WELCOME TO THE

Johnston Seventh-Day Adventist Church

We're so glad that you're here!



October / November / December 2026
The Gift of Prophecy

JOIN US FOR STUDY OF THE WORD via WebEx at 10:40am OR IN PERSON STARTING AT 10AM

****NOTE NEW TIME!** EMAIL OR MESSAGE TO ERIC WITH ANY QUESTIONS OR PROBLEMS!!**

As of November 22, 2025, Johnston SDA Church is no longer live streaming Study of the Word. Please join us on WebEx by clicking the above link, or in person.

We are open for the Study of the Word!
Join us in person, or online! Study of the Word is a Hybrid class and you can interact with the online people too! The church doors open at 10:00 am. Service begins at 10:40am with Mission Spotlight and song Service before Study of the Word.

Click the link above or join by meeting number
Meeting number (access code): 2633 091 8622
Meeting password: zmZVrm3dr75
Join by Mobile
+1-650-479-3208 Meeting password: 96987633
Join by Phone
+1-650-479-3208 United States Toll
Access code: 2633 091 8622

Pastor Yeison Gonzalez

OUR PASTOR, HIS WIFE MAXINE,
AND SON OLIVER!

You can send me an email at YGonzalez@sneconline.org to get in touch!

Welcome to our new Sabbath Services!

The Johnston Church Board has been discussing ways to adjust and unify our Sabbath Services, using several ideas brought forward by Pastor Yeison based on what early Christian services looked like in the New Testament.

We would love to hear your thoughts and feedback as we make this transition. Feel free to reach out to Pastor or any Board member with questions, concerns, or suggestions.

-Your Johnston SDA Church Board



ANNOUNCEMENTS

SABBATH SCHEDULE

Church Opens: 10:00am

Mission Spotlight: 10:40am

Adoration: 10:45 – 11:00am

Study of the Word: 11:00-11:50am

Worship Service: 12:00 Noon - until done



DID YOU KNOW THAT YOU CAN PAY YOUR TITHE ONLINE?

CLICK HERE



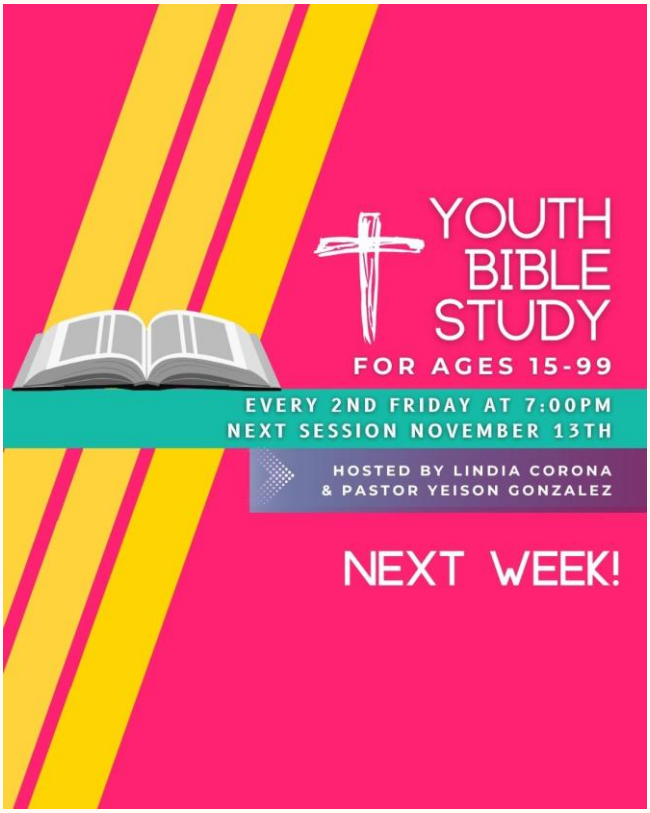


WE NEED YOU!

DO YOU FEEL CALLED TO HELP?

We have openings and need your help.
Pray and ask God where you can help in your local church. Email Pastor.

YGONZALEZ@SNECONLINE.ORG



YOUTH VESPERS

EVERY 2nd FRIDAY
OF THE MONTH 7pm
***Next Week* – November 13th**
Join Lindia Corona
for supper and Bible study

Every 2nd Friday of the Month

Upcoming Important Dates:

Every Monday at 6:30pm – "Held by Hope" Grief Support Group - On Zoom
This Sunday, November 8th – Brighten-a-Day: Christmas Cards
Next Week, November 12th-14th – Johnston SDA Evangelistic Series: "Prophecies Unlocked: The Pathway to Eternal Hope"

Recent Event Pictures:
Click the link below to see pictures from Church events from the past year!
Newest: Pictures from Brother Alex's baptism!
Click here to see a photo gallery!

Atlantic Union Gleaner

Online Link





JSDA Prayer Meeting

Sister Helen Alexander leads our weekly Prayer Meeting on Zoom!

Wednesdays from 7pm – 8pm

Join Zoom Meeting

Click Here to join Zoom Meeting

Meeting ID: 814 1340 2288
Passcode: 658202

Join instructions

Click Here for Instructions to join Zoom Meeting



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.

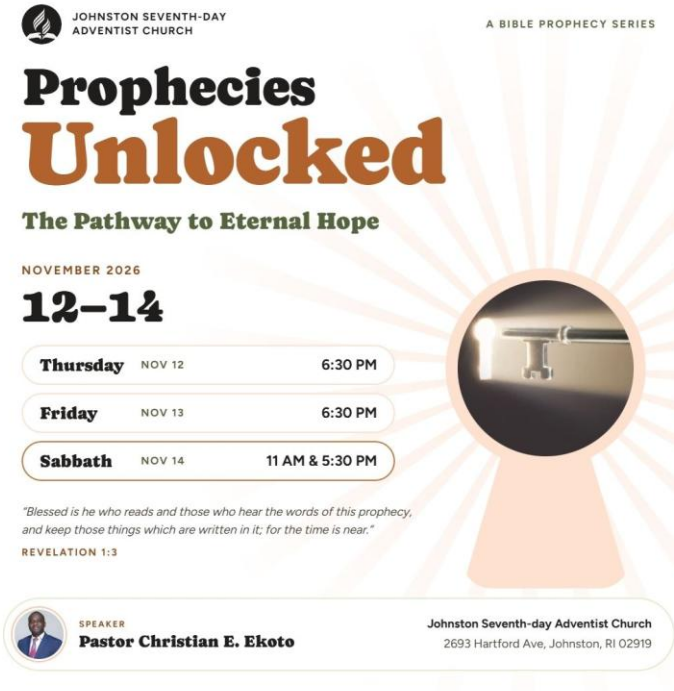
Join us for **Held by Hope**, a weekly Christ-centered small group where you can express your grief honestly, find support without judgment, and discover real hope rooted in Scripture.

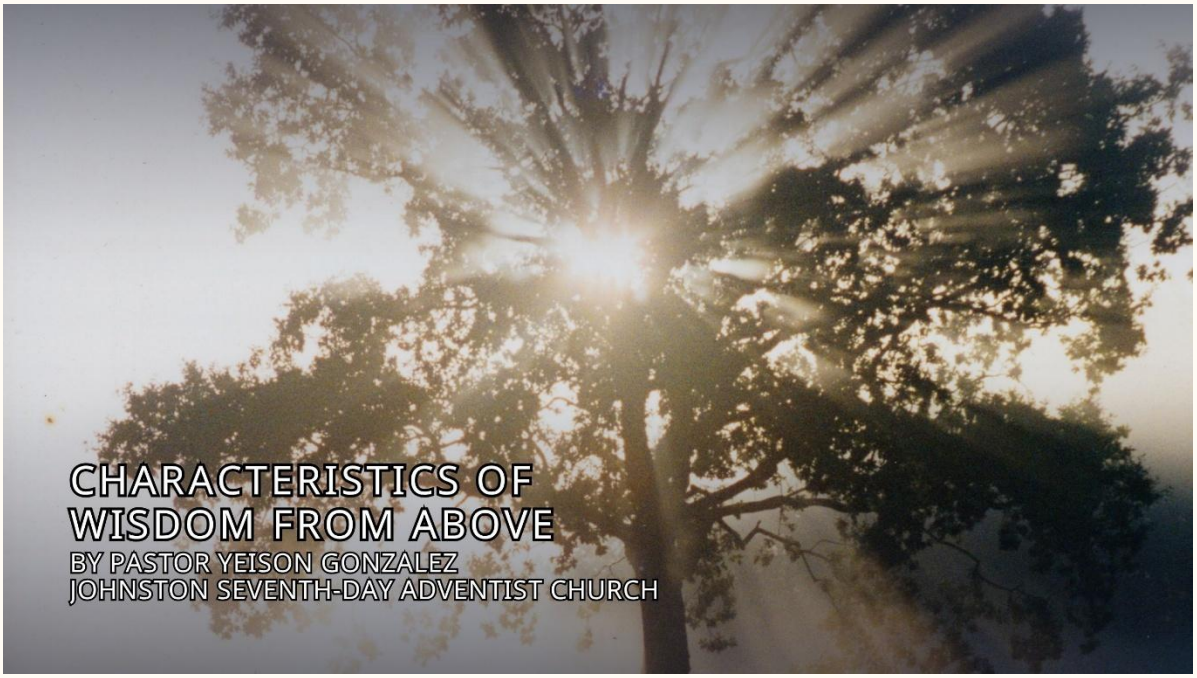
Every Monday 6:30 PM | Zoom ONLY
60 minutes | All are welcome. For more information, contact Vanzetta at:
Johnstonsda.healthministry@outlook.com
Please see below for Zoom info:

Click Here to Join Held by Hope Zoom
Meeting ID: 837 8693 9349
Passcode: 653220



Next Week!





SERMON

Characteristics of Wisdom from Above

By Pastor Yeison Gonzalez

**** NEW TIME!! ****

JOIN US FOR WORSHIP – STREAM BEGINS AT 11:50AM

CLICK HERE FOR YOUTUBE

CLICK HERE FOR FACEBOOK

You can worship with us online or in person!

We are working hard to improve our services.

Did you know that by having online services we have improved our reach?
Please pray over the viewers that they will receive a blessing and grow closer to our Savior.

CLICK HERE TO PAY YOUR TITHE ONLINE

On Facebook, Instagram and YouTube | @johnstonsdachurch
(Coming Soon on Twitter/X and Threads)

HTTP://JOHNSTON22.ADVENTISTCHURCHCONNECT.ORG

Prayer Requests

HAVE A PRAYER REQUEST?
REPLY TO THIS EMAIL

- **Jeanne Maziarz –** Sister Jeanne is now asleep in Jesus. Please pray for Paul and the rest of Jeanne's family.
- **Fred Robillard –** Sister Debbie Paulhus's husband has been struggling mightily since she fell asleep in Jesus last month.
- **Prayers of healing for the Hoover Family –** They have all been dealing with various ailments and appliance struggles and need prayers!
- **The Hudson Family –** Eric's mother Liz is struggling with major health issues and decisions.
- **The Issler Family –** Aunt Rose needs prayers for upcoming medical testing.
- **Your New Church Board and all Church helpers**
- **Pastor Yeison Gonzalez and his wife Maxine and baby Oliver!**
- **The Johnston Church Building –** Our building needs some major work done in the near future.
- **Sister Doreen's grandsons Billy, Carlo, and Noah –** Fighting spiritual warfare, please let Jesus help them see the light.
- **YouTube and Online Ministry here**
  Over 14,000 views on YouTube!
- **JSDA Church Family have the fruit of spirit,** is protected from illnesses and that we abide in God's peace and place in all our lives.
- **Prayer Requests** coming in from our website and prayer meeting list.
- **One Accord: The Guild** ministry as it reaches more people and continues to be Holy Spirit-led.



Discover Bible School

For more information:
PO Box 418
Putnam, CT 06260
https://bibleschools.com/en/1144

Ellen G. White Writings Available:

We have 3 books: Steps to Christ, Desires of Ages, The Great Controversy.

If you have not read these books, you can have these books at no cost to you.

If you have read these books and you would like to share these books with your relatives, friends, or co-workers, please talk to Brother Michael Chung, Elder Sem Ork, or Elder Bruce Knight.

NOVEMBER PREACHING SCHEDULE

1st Sabbath – Pastor Yeison Gonzalez
2nd Sabbath – Pastor Christian E. Ekoto, "Prophecies Unlocked" Evangelism Series
3rd Sabbath – Service of Thankfulness, Elder Vanzetta James
4th Sabbath – Pastor Yeison Gonzalez

Upcoming Important Dates:

November 8th – Brighten-a-Day Christmas Cards
November 12th-14th – Evangelistic Series at Johnston Church

NOVEMBER SUNDOWN TIMES

Friday 11.6 – 4:35pm
Sabbath 11.7 – 4:34pm
Friday 11.13 – 4:28pm
Sabbath 11.14 – 4:27pm
Friday 11.20 – 4:22pm
Sabbath 11.21 – 4:21pm
Friday 11.27 – 4:18pm
Sabbath 11.28 – 4:17pm

Elder of the Month

November – Vanzetta James

Diabetes Awareness Month-November

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.