



**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 Ministry of Peter**

**Coordinator: Class # 5**

Praise and Worship.....Choristers  
 Superintendent’s Remarks .....Sis. Judith Johnson  
 Opening Hymn.....**083 -“ O Worship The King”**.....Sis Marva Leveridge  
 Scripture Reading.....**Acts 9 vs: 32-35**..... Bro. Neville Williams  
 Prayer ..... Sis. Faith Buchanan  
 Mission Emphasis .....Sis. Judith Johnson  
 Lesson Study..... Classes  
 Welcome ..... Sis. Phyllis McKenzie  
 Special Music ..... **Hymn 192 “O Shepherd Divine”** .....Congregation  
 Closing Remarks..... Sis. Judith Johnson

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**10: 40 - 10: 50 AM PERSONAL MINISTRIES**

**The Cold or Flu**

When you’re down and out with a winter bug, reach for hot soup with ginger, garlic, tofu or seitan, watercress, and carrots. Hot liquids help clear clogged up nasal passages, and ginger and garlic may aid in the immune system and ease an upset stomach. Fluids are important for the immune system to do its work, as are protein in the tofu or seitan and vitamin A in the carrots. In fact, research shows that carnosine (beta-alanine), a compound found in this soup, helps the



body’s immune system fight off the early stages of flu. The other bonus about soup—and we are talking fresh soup, not that stuff from a can—is that you can just drop all of your ingredients in the slow cooker, go back to bed, and when you wake up, your meals for the next three to 5 days are ready to go.

**CELEBRATIONS (JULY 29 - AUG 04, 2018)**

**BIRTHDAYS:**

- ❖ **Jul 30** – Camille Clarke
- ❖ **Jul 31** – Alyssa Harris
- ❖ **Aug 01**- David Haughton
- ❖ **Aug 02**- Kayla Thomas
- ❖ **Aug 03** – Maryam Hunter

**WEDDING ANNIVERSARIES:**

- ❖ **Jul 28** – Bertram & Pamela Reid
- ❖ **Aug 04** – Adrian & Georgia Alvaranga

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**STEWARDSHIP CORNER**

Monthly Budget: \$23,308.33

**The Obstacle In Our Path (Being Tight)**

**When I was in my 20s**, I moved to another city to take a new job. After I was told my salary, I sat down and wrote up a budget. First, I decided I would give 10% of my gross income to the LORD. I then discovered I could only afford \$100 a month for rent and \$55 a month for groceries. That wasn’t much money, but I prayed and asked God to lead me. That same day, someone invited me to their house for dinner. It was a large home where 6 single Christian guys lived. After dinner, they invited me to move in with them. I told them I couldn’t afford it. They then told me the rent was \$100 a month and the shared grocery bill was \$55 a month. I was blown away. I had decided to honor the LORD with 10% of my new salary and then God gave me a great place to live for exactly what I could afford. You, too, can learn to honor God and see Him provide.

**Want to live longer? Start with these six healthy habits**

“According to a recent study from the Harvard School of Public Health, five fairly simple healthy habits can extend a woman’s life by 14 years and a man’s by 12: eating a healthy diet, exercising regularly, maintaining a healthy body weight, consuming alcohol in moderation (don’t Recommend alcohol) and never smoking. And I would add one that scientists are paying more attention to lately: a strong social network.”

Pray with one another and talk regularly with each other

## ANNOUNCEMENTS

### ❖ Today:

- ✓ **Clerk on Duty:** Sis. Felicia Ennis
- ✓ **5:00 AYM-** Revival continues

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- **Potluck** meal service has begun, everyone is encouraged to bring a dish to share. Regular Sabbath luncheon will resume on Sabbath, September 08, 2018 – Hospitality Ministry.
- **Children's Ministry** Bible Bowl/Prayer Line: Friday nights 8:30 – 9:00pm (712-775-7031; Access Code 366-152#).
- **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.
- **Aug. 18<sup>th</sup>.** Music Day -Theme: A Taste of Heaven. Sabbath School 9:15am, Divine Service 11am and AYM 5pm. Guest Speaker: Pastor Donald Rolle
- **Sept. 28 – 30<sup>th</sup>:** Sugar Buns with Family Life presents...**"Sugar and Spice & Everything Nice"** Marriage Retreat at the Double Tree by Hilton Hotel in Nanuet N.Y. Hosted by Dr. Ainsworth Joseph: \$625.00 per couple - \$200.00 deposit to secure your spot due by Aug. 15<sup>th</sup>. Couple can renew their vows and also Refresh & Reset your marriage. Please see Sis & Bro. Boxhill or Sis. Felecia & Andrea Ennis for more information.
- **Women's Ministries:**
- **Prayer Hour:** Wednesday at 6:00 a.m. Dial 641-715-3286 Pin: 547474#
  - 2: Prayer Brunch: Sunday August 13th at 11:00 a.m. All College students are especially invited.
  3. Reading Ministry, first teleconference on Tuesday August 15 at 8:00 pm. Call in number to be announced soon. All participants are expected to have read Patriarchs and Prophets, chapter 1.
  4. Women's Ministries, day of kindness, Sunday August 20th.

## DIVINE SERVICE

11:00 A.M.

### WE UNITE TO WORSHIP

Announcements.....Sis Felicia Ennis  
Prelude\* ..... Congregation  
*"Praise Him, Praise Him"*  
Call to Worship\*..... Elder Adrian Alvaranga  
Invocation\*.....Pastor Terry John  
Response\* .....Congregation  
*"Alpha and Omega"*  
Welcome & Promotion\*\* ..... Elder Dalton Watson  
Pastoral Remarks\*\* .....Pastor Kyran John

### WE PARTICIPATE IN HIS SERVICE

Hymn of Praise\* ..... Sis. Georgia Alvaranga  
**#254 "The Great Physician Now is Near"**  
Scripture Reading\*..... Pastor in his Sermon will Read  
Health Presentation.....Sis. Lucy Blanco  
Quiz.....Elder Yohance Perry  
Praise & Worship ..... Praise Team  
Intercessory Prayer† ..... Sis. Doreen Ernest

### WE RETURN HIS OWN

Tithes & Offering..... Deaconess Sonya Ennis  
Gifts of Love\*\*.....Deaconess Sonya Ennis

### WE EXPLORE HIS WORD

Children's Chapel..... Deaconess Beryl Boxhill  
Introduction of Speaker.....Elder Adrian Alvaranga  
Song of Meditation.....Sis Linda Porter  
**Sermon+Team Song + Appeal Song ..... Pastor Terry John**  
**Team Song = "Create in me a Clean Heart" -Donnie McClurkin**  
**Appeal Song – "He's Calling You" – Pastor & Praise Team**

### WE DEPART TO SERVE

Closing Prayer\*..... Pastor Terry John  
Musical Outro..... "Soon and very Soon" .....

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

## Numerous studies have linked a high intake of red meat or processed meats to colon cancer.

Health expert, Karen Owoc, explained to KRON 4's Marty Gonzalez why eating animal protein and fat are to blame.

Bile is a fluid made and released by the liver and stored in the gallbladder until it is needed. It assists with digestion by breaking down fats. Bile acids stimulate the growth of bacteria, which convert the primary bile acids into secondary bile acids.

Bile acids, particularly secondary bile acids, have long been suspected as being cancer-causing. Eating more fat means more fat and bile acids in the colon.

A high intake of saturated fat is associated with high levels of bile, which is usually evident in colon cancer patients.

High saturated fats + high levels of bile are factors that produce colorectal cancer tumors.

Meat Sources High in Saturated Fat

\* Meat – e.g., fatty cuts of beef, pork, lamb

\* Processed / deli meats – salami, sausages, chicken skin

It has long been known that people who follow a plant-based diet have less bile in their stools, so their capacity to form carcinogens in the colon is low. They produce about 70% less of the secondary bile acids linked to cancer compared to meat-eaters.

**After just ONE WEEK** on a plant-based diet, the growth of toxic and carcinogenic bacteria was reduced by 50%.

Reduce Colon Cancer Risk Factors

\* Eliminate red meat or limit to 3 oz. per week or less

\* Stop smoking

\* Reduce alcohol consumption

\* Maintain normal weight

The Takeaway: Less fat is better. Limit animal fat and reduce/eliminate baked goods and whole milk dairy products, e.g., butter, cheese, and ice cream. **SAN FRANCISCO (KRON) KRON4 Staff**

## Early Warning Signs May Mean You're Developing Liver Disease

If you were once sharp as a nail and now feel more confused or can't remember much, liver disease could be the cause. While you might associate confusion or forgetfulness with dementia, something known as **liver encephalopathy** may be responsible. This happens when the liver stops filtering blood normally, allowing toxins to build up in your

system and travel to the brain. These toxins can cause mood changes, forgetfulness, and confusion...

When your liver isn't working properly, you tend to [retain fluids](#).



Specifically, your feet and ankles will likely swell. This is because the liver can't regulate circulatory processes properly when it's struggling, so fluid builds up in the lower parts of your body (since this is where fluid would naturally build due to gravity). If you notice swelling in the lower limbs, talk to your doctor

right away..

## Seventh-day Adventist Education and Institutions

Seventh-day Adventists have had a long interest in education. The Adventist church runs one of the largest education systems in the world. They operate some 5,700 pre-schools, primary and secondary schools, as well as colleges, universities, seminaries and medical schools in about 145 countries worldwide. This education system involves some 66,000 teachers and 1,257,000 students. The Adventist educational program is comprehensive encompassing "mental, physical, social, and spiritual health" with "intellectual growth and service to humanity" its goal. The Youth Department of the Seventh-day Adventist church runs an organization for 10-16 year old boys and girls called Pathfinders. For younger children, Adventurer, Eager Beaver, and Little Lambs clubs are available that feed into the Pathfinder program. Pathfinders is similar to the Boy Scouts of America (BSA), except that membership is open to both boys and girls.

The Seventh-day Adventist Church has been active for over 100 years advocating for freedom of religion. In 1893 its leaders founded the International Religious Liberty Association (IRLA). They also have been formally active in humanitarian aid for over 60 years (ADRA).

**REFORM: AUGUST 10TH - 12TH WEEKEND**  
REVIVAL, SPEAKER - PASTOR TERRY JOHN  
- VICE PRESIDENT OF SOUTHERN  
CARIBBEAN UNIVERSITY & SENIOR  
PASTOR OF SOUTHERN CARIBBEAN  
UNIVERSITY CHURCH