

WELCOME

BEWARE OF MONDAYS!

Years ago, the Reader's Digest reported that more people die on Monday than any other day. More men die suddenly of heart disease on Monday than on any other day of the week, reports a group of University of Manitoba researchers in the Journal of the American Medical Association. Your heart also knows about TGIF (Thank God It's Friday), because that's the workday when the fewest men die of heart attacks. A long-term follow-up study of nearly 4,000 men found that 38 had died of sudden heart attacks on Monday while only 15 died on Friday. For men with no history of heart disease, Monday was particularly dangerous. Among that group, an average of 8.2 heart attack deaths occurred on each of the other six days of the week, while nearly three times as many occurred on Monday.

"Psychological stress has been related to sudden cardiac death, and it may be that return to work serves as a stressor," says Dr. Simon W. Rabkin, one of the researchers. But being at home on Blue Monday didn't help much either, since 46.7% of the fatal heart attacks occurring in the home also happened on Monday.

After reading information like that, I'm glad for Sabbath. A day for rest and restoration. Because research also show that folks who keep the Sabbath, tend to have less overall stress in their lives. Welcome to Springdale Adventist Fellowship this Sabbath. May the peace and healing of the Lord Jesus Christ be felt in your life this day.

Pastor Ben

SAF SOCIAL

Connect and continue the conversation with us socially...

 www.gosaf.com - Keep in touch with the very latest from SAF

 SpringdaleAdventistFellowship - Check in and give us a **LIKE**

 @gosafellowship - Share your pics with us

 Springdale Adventist Fellowship - Catch up or enjoy again

 Coming soon... With programming live and on demand

WORSHIP

TODAY'S MESSAGE

"Practical Living: A Study From James"

James 1:22 | Elder Mike Colburn

August 17, 2019

THE WELL (Contemporary Worship) | 9:00 am
BIBLE STUDY CLASSES | 10:00 am
WORSHIP SERVICE (Blended) | 11:00 am

11:00 am Worship

WE WORSHIP WITH SINGING

Praise Team

WELCOME

Elder Mike Colburn

WE WORSHIP BY GIVING

SAF Ministries and Outreach

The offerings given this week are used to support the mission and outreach ministries of this church. Our ministries include community outreach, health awareness programs, youth and children's ministries, Christian education, and more. Our goal each month is \$8,064.00. Thank you for your faithful support of our mission.

MUSIC FEATURE

CHILDREN'S MESSAGE

Robin Eason

After the story, the children will come around collecting loose change offering. This offering is used to support the students of Springdale Adventist School.

WE WORSHIP IN PRAYER

Elder Andrew Thomas

THE MESSAGE

Elder Mike Colburn

practical living { **The book of James**



Springdale

ADVENTIST FELLOWSHIP

INSPIRE. CONNECT. IMPACT.

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»» THIS WEEK

@ Springdale Adventist Fellowship & School

SUNDAY, AUGUST 18

Nothing Planned

MONDAY, AUGUST 19

Pastor Not Available
7:30a—3pm SAS School Office Open

TUESDAY, AUGUST 20

Pastor Available by Appointment
7:30a—3pm SAS School Office Open

WEDNESDAY, AUGUST 21

Pastor Writing & Study Day
7:30a—3pm SAS School Office Open
6:30 pm Mid-week Bible Study/Prayer Meeting

THURSDAY, AUGUST 22

Pastor Available by Appointment
7:30a—3pm SAS School Office Open

FRIDAY, AUGUST 23

7:30a—12pm SAS School Office Open
7:56p **Sabbath Begins**

SATURDAY, AUGUST 24

9:00a "The Well" Service
10:00a Bible Study and Sabbath School
11:00a Worship Service
7:55p **Sabbath Ends**

Springdale Adventist School has a new website!
Go to SASAdvantage.org

To see a our full calendar, go to our website at gosaf.com for all our upcoming ministries, events, and programs.

INSPIRE

»» NEWS NOTES

FELLOWSHIP LUNCHEON | Today

You are invited to join us for our Fellowship meal immediately following Second Service.

PLAYGROUND FUNDRAISER | Now

The church is soliciting help to pay for a desperately needed new playground for school and church kids. You can mark your tithe envelop "Play ground." Thank you for your support.

SPRINGDALE ADVENTIST SCHOOL BUZZ | August 2019

Get your August edition of the "The Buzz" today. Our open house Thursday was a big success! We only have openings for 2 more students **max**. Are you interested in enrolling your K-8 grader in our school? Come talk to us! We'll make it work! Adventist Education is important to us for your child! Also if you can pledge even a small amount monthly, please talk to Jana & Jim Shepherd.

INVITE YOUR ONE | September 6

September 6 we begin a 15 part endeavor to tell the story of Jesus in a new and creative way. Who could you invite to come? Here are 3 reasons to invite someone to this big event: **1) Jesus invited you.** You were invited to follow Jesus, and He has asked us to bring others to Him. **2) Inviting someone will usher you into a new spiritual adventure.** When you don't invite someone to come, you miss out on one of life's most incredible opportunities – being able to play a role in someone's life transformation. Being used by God to introduce someone to forgiveness, peace and ultimate purpose?! There's nothing more rewarding or energizing! **3) It will give the people you invite the opportunity to make a more informed decision about church and Jesus and eternity.** Prior to your invitation, they are making assessments based on what they've heard, on the media, and other portrayals of religion. Give them an opportunity to rethink things from personal experience and trust God with the process.

MEN'S MINISTRY MEETING CHANGE | August 29

Men's Ministry Meeting has been moved from this Thursday, August 22nd to Thursday, August 29th. Look for details next week!

MEMBERSHIP TRANSFER | August

⇒ **2nd Reading:** John Richard Thomas From Gentry, AR to Springdale Adventist Fellowship.

CONNECT

»» SERMON SERIES



The Bible Doesn't Say that: Unfortunately, there are erroneous beliefs about God and Christianity that have snuck their way into modern church culture. These popular phrases or ways of thinking are in direct conflict with what Scriptures actually teaches. This 5-week series looks at different phrases the Bible doesn't actually say, comparing them to what the Bible actually does say.

SERIES DETAILS

Part 5 August 24: "Obedience always leads to financial blessing."

NEW SERIES
BEGINNING SEPTEMBER 7

SPIRITUAL GIFTS

DIVERSITY. UNITY. MINISTRY.

PREACHING SCHEDULE

August 24 Pastor Ben Elder Ordination
August 31 Larry Holliman "

IMPACT