

THE CHURCH AT STUDY

9:30 a.m. — 10:40 a.m.

Welcome	Lupe Ionescu	
<i>Remember the Sabbath</i>	Video Feature	
Special Music	Gregory Guillen	
Missionary Story	<i>Friday's Sabbath</i>	Video Feature
Devotional	Leszak Zapart	
Separate for Classes	Cesar Guillen	

Classes begin at 10:00 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 and Lita Kreidler-Meave. Meets in the mother's room, behind the transept.

Life Applications: Teacher—Koklian Lim. 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.

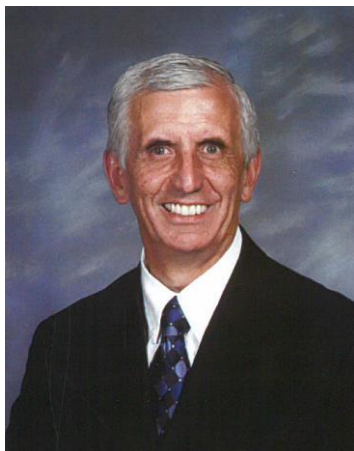
THE CHURCH AT WORSHIP

10:50 a.m. — 12:15 p.m.

Prelude	<i>479 Tread Softly</i>	Piano/Organ
Welcome/Announcements		Pastor Heinrich Strydom
Worship in Music	<i>Jesus Saves Redeemed!</i>	No. 340 No. 338
Invocation		Pastor Lewis Stout
Opening Hymn	<i>To God Be the Glory</i>	No. 341
Pastoral Prayer		Lewis Stout
Church Offering	Local Church Budget	Noah McCall
Children's Story		Pastor Kazar
Scripture	Hebrews 4: 2-9	Kazaria Ackerman
Special Music	<i>Amazing Grace</i>	The Hutauruk Sisters
Message	<i>Jesus and His Day</i>	Pastor Lewis Stout
Closing Hymn	<i>Lord of the Sabbath</i>	No. 393
Benediction		Pastor Hein Strydom

Organist: Lois Neumann; **Pianist:** Koklian Lim
Chorister: Grace Cabalo

(PLEASE TURN YOUR CELL PHONE OFF DURING WORSHIP)



SABBATH REST

A lecturer when explaining stress management to an audience, Raised a glass of water and asked; 'How heavy is this glass of water?' Answers called out ranged from 20g to 500g.

The lecturer replied, 'The absolute weight doesn't matter. It depends on how long you try to hold it.

If I hold it for a minute, that's not a

problem.

If I hold it for an hour, I'll have an ache in my right arm.

If I hold it for a day, you'll have to call an ambulance.

In each case, it's the same weight, but the longer I hold it, the heavier it becomes.'

He continued, And that's the way it is with stress.

If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, We won't be able to carry on.'

'As with the glass of water, you have to put it down for a while and rest before holding it again.

When we're refreshed, we can carry on with the burden.'

Whatever burdens you're carrying now, Let them down for a moment if you can.'

So, my friend, Put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while.

Jesus said: "Come unto Me, all you who labor and are heavy laden, and I will give you rest." (Matthew 11:28)

Enjoy this Sabbath day of rest and refreshment.

Ontario Seventh-day Adventist Church

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