

WORSHIPPING TOGETHER
SABBATH SCHOOL
9.30 AM

Song Service & Superintendent's Remarks Bruce Hemeon
Lesson Study Blessings of the Prophetic Gift Bruce Hemeon

WELCOME & ANNOUNCEMENTS
Jason Williams
10:50 AM

PRAISE AND WORSHIP
11:00 AM

Singing Praises		Praise Team
Call to Worship	#	Jason Williams
Hymn of Praise	#306 Draw Me Nearer	Jason Williams
The Word	Matthew 6:33	Verna Hemeon
Response	Soften My Heart	Congregation
In Prayer		Jason Williams
In Giving	Church Budget	Verna Hemeon
Children's Story		Bruce Hemeon
Special Music		Grant Hemeon
In Sermon	First Things First	Bruce Hemeon
Closing Hymn	#317 Lead Me To Calvary	Bruce Hemeon
Benediction		Bruce Hemeon

Prayer is the opening of the heart to God as to a friend. Not that it is necessary in order to make known to God what we are, but in order to enable us to receive Him. Prayer does not bring God down to us, but brings us up to Him. *Steps to Christ, p. 93*

Next Week: March 28, 2009
Offering: Newfoundland Advance

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

Sunset this Week: 7:27 PM Sunset March 20/21: 7:27 PM

WORKING TOGETHER

Sabbath, March 21, 2009

- ★ We'd like to extend a warm welcome to our visitors and regular members on this Sabbath Day. Please join us for lunch following the service.
- ★ **Sunshine Band** at the Twomey Centre at 2:30 PM.

Upcoming Events

- ★ **Fellowship Dinner Schedule:** April 18 (Burgers & Fries). See the what to bring sheet in foyer.
- ★ **Board Meeting** - Tomorrow, Sunday, March 22, 2009, 2:00pm.
- ★ **Communion Service** - Next Sabbath, March 28, 2009. Please join us to celebrate this beautiful service together.
- ★ **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.
- ✓ 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.
- ✓ SDA Youth Websites: Visit Adventist Youth Space at: <http://www.AdventistYouthMinistries.org>
- ✓ See bulletin board for details of Mission Trip to Kenya.

Sabbath Thought

Do not have your concert first, and then tune your instrument afterwards. Begin the day with the Word of God and prayer, and get first of all into harmony with Him.

Hudson Taylor

Singing Praises

All Heaven Declares

All heaven declares the glory of the risen Lord.
Who can compare with the beauty of the Lord.
Forever He will be the Lamb upon the throne.
I gladly bow the knee and worship Him alone.

I will proclaim the glory of the risen Lord.
Who once was slain to reconcile man to God.
Forever You will be the Lamb upon the throne.
I gladly bow the knee and worship Him alone.

ANNOUNCEMENTS

God Will Make A Way

God will make a way
Where there seems to be no way.
He works in ways we cannot see,
He will make a way for me.
He will be my guide, hold me closely to His side.
With love and strength for each new day,
He will make a way, He will make a way.

In Moments Like These

In moments like these, I sing out a song.
I sing out a love song to Jesus.
In moments like these, I lift up my voice,
I lift up my voice to the Lord.

Singing, I love You Lord, singing, I love You Lord,
Singing, I love You Lord, I love You.

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

Eat Your Way Out, Part II

*From the book 'Dynamic Living' by
Aileen Ludington, MD& Hans Diehl, DrHSc, MPH.*

He randomly assigned the men to different groups. Both groups were asked to quit smoking and to walk daily. In addition, the first group practised stress management and followed a vegetarian diet with less than 10 percent of calories as fat and no cholesterol.

The second group was given the American Heart Association's "Prudent Diet" for heart disease. This diet allowed 30 percent of calories as fat and up to 300 mg of cholesterol a day.

At the end of the year, when the results were presented at the Scientific Session of the American Heart Association in Washington, D.C., they became front page news all over America.

Dr. Ornish reported that those on the very low-fat vegetarian diet not only dropped their average blood cholesterol level by 40 percent, but their narrow, plaque-filled arteries had actually widened, allowing more blood and oxygen to the heart muscle. The heart disease had, in fact, begun to reverse itself. And the older men with the more advanced disease actually had the best results.

The group on the so-called "Prudent Diet," however, had virtually no cholesterol drop, and their coronary arteries showed increased narrowing. Their heart disease had actually got worse.

You mean the American Heart Association's diet did not help at all? It appears that the "Prudent Diet" designed for the prevention and treatment of heart disease does not do its job. At the press conference Dr. Ornish concluded: "The moderate diet recommendations of the American Heart Association do not go far enough to effectively influence the progression of coronary heart disease. People with clinically demonstrated disease need to go beyond the present dietary recommendation."

Sharing the Christ Who Cares



*Welcome to the Botwood
Seventh-day Adventist Church*

*Caledonia Road
Botwood, Newfoundland*

March 21, 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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