscles responsible for burning fat also get shut off within hours of not moving.

Laboratory studies suggest that time spent sitting is linked to major disturbances in how the body metabolizes fuels such as glucose and lipids, Bouchard noted.

Taking breaks from sitting helps to normalize this process, he said.

Walking at work is something Bouchard and others at his lab do regularly.

The same goes for Dr. Doug Bradley, director of the University of Toronto's Centre for Sleep Medicine and Circadian Biology. Outside Bradley's office at the Toronto General Hospital, there's a 100-metre long corridor.

"Knowing what I know, I get up every hour, and I walk up and down that corridor," Bradley said. "If I'm sitting here at my desk, I'm going to be retaining fluid in my legs. Even if I can't see it, it's happening."

Walking contracts the muscles in the calves, which pumps fluid out of the legs to prevent fluid retention.

See complete news story at:
<http://www.cbc.ca/health/story/2009/06/01/f-sitting-health-tv.html>

Next Week: July 4, 2009

*Offering: Church Budget

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

Sunset this Week: 9:20 PM Sunset July 3/4: 9:18 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 - June 2009

Budget Needed: \$1334 Received June 20: \$208.19
Received to Date: \$629.23

Sharing the Christ Who Cares



Welcome to the Botwood Seventh-day Adventist Church

*Caledonia Road
Botwood, Newfoundland*

June 27, 2009

*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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Church Web page: www.botwoodsda.org

May 23 - Teach at Botwood; Preach at Cottrell's Cove,
May 30 - GFW
June 6, 13 - GFW
June 20 - Alberta
June 27 - St. John's
July 4, 11, 18 - GFW.
July 25 - Campmeeting
August 1 - Botwood

Heavenly Sunshine

Heavenly sunshine, heavenly sunshine,
Flooding my soul with glory divine.
Heavenly sunshine, heavenly sunshine,
Hallelujah, Jesus is mine.

It's Me, O Lord

It's me, it's me, it's me, O Lord,
Standing in the need of prayer;
It's me, it's me, it's me, O Lord,
Standing in the need of prayer;

Not my mother nor my father, but it's me, O Lord,
Standing in the need of prayer;
Not my brother nor my sister, but it's me, O Lord,
Standing in the need of prayer.

Not the preacher nor the teacher, but it's me, O Lord,
Standing in the need of prayer;
Not the elder nor the deacon, but it's me, O Lord,
Standing in the need of prayer.

Majesty

Majesty, worship His Majesty,
Unto Jesus be all glory, power and praise.
Majesty, kingdom authority,
Flow from His throne, unto His own, His anthem raise.

Chorus: (sing twice)

So exalt, lift up on high the name of Jesus,
Magnify, come glorify Christ Jesus the King.
Majesty, worship His Majesty.
Jesus who died, now glorified, King of all Kings