



**Senior Pastor**

**Brian Hartnick**

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**Website: <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 e.g. 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 FNB Bank**

**Account Name Westbourne SDA Church**

**Account Type Cheque**

**Account No 62201971688**

### **MEMBERSHIP ISSUES**

Transfers of membership to and from WB Road Church. Please contact the church clerk, Sr Simiso Thebe via email:

**[westbourneroad@cc.adventist.org](mailto:westbourneroad@cc.adventist.org)**

**Sunset times:**

**Sabbath opening : 18:26**

**Sabbath closing: 18:25**

## **HEALTH TIP**

### **TIRED OF BEING TIRED**

SLEEP SCIENCE TELLS US THAT TIRED MINDS ARE MUCH MORE LIKELY TO MAKE SERIOUS MISTAKES. IN MOST SOCIETIES OF THE WORLD TODAY, A SIGNIFICANT PERCENTAGE OF THE POPULATION IS SLEEP DEPRIVED. IN THE UNITED STATES FATIGUE IS ONE OF THE 10 MOST COMMON REASONS PEOPLE VISIT A PHYSICIAN! THE NEED TO REST AND RELAX APPEARS TO BE THE GREATEST WHEN THERE SEEMS TO BE NO TIME FOR IT. WITHOUT REST AND RELAXATION ALL HUMANS SUFFER COGNITIVE IMPAIRMENTS. TIRED PEOPLE BECOME INEFFICIENT, SLOWER, LESS SAFE, AND MAKE MORE MISTAKES.



TO REMAIN "AT THE TOP OF OUR GAME" WE NEED ADEQUATE SLEEP EACH NIGHT. THERE HAVE BEEN MANY ATTEMPTS TO INCREASE PRODUCTIVITY BY EXTENDING THE WORK WEEK AND DAILY WORKING HOURS. THEY HAVE ALL FAILED BECAUSE WE EACH HAVE A PHYSIOLOGICAL NEED FOR REST EACH DAY, AS WELL AS A DAY OFF EACH WEEK AND A RESTFUL ANNUAL VACATION. FOR PEAK COGNITIVE PERFORMANCE AND ABUNDANT ENERGY, WE MUST CELEBRATE THE REFRESHING GIFT OF SLEEP.

REST INSTITUTED BY GOD. THE BIBLE RECORDS THAT IN THE VERY BEGINNING GOD INSTITUTED A WEEKLY REST TO PROVIDE A MUCH-NEEDED BREAK FROM THE TEDIUM OF WORK. OUR CREATOR KNEW THAT IN ORDER TO FUNCTION OPTIMALLY WE NEED BALANCED DAILY REST IN ADDITION TO WEEKLY REST AS FOUND IN EXODUS 20:8-10

## **WESTBOURNE RD SEVENTH-DAY CHURCH**

### **PASTOR'S APPRECIATION**

*Day*

**12 And we beseech you, brethren,  
to know them which labour  
among you, and are over you in  
the Lord, and admonish you;  
13 And to esteem them very  
highly in love for their work's  
sake. And be at peace among  
yourselves.**

**Thessalonians 5:12-13**

# welcome

WE'RE GLAD YOU JOINED US!

## **SABBATH SCHOOL**

**SONG SERVICE      WORSHIP TEAM**  
**PRESENTATION      BR VERNON HOWIE**

## **ADULT LESSON**

**BR A.TSIGA      BR A. MOYO**  
**BR Z.NGWENYA**

## **DIVINE SERVICE**

**PREACHER**

**ELD S. BOSIRE**

**ELDER ON DUTY      S. MAZWI**  
**OFFERTORY      SR P. MPUNZI**  
**CHILDREN'S STORY      CALEB DENGA**

## **AFTERNOON PROGRAM**

**THE HOLY SPIRIT AND HIS FUNCTION**  
**SR D. MAGURA**

## **VESPERS**

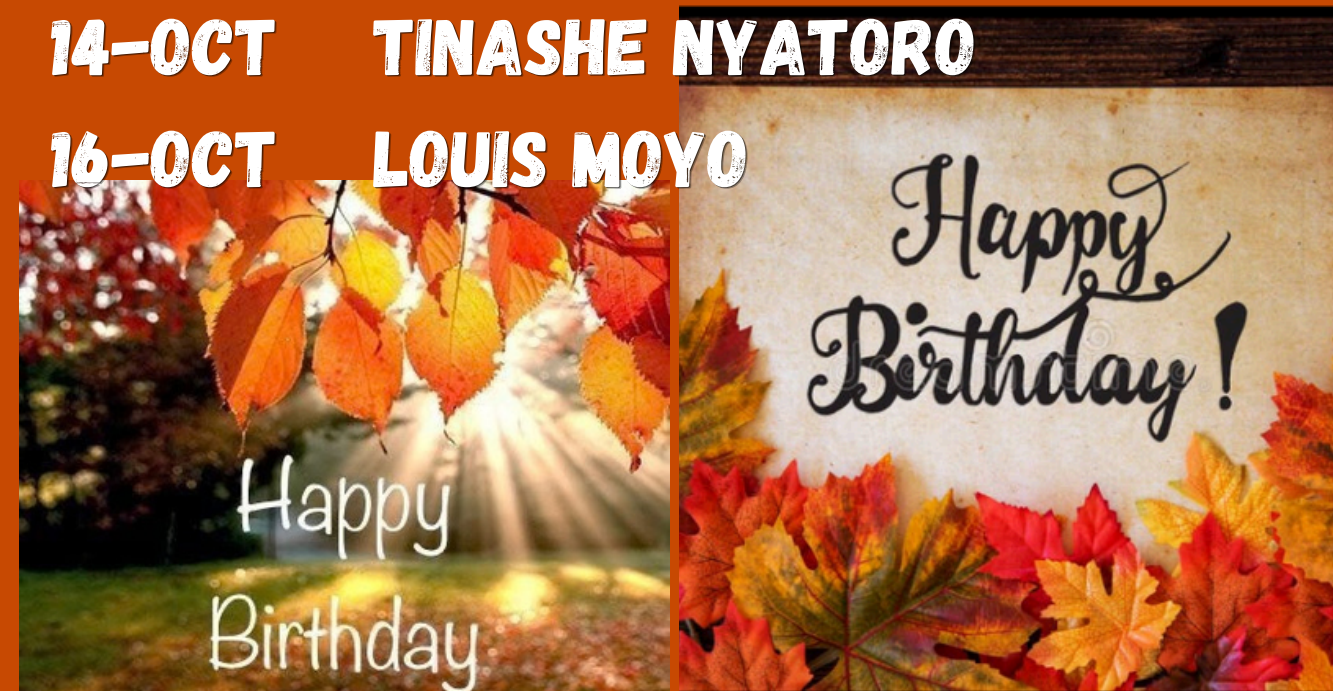
**OPENING: BR J KAUBA**  
**CLOSING: SR R. JOEL**

## **BIBLE READINGS**

**10 OCT TO 16 OCT**  
**PSALMS 64 TO 70**

## **BIRTHDAYS**

10-OCT      ATHOBE KALA  
10-OCT      BUNTU KLAAS  
12-OCT      MICHELLE CHIDUMBA  
12-OCT      ASISIPHO MANTSHIYOSE  
13-OCT      ALINAFE SIMENTI  
14-OCT      TINASHE NYATORO  
16-OCT      LOUIS MOYO



## **TREASURY NOTICE**

Church members are encouraged to contribute towards the Church's expenses and maintenance

## *Announcements*

### **WEEKLY:**

Prayer band at 8.30am every Sabbath  
Wednesdays @ 6pm Westbourne in Prayer  
Vespers every Friday @ 6pm

### **NOTICES**

Special Church Business meeting immediately after Divine Service – 10 October

Next Sabbath Baptism - 17 October at 3pm

### **WELFARE DEPARTMENT**

Let's keep donating non-perishable items to the Welfare Cupboard. Your contributions play a crucial role in providing meals for those in need.

### **UPGRADE – AUDIO SYSTEM**

Let us continue supporting the upgrade of our sound system through our generous contributions.