

SERVICE OUTLINE FOR SABBATH 25^H MAY 2019

MORNING PRAYER SESSION 9:45 - 10:00

Bible Study Hour: 10:00 am

Bible Study Guide Second Quarter 2019: "The Man' Shares Sabbath".

Welcome:	Wallace. H
Opening Hymn:	388 – "Don't forget the Sabbath"
Prayer:	Wallace Hacuma
Opening Remarks:	Wallace Hacuma
Lesson Study:	Margaret Owusu-Ayim
Mission Item/Offering:	Wallace Hacuma
Closing Song:	198 – "And Can It Be"
Benediction:	Pr. Neil Robertson

DIVINE SERVICE 11:15

Welcome & Announcements:	Elder Geoffrey
Opening Hymn:	462 - "Blessed Assurance"
Opening Prayer:	Elder Geoffrey
Scripture Text:	Psalms 124:1-8
Tithes & Offering:	Lloyd Makonese
Special item:	Priscilla Bhebhe
Children's Story	Elder Johnny
Hymn of Meditation:	Collabo-
Mini Sermon:	"If it had not been the Lord" – Elder Johnny
Short Testimonies	Elder Johnny & Friends
Closing Hymn:	633 - "When We All Get to Heaven"
Benediction:	Elder Brenya

AFTERNOON SESSION

Praise, Thanksgiving & Testimonies.

MINISTER

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ELDERS

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THOUGHT FOR THE WEEK:

Health is wealth!

It is often said that 'Health is wealth', as while money can buy a lot of things, if you are sick it can't re-buy the most important asset God has given us, physical health. But, while we often associate health with professional athletes and fitness enthusiasts who dedicate significant portions of their life to being in peak physical shape, small lifestyle changes can have a big impact on even the most decidedly average of people. Below are three small, but significant, lifestyle changes that can help to improve your health.

1) Get Walking! – According to the Victoria State Government in Australia, 30 minutes of walking a day can strengthen bones, reduce body fat, and reduce your risk of developing heart disease as well as type 2 diabetes. More importantly, walking is free and requires little to no equipment, barring shoes.

2) Switch to water! – The NHS recommends adults should drink 6-8 glasses of water (1.2litres) per day to ensure we stay hydrated. By swapping from other drinks, such as fruit juices or fizzy drinks, you can significantly cut your sugar intake as well as reduce the number of calories you are intaking. Among many other benefits, increased water consumption can help to prevent kidney damage, as well as lubricate your joints.

3) Pick up a new sport! – Regardless of age, it is never too late to pick up a new sport, or return to one you have previously enjoyed participating in. Participating in a sport has many benefits such as stimulating the production of endorphins, while simultaneously reducing the amount of stress hormones in your body, which means it helps to improve your mood significantly.

We are reminded in Corinthians that our body is a temple: "What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own. For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's (1 Corinthians 6:19-20, KJV). By starting small and making conscious daily choices to preserve our health, we can help to keep our body as a temple.

Adam McKerrow.

ANNOUNCEMENTS

WELCOME: We are delighted to welcome you to Dundee Seventh-day Adventist Church; especially if this is your first visit. May our time together be blessed! We extend a warm invitation to all to join us for a bring-and-share meal immediately after the service.

MIDWEEK PRAYER: Every Wednesday from 6:00 pm at Church. You are welcome to the Testimony and Prayer Sessions, invite friends and families.

LANDMARKS OF PROPHECY: every Thursday from 18:15 pm in the church. Come, listen and discuss these fascinating DVDs presented by Doug Batchelor.

NEXT SABBATH AFTERNOON: Afternoon program will be A communication course, led by Pr. J. Botha.

TITHE, OFFERINGS & OTHER PAYMENTS: Sort Code: 83-25-25, Account No: 00172727 and email n.robertson@onetel.net.

CHILDREN SAFETY/CARE: In Dundee, our intention is for everyone to enjoy their worship experience. We therefore request that all parents should always know where their children are; and are responsible for their children's whereabouts on church premises. Thank you for understanding.

EXERCISE SESSION: 2 June 2019.

HEALTH EXPO: 30 June & 1 July starting 10:00am Argyle Street Glasgow. All welcome to attend.

TODDLERS: Can you help set up the tables and toys for the Toddler Group for the next 3 weeks? This would be after 8 pm on a Monday evening or before 9:30 am on a Tuesday morning. Please see Jane Walton if you are able to help – Thank You.

SCOTTISH WOMEN'S RETREAT: 19-21 July at the Jean Muir Student Village, Tweed Road, Galashiels, TD1 3JZ. See Daisy for more.

BULLETIN ITEMS: Forward to: Immoyo@hotmail.com or WhatsApp 07951034434

Forthcoming Preachers

25/05 – Eldr. Johnny Addai-Peprah
01/06 – Pr. J. Botha
08/06 – D. Kanyongo

Forthcoming Events

25/05 - World Prayer for Children
01/06 – Reach the World
08/06 - Women Emphasis Day



BULLETIN FOR 25TH MAY 2019



Guided by God's sufficient **grace**
Relying on God's free gift of **grace**
Acclaiming God's abundant **grace**
Calling all to live by God's merciful **grace**
Enlightened by the sure word of God's **grace**

SUNSET TIMES

Friday 24 May - 21:34
Sabbath 25 May - 21:35
Friday 31 May - 21:45
Sabbath 01 Jun - 21:46

Church Address:

Rennell Road, Dundee,
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