

WORSHIPPING TOGETHER
SABBATH SCHOOL
9.30 AM

Song Service & Superintendent's Remarks Bruce Hemeon
Lesson Study Heaven 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...	Matthew Rasch
The Word	Acts 5:29	Matthew Rasch
In Giving/Requests	Spring Mission Appeal	Bruce Hemeon
Response	Come Just As You Are~John 4:14	
In Prayer		Bruce Hemeon
Children's Story		Lois Gill
Special Music		Bruce & Verna Hemeon
In Sermon	Who Do We Obey?	Bruce Hemeon
Closing Hymn	#590 Trust and Obey	Bruce Hemeon
Benediction		Bruce Hemeon
Postlude		

...obedience is not a mere outward compliance, but the service of love...When the principle of love is implanted in the heart, when man is renewed after the image of Him that created him, the new-covenant promise is fulfilled, "I will put My laws into their hearts, and in their minds will I write them." Hebrews 10:16. And if the law is written in the heart, will it not shape the life? Obedience--the service and allegiance of love--is the true sign of discipleship.

Steps to Christ, p. 60

Sabbath Thought
The golden rule for understanding in spiritual matters
is not intellect, but obedience.
Oswald Chambers

WORKING TOGETHER
Sabbath, May 30, 2009

- ★ We'd like to extend a warm welcome to our visitors and regular members on this Sabbath
- ★ No Church at Cottrell's Cove this afternoon.

Upcoming Events

- ★ **Part III of The Radical Prayer DVD** will shown at the church Wednesday, June 3, 7:30 pm.
- ★ **Grand Falls-Windsor Sabbath Services** will continue each Sabbath at 9:30am and 11:00am. Meeting location is St. Alban's Anglican Church, 13 Master's Avenue, Grand Falls-Windsor. Please share this information with anyone who lives in GFW who might be interested in worshipping with the GFW Church group. For more information, please contact Jason Williams at 258-2295.
- ★ **The Canada Youth Challenge Literature evangelism team** will be here in the Grand Falls-Windsor and Botwood area, doing colporteur work in our towns (tentatively) Tuesday, June 2 through Tuesday June 9. Anyone willing to provide a meal for the group should contact Jason Williams to let him know which day you can prepare the meal. Meals should be delivered to the church.
- ★ **A Bridal Shower will be held in honour of Vicki Hemeon** on Sunday afternoon, June 7 starting at **2:00** pm in the church fellowship hall. All ladies are invited. Please pick up your invitation and recipe card for the shower.
- ★ **Goodwill Centre Duty:** Week of June 29, August 10, September 23, November 2, December 14.
- ★ **Fellowship Dinner Schedule:** Next Sabbath June 6 (Haystacks with Chili). Please note the change in the schedule. See the what to bring sign-up sheet on foyer table.

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, Linda Stagg.
- ✓ Please keep Jason and Elizabeth in your prayers as they work toward bringing Elizabeth to Canada.
- ✓ Our new district Bible worker, Nicolas LeClerc, is planning to arrive in the area in mid-June, and will be looking to acquire some basic furniture. If you have an item of furniture that might be available to Nic, please contact Jason Williams at 258-2295.

May Birthdays

Lillian Noseworthy, May 2; Ruth Hibbs, May 9; Judy Budgell, May 12; Tony Brown, May 13; Peggy McBay, May 17; Elizabeth Hemeon, May 20; Truman Billings, May 20; Lois Gill, May 22; Jessie Billings, May 28



#442 How Sweet Are the Tidings

#428 Sweet By and By

#12 Joyful, Joyful, We Adore Thee

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

I Have Decided to Follow Jesus

I have decided to follow Jesus,
I have decided to follow Jesus,
I have decided to follow Jesus,
No turning back, no turning back!

Health Nuggets

Sun safety: Quick Tips

Suzette Alvarez in association with the MediResource Clinical Team

Use a sunscreen. Apply a broad spectrum sunscreen with SPF or sun protection factor of at least 15.

Use it everywhere. Particularly on the head in frequently missed spots like the tips of ears, nose, and on the lips themselves. These are areas that sustain significant sun damage over the years and where sun-induced skin cancer typically appear as a result.

Apply ahead of time. Remember to apply sunscreen 15 to 30 minutes before you go outside to allow time for the ingredients to penetrate the skin.

Keep protected. Reapply sunscreen frequently and liberally following the manufacturer's instructions.

Don't forget sunglasses. Protect your eyes with sunglasses that offer 100% UV protection. Overexposure to sunlight can cause both short-term and long-term damage to your eyes.

Wear a hat. Wear a wide-brimmed hat to protect your head, neck, and ears. These regions are most susceptible to sun damage. A hat with a brim at least 3 inches wide will provide the best protection.

Wear protective clothing. Use clothing to cover your skin.

Choose the proper clothing. Do the lightbulb test when selecting the hat and clothing you plan to use for protection. If you hold the fabric up to a lightbulb and light filters through, it will be less effective than material that does not allow light to filter through. The material will act as a physical block to prevent UV rays from penetrating the skin.

Seek the shade and avoid the noonday sun. Try to stay out of the sun between 11 am and 4 pm. This is when the sun's ultraviolet B radiation is strongest. It is safer to be outside in the early morning or late afternoon.

Think ahead. Do not rely on your skin to tell you when to get out of the sun. If you are burnt, your skin has already been severely sun damaged.

Use sunscreen all year. Protect your skin from spring to early fall, and exposed skin areas in the winter if you participate in winter sports.

Be careful all year. Remember that reflected light from snow, sand, and cement can cause skin damage.

Don't forget sun after care. Moisturize your skin after sun exposure to replenish lost moisture.

Ask a health professional. If you are taking medication check with your physician or pharmacist before seeking the sun. Some medications can make your skin more sensitive.

Watch for the signs of skin cancer. These include moles or birthmarks that change colour, size, or texture, skin growths that increase in size, spots that continue to itch, crust, hurt, scab, or erode, or any open sore or wound that does not heal in 4 weeks or one that heals and reopens - see your doctor immediately if you have any of these signs.

Next Week: June 6, 2009

***Offering: Church Budget**

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

Sunset this Week: 9:06 PM Sunset June 5/6: 9:13 PM

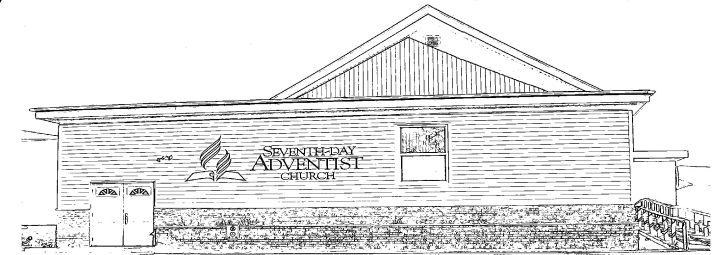
**Please be advised that all loose offerings collected during our service will be allocated to Local Church Budget. Please mark envelope for the week's offering.*

Stewardship Report - May 2009

Budget Needed: \$1334 Received May 23: \$407.68

Month of May to date: \$1,046.72

Sharing the Christ Who Cares



Welcome to the Botwood Seventh-day Adventist Church

*Caledonia Road
Botwood, Newfoundland*

May 30, 2009

*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

Community Services Centre is open every Wednesday, 1:30-3:00 PM except the weeks we have Goodwill Duty.

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