

JOHNSTON SEVENTH-DAY ADVENTIST CHURCH

September 19, 2026

10:40 am Mission Spotlight

10:45 am Songs of Adoration and Praise

10:55 am Reading of the Word 2 Cor 10:1-18

Worship Team

Eric Hudson

Study of the Word: First and Second Corinthians

11:00-11:50 am Lesson 12: "Dealing with False Teachers" Brian McGuinness

Worship in Music** *Holy, Holy, Holy* Hymn #661

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

Communal Prayer*** Elder Bruce Knight

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

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

Sermon *"Claiming the Inheritance"* Pastor Lee Hoover

Closing Song** *Heir of the Kingdom* Hymn #594
(Deacons collect the Tithes and Offering: Local Church Budget)

Benediction*** Elder Bruce Knight

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: 6:50 p.m.

Sabbath begins next Friday: 6:40 p.m.

Announcements

September Elder of the Month – Bruce Knight

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
Zoom also available – please contact Eric for info

Exercise Class continues *TOMORROW* Sun, Sept. 20 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

Women's Book Club – Next Session is today, September 19th, 2pm after Potluck -- "12 Extraordinary Women" Book Group meets today, and will be studying Mary Magdelene.

Computer Training for Beginners – Joel Corona will be hosting a class to cover Cyber-security (spam, phishing, etc.), Email, Word, PowerPoint, and more.
Sunday, October 25th 10am-12pm at JSDA. See Michael Chung for more info.

Upcoming events from YASNEC: Contact Lindia Corona for more details

***TODAY* September 19th** – YASNEC Music Workshop at 3:30pm

October 9th-10th – United Young Adult Weekend at Lincoln Church

Game Night! – Starts at 7pm **TONIGHT**, after 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

Media Director, Eric Hudson - johnstonsda.media@gmail.com

Bulletin Editor, Eric Hudson - johnstonsda.bulletin@yahoo.com

Church Clerk, Raellen Hudson - JohnstonSDA.Clerk@outlook.com

For emergencies, you may contact:

Pastor Yeison Gonzalez 857-385-6053

or email: 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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SEPTEMBER IS HEALTHY AGING MONTH

In her book "Secrets to WELLNESS" Ernestine "Teenie" Finley begins chapter four in discussing how many of the chronic diseases that millions are dying of worldwide are largely preventable. However, researchers have found these 21st century diseases within mummies of the elite class of Egyptians. These diseases included "heart disease, cancer, stroke, arthritis, high blood pressure, obesity and even sexually transmitted diseases."

The chapter goes on to describe how wealthy Egyptians were known to eat a diet high in fat and sugar. In the Bible, one of the health principles given by God to Moses for the Israelites included the following: "And the fat of an animal that dies naturally, and the fat of what is torn by wild beasts, may be used in any other way; but you shall by no means eat it." Leviticus 7:24.

Recent research has shown that many of these leading killer diseases are largely preventable through lifestyle principles. The book "The Blue Zones: Nine Lessons for Living Longer From the People Who've Lived the Longest" by Dan Buettner and Adventist Health Study-1 funded by National Institutes of Health reveal these principles that Seventh-Day Adventists have been blessed to know about by reading books like "The Ministry of Healing" by Ellen White.

These lifestyle principles can be remembered by a simple acronym “NEWSTART”:

1. Nutrition (plant based diet including fruits, vegetables, whole grains and nuts)
2. Exercise
3. Water (both internal and external use)
4. Sunshine (with precautions due to depleting ozone layer)
5. Temperance (avoiding harmful substances-smoking, alcohol, drugs; moderate use of good things)
6. Air (getting outdoors and deep breathing)
7. Rest
8. Trust in divine power

To avoid the unhealthy fat and sugar, here is a simple recipe that is easy to make, delicious and healthy too: **BANANA NICE CREAM**

2 bananas sliced and frozen, 2 tablespoons almond butter and one cup plant based milk-blend all ingredients until smooth and serve immediately-ENJOY!!!
