

Welcome to the SEVENTH-DAY ADVENTIST Church of Monroe

August 30, 2008

Song Service	9:00am
Prayer Circle.....	9:15am
Wake-up Call.....	9:30am
Children's Time/Study Classes.....	9:30am/9:45am
Adult Study Classes	10:00am
Worship Hour.....	11:00am
Buffet Luncheon	12:30pm

Order of Service

Praise in Song	Praise Singers
Welcome.....	George Mills
Announcements.....	Liz Fulp
Missions.....	Storefront Church
Offering.....	Michele Iglesias
Children's Story	Laura Minsk
Praise Time.....	Tom Fulp
Scripture	Praise Singers
Praise in Song	Praise Singers
Morning Prayer.....	George Mills
Sermon	George Mills

Upcoming Events

September 4-7.....	S. Union WM Retreat
September 20.....	6:30 PM Something for the Family
September 26-28.....	Eastern Carolina Camp Meeting
September 26-28.....	Young Adult Retreat

Thank you for coming to visit us today.

Come back again soon!

Announcements

- **Buffet Lunch Today**— A special invitation is extended to our visitors to stay by after the service and enjoy this meal with us.
- **Announcing Abigail Mears**—Jill and Sean are celebrating the birth of their baby girl! Born August 27, she was 6 lbs. 5 oz. and 19 1/2 inches. Congratulations! We are excited to welcome Abby into our church family!
- **Announcements for the Worship Service and Church Bulletin**—In order to keep our services running smoothly, all announcements for the bulletin, as well as for the worship coordinator to share during the service, must be to the bulletin coordinator by the Thursday before. **No announcements or powerpoint changes/ additions will be accepted on Sabbath morning.** Thank you for helping to make our services as stress-free and worshipful as possible!
- **Eastern Carolina Camp Meeting**—You are all invited to ECCM at Oak Island, Sept. 26-28, 2008. Ron Smith, Southern Union Executive Secretary will be the main speaker and the Morss Group will be the Musical Guests. To register, go to www.carolinasda.org.
- **Young Adult Retreat**— Re-fuel over a weekend in the country with young adults (ages 18-35) from around the region. September 26-28. Register at www.carolinasda.org.
- **Special Prayer Requests**— If you have a special prayer request, be sure to fill out the form in your bulletin and place it in the offering plate. The elders receive your request and add it to their daily prayers.
- This week please remember Kathy Burrows' father, Carl, who is in the hospital, as well as Mary Redmon, who is continuing to struggle with her health.
- **Know of a need?**—If you know of someone in our church who is sick or has a need, please let one of our elders know.
- **Prayer Meeting**— Please join us for prayer meeting, Tuesdays at 7pm.
- **Sunset Schedule**— Sabbath Ends: 7:54 PM Aug 30, 2008 Sabbath Starts: 7:44 PM Sept 5, 2008
- **Today's Offering**—The loose offering today is for

Announcements or schedule changes?
Please give them to Becky Carpenter no later than Thursday.
rmcarpenter@earthlink.net or 704-219-4660

Carolina Breakthrough, which is the evangelism fund for the Carolina Conference. Thousands of people have been reached for God through the generous giving of our members to Carolina Breakthrough.

- **"Investing with God" Capital Campaign totals**— Thank you so much for continuing to honor your pledges to this important campaign. We have so far received over \$50,000, and are nearly 1/3 of the way to

our goal. When you have funds to give towards your pledge, simply mark your tithe envelope "Investing with God Pledge" and indicate the amount.

- **Prayer Chain**— Anyone interested in being part of the prayer chain for prayer requests generated from the website, please give Becki Sigmon your email address.



Hormone Replacement the Natural Way

For years we have known that the trace mineral Boron reduces the risk of osteoporosis. According to researchers at the Anderson Cancer Center in Houston, Texas, higher levels of Boron have now been shown to be associated with a lower risk of lung cancer in women. In the study, the lowest levels of boron were associated with a 92% increased risk of contracting lung cancer.

Hormone replacement therapy in women actually reduces the risk of lung cancer by 31%. The highest risk group for lung cancer are women over age 60 who did not use hormone replacement

therapy, and who have low boron levels.

It should be noted that hormone replacement therapy is no longer recommended for the typical American, because it increases the risk of thrombosis, which in turn may lead to a heart attack or stroke. The benefits of hormone replacement therapy may outweigh the risks, however, for vegetarian American women who are well-hydrated and have other risk factors for heart disease under control.

Vegetarian sources of boron include apples, pears, peanuts, grapes, orange juice, beans, bananas, broccoli, and salad.