

**WORSHIPPING TOGETHER**  
**SABBATH SCHOOL**  
**9.30 AM**

Song Service & Superintendent's Remarks      Bruce Hemeon  
Lesson Study      Atonement in Symbols, Part II      Bruce Hemeon

**WELCOME & ANNOUNCEMENTS**  
Jason Williams  
**10:50 AM**

**PRAISE AND WORSHIP**  
**11:00 AM**

Singing Praises		Praise Team
Call to Worship	#792	Jason Williams
Hymn of Praise	#306 Draw Me Nearer	Jason Williams
The Word	Matthew 7:13, 14, 21	Delcie Hulsmann
Response	Soften My Heart	Congregation
In Prayer		Jason Williams
In Giving	Church Budget	Delcie Hulsmann
Children's Story		Lois Gill
Special Music		Vicki Hemeon
In Sermon	Naaman the Leper	Jason Williams
Closing Hymn	#327 I'd Rather Have Jesus	Jason Williams
Benediction		Jason Williams

*Not all the wisdom and skill of man can produce life in the smallest object in nature. It is only through the life which God Himself has imparted, that either plant or animal can live. So it is only through the life from God that spiritual life is begotten in the hearts of men. Unless a man is "born from above," he cannot become a partaker of the life which Christ came to give. John 3:3, margin.*  
Steps to Christ, p. 67

**Next Week: November 22, 2008**  
**Offering: Newfoundland Advance**

<b>Praise Service:</b> Praise Team	<b>Greeter:</b> Verna Hemeon
<b>Sermon:</b> Jason Williams	<b>Deacons:</b> Grant Hemeon, Joe Hancock, Peter Gill
<b>Rostrum:</b> Bruce Hemeon	<b>Cleaning:</b> Delcie Hulsmann, Ruth Hibbs
<b>Special Music:</b> Kim Furey	
<b>Children's Story:</b> Lois Gill	

Sunset this Week: 4:28 PM      Sunset November 14/15: 4:20 PM

**WORKING TOGETHER**  
**Sabbath, November 15, 2008**

- ★ We'd like to extend a warm welcome to our visitors and regular members on this Sabbath Day.
- ★ **Christmas Choir practice starts this afternoon** at 2:30 PM. If you can sin, hum or play a musical instrument we need you. Come and join us for our annual Christmas program.
- ★ **Church at Cottrell's Cove**, 3:00 PM this afternoon.

**Upcoming Events**

- ★ **Order forms** for the 2009 devotional books, the Week of Prayer magazine, the sharing book of the year, "The Sign" and the Christian Home Calendar will be on the foyer table. Orders must be received by tomorrow, November 16.
- ★ **Fellowship Dinner Schedule:** November 22 (Soup & Sandwiches), December 20 (Church Christmas Dinner). Please what to bring sheet on foyer bulletin board. Please note date change of next Fellowship Dinner.
- ★ **Please plan to be here at Church next Sabbath, November 22**, for a special baptismal service. Come and celebrate with us the decisions of several people to commit their lives to the Lord. We will also have a fellowship meal on that Sabbath.
- ★ **Annual Christmas Program** will be held at the church on December 13, at 7:30 PM. Watch this space for more details in the coming weeks.
- ★ **Community Services Centre** is open every Wednesday, 1:30 to 3:00 PM, except for weeks when there is Goodwill duty.
- ★ **Kids Eat Smart Breakfast Program:** at Memorial Academy schedule December 5, 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.
- ✓ Please remember the STEPFAST program in your prayers as we seek to help our community.
- ✓ 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, Tony Brown, Robert St. Croix, Brian Bindon, Kim Crowle.

**Sabbath Thought**

*We can stand affliction better than we can prosperity,  
for in prosperity we forget God.*  
Dwight L. Moody .



**His Name Is Wonderful**

His name is Wonderful, His name is Wonderful,  
His name is Wonderful, Jesus, my Lord.  
He is the mighty King, Master of everything,  
His name is Wonderful, Jesus, my Lord.  
He's the Great Shepherd, the Rock of all ages,  
Almighty God is He.  
Bow down before Him, Love and adore Him  
His name is Wonderful, Jesus, my Lord.

**ANNOUNCEMENTS**

**In His Time**

In His time, in His time,  
He makes all things beautiful, in His time,  
Lord, please show me every day,  
As You're teaching me Your way,  
That You do just what you say, in Your time.

In Your time, in Your time,  
You make all things beautiful, in Your time,  
Lord, my life to You I bring, may each song I have to sing,  
Be to You a lovely thing, in Your time.

**I Worship You, Almighty God**

I worship You, Almighty God, there is none like You.  
I worship You, O Prince of Peace, that is what I want to do.  
I give You praise, for You are my righteousness;  
I worship You, Almighty God, there is none like 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

### **Happy Birthday!**

Just three years old today, Just three years old today;  
Happy birthday, Happy birthday,  
Laura's three years old today.

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.

### **November Birthdays**

Laura Anne Furey, November 17;  
Doreen Hancock, November 26; Edith Curlew, November 26;

### **November Anniversaries**

Bruce & Verna Hemeon, November 1;  
Shawn & Doreen Hancock, November

## **Health Nuggets**

### **Best Fats or Oils?**

Part II

**Q:** *What fats or oils are the best for me to use? I am trying to improve my family's diet by methodically implementing changes in what I buy.*

**A:** Considerable debate still goes on about the correct balance between the Omega 6 and Omega 3 fatty acids. When a lot of debate exists, it means the evidence is not convincing. Omega 6 fatty acids are preponderate in oils such as sunflower, peanut, and corn oils. Omega 3 fatty acids are preponderate in flax seed oils, walnut oils, and fish oils. Olive oil doesn't fit in either group, but is healthful. Also healthful is canola oil—much maligned by those who confuse it with an engine lubricant. The secret is to use only small amounts. Two tablespoons would represent a full day's requirement, and because we tend to consume high-fat diets, we should be careful. We should probably obtain no more than 25 percent of our daily calories from fat sources. This means watching dairy products carefully. Low-fat varieties are the best kind to select.

Use a little olive oil or flax seed oil on your salads, and don't become so rigid you don't use a little oil in your cooking. Folk may not be willing to tell you, but some of those dishes are tasteless!

*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*

*November 15, 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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