

# JOHNSTON SEVENTH-DAY ADVENTIST CHURCH

August 8, 2026

**10:40 am** Mission Spotlight

**10:45 am** Songs of Adoration and Praise

**10:55 am** Reading of the Word 1 Cor 12

Worship Team

Helen Alexander

## Study of the Word: First and Second Corinthians

**11:00-11:50 am** Lesson 6: "Spiritual Gifts" Marlon Llewelyn

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Worship in Music\*\* *The Lord is in His Holy Temple* Hymn #692

Worship Through Prayer\* *As We Come to You in Prayer* Hymn #671

Communal Prayer\*\*\* Steven Rocha

Response\*\*\* *Hear our Prayer, O Lord* Hymn #684

Children's Story\* Offering for Children's Ministries Head Elder David Hoover

Sermon "These Words are Faithful and True" Head Elder David Hoover

Closing Song\*\* *God Has Spoken Through His Prophets* Hymn #413  
(Deacons collect the Tithes and Offering: Christian Records Service)

Benediction\*\*\* Head Elder David Hoover

Postlude *God Be in My Head (Hymn #679)* Pianist Juli Gabriel

\* *Please be Seated* \*\**Please Stand* \*\*\**Please Kneel*

*Please ask the greeters to connect you with the pastor or an elder if you have special prayer requests or other needs.*

Sabbath ends tonight: 7:57 p.m.

Sabbath begins next Friday: 7:49 p.m.

## Announcements

*Elder of the Month – Sem Ork*

### Health Ministry update:

Are you carrying a loss or anticipating a loss? Whether you have experienced the death of a loved one, the loss of a relationship, a job, you or your significant other health decline, or any grief your heart is holding — you do not have to carry it alone. Join us for **Held by Hope**, a weekly Christ-centered small group where you can express your grief honestly, find support without judgment, and discover real hope rooted in Scripture.

**Every Monday 6:30 PM | JSDA Church 60 minutes | All are welcome. For more information, contact Vanzetta: [Johnstonsda.healthministry@outlook.com](mailto:Johnstonsda.healthministry@outlook.com)**  
**Zoom also available – please contact Eric for info**

### Exercise Class begins Sun, Sept. 13 at 10 AM, Fellowship Hall -

Cardio, strength training & health education each week, plus free blood pressure checks. Contact and sign up: [johnstonsda.healthministry@outlook.com](mailto:johnstonsda.healthministry@outlook.com)

### Johnston Church Business Meeting – Sunday, August 9<sup>th</sup>, 10:30am

The Church Board will be holding a Business Meeting on Sunday, August 9<sup>th</sup> to discuss our stained glass windows at the front of the church. All Johnston members are encouraged to attend. **Zoom will also be available. Details coming soon.**

**Women's Book Club – Next Session is today, August 8<sup>th</sup>, 2pm after Potluck --**  
"12 Extraordinary Women" Book Group meets today, and will be studying Ruth.

**Men's Ministry Retreat Weekend – September 25<sup>th</sup>-27<sup>th</sup> at Camp Winnekeag**  
Guest Speaker: Pastor Stan Hood. Late Registration is still open until 8/31. Contact Michael Chung or Eric Hudson for more information or registration link.

**Upcoming events from YASNEC:** Contact Lindia Corona for more details

**September 12<sup>th</sup>** – Young Adult Outdoor Service / Nature Hike

**September 19<sup>th</sup>** – YASNEC Music Workshop

You may **return tithes and give offerings** through our website

<http://johnston22.adventistchurchconnect.org/>

## Vision Statement

To call and empower people to become disciples of Jesus Christ.

## Mission Statement

Johnston Church commits to equip our leaders and ministries for His service.

## Church Information

Johnston Seventh-day Adventist Church  
2693 Hartford Avenue, Johnston, RI 02919

Church phone: (401) 227-7324 to leave a message for the earliest call back

Website: [johnston22.adventistchurchconnect.org](http://johnston22.adventistchurchconnect.org)

**Media Director**, Eric Hudson - [johnstonsda.media@gmail.com](mailto:johnstonsda.media@gmail.com)

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**Church Clerk**, Raellen Hudson - [JohnstonSDA.Clerk@outlook.com](mailto:JohnstonSDA.Clerk@outlook.com)

### For emergencies, you may contact:

Pastor Yeison Gonzalez 857-385-6053

or email: [YGonzalez@sneconline.org](mailto:YGonzalez@sneconline.org)

Any announcements from ministry leaders that need to be included in the Sabbath Bulletin should be emailed to Eric before Wednesday, prior to the Sabbath. Please cc Pastor on all submissions. Announcements are displayed on the screen in the worship hall after the Study of the Word and again in the fellowship hall during potluck. Time-sensitive announcements are to be provided to the elder of the month or the pastor. Email addresses are noted above.

In inclement weather or other emergency conditions, the Johnston church is part of the Rhode Island Broadcasters Association's announcements program, and church Sabbath services and weekly activities will be broadcast on local news stations.

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## AUGUST IS NATIONAL WELLNESS MONTH

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### *Caring for Body, Mind, and Spirit — Together*

August is National Wellness Month — a fitting time to reflect on a message that has long been central to our Seventh-Day Adventist identity: true health touches every part of who we are. As Ellen White wrote, “The relation that exists between the mind and the body is very intimate... the health of the body is depreciated by that of the mind.” Wellness isn't separate from our walk with God — it's part of it.

*Our health message is often remembered by the acronym NEWSTART. Here's how those principles nurture our body, mind, and spirit together:*

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### Body

- **Nutrition:** A plant-forward diet, as outlined in Genesis 1:29, remains one of the best gifts we can give our bodies.
- **Water:** Aim for 6–8 glasses daily, especially in summer heat.
- **Exercise:** Movement isn't just for fitness — it lifts mood and clarity too. A daily walk counts.
- **Sunlight:** In moderation, sunlight boosts vitamin D and mood (balance this with last month's UV safety reminders!).

*“Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.”*

— 1 Corinthians 6:19–20

## Mind

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- **Air:** Fresh air and deep breathing reduce stress and support mental clarity.
- **Temperance:** Practicing moderation in all things brings balance and peace of mind.
- **Rest:** Give yourself grace — rest is productive, too. Limit screen time before bed and protect your sleep.

*“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”*

— *Philippians 4:6–7*

## Spirit

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- **Rest (Sabbath):** The Sabbath itself is God’s gift of rest — a weekly rhythm for renewal of body and soul.
- **Trust in God:** Perhaps the foundation of it all — peace of mind rooted in faith reduces stress and supports whole-person healing.

*“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”*

— *3 John 1:2*

**A Small Challenge:** This week, pick one NEWSTART principle you haven’t focused on lately, and take one small step — a glass of water before each meal, a walk after church potluck, or a few extra minutes in prayer.