

THE CHURCH AT STUDY

9:30 a.m. — 10:30 a.m.

Today Is World Sabbath

Please see your special WS Insert
For today's program

There will be no adult classes today -
they will resume next week

THE CHURCH AT WORSHIP

10:50 a.m. — 12:15 p.m.

Prelude	479 "Tread Softly"	Piano/Organ
Welcome/Announcements		Pastor Kazar Ackerman Laurent Jauwena
Worship in Music Violin Solo	"All Things Bright and Beautiful" "Cavatina" (By <i>Joachim Raff</i>)	93 Zlata Grekov
Invocation		Pastor Justin Singh
Opening Hymn	"To God Be the Glory"	341
Pastoral Prayer		Jim Ashley
Church Offering	Local Church Budget	Hanny Jauwena
Offertory	"Meditation from Thais" (By <i>Jules Massenet</i>)	Zlata Grekov
Children's Story	"Kondima's Gratitude"	Lois Neumann
Scripture	Psalm 139:13-16, 6	Noah McCall
Special Music	"Concerto in E" (By <i>Felix Mendelssohn</i>)	Zlata Grekov
Message	"What Is the Adventist Health Message?" Part—2	Pastor Justin Singh
Closing Hymn	"Jesus Calls Us"	285
Benediction		Pastor Justin Singh

Organist: Lois Neumann; **Pianist:** Laurent Jauwena

Chorister: Noah McCall

(Please turn your cell phone off during worship)



Dear Church Family:

“I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well.” Psalm 139:14 (NKJV)

The human body is a dynamic field of energy. It is a miracle that every part of the body is able to initiate healing when any part is damaged. Consider the following facts scientific research has

shown:

- 98% of the atoms in your anatomy were not there a year ago.
- Your **bones** are re-created **brand new every three months**. This means that while the configuration of the bone cells remains constant, the billions of atoms that comprise the bones and pass freely back and forth through the cell walls are constantly undergoing change and replacement.
- New atoms in your **liver cells** create a **new liver every six weeks**.
- You get a **new skin every month**.
- Even though the **brain cells** do not regenerate when they die—specific atoms of carbon, hydrogen, nitrogen, and oxygen are totally different today from what they were **one year ago**.
- Your **stomach lining** is renewed **every four days**, and the surface cells that actually come in contact with digesting food are renewed **every five minutes**.
- Basically, **your entire body** completely re-creates itself down to the last atom over a period of **four or five years**.

The Psalmist says: “Such knowledge is too wonderful for me, too great for me to understand!” Psalm 139:6 (New Living Translation)

The above facts are taken from the book, *Perfect Digestion-The Key to Balanced Living*, pages 2-3, by **Deepak Chopra, MD**.

Have a fabulous Sabbath!

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Ontario

Seventh-day Adventist Church

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