

WORSHIPPING TOGETHER
SABBATH SCHOOL
9.30 AM

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

WELCOME & ANNOUNCEMENTS
Bruce Hemeon
10:50 AM

PRAISE AND WORSHIP
11:00 AM

Singing Praises		Praise Team
Call to Worship	#892	Bruce Hemeon
Hymn of Praise	#130 It came upon...	Bruce Hemeon
The Word	Galations 4:4-5	Rowena White
Response	Soften My Heart	Congregation
In Prayer		Rowena White
In Giving	Newfoundland Advance	BruceHemeon
Children's Story		Verna Hemeon
Special Music		Gina Rasch
In Sermon	Dedication	Bruce Hemeon
Closing Hymn	#	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: January 03, 2008
Offering: Church Budget

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

Sunset this Week: 4:20 PM Sunset January 02/03: 4:28 PM

WORKING TOGETHER

Sabbath, December 27, 2008

- ★ **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, 3:00 PM.
- ★ **Annual Christmas Program**, *Christmas Memories*, will be held at the church tonight, at 7:30 PM. Please invite your family and friends to join us for this happy celebration. Invitations and posters are available on foyer table.

Upcoming Events

- ★ **All tithes and offerings** must be returned by Sabbath, December 27 to be receipted for the 2008 calendar year.
- ★ **Fellowship Dinner Schedule:** January 17 (Potluck), February 14, (Lasagna Dinner). Please sign up on the what to bring sheet on foyer bulletin board.
- ★ **Community Services Centre** will be closed until January.
- ★ **Kids Eat Smart Breakfast Program:** at Memorial Academy schedule February 11, April 8, June 10

To Remember

- ✓ Please pray for the spiritually lost and how we can help them.
- ✓ Please keep the Grand Falls Bible studies in your prayers.
- ✓ Please continue to pray for the St. Croix Family as they attend to their son Robert in Toronto.
- ✓ 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, Robert St. Croix, Kim Crowle, Sheila Lanto..
- ✓ Jason Williams will be away from December 7 until January 14. Please pray for his safety in traveling, as well as for the spiritual interest of his Bible students during his absence.

Sabbath Thought

***Rejoice, that the immortal God is born,
so that mortal man may live in eternity.***
John Huss



124 Away in a Manger

ANNOUNCEMENTS

#127 Infant Holy, Infant Lowly

#123 As With Gladness Men of Old

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

Away In A Manger

Away in a manger no crib for a bed,
The little Lord Jesus laid down His sweet head.
The stars in the sky looked down where He lay,
The little Lord Jesus asleep on the hay.

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.

December Birthdays

Olaf Hulsmann, December 12; Pastor Steven Couto,
December 13; Roger St. Croix, December 29

Health Nuggets

Couch Potato-ism

Q: My husband is a real couch potato. How can I get him active?

A: We suggest you have a nice, friendly, and supportive chat with your husband. Tell him you love him, want him around a long time, and are interested in participating in activities with him. Activities like what? Well, a daily walk for starters. Then you could garden together or—depending on your age—develop some exciting and health-promoting activities. Exercise doesn't have to be boring.

Swimming, or better yet, diving or snorkeling, offers a change; canoeing or kayaking, bike riding, hiking, taking the dog for a walk—all are different and better than sitting on the couch all day.

We recently read about a study reported in The Journal of the American Medical Association as a letter (April 25, 2007, p. 1772). The researchers took a dozen healthy, older adults and put them to bed for 10 days. They were allowed up to go to the bathroom, but did little else. These folk showed a large loss of skeletal muscle, but the loss actually occurred during the last five days.

The older we get, the more important it is to remain active, and weight-bearing exercises assume even greater importance.

So “chivy” that husband of yours, and get him active!

Allan R. Handysides, M.B., Ch.B., F.R.C.P. (c), is director of the General Conference Health Ministries Department; Peter N. Landless, M.B., B.Ch., M.Med., F.C.P.(SA), F.A.C.C., is ICPA executive director and associate director of Health Ministries.

Sharing the Christ Who Cares



*Welcome to the Botwood
Seventh-day Adventist Church*

*Caledonia Road
Botwood, Newfoundland*

December 27, 2008

*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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