

# HELPLINES

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<https://westbourneroadsda.org>

## Tithes and Offerings

The treasury accepts submission of Tithes and Offerings via EFT. Please submit a breakdown of your Tithes and Offerings eg. Jubilee Fund, Local Church, Building Fund, welfare, etc to 083 682 1655 (whatsapp/sms/email) to [efortuin@csir.co.za](mailto:efortuin@csir.co.za).

Bank  
Account Name  
Account Type  
Account Number

FNB Bank  
Westbourne SDA Church  
Cheque  
6220971688

## Sunset Time

Saturday ≈ 17:21

Friday 12<sup>th</sup> July ≈ 17:25

# Benefits of Green Juice Fasting

### Benefit #1: Lets the body rest

Green juice fasting helps the body rest.

It cleanses and detoxifies the body and provides the body with oxygen. Stored toxins are released from the cells and eliminated from the body. When you flush out toxins from the body, you reduce stress on the digestive system, allowing your organs, like the liver, to recuperate. This way, it also reduces internal inflammation to stop toxins from developing into chronic diseases.

Consuming vegetable juice also allows the body to absorb nutrients faster and easier.

### Benefit #2: Gives the Body Plenty of Nutrients

Green juices can provide nutrition that keeps the body in balance and helps regulate blood sugar. Because you are fasting on green juices, your body is getting the nutrition it needs, while at the same time, cleansing and detoxifying the body.

Green leafy vegetables are rich in antioxidants, vitamins, minerals, and phytonutrients. In juice form, these nutrients are absorbed more easily into the bloodstream.

### Benefit #3: Controls Hunger

Green juice can help control hunger pangs. Increasing the intake of liquids, especially green drinks, minimizes discomfort.

When you add good green nourishment with sprouts to your juices, you get the added benefit of consuming a complete protein. Protein helps regulate blood sugar.

Its fiber content also helps the stomach stay full longer, allowing you to go on a healthy diet without any kind of craving.

This can help you feel much more secure and stable during a fasting day.

### Benefit #4: Provides Enzymes

One of the best advantages of doing a green juice fast is the enzymes. Enzymes are the catalysts of all life. They are specialized proteins that carry out a wide variety of chemical reactions.

They create life within your cells and your body. To put it simply, we need enzymes.

One of the best ways to get them is to drink them in raw green juices.



Westbourne Road  
Seventh-Day  
Adventist Church



The Lord

*Bless You*

The Lord make his  
face to shine on you,  
and be gracious to you.

The Lord lift up  
his face toward you,  
and give you peace.

NUMBERS 6:24-26

[bibleversestogo.com](http://bibleversestogo.com)

06 July 2024





# Announcements

- Prayer band @ 8.30am every Sabbath
- Wednesday's @ 5.30pm Westbourne in Prayer
- Vespers every Friday @ 5.30pm
- Church board meeting on Sunday 14 July @ 9.30am - Physical meeting at WBR Church

**Sabbath School**  
 9:15 - Song Service  
 9:30 - Deaconesses

**6 July - 7 July : Habakkuk 2&3**  
**8 July – 10 July : Zephaniah 1 - 3**  
**11 July - 12 July : Haggai 1 - 2**

## Desire of Ages ch. 45-46

**Lesson Study**  
 10:00 - Br S. Mazwi  
 - Eld S. Bosire  
 - Sr S. Thebe



## WELFARE DEPARTMENT

Let us continue to fill the welfare cupboard in order for us to always have items to assist those in need.

**Divine Service**  
 Precher: Br N. Mthembu  
 Elder: Eld S. Bosire  
 Offertory: Br. J. Muvimwa  
 Childrens' Story: Sr Chihava

**Afternoon Service**  
 15:00 - Bible Quiz (Ruth & John)

**Vespers**  
 17:30 - Br T. Moyo

**Intercessory Prayers**  
 Let up pray for the bereaved families, the sick and elderly, our families, children and students, those looking for work, our pastors and church leaders.

**Membership Issues**  
 Transfers of Membership to and from Westbourne Rd Church. Please contact the church clerk, Simiso Thebe, via email:  
[westbourneroad@cc.Adventist.org](mailto:westbourneroad@cc.Adventist.org)

**SOUTHERN AFRICA-INDIAN OCEAN DIVISION**  
**4TH PATHFINDER CAMPOREE 2025**  
 5th PATHFINDER CAMPOREE 13-19 APRIL, 2025 - VICTORIA FALLS, ZIMBABWE

**SAVED TO SERVE**

**CAMP SITE**  
 Victoria Falls, Zimbabwe

**REGISTRATION FEE**  
 \$140 (Up to 31/12/2024)  
 \$150 (Up to 31/01/2025)