

WORSHIPPING TOGETHER
SABBATH SCHOOL
9.30 AM

Song Service & Superintendent's Remarks Bruce Hemeon
Lesson Study **Spiritual Gifts and Prophecy** Bruce Hemeon

WELCOME & ANNOUNCEMENTS
Bruce Hemeon
10:50 AM

PRAISE AND WORSHIP
11:00 AM

Singing Praises		Praise Team
Call to Worship	#879	Jason Williams
Hymn of Praise	#83 O Worship the King	Jason Williams
The Word	John 17:14-17	Bruce Hemeon
Response	Soften My Heart	Congregation
In Prayer		Bruce Hemeon
In Giving	Church Budget	Jason Williams
Children's Story		Lois Gill
Special Music		Lois Gill, Ruth Hibbs
In Sermon	Commitment or Compromise	Bruce Hemeon
Closing Hymn	#602 O Brother, Be Faithful	Bruce Hemeon
Benediction		Bruce Hemeon

If studied and obeyed, the word of God works in the heart, subduing every unholy attribute. The Holy Spirit comes to convict of sin, and the faith that springs up in the heart works by love to Christ, conforming us in body, soul, and spirit to His own image. Then God can use us to do His will. The power given us works from within outwardly, leading us to communicate to others the truth that has been communicated to us. Christ's Object Lessons, p. 100

Next Week: January 24, 2009
Offering: Religious Liberty

Praise Service: Praise Team	Greeter: Delcie Hulsmann
Sermon: Jason Williams	Deacons: Grant Hemeon, Joe Hancock, Peter Gill
Rostrum: Rowena White	Cleaning: Bruce & Verna Hemeon
Special Music: Vicki Hemeon	
Children's Story: Lois Gill	

Sunset this Week: 4:44 PM Sunset January 23/24: 4:54 PM

WORKING TOGETHER

Sabbath, January 17, 2009

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

Upcoming Events

- ★ **Fellowship Dinner Schedule:** February 14, (Lasagna Dinner), March 14 (Veggie Burgers & Fries). Please see the what to bring sign up sheet on foyer table.
- ★ **Community Services Centre** is open every Wednesday, 1:30-3:00 PM except the weeks we have Goodwill Duty.
- ★ **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.
- ✓ 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, Florence Hancock..
- ✓ Edith Curlew would appreciate a visit or phone calls from church members. Edith is currently living in the new seniors apartments opposite the Killick Retirement home.
- ✓ The Interfaith Goodwill Centre is now open again Tuesday to Friday, 1:30-4:00 PM.

Sabbath Thought

**Where I found truth,
there found I my God, who is the truth itself.**
Augustine



The Mercies of the Lord

I will sing of the mercies of the Lord forever,
I will sing, I will sing.
I will sing of the mercies of the Lord forever,
I will sing of the mercies of the Lord.
And with my mouth will I make known
His faithfulness, His faithfulness,
And with my mouth will I make known
His faithfulness to all generations.
I will sing of the mercies of the Lord forever,
I will sing, I will sing.
I will sing of the mercies of the Lord forever,
I will sing of the mercies of the Lord.

ANNOUNCEMENTS

Thy Loving Kindness

Thy loving kindness is better than life,
Thy loving kindness is better than life,
My lips shall praise Thee, Thus will I bless Thee,
I will lift up my hands unto Thy name.

I lift my hands up unto Thy name,
I lift my hands up unto Thy name,
My lips shall praise Thee, Thus will I bless Thee,
I will lift up my hands unto Thy name.

Hosanna

Hosanna! Hosanna! Hosanna in the highest!
Hosanna! Hosanna! Hosanna in the highest!
Lord we lift up Your name, With hearts full of praise;
Be exalted, oh Lord, my God! Hosanna in the highest!

Glory! Glory! Glory to the King of kings!
Glory! Glory! Glory to the King of kings!
Lord we lift up Your name, With hearts full of praise;
Be exalted, oh Lord, my God! Glory to the King of kings!

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

Jesus Calls Us

Jesus calls us, all His children, Jesus knows us by our name.
If we listen we will hear Him
Saying, "_____, follow 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.

January Birthdays

Delcie Hulsmann, January 11; Violet Mews, January 22;
Ruby St. Croix, January 24; Alexander Symonds, January 27

January Anniversaries

Ray & Lucie Moores, January 1

Health Nuggets

5 Healthy Food Tips for Getting Started

by Leanne Ely, C.N.C.

Have you ever felt overwhelmed and afraid to take even the first step to doing something that you know would benefit you? Like eating healthy for example? The very thought of trying to figure out how to eat. From scratch. Way too overwhelming!

Rather than go through your pantry and fridge, ditching everything you own, how about starting from where you are? Here are 5 easy ways to get healthy eating going in your household this week:

- 1) Got trans fats? Okay, you know better. Ditch them from the pantry and fridge. (There will still be food left, don't worry!)
- 2) Going shopping? Pick up some colorful food with one ingredient names, like broccoli, carrots, etc. Work one colorful food a day into your family's meals.
- 3) Thirsty? Only water will do the trick! Ditch the soda and juice boxes in favor of water. Water is cheap, easy, non-caloric and is a nutrient needed for a good diet!
- 4) Veg Out. Eat vegetarian one day a week. Not only is it cheaper, it's good to take a day off from eating so many animal products.
- 5) Add ins. Add veggies where you can, into soups, sandwiches and even your morning eggs or smoothie! You need 7 to 11 servings a day of produce, so do the veggies add in all day long!

Remember, healthy eating isn't about being on another fad diet. It's about a lifestyle change that gives you the power to live a healthy, vibrant life. If that is what you want, then you need to fuel it so it can be yours. Remember, healthy foods equals a healthy life.

Sharing the Christ Who Cares



Welcome to the Botwood Seventh-day Adventist Church

*Caledonia Road
Botwood, Newfoundland*

January 17, 2009

*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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