

WORSHIPPING TOGETHER
SABBATH SCHOOL
9.30 AM

Song Service & Superintendent's Remarks Bruce Hemeon
Lesson Study **The Basis of Atonement** Bruce Hemeon

WELCOME & ANNOUNCEMENTS
Bruce Hemeon
10:50 AM

PRAISE AND WORSHIP
11:00 AM

Singing Praises		Praise Team
Call to Worship	#853	Bruce Hemeon
Hymn of Praise	#6 O Worship the King	Bruce Hemeon
The Word	Hebrews 11:8-10	Verna Hemeon
Response	Soften My Heart	Congregation
In Prayer		Bruce Hemeon
In Giving	Church Budget	Verna Hemeon
Children's Story		Lois Gill
Special Music		Kim Furey
In Sermon	Moving	Bruce Hemeon
Closing Hymn	#216 When the Roll...	Bruce Hemeon
Benediction		

Next Week: October 11, 2008
Voice of Prophecy Canada

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

Sunset this Week: 6:40 PM Sunset October 10/11: 6:26 PM

Sabbath Thought
When the light of Christ is shining in the soul, the lips will be filled with praise and thanksgiving to God.
E. G. White

WORKING TOGETHER
Sabbath, October 4, 2008

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

Upcoming Events

- ★ **Church Board Meeting** tomorrow, Sunday, October 5, at 3:00pm here at the Church.
- ★ **Health Evaluation:** On Wednesday Oct. 8 and Thursday Oct. 9, there will be a free Health Evaluation booth at the Exploits Valley Mall in GFW. Jason is requesting your assistance at the tables to help facilitate the evaluations with people. Help is needed! If you are able to help, please write your name on the sign-up sheet in the foyer, or call Jason at 258-2295. Thank you.
- ★ **Fellowship Dinner Schedule:** November 15 (Soup & Sandwiches), December 20 (Church Christmas Dinner). Please what to bring sheet on foyer bulletin board.
- ★ **The STEPFEST Health and Wellness Program** will be held in Grand Falls-Windsor, beginning on Thursday, October 23, 7:00 PM. This program will run for 6 consecutive Thursdays. It will be held at the Seniors Recreation Centre, 25 Edwards Place, GFW. Registration and materials fee is \$15 per person; \$25 per couple. Please call 258.2295 to pre-register if you plan to attend. For additional details, please see your bulletin insert.
- ★ **Community Services Centre** is open every Wednesday, 1:30 to 3:00 PM, except for weeks when there is Goodwill duty.
- ★ **Sunshine Band:** October 25 Twomey Centre.
- ★ **Kids Eat Smart Breakfast Program:** at Memorial Academy schedule December 5, February 11, April 8, June 10. Those who wish to volunteer must complete a Code of Conduct form which can be obtained from Lois Gill. Memorial Academy wishes to thank you for the continued support from the church and members.

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/Hospital: Floella Butt, Cheryl Haytor, Fred Oates, Edith Curlew, Lillian Noseworthy, Rowena Langdon, Rob Gill, Violet Mews, Reg Moores, Peggy McBay, Shawn Hancock.
- ✓ Check out this website: www.thesureword.org.
- ✓ A special thank you to Cindy Boone, Kim Furey, Art Symonds and Gina Hemeon for volunteering time to help at the health promotion booth in Grand Falls-Windsor on Wednesday and Thursday of this week. Your time and help were greatly appreciated.



We Bring the Sacrifice of Praise

We bring the sacrifice of praise into the house of the Lord;
We bring the sacrifice of praise into the house of the Lord;
And we offer up to You the sacrifices of thanksgiving;
And we offer up to You the sacrifices of joy!

ANNOUNCEMENTS

He Has Made Me Glad

I will enter His gates with thanksgiving in my heart,
I will enter his courts with praise,
I will say, "This is the day that the Lord has made,
I will rejoice for He has made me glad."
He has made me glad, He has made me glad,
I will rejoice for He has made glad.
He has made me glad, He has made me glad,
I will rejoice for He has made glad.

Give Thanks

Give thanks with a grateful heart, Give thanks to the Holy One,
Give thanks because He's given Jesus Christ, His Son.
Give thanks with a grateful heart, Give thanks to the Holy One,
Give thanks because He's given Jesus Christ, His Son.

And now let the weak say, "I am strong!" Let the poor say,
"I am rich because of what the Lord has done for us!"
And now let the weak say, "I am strong!" Let the poor say,
"I am rich because of what the Lord has done for us!"

(Repeat song) Give thanks. Give thanks.
O, be watchful, be hopeful, be joyful till then,
And a crown of bright glory we'll wear.

I Have Decided to Follow Jesus

I have decided to follow Jesus, (Sing 3X)
No turning back, no turning back!

Though no one join me still I will follow, (Sing 3X)
No turning back, no turning back!

The world behind me, the cross before me, (Sing 3X)
No turning back, no turning back!

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 **Less of Me**

Let me be a little kinder, let me be a little blinder,
To the faults of those around me, let me praise a little more.
Let me dream when I am weary, just a little bit more cheery,
Think a little more of others, and a little less of me.

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.

October Birthdays

Floella Butt, October 5; Gina Hemeon, October 8;
Doug Furey, October 15; Kayla Hancock, October 22;
Bruce Hemeon, October 28

Health Nuggets

Coffee and Caffeine, Part II

By Winston J. Craig

In addition, the use of coffee and tea reduces the non-heme iron absorption of a meal by 40 to 60%, thereby increasing the risk of anemia. While caffeine improves performance of simple tasks that require attention it actually worsens performance that involves short-term memory. Caffeine causes a worsening of fine motor coordination due to an increase in hand and arm tremors.

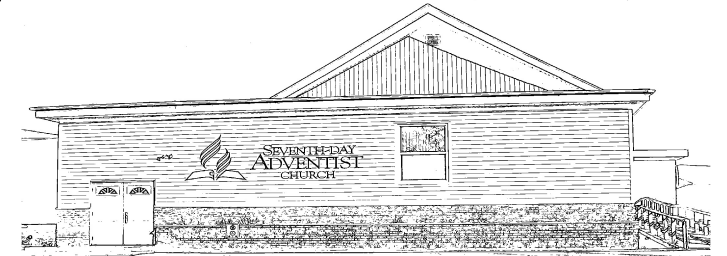
Children are drinking excessive amounts of cola beverages. Pediatricians are concerned because as many as one-third of all children consuming high levels of caffeine manifest hyperactive behavior typical of caffeinism. A young child consuming one can of cola, may receive a caffeine jolt equivalent to an adult receiving 4 cups of coffee.

Other Risk Factors

Not every study has shown a cholesterol-raising effect of coffee. However, new research finds a strong connection between the coffee consumption and serum homocysteine levels, a risk factor for cardiovascular disease. Drinking one or more cups of coffee per day increases interleukin-6 and C-reactive protein levels and other markers of systemic inflammation which are considered risk factors for cardiovascular disease.

Winston J. Craig is Professor of Nutrition at Andrews University, Berrien Springs, MI.

Sharing the Christ Who Cares



*Welcome to the Botwood
Seventh-day Adventist Church*

*Caledonia Road
Botwood, Newfoundland*

October 4, 2008

*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