

NOTICES

1. **Happy Sabbath** to all from Pastor Cuvalay, The Church board and the Communication Department, we thank you for joining us today and may God's blessings be yours as we listen to His voice to us in Word and Song.. A special welcome is extended to all mothers and the women of virtue who has played such a major part in moulding the leaders of today and tomorrow. We welcome you.
2. Our Family Bible Readings Continue through the month of May with the book of Mark and Desire of Ages 10 through 13. As you read, you will discover more and the blessings will be added to you.
3. The Mothers, visitors and friends of the Philipsburg Church and their families are invited to a special Lunch this afternoon immediately after the Divine Service.
4. All Mothers , Women are invited to join the Youth Department for an afternoon of compassion, A mother's love. This program begins at 4:30pm. Join us as we experience
5. This Saturday evening after our Adventist Youth Program, the Publishing Department invites all to it's SPECIAL BOOK SALE !!!! Yes, you will not receive a better offer than this !! 3 Books for \$5.00. These Selected books will warm and inspire your hearts. Don't Miss It!!!!
6. After you have purchased your special books, you are invited to a special Mothers Day Social event organized by the Children's Ministry Department. Plan for a beautiful evening with great fellowship.
7. On Sunday evening 13th May , all women are invited to join the Men's Ministry for Sunday evening praise. A special message awaits.
8. The Education Department requests your prayers on behalf of our students who are presently doing examinations. Vital Carty—VWO, Nyla Martina—HAVO, Alipha Tatem and Franklyn Maynard —CXC(CSEC).

Happy Sabbath once more !



Faith is needed in the smaller no less than in greater affairs of life. In all our daily interests and occupations the sustaining strength of God becomes real to us through an abiding trust. (Education pg. 255)



SEVENTH-DAY
ADVENTIST® CHURCH

Philipsburg, Sint Maarten



Celebrating Mothers

My child, listen to what I say, and treasure my commands. Tune your ears to wisdom, and concentrate on understanding. Cry out for insight, and ask for understanding. Search for them as you would for silver; seek them like hidden treasures. Then you will understand what it means to fear the Lord, (Proverbs 2:1-5)

Philipsburg Seventh-day Adventist Church

Is established as a Beacon to the Community of St.Maarten with the sole purpose of promulgating the Everlasting Gospel with the **BIBLE** as its core. Its members are energized to preach in Word and Deed the Crucified, Risen and Soon Coming Lord and Saviour JESUS CHRIST. At the center of its program will be a ministry of Caring and Sharing through which the church will realize its Goal.

12th May 2018

PASTORAL STAFF

Pastor: Vashni Cuvalay Tel:524-0283

Email: pastorcuvalay@philipsburgsdasxm.org

Intern Pastor Lester Jules Tel: 526-5035

First Elder: Alphaeus Tatem Tel: 5205383

Church Clerk: Cheryl Berkel Tel:520-2212

Email: clerk@philipsburgsdasxm.org

Communication Department media@philipsburgsdasxm.org

Church Services

Praise and The Word Sunday 7:15pm

Prayer and Songs of Praise Wednesday 7pm

Sabbath School Saturday 9am

Divine Hour Saturday 11am

Adventist Youth Program Saturday 4:30pm

PRAYER REQUESTS

Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much. (James 5:16) . We ask your prayers for the following persons ;

The Church requests your prayers on behalf of brother Flanders and others in our church and community , who are still in healing process of dealing with health issues and traumatic situations . Please remember them and others who are in need of assistance and prayers. That our hands and God healing may touch them. God is able.

28 Zagersgut Road, Philipsburg, Sint Maarten,

Log on to our new website : www.philipsburgsdasxm.org

Join our weekly Live Streaming / Updates



Follow us at:

PHILIPSBURG SDA CHURCH

<i>Desire of Ages</i>	<i>Date</i>	<i>Bible + SDA Bible Commentary Vol. 5</i>
Review and Quiz	14 (Sabbath 7)	Review and Quiz
DA Chapter 13	15	Mark 7
	16	Mark 8
	17	Mark 9
	18	Mark 10
	19	Mark 11
	20	Mark 12



BIBLE CONNECTION

North Caribbean Conference 2018 Bible Connect Finals will be held on St.Croix July 21st during the Senior Youth Camp July 12th—23rd 2018

(**Health** continued....) Limit static activity. Limit how much TV you watch every day. According to the American Heart Association, too much sedentary time increases the risk of cardiovascular disease, diabetes and death.

Be your own advocate. Parwani says prevention is a cure. She also encourages women and men to see their doctor regularly and not be afraid to ask questions. "Be your own advocate. Know your health history and keep a journal or diary of your health so you don't forget anything when it's time to see your doctor." Are you at risk for a heart attack? [Click here](#) to take your risk assessment; or to learn more about LLU International Heart Institute, visit ihi.lomalindahealth.org. www.adventist.org/vitality



Seven heart health tips for women

Cardiovascular disease is the leading cause of death among women.

Mar 04, 2018 | Loma Linda, California, United States | Briana Pastorino,
Loma Linda University Health

Every 80 seconds a woman dies of cardiovascular disease, which is also the leading cause of death among women. Every 1 in 2 women in the United States has cardiovascular disease and 1 in 3 die because of it.

Avoid becoming a statistic and follow these seven tips to keep your heart healthy, as recommended by Loma Linda University Health cardiologist Purvi Parwani, MD. The good news is 80 percent of the deaths due to cardiovascular disease can be prevented.

Stay active. Exercise at least three times per week for 30 minutes. Getting your heart rate up through physical activity will limit your risk of a cardiovascular disease by 28 percent. If you have a busy routine, take stairs. Park farther away and walk to the grocery store. Take a break from work and do brisk walking for half an hour after lunch. If you have a wearable monitor make sure you get at least 10,000 steps a day.

Quit smoking. Smokers who quit smoking cut their risk of cardiovascular disease by 71 percent.

Know Your Numbers. Six out of 10 women don't know their numbers, mainly blood pressure, blood sugar, cholesterol numbers and body mass index (BMI). If you get your BMI in normal range (18.5-24.9), your risk of cardiovascular disease drops by 32 percent.

Avoid alcohol. Drinking alcoholic beverages can lead to high blood pressure, an increased calorie intake, and increased cardiovascular problems like arrhythmias and heart failure.

Eat heart healthy. While there are many diets claiming to be heart healthy, Parwani suggests to [keep it simple](#). "Make sure you visualize three colors on your plate." Also, if you're a meat eater, replace red meat with white, and avoid processed foods. (Health continued....)



The "Change" of the Law



Memory Text: "He will speak against the Most High and oppress his holy people and try to change the set times and the laws. The holy people will be delivered into his hands for a time, times and half a time" ([Daniel 7:25, NIV](#)).

Central to our understanding of last-day events is the question of the law of God. More specifically, it is the question of the fourth commandment, the seventh-day Sabbath. Though we understand that salvation is by faith alone and that keeping the law, including the Sabbath, can never bring salvation, we also understand that in the last days, obedience to God's law, including the seventh-day Sabbath, will be an outward sign, a mark, of where our true allegiance lies.

This distinction will become especially obvious amid the climactic end-time events depicted in Revelation 13 and 14, when an all-powerful conglomeration of religious and political forces will unite to enforce a false form of worship upon the inhabitants of the world. All this is in contrast to [Revelation 14:7](#), where God's people are called to "worship Him who made heaven and earth, the sea and springs of water" (*NKJV*); that is, to worship only the Creator and no one else.

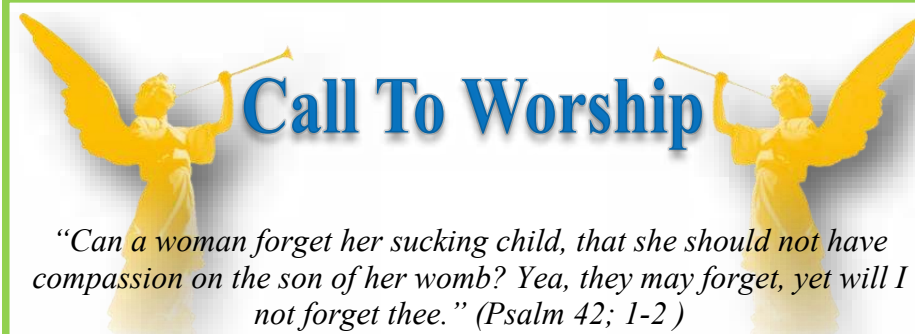
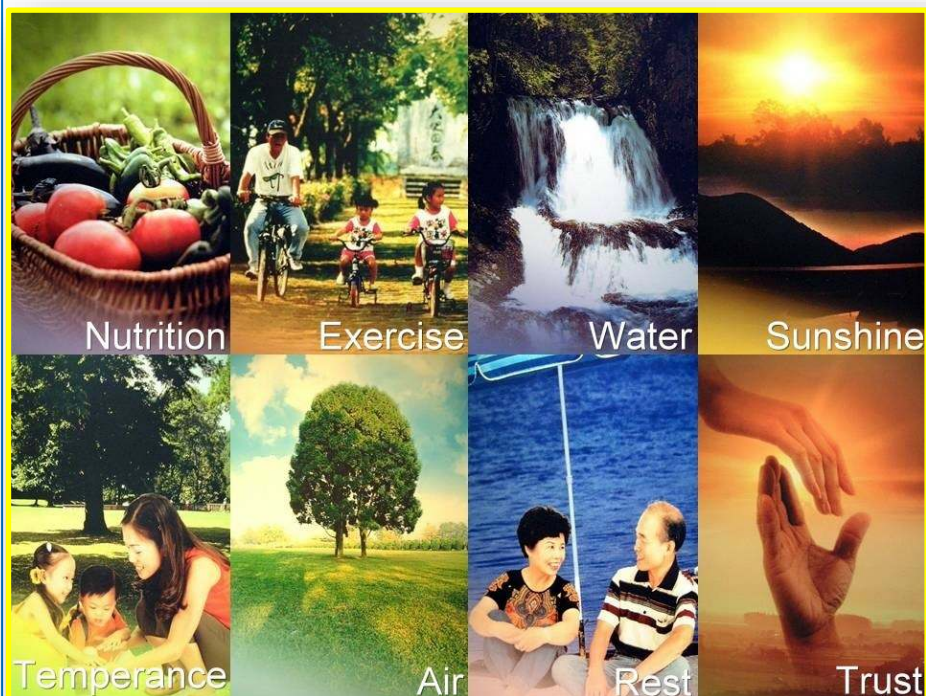
"He will speak against the Most High and oppress his holy people and try to change the set times and the laws. (Daniel 7:25)





An Appeal to Mothers

Mothers, you cannot be too careful in preventing your children from learning low habits. It is easier to learn evil, than to eradicate it after it is learned.



"Can a woman forget her sucking child, that she should not have compassion on the son of her womb? Yea, they may forget, yet will I not forget thee." (Psalm 42; 1-2)

Praise And Worship

Praise Team

Call to Worship.....Brother Jholan Richardson
#681

Hymn of Adoration and PraiseBrother Jholan Richardson
#210 - O For That Flame of Living Fire

Morning prayer..... Elder Shawn Roomes
#271

Welcome..... Sister Philippa Cummings
Brother Leo Henry

Offertory..... Brother Kaiziah Paul
Special Music by Mariama Tyson.....Brother Kaiziah Paul

Children's corner.....Brother Cheyandro Redan

Scripture ReadingBrother Sylvain Henry
Proverbs 2: 1-5

Introduction of Speakers.....Sister Alipha Tatem

Special Music by Laura Marks Sister Alipha Tatem

Message **"Two Simple Words"**.....Vitasha Carty & Alphaeus Tatem Jr.

Hymn of Consecration #.....Sister Chavaughn Redan

Benediction.....Elder Shawn Roomes