

# THE CHURCH AT STUDY

9:30 a.m. — 10:30 a.m.

Song Service	Chorister
Welcome and Opening Prayer	Craig Cole
Devotion	Craig Cole
Graduations	Bonnie Cole
Mission Emphasis	East-Central Africa
Closing Prayer	Bonnie Cole
Separate for Classes	

## Classes begin at 10:10 a.m. and end at 10:40

**Seekers of Truth:** Teachers—Craig Cole & Lewis Stout. Traditional study from the SS quarterly. Meets in the main sanctuary.

**Maranatha:** Teachers—Sean McDermott & Victoria Gurgel: Traditional study from the SS quarterly. Meets in the transept.

**Seiman, Indonesian Class:** Teachers—Hanny Jauwena and Wilson Sinambela. Meets in the main sanctuary.

**Iluminacion de la Biblia, Spanish Class:** Teacher—Naomi Flores. Meets in the mother's room, behind the transept.

**Pastor's Class:** Teacher—The Singhs. Round Table discussions of basic Christian beliefs and books of the Bible; meets in the multi-purpose office, northeast corner of the church, behind the sanctuary piano.

**Young Adults Class:** SS quarterly taught from a Young Adult perspective for ages 18 to 35. It meets in the Young Adult Classroom, south of the church front entrance in the classroom corridor at 9:45 a.m.

# THE CHURCH AT WORSHIP

10:50 a.m. — 12:15 p.m.

Prelude	479 "Tread Softly"	Piano/Organ
Welcome/Announcements		Pastor Singh
Worship in Music	"He Hideth My Soul" "Turn Your Eyes Upon Jesus"	520 290
Invocation		Pastor Singh
Opening Hymn	"My Maker and My King"	15
Pastoral Prayer		Bonnie Cole
Church Offering	<b>Multilingual &amp; Chaplaincy Ministries/World Budget</b>	Sean Mc Dermott
Children's Story		Cherrie Martin
Responsive Reading	"Temperance"	823
Special Music	"Just a Prayer"	Leti Regus
Message	"The Adventist Health Message?—Part 2	Pastor Singh
Closing Hymn	"Leaning on the Everlasting Arm"	469
Benediction		Pastor Singh

**Organist:** Lois Neumann; **Pianist:** Laurent Jauwena  
**Chorister:** Chatrine Kurniawan  
(Please turn your cell phone off during worship)



*From the Pastor's Desk*

**"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.

This message is a **REPEAT!** Have a fabulous Sabbath!

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# Ontario

## Seventh-day Adventist Church

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