

WORSHIPPING TOGETHER
SABBATH SCHOOL
9.30 AM

Song Service & Superintendent's Remarks	Bruce Hemeon
Lesson Study	The Chosen Lady 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	Tread Softly	Congregation Please Kneel
Invocation		Nic LeClerc
Hymn of Praise	#281 I Gave My Life...	Matthew Rasch
The Word	Romans 6:6-8	Nic LeClerc
In Giving/Requests	Church Budget	Matthew Rasch
Response	Come Just As You Are~John 4:14	
In Prayer		Nic LeClerc
Children's Story		Lois Gill
Special Music		Bruce & Verna Hemeon
In Sermon	Self-Sacrifice	Nic LeClerc
Closing Hymn	#303 Beneath the Cross	Nic LeClerc
Benediction		Nic LeClerc
Postlude		

When men and women can more fully comprehend the magnitude of the great sacrifice which was made by the Majesty of heaven in dying in man's stead, then will the plan of salvation be magnified, and reflections of Calvary will awaken tender, sacred, and lively emotions in the Christian's heart. Praises to God and the Lamb will be in their hearts and upon their lips. Pride and self-esteem cannot flourish in the hearts that keep fresh in memory the scenes of Calvary. . . . Who can measure the love Christ felt for a lost world as He hung upon the cross, suffering for the sins of guilty men? This love was immeasurable, infinite.

Lift Him Up, p. 35

WORKING TOGETHER
Sabbath, September 19, 2009

- ★ We'd like to extend a warm welcome to our visitors and regular members on this Sabbath Day. Please join us for lunch in the Friendship Hall following the service.
- ★ No Church at Cottrell's Cove this afternoon.

Upcoming Events

- ★ **Using Natural Remedies** - Plan to attend and invite your friends to our upcoming Natural Remedies Seminar to be held September 23 & 24 here at the Church Friendship Hall. See poster on the bulletin board in the foyer. Please confirm your plan to attend with Pastor Jason at 258-2295.
- ★ **Church Business Meeting** will be held on Sunday, September 27, 2:00pm. Members are asked to attend this important meeting.
- ★ **Journey Through Prophecy** - A Bible prophecy seminar begins Thursday, October 15, 7:00pm, in Grand Falls-Windsor.
- ★ **Community Services Centre** is open every Wednesday, 1:30-3:00 pm except the weeks we have Goodwill Duty.
- ★ **Fellowship Dinner Schedule:** October 24 (Spaghetti), November 21(Soup & Sandwiches), December 19 (Church Christmas Dinner). See the What to Bring sheet in foyer.
- ★ **Family Day/Church Social**, October 11. More information to come.
- ★ **Goodwill Centre Duty:** The week of September 21, November 2, December 14. We are in great need of volunteers to assist with our community services activities at the Goodwill Center. If you are willing to assist, please speak to Verna Hemeon as soon as possible.

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, Shawn Hancock & Family, Kim Crowle, Linda Stagg, Dolph Diamond, Rick Brent, Shawn Langdon.
- ✓ Our church has committed to assist the funding of the new Worship Center at Camp Woody Acres. Pledges and donations are now being accepted. If you wish to make a donation please mark your tithe envelope "Camp Worship Center". Thank you for your generosity as we work to improve our camp facilities.
- ✓ Grand Falls-Windsor Sabbath Services every Sabbath at 10:00am and 11:00am at St. Alban's Anglican Church, 13 Master's Avenue, Grand Falls-Windsor.
- ✓ Our heartfelt sympathy is extended to Shawn and Kayla Hancock and Family members on the passing of Doreen. Be assured that you are in our prayers and thoughts.



#21 Immortal, Invisible, God Only Wise

#12 Joyful, Joyful, We Adore Thee

#285 Jesus Calls Us

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 1st Verse)

Children's Song
The Second Day

(Sung to the tune of "O Day of Rest and Gladness)

On the second day of creation the sky and seas God made,
He spoke the words and it happened exactly as He said,
God made a space between the waters,
So the sky and seas were laid.
We sing our praise to Jesus, By whom all things were made!

Health Nugget
Cabbage

Sturdy, abundant and inexpensive, cabbage is a longstanding dietary staple throughout the world and is so widely cultivated and stores so well that it is available throughout the year. However, it is at its best during the late fall and winter months when it is in season..

Cabbage, a member of the Cruciferae family, is related to kale, broccoli, collards and Brussels sprouts. Cabbage has a round shape and is composed of superimposed leaf layers.

There are three major types of cabbage: green, red and Savoy. The color of green cabbage ranges from pale to dark green while red cabbage has leaves that are either crimson or purple with white veins running through. Both green and red cabbage have smooth textured leaves. The leaves of Savoy cabbage are more ruffled and yellowish-green in color. Bok choy as well as Chinese (Napa) cabbage are other varieties of cabbage available. Bok choy has a mild flavor and a higher concentration of vitamin A. Chinese cabbage, with its pale green ruffled leaves, is great to use in salads.

How to Select and Store

Choose cabbage heads that are firm and dense with shiny, crisp, colorful leaves free of cracks, bruises and blemishes. Severe damage to the outer leaves is suggestive of worm damage or decay that may reside in the inner core as well.

There should be only a few outer loose leaves attached to the stem. If not, it may be an indication of undesirable texture and taste. Avoid buying precut cabbage, either halved or shredded, since once cabbage is cut, it begins to lose its valuable vitamin C content.

Keeping cabbage cold will keep it fresh and help it retain its vitamin C content. Put the whole head in a plastic bag in the crisper of your refrigerator. Red and green cabbage will keep this way for about 2 weeks while Savoy cabbage will keep for about 1 week.

If you need to store a partial head of cabbage, cover it tightly with plastic wrap and refrigerate. Since the vitamin C content of cabbage starts to quickly degrade once it has been cut, you should use the remainder within a couple of days.

A quick serving idea

Cabbage leaves are a great way to inspire leftovers. Spoon some leftovers such as rice salad or a vegetable mixture onto the center of a cabbage leaf and roll into a neat little package. Bake in medium heat oven until hot. Enjoy your easy and healthy version of stuffed cabbage, a traditional eastern European dish.

Nutritional Profile

Cabbage is an excellent source of vitamin C. It is also a very good source of fiber, manganese, folate, vitamin B6, potassium, and omega-3 fatty acids. Cabbage is also a good source of thiamin (vitamin B1), riboflavin (vitamin B2), calcium, potassium, magnesium, vitamin A, and protein. Cabbage also contains phytochemicals called indoles and sulforaphane, the breakdown products of compounds called glucosinolates.

Next Week: September 19, 2009

***Offering: Newfoundland Advance**

Praise Service: Praise Team	Greeter: Delcie Hulsmann
Sermon: Nic LeClerc	Deacons: Grant Hemeon, Joe Hancock, Peter Gill
Rostrum: Matthew Rasch	Cleaning: Delcie Hulsmann, Ruth Hibbs
Special Music: Lois Gill	
Children's Story: Lois Gill	

Sunset this Week: 7:15 pm Sunset Sept. 25/26: 7:00 pm

**Please be advised that all loose offerings collected during our service will be allocated to Local Church Budget. Please mark envelope for the week's offering.*

September Birthdays

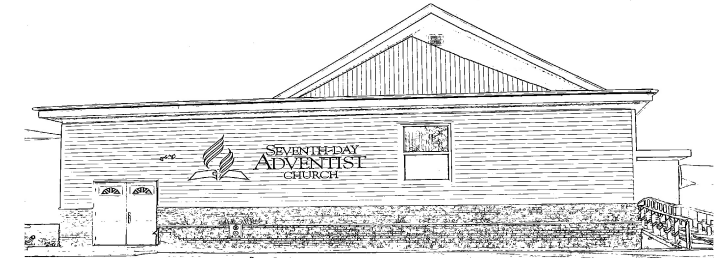
Joe Hancock, September 13; Fred Oates, September 15;
Kelley Symonds, September 21

Sabbath Thought

***If Jesus Christ be God and died for me,
then no sacrifice can be too great for me to make for Him.***

C.T. Studd

Sharing the Christ Who Cares



*Welcome to the Botwood
Seventh-day Adventist Church*

*Caledonia Road
Botwood, Newfoundland*

September 19, 2009

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

1 Corinthians 2:2



Pastor Jason Williams

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