

GRACE S.D.A. CHURCH

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Pastor: Franklin G. Jackson – (203) 630-2339/Cell: 646-522-3471

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First Elder: Noel McGregor, Jr. – (860) 833-7100

Clerk on Duty: Sis. P. Morris

Deacon: R. Joseph/J. Morris

Deaconess: H. Ellis/S. Mignott

Ushers: N. Lyons/J. Ledger/ L. Ledger

Nurse on Duty: Sis. P. Nevins

Sunset Today: 5:48pm Sunset Next Friday: 6:55pm

ANNOUNCEMENT CORNER

1. **PRAYER MEETING WEDNESDAYS AT 7PM:** 03/11/2020. Leader: Sis. D. Mignott. Everyone is invited to attend.
2. **BIBLE STUDY:** Sabbaths at 2:30pm. This is the last Sabbath for the start time for Bible class to be at 2:30pm. It goes back to 3pm next Sabbath 3/14/2020.
3. **NURSING HOME VISIT:** Chelsea Place Care Center at 2:30pm. Leader: Sis. L. Joseph
4. **AY SERVICE:** AY at 3:30pm. As of next Sabbath 3/14/2020 it will be 4pm to 5:30pm.
5. **AY COMMITTEE:** Meeting today at 2pm. Please see Bro. O. Dixon for more details.
6. **PRAISE TEAM REHEARSAL:** Sabbath afternoons from 2-3pm.
7. **SABBATH SCHOOL COUNCIL:** Meeting today briefly after Divine Service. Please see Sis. A. Vaz for more information.
8. **HEALTH MINISTRY:** Meeting today after Divine Service. Please see Sis. T. Bookal for further details.
9. **PRAYER NIGHT:** Next Sabbath 3/14/2020 from 6pm-10pm. Everyone is encouraged to attend.
10. **BOARD MEETING:** Sabbath 3/21/2020 at sunset. Board members, please confirm your attendance by 3/19/2020.
11. **PRAYER MINISTRY: Fasting & Prayer** – First Sunday of each quarter 10am-2pm.
12. **CHURCH PRAYER HOUR:** Every 1st Tuesday of the month, 8:30pm-9:30pm. Conference call 605-313-4830, code 628379#. Leader: Sis. N. Warner.
13. **YOUTH PRAYER LINE:** Every 1st Monday of the month 7pm-7:30pm. All Youth are invited. Conference call 605-313-4830, code 628379#. Leader: Bro. O. Dixon.
14. **GRACE ADVENTURER CLUB:** Meeting Days: Every 1st and 3rd Sabbath 3pm-4:30pm. Please see Sis. C. Dean for more information.
15. **BULLETIN ANNOUNCEMENTS: MUST be received by 8pm on Wednesdays.** Send all notices to: clerk.grace@comcast.net

Please check the appropriate box and fill out the information below:
(Please return to an Usher, or drop in an offering plate.)

- Needs Bible Study Requesting Baptism Needs Special Prayer
 Is Sick SDA Membership Transfer New Address

Name: _____

Address: _____

City: _____ State _____ Zip Code _____

Phone: _____ Date: _____ DOB _____

Church Attended _____ Address: _____

DIVINE WORSHIP
Sabbath, March 7, 2020
Order of Service – 11:00 am

We Unite in Service

- Prelude.....Sis. D. Turner, *Organist*.....Bro. B. Bookal, *Pianist*
*Processional "*Be Silent, Be Silent*".....Congregation
*Introit....."*O Come Let Us Adore Him*"Congregation
*Call To Worship..... *Psalms 121:4, 7 & 8*..... Elder Dr. A. Vaz
Doxology....."*We Are Standing On Holy Ground*"Congregation
Invocation Elder Dr. A. Vaz
*Sabbath Affirmation.....*Exodus 20:8-11*..... Congregation
Welcome..... Elder N. McGregor Jr.

We Praise His Name

- Praise & Worship..... Praise Team
*Hymn of Praise..... #616.. Sis. T. Similien
..... "*Soldiers of Christ, Arise*"
*Scripture..... *1 Peter 4:12-16*..... Sis. T. Similien
*Prayer Song Congregation

- Prayer of Intercession.....Bro. O. Dixon
Ministry of MusicBro. & Sis. Dixon

We Return His Own

- Tithes & Offering Deacon/Deaconess
Offertory Thought & Prayer Elder N. McGregor Jr.

We Minister To The Young

- Children's Story.....

We Explore His Words

- Song of Meditation.....Bro. & Sis. Dixon
Sermon..... "*Surviving Life's Crises*"..... Elder Dr. A. Vaz
Hymn of Commitment..... #619..... Sis. Ru. Smallwood
..... "*Lead On, O King Eternal*"
Benediction..... Sis. Ru. Smallwood
*Adoration..... "*Praise God from Whom*".....Congregation
*Congregation please stand.

PRAY FOR

THE SICK, SHUT-IN, AND ELDERLY IN OUR CHURCH

Please continue to pray a special prayer for our following members:

Sis. L. Emmanuel Bro. W. Hewitt

Bro. C. Reid Sis. G. Barrett Sis. A. Hewitt



Most of us look forward to springtime, but not to losing the hour of sleep when clocks spring forward. Losing that one hour of sleep can affect productivity, concentration, and both physical and mental health.

Even though the clock will say 8am your body will think it is 7am. This can leave you feeling groggy for several days, especially in the morning. It's important to keep sleeping patterns the same during the change to daylight saving time. Here are a few tips:

1. **Be consistent** – Wake up at the same time each morning to keep your sleep cycle more regular. This means even on weekends!
2. **Enjoy the longer evenings** – One great perk about daylight saving time is that there is more sunlight in the evenings. Enjoy the natural lighting outside or indoors with your curtains open. Sunlight helps naturally reset your body clock.
3. **Exercise** – Being physically active is good for your health and it can help you sleep better, too. Go for a walk outdoors during daylight where you are exposed to natural sunlight.
4. **Be mindful of what and when you eat** – Eat dinner earlier in the evening to help your body prepare for bedtime. Try to avoid spicy or fatty foods, especially as bedtime is approaching. They can lead to indigestion and insomnia.
5. **Reduce screen time** – Television, tablets and phones may help you unwind for the evening, but they can stimulate your brain and actually make it harder to fall asleep. Try avoiding hand-held screens and computer displays at least two hours before bed, and avoid television at least an hour before bedtime.

THOUGHT FOR THE WEEK

Prayer –The Secret of Power

And it came to pass in those days, that he went out into a mountain to pray, and continued all night in prayer to God. Luke 6:12

In Luke we read of Christ, “It came to pass in those days, that he went out into a mountain to pray, and continued all night in prayer to God”. Men of the world often spend whole nights planning, in order to secure success; and Jesus spent many nights in prayer. He was alone with His Father, earnestly seeking the Lord with strong crying and tears. He seemed to be in an agony of distress. Why was this? He had come to His vineyard to claim His own, but He was rejected, abused. They [His enemies] were then laying plans to crucify Him. He was more and more ... beset by satanic agencies. The resistance shown by the priests and rulers to His work corresponded to the convincing evidences of His divinity. They were jealous of Him because He possessed a power that drew the people to Him. His tongue was like the pen of a ready writer. He was the very treasure house of knowledge, and His parables and illustrations made the truth plain to the unlearned. Under His teaching those who could not learn the truth from books could learn it from nature.

But those who had been entrusted with the oracles of God, that they might be faithful expositors of the Scriptures, rejected and denied the Teacher sent from heaven. Christ saw that their spirit and principles were entirely contrary to the Scriptures. He saw that the Word of God was misinterpreted and misapplied. He saw how difficult it would be to instruct the people to read the Scriptures correctly, when their teachers read them in the light of their perverted judgment. What could He do to soften and subdue their hearts? This was the burden of His prayer.

The Jewish people might have repented, if they would, but they were clothed with the garments of their own self-righteousness. They claimed to be the descendants of Abraham, and looked upon every promise made to Israel as theirs. But the Israel of God are those who are converted, not those who are the lineal descendants of Abraham.

From The Upward Look – Page 80

FEATURING SPECIAL FAMILY PRAYER TODAY

The Vaz Family & The Ward Family

