

WORSHIPPING TOGETHER
SABBATH SCHOOL
9.30 AM

Song Service & Superintendent's Remarks Bruce Hemeon
Lesson Study Confidence in the Prophetic Gift Jason Williams

WELCOME & ANNOUNCEMENTS
Jason Williams
10:50 AM

PRAISE AND WORSHIP
11:00 AM

Singing Praises		Praise Team
Call to Worship	#878	Jason Williams
Hymn of Praise	#634 Come, All Christians	Jason Williams
The Word	Psalm 24:1	Lois Gill
Response	Soften My Heart	Congregation
In Prayer		Jason Williams
In Giving	Church Budget	Lois Gill
Children's Story		Lois Gill
Special Music		Grant Hemeon
In Sermon	Receive to Give	Jason Williams
Closing Hymn	#518 Standing on the Promises	Jason Williams
Benediction		Jason Williams

We are not to think of reward, but of service; yet kindness shown in this spirit will not fail of its recompense. "Thy Father which seeth in secret Himself shall reward thee openly." While it is true that God Himself is the great Reward, that embraces every other, the soul receives and enjoys Him only as it becomes assimilated to Him in character. Only like can appreciate like. It is as we give ourselves to God for the service of humanity that He gives Himself to us.

Thoughts From the Mount of Blessing, p. 81

Next Week: April 11, 2009
Offering: Canadian Christian Record

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

Sunset this Week: 7:48 PM Sunset April 10/11: 7:58 PM

WORKING TOGETHER
Sabbath, April 4, 2009

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

Upcoming Events

- ★ Fellowship Dinner Schedule: April 18 (Burgers & Fries). See the what to bring sign-up sheet in foyer.
- ★ Community Services Centre is open every Wednesday, 1:30-3:00 PM except the weeks we have Goodwill Duty.
- ★ Goodwill Centre Duty: Week of April 6, May 18, June 29, August 10, September 23, November 2, December 14.
- ★ Attention Youth - a spring Youth Bible Conference will take place at the Marystown SDA church on April 17-19. The weekend will begin with registration at 5:00 pm followed by supper on Friday (April 17) at 6:00. The weekend theme is "Fashioned and Made." The fee for this event will be \$30/person. Youth Ages 13+ from all across Newfoundland are welcome. Please contact Pastor Nathan James at 709-279-2412 or email: pastor_nathan@inbox.com by April 5 to confirm your attendance.
- ★ Kids Eat Smart Breakfast Program Schedule at Memorial Academy: this Friday, April 8, June 10.
- ★ Sunshine Band Schedule: May 9.

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, Sheila Lanto, Harry Symonds, Max Gill, Linda Stagg.
- ✓ Pastor Justis and Roseanne St. Hillaire send greetings to the members at Botwood and Cottrell's Cove.
- ✓ Our condolences to Rowena White and Family on the passing of her father, Mark Curlew. Our thoughts and prayers are with the family at this sad time.
- ✓ Don Gill and Family would like to thank the church for the beautiful flower arrangement and also everyone who visited, phoned, sent cards and gave support in any way during their time of bereavement. It was truly appreciated and will be remembered.
- ✓ Edith Curlew would appreciate a visit or phone calls from church members. Edith is currently living at the Clipper Complex opposite the Killick Retirement home.
- ✓ Please keep Jason and Elizabeth in your prayers as they work toward bringing Elizabeth to Canada.

Sabbath Thought

All may find something to do. None need feel that there is no place where they can labor for Christ.
E.G. White

Singing Praises

#383 O Day of Rest and Gladness

ANNOUNCEMENTS

#469 Leaning on the Everlasting Arms

#341 To God Be the Glory

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

Hosanna

Hosanna! Hosanna! Hosanna in the highest!
Hosanna! Hosanna! Hosanna in the highest!
Lord we lift up Your name,
With hearts full of praise;
Be exalted, oh Lord, my God!
Hosanna in the highest!

Glory! Glory! Glory to the King of kings!
Glory! Glory! Glory to the King of kings!
Lord we lift up Your name,
With hearts full of praise;
Be exalted, oh Lord, my God!
Glory to the King of kings!

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.

April Birthdays

Kaitlynn Symonds, April 3; Shawn Hancock, April 4;
Rowena Osbourne, April 13; Sherry Hayter, April 16;
Lucas Rasch, April 17

Health Nuggets

10 Health Habits That Will Help You Live to 100, Part II

By Deborah Kotz

<http://health.usnews.com/articles/health/baby-boomer-health/2009/02/20/10-health-habits-that-will-help-you-live-to-100.html>

2. Floss every day. That may help keep your arteries healthy. A 2008 New York University study showed that daily flossing reduced the amount of gum-disease-causing bacteria in the mouth. This bacteria is thought to enter the bloodstream and trigger inflammation in the arteries, a major risk factor for heart disease. Other research has shown that those who have high amounts of bacteria in their mouth are more likely to have thickening in their arteries, another sign of heart disease. "I really do think people should floss twice a day to get the biggest life expectancy benefits," stresses Perls.

3. Move around. "Exercise is the only real fountain of youth that exists," says Jay Olshansky, a professor of medicine and aging researcher at the University of Illinois at Chicago. "It's like the oil and lube job for your car. You don't have to do it, but your car will definitely run better." Study after study has documented the benefits of exercise to improve your mood, mental acuity, balance, muscle mass, and bones. "And the benefits kick in immediately after your first workout," Olshansky adds. Don't worry if you're not a gym rat. Those who see the biggest payoffs are the ones who go from doing nothing to simply walking around the neighborhood or local mall for about 30 minutes a day. Building muscle with resistance training is also ideal, but yoga classes can give you similar strength-training effects if you're not into weight lifting.

4. Eat a fiber-rich cereal for breakfast. Getting a serving of whole-grains, especially in the morning, appears to help older folks maintain stable blood sugar levels throughout the day, according to a recent study conducted by Ferrucci and his colleagues. "Those who do this have a lower incidence of diabetes, a known accelerator of aging," he says.

5. Get at least six hours of shut-eye. Instead of skimping on sleep to add more hours to your day, get more to add years to your life. "Sleep is one of the most important functions that our body uses to regulate and heal cells," says Ferrucci. "We've calculated that the minimum amount of sleep that older people need to get those healing REM phases is about six hours." Those who reach the century mark make sleep a top priority.

Continued Next Week....

Sharing the Christ Who Cares



*Welcome to the Botwood
Seventh-day Adventist Church*

*Caledonia Road
Botwood, Newfoundland*

April 4, 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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