

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
Bruce Hemeon
10:50 AM

PRAISE AND WORSHIP
11:00 AM

Singing Praises		Praise Team
Call to Worship	#878	Bruce Hemeon
Hymn of Praise	#70 Wonder of It All	Bruce Hemeon
The Word	John 1: 29	Jason Williams
Response	Soften My Heart	Congregation
In Prayer		Jason Williams
In Giving	Newfoundland Advance	Jason Williams
Children's Story		Bruce Hemeon
Special Music		Vicki Hemeon
In Sermon	Remembrance of Me	Bruce Hemeon

Ordinances of Humility and The Lord's Supper

Closing Hymn	#294 Power in the Blood	Bruce Hemeon
Benediction		Bruce Hemeon

The ordinance of the Lord's Supper was given to commemorate the great deliverance wrought out as the result of the death of Christ. Till He shall come the second time in power and glory, this ordinance is to be celebrated. It is the means by which His great work for us is to be kept fresh in our minds.

The Desire of Ages, pp. 652, 653

Next Week: April 4, 2009
Offering: Church Budget

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

Sunset this Week: 7:37 PM

Sunset April 3/4: 7:48 PM

WORKING TOGETHER

Sabbath, March 28, 2009

- ★ We'd like to extend a warm welcome to our visitors and regular members on this Sabbath Day.

Upcoming Events

- ★ **Fellowship Dinner Schedule:** April 18 (Burgers & Fries). See the what to bring 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 Youth Bible Conference at the Marystown SDA Church will be held on April 17-19. Contact Pastor Nathan James at: 709-279-2412 or email: pastor_nathan@inbox.com by April 5, 2009 to confirm attendance.
- ★ **Kids Eat Smart Breakfast Program Schedule** at Memorial Academy 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.
- ✓ Our prayers and thoughts are with Don Gill and Family as they mourn the loss of his father. Funeral service will take place today at the Salvation Army Citadel in Botwood at 2:00 PM.
- ✓ We would like to extend condolences to the Jamieson family on the passing of Mr. Jack Jamieson on March 26. Mr. Jamieson was the grandfather of Pastor David Jamieson. Jack would have been 93 on April 20. Funeral service will take place in St. John's early next week.
- ✓ 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

***Christianity without discipleship
is always Christianity without Christ.***

Dietrich Bonhoeffer



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.

ANNOUNCEMENTS

He Keeps Me Singing

There's within my heart a melody
Jesus whispers sweet and low,
Fear not, I am with thee, peace be still,
In all of life's ebb and flow.

Chorus:

Jesus, Jesus, Jesus, Sweetest name I know,
Fills my every longing, Keeps me singing as I go.

Feasting on the riches of His grace,
Resting 'neath His sheltering wing,
Always looking on His smiling face,
That is why I shout and sing.

Soon He's coming back to welcome me
Far beyond the starry sky;
I shall wing my flight to worlds unknown,
I shall reign with Him on high.

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

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.

March Birthdays

Gerald Mews, March 11; Francis Butler, March 17;
Art Symonds, March 19

Health Nuggets

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

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>

The biggest factor that determines how well you age is not your genes but how well you live. Not convinced? A new study published in the British Medical Journal of 20,000 British folks shows that you can cut your risk of having a stroke in half by doing the following four things: being active for 30 minutes a day, eating five daily servings of fruit and vegetables, and avoiding cigarettes and excess alcohol.

While those are some of the obvious steps you can take to age well, researchers have discovered that centenarians tend to share certain traits in how they eat, move about, and deal with stress—the sorts of things we can emulate to improve our own aging process. Of course, getting to age 100 is enormously more likely if your parents did. Still, Thomas Perls, who studies the century-plus set at Boston University School of Medicine, believes that assuming you've sidestepped genes for truly fatal diseases like Huntington's, "there's nothing stopping you from living independently well into your 90s." ...If your parents and grandparents were heavy smokers, they might have died prematurely without ever reaching their true potential lifespan, so go ahead and shoot for those triple digits. Follow these 10 habits, and check out Perls' lifetime risk calculator to see how long you can expect to live.

1. Don't retire. "Evidence shows that in societies where people stop working abruptly, the incidence of obesity and chronic disease skyrockets after retirement," says Luigi Ferrucci, director of the Baltimore Longitudinal Study of Aging. The Chianti region of Italy, which has a high percentage of centenarians, has a different take on leisure time. "After people retire from their jobs, they spend most of the day working on their little farm, cultivating grapes or vegetables," he says. "They're never really inactive." Farming isn't for you? Volunteer as a docent at your local art museum or join the Experience Corps, a program offered in 19 cities that places senior volunteers in urban public elementary schools for about 15 hours a week.

Continued Next Week....

Sharing the Christ Who Cares



Welcome to the Botwood Seventh-day Adventist Church

*Caledonia Road
Botwood, Newfoundland*

March 28, 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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