

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

Song Service & Superintendent's Remarks      Bruce Hemeon  
Lesson Study      Hope      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	<b>Tread Softly</b>	Congregation Please Kneel
Invocation		Jason Williams
Hymn of Praise	<b>#245 More About Jesus</b>	Verna Hemeon
The Word	<b>Matthew 11:28-30</b>	Verna Hemeon
In Giving/Requests	<b>Church Budget</b>	Jason Williams
Response	<b>Come Just As You Are~John 4:14</b>	
In Prayer		Jason Williams
Children's Story		Lois Gill
Special Music		Bill & Kelley Symonds
In Sermon	<b>Who Is Your Teacher?</b>	Jason Williams
Closing Hymn	<b>#492 Like Jesus</b>	Jason Williams
Benediction		Jason Williams
Postlude		

*"Come unto Me," is His invitation. Whatever your anxieties and trials, spread out your case before the Lord. Your spirit will be braced for endurance. The way will be opened for you to disentangle yourself from embarrassment and difficulty. The weaker and more helpless you know yourself to be, the stronger will you become in His strength. The heavier your burdens, the more blessed the rest in casting them upon the Burden Bearer.*  
*Desire of Ages, p. 329*

**Sabbath Thought**  
**Pray, and let God worry.**  
Martin Luther

**WORKING TOGETHER**  
**Sabbath, April 18, 2009**

- ★ **We'd like to extend a warm welcome** to our visitors and regular members on this Sabbath Day. Following the service, please join us for lunch in the Friendship Hall.
- ★ **Church at Cottrell's Cove** this afternoon at 3:00 PM.

- Upcoming Events**
- ★ **Fellowship Dinner Schedule:** May 16 (Fellowship Potluck), June 16 (Haystacks with Chili). See the what to bring sign-up sheet in foyer for next week's dinner.
  - ★ **Community Services Centre** is open every Wednesday, 1:30-3:00 PM except the weeks we have Goodwill Duty.
  - ★ **Goodwill Centre Duty:** Week of May 18, June 29, August 10, September 23, November 2, December 14..
  - ★ **Kids Eat Smart Breakfast Program Schedule** at Memorial Academy: June 10.
  - ★ **Sunshine Band Schedule:** May 9.
  - ★ **Dallas Holm in Concert** Saturday, October 24th, at Elim Pentecostal Tabernacle, on Kenmount Road, St. John's. Doors open at 7pm, concert starts at 8pm. Tickets available at VOAR, 1041 Topsail Road, or by calling (709) 745-8627. Please see bulletin board for prices and more details.

- 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.
  - ✓ Please be advised that all loose offerings collected during our service will be allocated to Local Church Budget. Anyone wishing to contribute to specific offerings listed in the bulletin should mark such on the Tithe and Offering envelope.

**April Birthdays**  
Kaitlynn Symonds, April 3; Shawn Hancock, April 4;  
Rowena Osbourne, April 13; Sherry Hayter, April 16;  
Lucas Rasch, April 17



**God Is So Good**  
God is so good, God is so good,  
God is so good, He's so good to me!

He cares for me, He cares for me,  
He cares for me, He's so good to me!

I'll do His will, I'll do His will,  
I'll do His will, He's so good to me!

He is my Lord, He is my Lord,  
He is my Lord, He's so good to me!

**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.

**Jesus, Draw Me Close**  
Jesus draw me close; Closer, Lord, to You.  
Let the world around me fade away.  
Jesus draw me close; Closer, Lord to You.  
For I desire to worship and obey.

*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 Song)*

*Children's Song*

**God's House, God's Day**

"I love God's house, I love God's house,  
And oh, I love His day;  
When Sabbath comes, When Sabbath come,  
I cannot stay away."

**Happy Birthday!**

Just three years old today, Just three years old today;  
Happy birthday, Happy birthday,  
Lucas is three years old today.

**Health Nuggets**

**10 Health Habits That Will Help You Live to 100, Part IV**

By Deborah Kotz

<http://health.usnews.com/articles/health/baby-boomer-health/2009/02/20/10-health-habits-that-will-help-you-live-to-100.html>

9. Be a creature of habit. Centenarians tend to live by strict routines, says Olshansky, eating the same kind of diet and doing the same kinds of activities their whole lives. Going to bed and waking up at the same time each day is another good habit to keep your body in the steady equilibrium that can be easily disrupted as you get on in years. "Your physiology becomes frailer when you get older," explains Ferrucci, "and it's harder for your body to bounce back if you, say, miss a few hours of sleep one night or drink too much alcohol." This can weaken immune defenses, leaving you more susceptible to circulating flu viruses or bacterial infections.

10. Stay connected. Having regular social contacts with friends and loved ones is key to avoiding depression, which can lead to premature death, something that's particularly prevalent in elderly widows and widowers. Some psychologists even think that one of the biggest benefits elderly folks get from exercise the strong social interactions that come from walking with a buddy or taking a group exercise class. Having a daily connection with a close friend or family member gives older folks the added benefit of having someone watch their back. "They'll tell you if they think your memory is going or if you seem more withdrawn," says Perls, "and they might push you to see a doctor before you recognize that you need to see one yourself.

**Next Week: April 25, 2009**

**\*Offering: Newfoundland Advance**

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

**Sunset this Week: 8:09 PM    Sunset April 24/25: 8:20 PM**

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**Stewardship Report - April 2009**  
Church Budget: **\$1334**    Received: **\$389.86**

*Sharing the Christ Who Cares*



*Welcome to the Botwood  
Seventh-day Adventist Church*

*Caledonia Road  
Botwood, Newfoundland*

*April 18, 2009*

*For I determined not to know anything among you  
except Jesus Christ and Him crucified.  
1 Corinthians 2:2*



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