

* * * SERVICES FOR SABBATH 13th SEPTEMBER 2014 * * *

“Meet Your God” - Prayer Session 9:30 -10:00 - with Johnny Addai-Peprah

BIBLE STUDY HOUR: 10:00 am

The theme for this quarter is: **The Teachings of Jesus**

Welcome & Introduction	Sandra Nel
Opening Hymn	390 “We Love Thy Sabbath Lord”
Prayer	Sandra Nel
Lesson Study	Pr. Neil Robertson
Mission Story & Offering	Arthur Gall
Closing Hymn	218 “When He Cometh”
Closing Prayer	Sandra Nel

DIVINE SERVICE: 11:15 am

Welcome and Announcements	
Opening Hymn	499 “What a Friend We Have in Jesus”
Prayer	
Scripture Reading	Luke 18:1-8
Tithes and Offerings	
Children’s Story	
Hymn of Meditation	478 “Sweet Hour of Prayer”
Sermon	“Pray and Not Give Up” Brenya Obeng
Closing Hymn	485 “I Must Tell Jesus”
Benediction	Brenya Obeng

AFTERNOON PROGRAMME

Mervyn Owosu-Ayim 2:00 pm

Messy Church 3:45 to 6:00 pm

Minister:

Pr. J. Marcel Ghioalda: 01738 850 399
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 Email: em4ilm@gmail.com
 Web: www.sdascotland.com

Sunset Times:

Sabbath 13th September – 19:36pm
 Friday 19th September – 19:19 pm

Church Address:

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Elders:

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* * * THOUGHT FOR THE WEEK * * *

Our Society seems to be getting angrier and angrier. At the international level, wars, armed conflicts, raids and terrorist attacks seem daily occurrences. At the level of individuals, attack ads - whose messages are personal attacks against political candidates - have become practically the norm. We hear about road rage, about plane passengers so angry about seats being reclined they have to be restrained and the planes diverted, of the rudeness of customers and customer service agents, of toddler tantrums and, of course, the Web is awash with the vile, vitriolic rants of internet trolls.

Is it right to be angry about the injustices, inequalities, unfairness and atrocities we see and hear of in modern society? It is certainly good to deplore such abuses and work against them. However, it’s difficult to stop our righteous anger spiralling out of control. Righteous anger is probably best left to God. Angry people in the Bible are rarely good examples: Cain angry with Abel, Pharaoh angry with Moses, Saul angry with David, Herod angry with wise men, and so on. In Matthew 5: 22 Jesus said *“But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgement. And whoever says to his brother, ‘Raca!’ shall be in danger of the council. But whoever says, ‘You fool!’ shall be in danger of hell fire.”*

How can you tell if your anger is getting out of control? Physical clues are felt in your body. They include feeling warm, or sweating, or even feeling a rush of energy. Rapid breathing and an increased heart rate are also physical cues that you may be becoming angry. Behavioural clues include yelling, clenching your teeth or fists, slamming doors. Emotional clues are feelings of fear, worry, or jealousy. If you notice these signs remove yourself rapidly from the situation. It is good to manage anger because many health issues are linked to it such as high blood pressure, heart attack, depression, anxiety, colds, flu and problems with digestion.

Footballer David Beckham was sent off in a World Cup game for kicking Argentina’s Diego Simeone. Many supporters blamed Beckham for England’s exit and he was booed for months. Simeone admitted later that he had dived to ensure Beckham got a red card. Then Beckham faced Simeone again in a match between Manchester United and Inter Milan. At the final whistle Beckham approached Simeone, shook hands, embraced and swapped shirts. Beckham told reporters “I hope my gesture ends it all. There was a lot of hype – but it’s all in the past now.”

Here is some anger control advice:

- The next time a stranger makes you angry, smile at them.
- Stop, take a few deep breaths, count to 10 and regain your composure.
- Breathe slowly. This will calm you down effectively and help you think more clearly.
- Exercise can help with anger. Running, walking, swimming all help reduce stress.
- Make time to relax regularly, remember the Sabbath, and make sure you get enough sleep.
- Get creative. Writing, making music, painting can release tension and help reduce anger.
- Discuss your feelings with a friend to help get a different perspective on the situation.
- Resist the temptation to contribute to the viral spread of angry outbursts in social media.

Perhaps we can help make the world a better place, one polite act at a time.

In his sermon on the mount Jesus said: “Blessed are the meek; for they shall inherit the earth” and “Blessed are the peacemakers, for they shall be called sons of God.” Matthew 5: 5 & 9.

John Walton

* * * 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.

* **"Agape Feast"** every Sabbath! After general consensus, we have decided to continue with the summer menu for Sabbath combined lunch. We will have a variety of bread, spreads, fruit, nuts and salads, etc. Please plan to join us and all contributions are greatly appreciated!

* **Doors Open Day Tomorrow**, Sunday 14th September from 2:00 till 4:00 pm. The church will be open to the Dundee public that afternoon as part of a city wide event. You are invited to bring along your friends so you can show them our beautiful church where you worship each Sabbath.

* **Teens Bible Study – Wednesday 6.30pm** - Young people who would like to learn about the main pillars of our church are invited to join in a Bible Study on a Wednesday evening at the church. Please bring along your own Bibles.

* **ADRA Gift Boxes for West Africa.** The boxes have arrived for you to fill for the poor children in Togo. Each box costs £2 for shipping costs. Each box needs to be filled with school items (exercise books, pencil case, writing pencils, colouring pencils etc.) some new clothes (T-shirt, shorts/leggings, underwear, gym bag) and a toy. The boxes need to be all in by 27th Sept. Thank you for helping the needy. If you would like further details see Dr Bankole Davies-Browne or Jane Walton.

* **Media Training.** Sunday 21st September 10 am till 4 pm. A free training event with Jimmy Botha and Charles Lethbridge to help churches get the most out of their Audio Visual systems. Lunch will be provided. If you would like to attend please register at: www.adventistmediascotland.org.

* **The Scottish Mission Camp Meeting** will be held in October this year. This is advanced information that the ABC (Stanborough Press) will be attending over the weekend of October 25, and will have a display of books and foods. If you wish to pre-order any foods, to ensure there is sufficient for everyone, we invite you to place your orders by the end of September. It will be cash with order, and then you will be assured of receiving everything you need. Food price lists, order forms will be available.

* **Toddler Group:** we invite any church members to come along to our Toddler Group on a Tuesday morning at 10:00 – 12:00. Volunteers are urgently needed to help befriend parents and carers or help in the kitchen, your help will be appreciated.

* **Online Bulletins** at: www.adventistdundee.com. Email announcements and items for the Bulletin to: John Walton on or before Wednesday (Email: jcw@st-and.ac.uk).

Forthcoming Preachers:

20th Sept – Pastor Marcel Ghioalda
27th Sept – Dr Alden Thompson
4th Oct – Pastor Marcel Ghioalda
11th Oct – International Day

Forthcoming Events:

13th Sept – Messy Church
14th Sept – Doors Open Day
21st Sept – Media Training
27th Sept – Dr Alden Thompson
4th Oct – Communion
11th Oct – International Day
24-26th Oct - SM Camp Meeting, Gartmore House



BULLETIN FOR 13th SEPTEMBER 2014



We extend a warm welcome to you and hope you enjoy worshipping with us today!

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