

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: America And Babylon

Coordinator:

- Praise and Worship Chorister
- Opening Remarks.....
- Opening Hymn.....Congregation
- Scripture Reading.....
- Prayer.....
- Mission Emphasis.....
- Lesson Study..... Teachers
- Welcome.....
- Special Music.....
- Closing Remarks

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10: 40 - 10: 50 AM PERSONAL MINISTRIES

Survivor of near-fatal tick bite has a lesson for summer



On the eve of Memorial Day weekend, Jennifer Slone wants you to know that bug bites are more than just itchy. They can be deadly. And they're pretty easy to avoid. For two weeks last summer, Slone, a librarian from Waverly, Ohio, languished in the hospital as doctors struggled to get her fever down from over 104 degrees. She developed meningitis. Her liver was suffering. She became septic, an infection raging through her bloodstream. She needed three blood transfusions.

Slone had [ehrlichiosis](#), a bacterial infection from a tick bite. Slone did survive and, after 11 days in the hospital, much of which she doesn't remember, was able to go home.

CELEBRATIONS (JUNE 10 - JUNE 15, 2018)

BIRTHDAYS:

- ❖ **Jun 12** – Kerry-Ann Hardie, Kiera Michel
- ❖ **Jun 13** – Jhonelle Bernard, Leah Binns, Lisa Dantes
- ❖ **Jun 14** – Joseph Hunter

WEDDING ANNIVERSARIES: NONE ON RECORD

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STEWARDSHIP CORNER

Monthly Budget: \$23,308.33

The Obstacle In Our Path (Being Tight)

A Dish of Ice Cream



In the days when an ice cream sundae cost much less, a 10 year old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him. "How much is an ice cream sundae?" "50 cents," replied the waitress.

The little boy pulled his hand out of his pocket and studied a number of coins in it. "How much is a dish of plain ice cream?" he inquired. Some people were now waiting for a table and the waitress was a bit impatient. "35 cents," she said brusquely. The little boy again counted the coins. "I'll have the plain ice cream," he said. The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and departed. When the waitress came back, she began wiping down the table and then swallowed hard at what she saw. There, placed neatly beside the empty dish, were 15 cents – her tip.

The Family Life Ministry weekly prayers: Bro Audley Jackson and family.

ANNOUNCEMENTS

- ❖ **Today:**
- ✓ **Clerk on Duty:** Felicia Ennis
- ✓ **4:00 pm** – Sanctuary Choir Rehearsal
- ✓ **5:00 pm** – AYM Topic **“God's Pharmacy”**
- ✓ ++++++
- **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.
- **Bible Bowl Payoffs & Championship:** June 8-9 @Stamford Marriott
- **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
- **June 23 – Holy Communion**
- **July 14th** – Youth Sabbath and it will be a Sabbath of Praise & Worship

A Very Special Bank Account

Imagine you had a bank account that deposited \$86,400 each morning. The account carries over no balance from day to day, allows you to keep no cash balance, and every evening cancels whatever part of the amount you had failed to use during the day. What would you do? Draw out every dollar each day! We all have such a bank. Its name is Time. Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever time you have failed to use wisely. It carries over no balance from day to day. It allows no overdraft so you can't borrow against yourself or use more time than you have. Each day, the account starts fresh. Each night, it destroys an unused time. If you fail to use the day's deposits, it's your loss and you can't appeal to get it back. There is never any borrowing time. You can't take a loan out on your time or against someone else's. The time you have is the time you have and that is that. Time management is yours to decide how you spend the time, just as with money you decide how you spend the money. It is never the case of us not having enough time to do things, but the case of whether we want to do them and where they fall in our priorities.

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

Announcements** Felicia Ennis
 Prelude* Praise Team

“Praise Him, Praise Him”

Call to Worship..... Elder Kirk McDonald
 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
 # 343 – *“I will Sing of My Redeemer”*

Scripture Reading* Elder Adrian Alvaranga

Praise & Worship..... Praise Team
 Intercessory Prayer† Elder Lanslott Peart

WE RETURN HIS OWN

Special Music..... Bro. Devon Johnson
 Tithes & Offerings Elder Yohance Perry
 Gifts of Love** Elder Yohance Perry

WE EXPLORE HIS WORD

Children's Chapel..... Dr. Enyioma Nwankpa-Ejiogu & Children
 Song of Meditation Bro. Devon Johnson
Sermon..... Pastor Leo Kyran John

Topic: Self Awareness And The Capacity Challenge

WE DEPART TO SERVE

Closing Hymn* Elder Dalbert Watson
 #311 *“I would Be Like Jesus”*

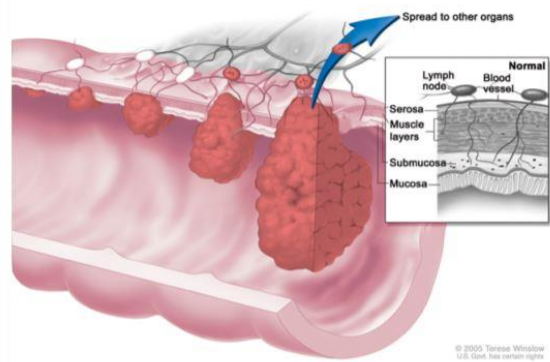
Benediction* Elder Dalbert Watson
 Postlude..... *“Praise God From Whom All Blessings Flow”* Praise Team

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

Colorectal Cancer Basic Facts (ACS)

Race and Ethnicity

Race/ethnicity CRC incidence and mortality rates are highest in nonHispanic blacks (NHBs) and lowest in Asians/Pacific Islanders (APIs). During 2009-2013, CRC incidence rates in blacks were about 20% higher than those in non-Hispanic whites (NHWs) and 50% higher than those in APIs. The disparity for mortality is twice that for incidence; CRC death



rates in blacks are 40% higher than in NHWs and double those in APIs. Reasons for racial/ethnic disparities in CRC are complex, but largely reflect differences in socioeconomic status. According to the US Census Bureau, 24% of blacks lived in poverty in 2015, compared to 11% of Asians and 9% of NHWs.²¹ People with the least education (used in studies to estimate socioeconomic status) are 40% more likely to be diagnosed with CRC than those with the most education.²² Close to half (44%) of the socioeconomic disparity is attributed to differences in the prevalence of behavioral factors associated with CRC (e.g., smoking, obesity) A similar proportion (42%) of the racial disparity in incidence is estimated to be due to differences in CRC screening, which combined with lower stage-specific survival accounts for about half of the racial disparity in CRC mortality. It is important to recognize that the broad racial and ethnic groups to which cancer statistics are generally limited represent very heterogeneous populations, within which the CRC burden varies greatly. For example, although CRC incidence in API men overall is 18% lower than in NHW men, rates in Japanese and Hawaiian men are slightly higher than those in NHWs. Even more striking is the burden in Alaska Natives, who have the highest CRC incidence (91 per 100,000) and mortality (37 per 100,000) rates in the United States, about 80% higher than those in blacks (49 and 21, respectively) and more than double those in NHWs (40 and 15, respectively) CRC has been the most commonly diagnosed cancer in Alaska Natives since the early 1970s for reasons that are uncertain, but may include a higher prevalence of CRC risk factors, such as a diet high in animal fat and low

in fruits and vegetables, vitamin D deficiency, smoking, obesity, and diabetes. In addition, Alaska Natives, particularly rural residents, have a high prevalence of *Helicobacter pylori*, a bacterium associated with inflammation and cancer of the stomach, but that may also be associated with CRC risk.

Long-term cancer incidence data in the US are available only for whites and blacks. CRC incidence was similar in whites and blacks until the mid-1980s, when rates began declining in whites while remaining stable in blacks, creating a racial gap that increased until the mid-2000s, but has since remained fairly stable. The divergence likely reflects a combination of earlier and more rapid access to and utilization of CRC screening tests among whites, as well as differences in the prevalence of CRC risk factors.

Health and Nutrition Benefits of Pineapple

(Ananas comosus) is an incredibly delicious and healthy tropical fruit. It's believed to have originated in South America, where early European explorers named it after its resemblance to a pinecone. This popular fruit is packed with nutrients, antioxidants and other helpful compounds, such as enzymes that can fight inflammation and disease. Pineapple and its compounds have been linked to many health benefits, including aiding digestion, boosting immunity and speeding up recovery from surgery, among others. **Pineapples are low in calories but have an incredibly impressive nutrient profile.**

One cup (5.8 ounces or 165 grams) of pineapple chunks contains the following (2):

- **Calories:** 82.5
- **Fat:** 1.7 grams
- **Protein:** 1 gram
- **Carbs:** 21.6 grams
- **Fiber:** 2.3 grams
- **Vitamin C:** 131% of the RDI
- **Manganese:** 76% of the RDI
- **Vitamin B6:** 9% of the RDI
- **Copper:** 9% of the RDI
- **Thiamin:** 9% of the RDI
- **Folate:** 7% of the RDI
- **Potassium:** 5% of the RDI
- **Magnesium:** 5% of the RDI
- **Niacin:** 4% of the RDI
- **Pantothenic acid:** 4% of the RDI
- **Riboflavin:** 3% of the RDI
- **Iron:** 3% of the RDI (healthline.com)

