

BETHANY SEVENTH-DAY ADVENTIST CHURCH

PRESENTS

THE *BLOOD* THAT NEVER
LOSES ITS **POWER**

**MARCH 18
2023**

Elder
Frederick
Wallace



9:30 AM **SABBATH SCHOOL**

11:00 AM **DIVINE HOUR**



K. D. Albury Ln., Westridge



Bethany Seventh-day Adventist Church



Bethany Seventh-day Adventist Church

ORDER OF SERVICE

SABBATH SCHOOL

Sabbath School Motto 2023
TO WIN, TO HOLD, TO TRAIN

Sabbath School Lesson: Managing Tough Times
Superintendent: Luana Ingraham

Opening Prayer.....Bro. Derrington Rahming

Song Service.....Sis. Marion Mangaroo

Welcome.....Sis. Alice Cherenfant

Opening Remarks.....Sis. Luana Ingraham

Scripture Reading.....Sis. Monique Forbes

Mission Story.....Sis. Anishka Rahming

Lesson Review.....Elder Okell Damastus

Closing Song.....Chorister

Closing Remarks.....Sis. Luana Ingraham

Please continue to follow all COVID-19 Protocols as we worship together

ORDER OF SERVICE

DIVINE WORSHIP

GLOBAL YOUTH AND CHAM DAY

Call to Worship.....	Sis. Emily Watkins
Introit.....	Praise Team
Invocation.....	Sis. Nahla Damastus
Welcome & Health Tip.....	Bro. Miguel Scavella
Announcements.....	Sis. Arthurnique Jones
Book of the Year Dedication.....	Elder Mark Allen
Musical Selection.....	Children's Group
Offertory.....	Sis. Sylvia Morley
Scripture Reading.....	<i>2 Timothy 2:3-4</i>Bro. Ian Kemp
Intercessory Prayer.....	Sis. Meoshi Wallace
Praise & Worship.....	Praise Team
Sermon.....	<i>Your Fight is Fixed and You are Fixed for the Fight</i>Elder Frederick Wallace
Closing Prayer.....	Christy Evans
Departure Song.....	Praise Team

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ANNOUNCEMENTS

Church Announcements for Sabbath March 18, 2023

“Global Youth Day” (GYD) was launched on March 13, 2013. The vision of GYD is to recapture the reality of Adventist youth as a global movement mobilized for service, contributing to the proclamation of the everlasting gospel and ushering in the second coming of Jesus Christ. There is a lot more to religious faith than simply going to church and listening to sermons. The true practice of religion involves the revelation of God’s love in living out Jesus’ gospel commission as He bade us to before He ascended to heaven: through all manners of selfless acts that point a desperately needy world to the ultimate hope of the better world He has made possible for us. Grounded in the concluding words of Jesus in the parable of the Good Samaritan, “Go and do likewise” (Luke 10:25-37), the theme of the Global Youth Day 2023 is “Love is a verb”.

Our speaker today is the Elder assigned to our Bethany Youth – Elder Frederick Wallace. We pray and know that God will bless tremendously through him today.

UPCOMING EVENTS

- Tuesday, 21 March, 2023, Prayer Service at 6:00am (Zoom 2420123456)
- Wednesday, 22 March, 2023, Praise Service - Discipleship Emphasis: Presenter Pastor Wilson Isnord at 7:00pm (Zoom 2420123456)
- Sabbath, 25 March, 2023, Prayer Service at 7:00am (Zoom 2420123456)
- Sabbath, 25 March, 2023, Youth Sabbath School at 8:30am (Zoom 2420123456)
- Sabbath, 25 March, 2023, Children, Earliteen & Adult Sabbath School at 9:30am (in sanctuary)
- Sabbath, 25 March, 2023, Singles Ministries Emphasis Pastor Barrington Brennen at 11am (in person and livestreamed via YouTube and Facebook)
- Sunday, 26 March, 2023, Singles Fellowship Island Dash Tour at 10am (In person)

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ANNOUNCEMENTS

Cont'd

Church Announcements for Sabbath March 18, 2023

NOTEWORTHY

All information and announcements for weekly church bulletin are to be submitted to Church Clerk by deadline of 12:00am (midnight) on Wednesday night.

The Treasury Department is requesting members to submit their email addresses to Treasurer (Elder Carl Scavella) for purposes of sending receipts for tithe and offering.

We encourage you to continue giving your gifts for the Pantry of non-perishable food items or monetary donations to help the less fortunate.

Please remember to give your one-time contributions or regular monthly pledges towards purchasing our Generator.

CONDOLENCES

Please continue to pray for all of our bereaved families. Please support them with your words of encouragement as they continue to grieve their losses.

PRAYER

Continue to keep in prayer Sis. Jan Carey, Sis. Marsha Allen, Adina Allen, Sis. Deborah Liberal, Bro. Dwayne Evans and Bro. Kevin Henfield for full healing and recovery.

CHILDREN'S CORNER

- Children's Church will be held during last Sabbath of each month.
- All parents are encouraged to please bring your children to Sabbath School each Sabbath at 9:30am.
- If you are interested in assisting in Children's Sabbath School in any of our divisions, please contact our Sabbath School Superintendent Bro. Valmore Bullens or Sis. Emily Watkins.

YOUTH CORNER

- Youth Sabbath School at 8:30AM every Sabbath morning on our church's Zoom link. We encourage our youth to attend all the services of our church each week for a spiritual blessing.

Please continue to follow all COVID-19 Protocols as we worship together

Cont'd


Please send all announcements to the church clerk's email (Bethany.clerk@sbcadventist.org.bs) by Wednesday of each week

SOUTH BAHAMAS CONFERENCE YOUTH MINISTRIES PRESENTS



GLOBAL YOUTH DAY *March 2023*

ROUTE



Starting at Berea Church
Head north on Baillou Hill Rd
West onto St Vincent Road
South into Silver Gates Estates
West onto Cowpen Rd
South onto Faith Avenue
Ending at Anatol Rodgers High School



BEVERAGES ON SALE AT SUNSET!

**18 MAR 2023
MARCH-3:30 PM
GYD CELEBRATION-5:00 PM**

Broccoli, Cruciferous Vegetables

Packed with Glucosinolates
Fight Inflammation and Cancer

Bananas

Fight Inflammation
Stabilize Gut Bacteria

Beans

Release Short-Chain Fatty Acids
Boost Vitamin Absorption, Satiety

Jerusalem Artichokes

Rich in Inulin Fiber
Strong Prebiotic



Boost *Healthy* Gut Bacteria with Plant-Based Foods



Enhance Immune Function

Prevent Colon Cancer

Fight Inflammation

Boost Metabolism



Blueberries

Enhance Immune System
Destroy Harmful Bacteria

Polenta

High in Fiber
Fermentable Component

Kimchee, Sauerkraut

Improves Health of Intestinal Walls
Boosts Immune Function

Tempeh

Crowds Out Unhealthy Bacteria
Boosts Nutrient Absorption

6 Habits

to Support Digestive Health



1. Chew Your Food

Chewing food well allows your saliva to start breaking the food down for smoother digestion.



2. Handle Stress

When you're stressed, digestion slows. Take time to lessen the stress in your life.



3. Get Regular Exercise

When you exercise, you support the muscles of your intestines, which helps maintain regularity.



4. Take Supplements

Your health care professional can recommend supplements targeted to your needs.



5. Stay Hydrated

Drinking water supports regularity and the health of the digestive system.



6. Eat More Fiber

Dietary guidelines recommend eating 25-35 grams of fiber a day.