JOHNSTON SEVENTH-DAY ADVENTIST CHURCH

November 7, 2026

10:40 am Mission Spotlight
10:45 am Songs of Adoration and Praise — Worship Team
10:55 am Reading of the Word — 2 Corinthians 4:7 — Eric Hudson

Study of the Word: The Power of Prophecy (4th Quarter 2026)
11:00-11:50 am Lesson 6: "The Prophetic Writings" — Maxine Langenfeld

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Worship in Music**	*Holy, Holy, Holy*	Hymn #661
Worship Through Prayer*	*As We Come to You in Prayer*	Hymn #671
Communal Prayer***		
Response***	*Hear our Prayer, O Lord*	Hymn #684
Children's Story*	Offering for Children's Ministries	Pastor Yeison Gonzalez
Sermon	*"Characteristics of Wisdom from Above"*	Pastor Yeison Gonzalez
Closing Song**	*Together Let Us Sweetly Live*	Hymn #451

(Deacons collect the Tithes and Offering: Local Church Budget)

Benediction*** — Pastor Yeison Gonzalez

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: 4:34 p.m. Sabbath begins next Friday: 4:28 p.m.

Announcements

November Elder of the Month – Vanzetta James

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 | *Zoom Only Until Further Notice* | All are welcome. For more information, contact Vanzetta:
Johnstonsda.healthministry@outlook.com
Please contact Eric for Zoom information.

Women's Ministry – We have been looking for ways to minister to others. We are excited to participate in the Brighten-A-Day program. Write or make Christmas cards to brighten someone's day! **Meeting THIS Sunday, November 8th at 10am.** Contact Deloris for more information.
Women's Ministry Christmas Brunch – Sunday, December 13th, 10am-noon.

NEXT WEEKEND! Evangelistic Series – "Prophecies Unlocked: The Pathway to Eternal Hope" - Thursday November 12th through Sabbath November 14th
Guest Speaker Pastor Christian E. Ekoto will be joining us at the Johnston SDA Church for four sessions: Thursday 6:30pm, Friday 6:30pm, Sabbath 11am and 5:30pm. Refreshments will be provided for all evening sessions.

Communion Service – Our next Communion Service will be Sabbath, December 5th.

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
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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 information about church Sabbath services and weekly activities will be broadcast on local news stations.

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Financial Report – September 2026
Tithe Collected - $10,508.07
Building Fund – $2,310
Local Church Budget - $3,225.74

HEALTH SPOTLIGHT

Diabetes Awareness Month- November 2026

Diabetes awareness is about more than knowing a person's blood sugar level. It is about understanding risk factors, making healthy lifestyle choices, preventing complications, and supporting individuals and families living with diabetes

1. Diabetes Prevention and Risk Reduction

Diabetes prevention begins with understanding personal risk and taking practical steps toward better health. Type 2 diabetes is the most common form of diabetes, and for many people, the risk can be reduced through lifestyle changes and appropriate medical care.

Know your risk

Several factors can increase a person's likelihood of developing type 2 diabetes:

- Overweight or obesity: Excess body fat, especially around the waist, can contribute to insulin resistance, making it harder for the body to regulate blood sugar.
- Age: The risk increases with age, and screening is generally recommended for adults beginning at age 35. Younger adults may also need screening if they have additional risk factors.
- Family history: Having a parent or sibling with type 2 diabetes increases risk.
- Ethnicity: Diabetes risk is higher in certain racial and ethnic populations, including African American, Hispanic or Latino, American Indian, Alaska Native, Asian American, and Pacific Islander populations.
- Physical inactivity: Spending much of the day sitting and getting little exercise can contribute to insulin resistance.
- Prediabetes: Blood sugar levels that are higher than normal but not yet in the diabetes range are an important warning sign.

Other factors, including a history of gestational diabetes, can also increase risk.

Practical prevention strategies

- Choose healthier foods. Eat more vegetables, fruits, beans, whole grains, and other fiber-rich foods. Limit sugary drinks and highly processed foods.
- Move more often. Walking, dancing, gardening, and other activities can help the body use insulin more effectively.
- Manage weight when appropriate. For people with overweight or obesity who are at risk for diabetes, losing approximately 5–7% of starting body weight may substantially lower the risk of developing type 2 diabetes.
- Avoid tobacco. Smoking increases the risk of type 2 diabetes and cardiovascular disease.
- Get screened. Ask a healthcare professional about blood glucose or A1C testing, especially if you have risk factors.

Key message: Small, consistent changes can make a meaningful difference. Prevention is not about perfection; it is about taking steps toward better health.

2. Diabetes Management: Understanding the ABCs

People living with diabetes need to pay attention to more than blood sugar. The traditional diabetes management ABCs focus on A1C, blood pressure, and cholesterol. Managing all three can help lower the risk of serious complications.

A

A — A1C (average blood glucose)

The A1C test measures the percentage of hemoglobin in red blood cells that has glucose attached to it. It provides an estimate of average blood sugar over approximately the previous three months.

- An A1C below 5.7% is generally considered normal.
- An A1C of 5.7–6.4% indicates prediabetes.
- An A1C of 6.5% or higher is in the diabetes range; diagnosis may require confirmation.

Many nonpregnant adults with diabetes have a general A1C goal below 7%, but the appropriate target varies by individual. Regular monitoring helps patients and clinicians evaluate treatment.

B

B — Blood pressure

High blood pressure puts additional strain on the heart and blood vessels. When combined with diabetes, it increases the risk of heart attack, stroke, kidney disease, and eye complications.

- Have blood pressure checked regularly.
- Follow a healthcare professional's treatment recommendations.
- Limit excess sodium and choose more minimally processed foods.
- Take prescribed blood pressure medication consistently.

Blood pressure targets should be individualized according to a person's overall health and medical history.

C

C — Cholesterol

Cholesterol and other blood fats affect the health of arteries. Diabetes often increases cardiovascular risk, making cholesterol management particularly important.

- Ask about cholesterol testing and personal targets.
- Choose unsaturated fats, such as those found in nuts, seeds, olive oil, and fish.
- Limit trans fats and excessive saturated fats.
- Take cholesterol-lowering medication if prescribed.

Healthy habits and medication, when needed, can help protect the heart and circulation.

Key message: Keeping blood sugar, blood pressure, and cholesterol under control can help protect the heart, kidneys, eyes, nerves, and blood vessels.

3. Healthy Lifestyle Choices

Healthy habits are an important part of both preventing type 2 diabetes and managing diabetes after diagnosis. The goal is not to follow a perfect diet or exercise routine. It is to build habits that can be maintained over time.

Nutrition: Making healthier food choices

Food affects blood glucose levels, but people with diabetes can enjoy a wide variety of foods. Learning about balanced meals and appropriate portions can help people

make informed choices.

- Fill half your plate with no starchy vegetables. Examples include broccoli, spinach, cabbage, green beans, carrots, and leafy greens.
- Choose high-fiber carbohydrates. Beans, lentils, oats, and whole grains can provide fiber and nutrients.
- Include lean protein. Fish, poultry, eggs, beans, and tofu can help create satisfying meals.
- Watch portion sizes. Even nutritious foods can affect blood sugar when eaten in large quantities.
- Drink water more often. Replace sugary beverages with water or other unsweetened options when appropriate.
- Plan meals ahead. Planning can reduce reliance on fast food and make healthier eating more affordable.

For additional meal-planning ideas, visit the American Diabetes Association website at Diabetes Food Hub.

Physical activity: Keep the body moving

Physical activity helps muscles use glucose for energy and can improve insulin sensitivity. It may also support healthy blood pressure, cholesterol, mood, and sleep.

Practical ways to become more active include:

- Taking a 10-minute walk after a meal.
- Walking with a friend or family member.
- Gardening, dancing, or doing household chores.
- Taking the stairs when appropriate.
- Breaking up long periods of sitting by standing and moving regularly.

A common goal for adults is at least 150 minutes of moderate-intensity activity each week, adjusted to individual ability and medical advice. People who are inactive can start gradually.

Sleep and stress management

Sleep and emotional well-being are often overlooked in diabetes prevention and management.

Poor sleep, ongoing stress, and emotional exhaustion can make it harder to maintain healthy routines. Stress can also affect blood glucose levels.

Helpful practices include:

- Maintaining a regular sleep schedule.
- Practicing deep breathing, prayer, meditation, or quiet reflection.
- Spending time outdoors and connecting with supportive people.
- Seeking professional help when stress, anxiety, or sadness becomes difficult to manage.
- Asking for help rather than trying to handle every challenge alone.

Key message: Healthy living involves the whole person—physical, emotional, and social well-being.

4. The Connection Between Diabetes and Heart Health

Diabetes and heart disease are closely connected. Over time, elevated blood glucose can damage blood vessels and the nerves that help control the heart. People with diabetes have an increased risk of heart attack, stroke, and other cardiovascular complications.







How can people protect their hearts?

1. Control blood sugar. Work with a healthcare professional to establish appropriate

glucose and A1C goals.

2. Monitor blood pressure. High blood pressure increases strain on the heart and blood vessels.

3. Manage cholesterol. Cholesterol management helps reduce the buildup of fatty deposits in arteries.

4. Eat a healthy diet. Choose vegetables, fruits, whole grains, beans, nuts, and appropriate sources of healthy fats. Limit excess sodium and highly processed foods.

5. Avoid tobacco. Smoking and other tobacco use increase cardiovascular risk.

6. Keep medical appointments. Regular checkups can identify problems early, before symptoms develop.

7. Know the warning signs. Chest discomfort, shortness of breath, sudden weakness, facial drooping, or difficulty speaking may indicate a medical emergency. Call 911 about a suspected heart attack or stroke. Some people with diabetes may experience less typical heart attack symptoms.

Key message: Caring for diabetes is also caring for the heart. Healthy habits and appropriate treatment can reduce the risk of serious complications.

5. Medication and Treatment Adherence

Taking medication correctly is an important part of diabetes management. Some people manage diabetes through lifestyle changes alone, while others need oral medications, injectable medications, insulin, or a combination of treatments.

Why medication adherence matters

- Maintains better blood glucose control. Taking medication as prescribed helps keep blood sugar within the person's treatment goals.
- Reduces the risk of complications. Appropriate treatment can help protect the heart, kidneys, eyes, nerves, and blood vessels.
- Supports long-term health. Diabetes treatment is often ongoing, even when a person feels well.
- Allows problems to be addressed early. Regular follow-up helps healthcare professionals evaluate whether a treatment plan is working.

Tips for managing medications

- Take medications at the prescribed dose and time.
- Use a medication organizer, written checklist, or phone reminder if helpful.
- Keep an up-to-date list of all medications and supplements.
- Ask the pharmacist or healthcare professional about side effects, interactions, and what to do if a dose is missed.
- Report side effects or difficulty paying for medication.
- Do not stop medication or change the dose without consulting the prescribing professional.
- Discuss sick-day instructions and what to do if blood sugar becomes unusually high or low.

Recognizing low blood sugar

Some diabetes medications, particularly insulin and certain other glucose-lowering medicines, can cause hypoglycemia, or low blood sugar.

Possible symptoms include shakiness, sweating, dizziness, hunger, confusion, and a rapid heartbeat. Severe low blood sugar can cause seizures or loss of consciousness and requires emergency assistance.

People at risk should ask their healthcare team how to recognize and treat low blood sugar, when to use glucagon if prescribed, and when to seek emergency care.

Where to find help?

Useful resources include:

- National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) — diabetes education and National Diabetes Month materials.
- Centers for Disease Control and Prevention (CDC) — prevention information and lifestyle-change programs.
- American Diabetes Association — diabetes education, food guidance, and support resources.
- A primary care provider, pharmacist, registered dietitian, or diabetes care and education specialist.

Key message: Medication is not a substitute for healthy habits, and healthy habits are not always a substitute for medication. The right combination depends on the individual's needs and medical advice.