

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		

The defaced image of God will be restored in humanity, and a family of believing saints will finally inherit the heavenly home. This is the result of Christ's death. *The Desire of Ages, p. 625*

Next Week: October 11, 2008
Voice of Prophecy Canada

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

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

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: Our next fellowship dinner will be held on October 11 (Thanksgiving Dinner Potluck), November 15 (Soup & Sandwiches), December 20 (Church Christmas Dinner). Please what to bring sheet on foyer bulletin board.
- ★ Next Sabbath, we will have our annual special Thanksgiving service and fellowship lunch. Please reach out and invite a friend to share this celebration of Thanksgiving together with us.
- ★ The STEPFAST 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.

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.

Sabbath Thought

The more of Heaven we cherish, the less of Earth we covet.
David Brandt Berg



My Home's In Heaven

My home's in heaven just awaiting for me,
And when I get there how happy I'll be,
My home's in heaven the rent is free,
For Jesus paid it on Calvary.

ANNOUNCEMENTS

How Sweet Are the Tidings

How sweet are the tidings that greet the pilgrim's ear,
As he wanders in exile from home!
Soon, soon will the Savior in glory appear,
And soon will the kingdom come.

Refrain:

He's coming, coming, coming soon I know,
Coming back to this earth again;
And the weary pilgrims will to glory go,
When the Savior comes to reign.

The mossy old graves where the pilgrims sleep
Shall be open as wide as before,
And the millions that sleep in the mighty deep
Shall live on this earth once more.

There we'll meet ne'er to part in our happy Eden home,
Sweet songs of redemption we'll sing;
From the north, from the south, all the ransomed shall come,
And worship our heavenly King.

Hallelujah, Amen! Hallelujah again!
Soon, if faithful, we all shall be there;
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.

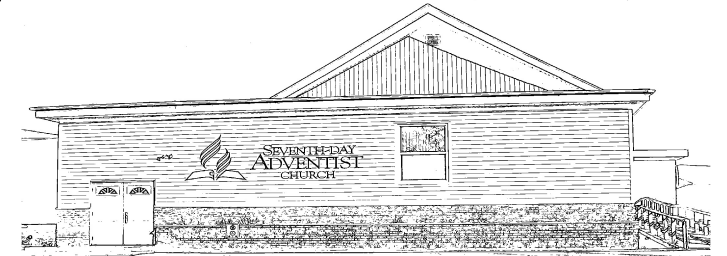
Children are drinking excessive amounts of cola beverages. Pediatricians are concerned because as many as one-third of all children consuming high levels of caffeine manifest hyperactive behavior typical of caffeinism. A young child consuming one can of cola, may receive a caffeine jolt equivalent to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

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