

Welcome to our Church! We are so delighted that you have chosen to worship with us today. We hope that you will be blessed, refreshed, and revived by your ***FIRST Experience.*** Have a wonderful Sabbath!

SABBATH SCHOOL EXPERIENCE

9:15 A.M.

Theme: The "Change" Of The Law

Coordinator: Elder Adrian Alvaranga

Praise and Worship Chorister
 Opening Remarks..... Elder Adrian Alvaranga
 Opening Hymn....#416 -The Judgment Has Set.... Deacon Andre Ennis
 Scripture Reading.....Daniel 7: 23-27..... Bro. Conrad Hardie
 Prayer..... Deacon Andre Ennis
 Mission Emphasis....."Making Connection"Deacon Andrew Hardie
 Lesson Study..... Teachers
 Welcome..... Bro. Ryan Hardie
 Special Music.....Deacon Luis Blanco
 Closing Remarks Elder Adrian Alvaranga

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10: 40 - 10: 50 AM PERSONAL MINISTRIES

IT'S THE SPRING TIME



Lyme disease is currently contracted by an estimated 300,000 Americans per year. As of now, there is no cure for the debilitating condition that causes chronic fatigue and other flu-like symptoms. The best way to prevent being infected is to be educated about precautions, warning signs, and how to remove a deer tick if found.

We've compiled a list of everything you need to know about Lyme disease, and how to prevent it. These critical, pertinent Lyme disease facts will help you stay informed and, most importantly, healthy.

A person can only contract Lyme disease if bitten by a black-legged tick. The disease is contracted from the bacteria *Borrelia burgdorferi*, which is carried by the tick. Because the disease is bacterial, it is not contagious from person to person.

CELEBRATIONS (MAY 13 – MAY 19, 2018)

BIRTHDAYS:

- ❖ **May 13** – Kirk Jackson
- ❖ **May 14** - Michelle Davis, Avery-Ann Larmond
- ❖ **May 16** – Rebecca James, Veronica Dyer

WEDDING ANNIVERSARIES:

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STEWARDSHIP CORNER

Monthly Budget: \$23,308.33

The Obstacle In Our Path (Opportunity)

In ancient times, a King had a boulder placed on a roadway. He then hid himself and watched to see if anyone would move the boulder out of the way. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many people loudly blamed the King for not keeping the roads clear, but none of them did anything about getting the stone out of the way.



A peasant then came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to push the stone out of the road. After much pushing and straining, he finally succeeded. After the peasant went back to pick up his vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King explaining that the gold was for the person who removed the boulder from the roadway.

Moral of the story: Every obstacle we come across in life gives us an opportunity to improve our circumstances, and whilst the lazy complain, the others are creating opportunities through their kind hearts, generosity and willingness to get things done. After the peasant went back to pick up his vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King explaining that the gold was for the person who removed the boulder from the roadway. Moral of the story: Every obstacle we come across in life gives us an opportunity to improve our circumstances, and whilst the lazy complain, the others are creating opportunities through their kind hearts, generosity and willingness to get things done. (wealthygorilla.com)

The Family Life Ministry weekly prayers for our families. This Week we are Praying for all our Mothers.

ANNOUNCEMENTS

- ❖ **Today:**
- ✓ **Clerk on Duty:** Sis. Felicia Ennis
- ✓ **3:00 pm** – Children’s Choir Rehearsal
- ✓ **4:00 pm** – Sanctuary Choir Rehearsal
- ✓ **5:00 pm** – AYM
- ✓ ++++++
- **Children’s Ministry** Bible Bowl/Prayer Line: Friday nights 8:30 – 9:00pm (712-775-7031; Access Code 366-152#).
- **Bible Bowl practice:** Sabbath afternoons 3:00 – 4:00pm.
- **Children’s Ministry Meetings:** 3rd Sabbaths over lunch.
- **Youth Bible Study:** Friday 5/11/18 at 7pm
- **Food Distribution-** Tuesdays and Thursdays 11:00 am –2:00 pm.
- **Community Health Initiative:** Every Tuesday starting @ 6:30 pm.
- **Prayer Meeting** Wednesdays 7:30–8:30 pm. All are invited.
- **Women’s Ministries:**
- **Prayer Hour:** Wednesday at 6:00 a.m. Dial 641-715-3286 Pin: 547474#
- Women's discussion of the book Patriarchs and Prophets every Tuesday night at 8:00 pm
- **Bible Study:** 3rd and 4th Thursdays @ 6:pm Elder Howson
- **June 23** – Holy Communion

The Right Place (www.livin3.com)

A mother and a baby camel were lying around under a tree. Then the baby camel asked, “Why do camels have humps?” The mother camel considered this and said, “We are desert animals so we have the humps to store water so we can survive with very little water.” The baby camel thought for a moment then said, “Ok...why are our legs long and our feet rounded?” The mama replied, “They are meant for walking in the desert.” The baby paused. After a beat, the camel asked, “Why are our eyelashes long? Sometimes they get in my way.” The mama responded, “Those long thick eyelashes protect your eyes from the desert sand when it blows in the wind.” The baby thought and thought. Then he said, “I see. So the hump is to store water when we are in the desert, the legs are for walking through the desert and these eye lashes protect my eyes from the desert then why in the Zoo?” **The Lesson:** Skills and abilities are only useful if you are in the right place at the right time. Otherwise they go to waste.

DIVINE SERVICE 10:55 A.M. WE UNITE TO WORSHIP

Announcements**Sis. Felicia Ennis
Prelude*Praise Team

“Alleluia, Alleluia”

Call to Worship..... Deaconess Trudell Peart
Invocation* Pastor Leo Kyran John
Response*Congregation

“Alpha and Omega”

Welcome**Sis. Monique Daniels
Pastoral Remarks** Pastor Leo Kyran John

Greetings/Birthdays/Anniversaries

WE PARTICIPATE IN HIS SERVICE

Hymn of Praise..... Elder Kirk McDonald
#109 – Marvelous Grace”

Scripture Reading* Sis Casey St. Val
Ephesians 6:1-3

Praise & Worship.....Praise Team
Intercessory Prayer†..... Sis Kerrian Hardie

WE RETURN HIS OWN

Special Music.....First SDA Men’s Choral
Tithes & Offerings Elder Kirk McDonald
Gifts of Love** Elder Kirk McDonald

WE EXPLORE HIS WORD

Children’s Chapel..... Sis. Georgia Alvaranga
Song of Meditation Bro. Harry Pierre-Louis & Elder Audley Jackson
Sermon..... Pastor Leo Kyran John

TOPIC: The Honorable Mother!

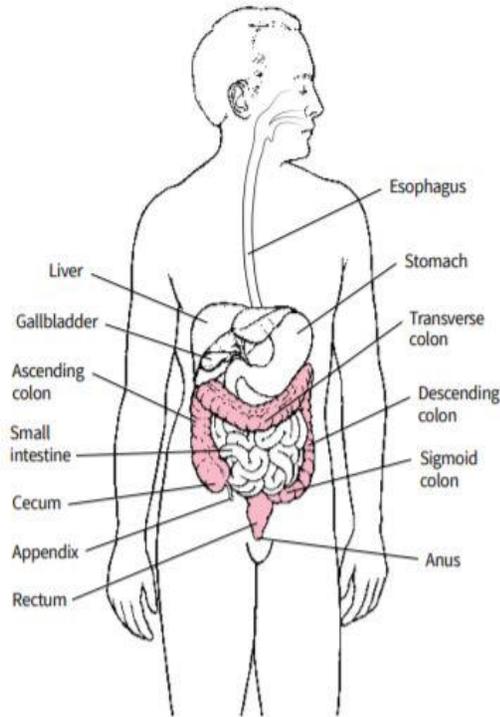
WE DEPART TO SERVE

Closing Hymn* Sis Tamra Boxhill
#231 “I gave My Life For Thee”

Benediction*..... Sis Tamra Boxhill
Postlude.....”Praise God From Whom All Blessings Flow” Praise Team

* Please stand, if possible ** You may enter/ exit the Sanctuary † Please kneel, if possible

Colorectal Cancer Basic Facts (ACS)



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Cancer is a disease characterized by the unchecked division and survival of abnormal cells. When this type of abnormal growth occurs in the colon or rectum, it is called colorectal cancer (CRC). The colon and rectum (colorectum), which combined are referred to as the large intestine, are the final part of the gastrointestinal (GI) system, which processes food for energy and rids the body of solid waste (fecal matter or stool) (Figure 1). After food is

chewed and swallowed, it travels through the esophagus to the stomach. There it is partially broken down and sent to the small intestine, where digestion continues and most of the nutrients are absorbed. The small intestine joins the large intestine in the lower right abdomen. The small and large intestine are sometimes called the small and large bowel, which is why CRC is sometimes referred to as bowel cancer. The first part of the large intestine is the colon, a muscular tube about 1.5 meters (5 feet) long and 5 centimeters (2 inches) in diameter. The colon has 4 sections:

- The ascending colon begins with the cecum (a pouch where undigested food is received from the small intestine) and extends upward on the right side of the abdomen
- The transverse colon is so-called because it crosses the body from the right to the left side. The ascending and transverse colon are collectively referred to as the proximal colon.
- The descending colon descends on the left side.

- The sigmoid colon, which is named for its “S” shape, is the final portion of the colon and joins the rectum. The descending and sigmoid colon are collectively referred to as the distal colon
- Water** and nutrients are absorbed from food matter as it travels through the colon. Waste from this process passes from the sigmoid colon into the rectum – the final 15 centimeters (6 inches) of the large intestine – and is then expelled through the anus. Despite their anatomic proximity, cancers in the anus are classified separately from those in the colorectum because they originate from different cell types, and thus have different characteristics. Within the colorectum, there are also distinct differences in biology based on anatomic location, which are reflected in the tumors that develop.¹ For example, tumors in the proximal colon are much more common in older than in younger patients and in women than in men; these patients have lower survival rates than patients with tumors in the distal colon or rectum.

Next week: How does colorectal cancer start?

Is It "Natural" to Eat Dairy?

One common argument against dairy products is that it is "unnatural" to consume them. This makes sense... humans are the only species that consumes milk in adulthood and certainly the only species that consumes the milk from another animal. Of course, the biological purpose of cow's milk is to feed a rapidly growing calf. Humans aren't calves... and adults usually don't need to grow. Before the agricultural revolution, humans only drank mother's milk as infants. They didn't consume dairy as adults.

That being said, people in some areas of the world have been eating dairy for thousands of years and there are many studies that document how the genes have changed to accommodate dairy products in the diet. The fact that some of us are genetically adapted to eating dairy is a pretty convincing argument for it being "natural" for us to consume it.

About 3/4 of the World Is Intolerant to Lactose

The main carbohydrate in dairy is lactose, a "milk sugar" that is made of the two simple sugars glucose and galactose. When we're infants, our bodies produce a digestive enzyme called lactase, which breaks down lactose from mother's milk. But many people lose the ability to do that in adulthood. In fact, **about 75%** of the world's population is unable to break down lactose as adults, a phenomenon called lactose intolerance. Lactose intolerance is rare in North America, Europe and Australia, but very common in Africa, Asia and South America. People who are lactose intolerant have digestive symptoms when they consume dairy products. This includes nausea, vomiting, diarrhea and related symptoms.