

THE CHURCH AT WORSHIP

11:00 a.m. – 12:15 pm

“Health and Self Control”

Welcome & Announcements		Ron Reese
Invocation		Pastor Vernon Herholdt
Tithes & Offering	Local Church Budget	Ron Reese
Praise Time	Traci & Rebekah Thingvold	
	#618 – Stand Up! Stand Up for Jesus!	
	#330 – Take My Life and Let It Be	
Children’s Story		Sylvia Reese
Scripture & Prayer	1 Corinthians 6:19	Jodi Dockter
Special Music		Jodi Dossenکو
Message	Health & Self Control	Dr. Maria José Hummel
Closing Song	Traci & Rebekah Thingvold	
	#337 – Redeemed!	
Benediction		Pastor Vernon Herholdt

Pastor’s Corner:

In 1 Corinthians 6:19, the Apostle Paul writes, "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own."(NIV) Paul reminds us that our bodies are not just flesh and bone; they are temples of the Holy Spirit. This truth should profoundly impact the way we view and care for our physical well-being.

Ellen G. White was a prominent health advocate, and she said the following on this subject, "The body is a most important medium through which the mind and the soul are developed for the upbuilding of character." This statement emphasizes the interconnectedness of our physical, mental, and spiritual health. When we neglect our bodies, we hinder our ability to serve God and others effectively.

Practical health habits, such as regular exercise, a balanced diet, and sufficient rest, are essential for maintaining our bodies which are described as temples by Paul. Our physical health can influence our mental and spiritual well-being, impacting our ability to fulfill God's purposes.

Let us honor God by caring for our bodies as temples of the Holy Spirit. By doing so, we not only improve our own lives but also become better vessels through which God can work to bless and serve others. Remember, a healthy temple can better reflect the light of Christ to the world.

Many Blessings,
Pastor Vernon

Evangelism

Health Seminar: Join us today as Dr. Maria Jose Hummel, Nutritionist/Health Educator, will be presenting health lectures on nutrition, health, and disease prevention. She will speak at the 11:00 church service, 2:00 pm, and 4:00 pm.

Small Groups

(If you are interested in starting a small group, please contact Pastor Vernon.)

Tuesday Morning Bible Study: Please join us Tuesday, September 19, 10:00 am, as we continue the bible study in the Book of John.

Sabbath Morning Prayer Group: Join us in prayer every Sabbath morning at 9:30 am in the sanctuary.

Elder of the Month – Ron Reese

Sunset Today: 7:55 pm

Sunset next Friday: 7:41 pm

Bismarck Pastor: Vernon Herholdt

Ph: 831-313-5662

pastor@bismarcksda.org

Asst. Pastor Jacob Pittenger

Ph: 309-807-7932

Jacob.pittenger@bismarcksda.org

Church Secretary/Clerk: Janice Wolf

Ph: 701-220-3629

secretary@bismarcksda.org

Dakota Conference Office:

701-751-6177

Bismarck SDA Church:

701-223-6830

Sabbath School Divisions/Classes

- Adult Classes - Sanctuary, Come & See in Large Classroom, Filipino Class in the Youth Room.
- Cradle Roll (ages 0-4)
- Kindergarten (ages 5-7)
- Primary (ages 8-10)
- Junior/Earliteen (ages 11-14)

Calendar

- Sept. 23 – Adventurer Club, 1:30-3:00 pm
- Sept. 23 – Adventurer Club Induction Service
- Sept. 23 – Barn party, 6:00 pm
- Sept. 29 – Bruce Bender Memorial Service, 1:00 pm
- Sept. 29 – Oct. 1 – Women’s Retreat
- Oct. 7 – Communion Service
- Oct. 14, 28 – Adventurer Club, 1:30 pm

Announcements

Membership Transfer – 1st Reading: Jason Dallman from the Jamestown SDA Church to the Bismarck SDA Church.

Financial Report as of August 2023:

Budgeted: \$82,057	Brought In: \$75,558	Short: \$6,499
--------------------	----------------------	----------------

Thank You Note: I would like to say thank you to everyone for all your thoughts and prayers on our behalf through the last four months as we battled Mark's cancer. I know I couldn't have gotten through this difficult time without my faith in God, family, and friends. God bless each of you. Bonnie Sundby

Help Needed: We are looking for some strong men to help move a piano to the Brentwood School. Please contact Rosie Christenson for more information.

Barn Party Time: Please see the insert for more information of the upcoming barn party on September 23, 6 pm.

Fellowship Meal: Join us for our meal today as we fellowship with church family and visitors.

Prayers: We ask for your continued prayers for all our church family. Many are struggling with sickness and everyday trials.

Memorial Service: A memorial service will be held for Bruce Bender, September 29, 1:00 pm, at the church. Church members and friends of the family are invited to attend.

Dakota Conference Christian Women's Retreat: The retreat is Sept. 29-Oct. 1, at Rough Riders Hotel, Medora. For more information pick up a copy of the program in the church foyer or go to the Dakota Conference website:

<https://www.dakotaadventist.org/ministries/womens-ministries>.

Sermon Notes:

September 16, 2023 Bismarck Seventh-day Adventist Church



We want to welcome you to the Bismarck Seventh-day Adventist Church. Whether you are a visitor or a long-time member we hope that you experience God's presence as well as warm Christian fellowship today here at church.
Have a Happy Sabbath!

Service Times

Sabbath School – 10:00 AM

Worship – 11:00 AM

Bismarck SDA Church
1109 North 26th St., Bismarck, ND
701-223-6830
www.bismarcksda.org



It's Barn Party Time!



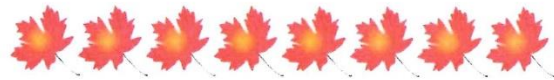
September 23, 6 pm
At the Flemmer's
3155 Moonstone Ln, Bismarck

Invite your friends
Join us for:

- ♥ Food
- ♥ Fellowship
- ♥ Fun

Sweet & Savory Corn Bread Buffet Provided

Attendees: bring a dish to pass



health for today



free admission

Learn how to avoid and reverse lifestyle diseases such as diabetes, high cholesterol, high blood pressure, and obesity.



How Not to Die | September 15 | 7 pm

Based on the book, "How Not to Die" by Dr. Michael Greger, but with a spiritual twist. Learn the main causes of death and how the diet given to man by God has been scientifically shown to be the most effective treatment for diseases and how not to die forever through Jesus Christ.

Health & Self Control | September 16 | 11 am during church service

Learn why self control is so important in achieving health, education, work goals and more; the scientific basis for self control; self control as part of the Fruits of the Holy Spirit; and advice to increase self control and free yourself from addictions (including food addictions, internet, etc.).

Free Lunch | September 16 | 12 - 2 pm

Cancer and its Causes | September 16 | 2 pm

Learn about projected increase in cancer rates, risk factors for cancer including dietary factors, stages of cancer growth and which one is most affected by nutrition, foods and habits that affect the immune system, which foods are anti-cancer, and the effect of exercise on cancer.

Diabetes: Reversing the Sweet Killer | September 16 | 4 pm

What is diabetes? What is insulin resistance? Learn the risk factors and consequences of diabetes, the two main keys to control diabetes, the only diet that improves diabetes and prevents other diseases, and the best type of exercise for diabetes.



Dr. María José Hummel

As a health educator and plant-based nutritionist, María José enjoys sharing her knowledge and passion for nutrition, health, and plant-based cooking. She teaches people how to avoid and reverse lifestyle diseases. María José's teaching of biblical principles and nutritional health gives hope to the hopeless. She holds a Bachelor's in Engineering, a Master's of Science in Nutrition, a Master's in Public Health, a certification in Plant-Based Nutrition, a Doctorate in Naturopathy, and a Doctorate in Philosophy in Natural Medicine.



Bismarck Seventh-day Adventist Church | 1109 N 26th St, Bismarck, ND | 701.223.6830