

order of service

November 9, 2019

- PRELUDE .....Sharon Orosco
- OPENING HYMN .....Ben Whittaker, MPT  
*Hymn #642 We Praise Thee With Our Minds*  
*"I Am The God That Healeth Thee"*
- INVOCATION PRAYER .....Tillie Sakai, RN
- WELCOME &  
ANNOUNCEMENTS .....Dr. John Westerdahl
- LAMB'S OFFERING
- CHILDREN'S STORY\* .....Vernon Hsu
- OFFERING CALL .....Martha Eissler, RN  
*A Legacy of Adventist Health Care:  
Over 150 Years of Health and Healing*
- SPECIAL MUSIC .....Kylie Hsu
- PRAYER .....Valerie Rhaney
- RESPONSIVE READING .....Jasmine Westerdahl  
*#824 "Healthful Living"*
- SERMON .....John Westerdahl, PhD, MPH, RDN, FAND  
*"Your Diet and Your Destiny"*
- BENEDICTION IN SONG (video) .....Jack LaLanne
- POSTLUDE .....Sharon Orosco

Special thanks to...

AV Technicians:  
Ryan McConnehey & Roberto Solis

Pianist:  
Sharon Orosco

Sabbath Rest Ends: 4:55 pm, Tonight  
Sabbath Welcome Begins: 4:51 pm, Friday, November 15

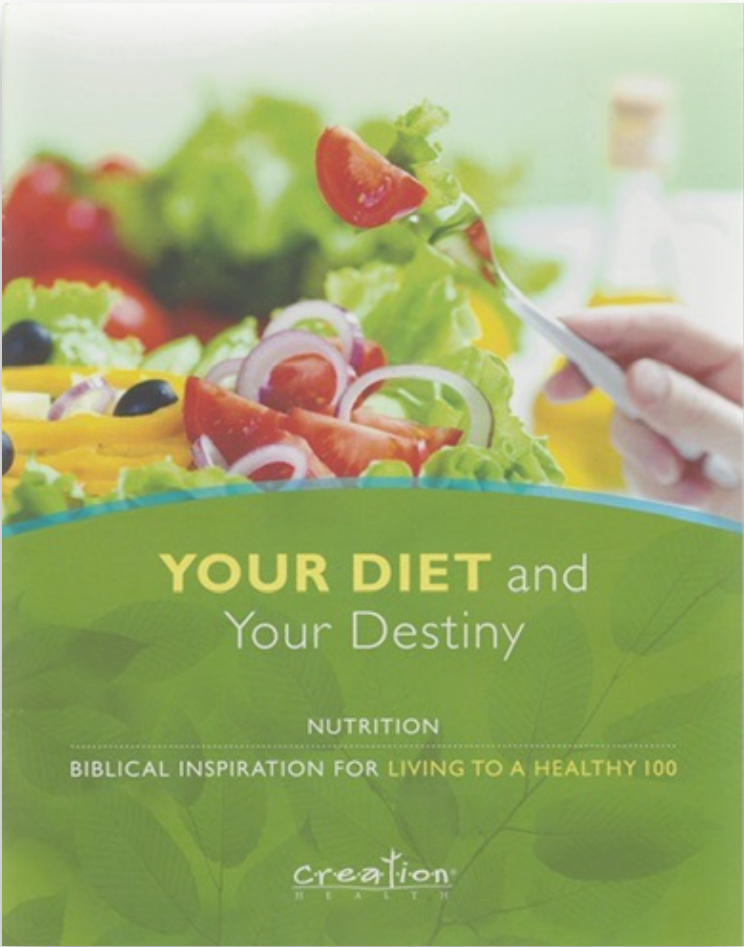
living to love like Christ

announcements and church news

Birthdays		
Oct. 10 - Ed Brown	Nov. 9 - Hannah Lim	
Nov. 4 - Robert Herdan	Nov. 13 - Etelia Warden	
Nov. 5 - Sherry Dahl	Nov. 14 - Lynda Brown	
Nov. 7 - Marty Coon	Nov. 15 - Stephen Mansfield	
Please Pray for...		
<ul style="list-style-type: none"><li>• Doug Mansfield (awaiting a heart transplant)</li><li>• Ruth &amp; Paul Watson</li><li>• Walter &amp; Cathey Knauss</li><li>• Continued strengthening and recovery of Onnie Tjandra, Richard Armstrong, Saul Escobar, Douglas Hoffman, Jim Cyr's mother, Susan Favia's sister and Martha Eissler's nephew.</li></ul>		
Church Financial Info 2019		
	November Budget	Yearly Budget to Date as of Oct. 31, 2019
Budgeted	\$22,036.00	\$198,324.00
Month/Year to Date	\$6,858.00	\$97,435.00
Still Needed	\$13,478.00	\$122,925.00
How to Connect with TOSDA		
jim ayars senior pastor	jimayars@aol.com 805.551.7345	
jon clark associate pastor	pastorjonclark@gmail.com 805.405.8446	
gaylene clark office administrator / church clerk	office@tosda.com 805.350.2203	
ruth mcconnehey treasurer	church@qwerkle.com 805.488.0548	
alan reinach head elder	misterliberty@churchstate.org 805.413.7398	
vern trujillo head deacon	surfercop@verizon.net 805.217.0276	
nancy perry head deaconess	nperry534@yahoo.com 805.624.0556	
raymond tan facility manager	facility@tosda.com 805.341.1981	
ryan mcconnehey audio/visual team	audio.visual@tosda.com	
church physical address*: (*please do not send mail to this address)	480 w. gainsborough rd. thousand oaks, ca 91360	
church mailing address:	587 n. ventu park rd. e-910 newbury park, ca 91320	

living to love like Christ

THOUSAND OAKS  
SEVENTH-DAY ADVENTIST CHURCH



"So, whether you eat or drink, or whatever you do,  
do all to the glory of God."  
-1 Corinthians 10:31

DR. JOHN WESTERDAHL  
NOVEMBER 9, 2019

announcements and church news

upcoming events

TODAY 10:00 am - Children's Song Service & Group Activities (Fellowship Hall)  
10:15 am - Sabbath School Classes (Children/Youth/ Adult Divisions)  
11:05 am - Divine Worship Service (Special Guest: Dr. John Westerdahl)  
12:45 pm - Fellowship Potluck Luncheon (Theme: Healthy Soups & Salads)



2:00 pm - Documentary Presentation: *Forks Over Knives* (Sanctuary)



11/12 Tues Food Share — 11:00 am-12:00 noon (Set-up 7:00am; Clean-up 1:00pm)  
11/13 Wed Pathfinder Club—6:15 pm  
11/15 Fri *Foundation for Faith Series Part VI* (Pastor Jim Ayars)  
(Please see bulletin ad for titles & schedule)  
11/16 Sab 10:00 am - Children's Song Service & Group Activities (Fellowship Hall)  
10:15 am - Sabbath School Classes (Children/Youth/ Adult Divisions)  
11:05 am - Divine Worship Service (Speaker: TBD)

living to love like Christ

The Power of Fitness, Food, and Faith in Health & Longevity

By John Westerdahl, PhD, MPH, RDN, FAND

Jesus was the first to speak of the body as a temple (see John 2:21). The apostle Paul later spoke on this doctrine of health when he said, “Do you not know that you are the temple of God and that the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are” (1 Corinthians 3:16-17). Actually, it is not God that destroys us, it is our own violation of God’s natural laws of healthy living, where we destroy ourselves. Paul later wrote, “Glorify God in your body and in your spirit, which are God’s” (1 Corinthians 6:20). Paul points out that glorifying God in your body also relates to all that you do in your lifestyle, including diet. “Therefore, whether you eat or drink, or whatever you do, do all the glory of God” (1 Corinthians 10:31). Followers of Jesus Christ are encouraged to keep the body temple healthy and undefiled for the greater glory of God. Unfortunately, millions of Americans, including Christians, every day treat their bodies more as a garbage cans with a hairy lid, than they do as living temples of God. They put everything into their bodies including harmful substances such as tobacco and alcohol, illicit drugs, and unhealthful foods and beverages.

**The Power of Fitness** Regular physical activity is one of the best things for your health and wellbeing. Daily exercise reduces your risk of cardiovascular disease, type 2 diabetes, and some cancers, and strengthens your bones and muscles. Aim for at least 30-40 minutes of physical activity every day. Walking is one of the best forms of exercise.

**The Power of Food** “You are what you eat.” The foods that you eat and the beverages that you drink make up the structure and chemistry of your body. What you eat today is walking and talking tomorrow. Food becomes you. When it comes to good nutrition, eating a healthy, whole foods, plant-based vegetarian diet (like the Genesis 1:29 diet in the Garden of Eden) is the optimal way to go. Learn to “eat to live,” rather than “live to eat.”

**The Power of Faith** Trusting in God is vital to our spiritual health and wellness. More than two hundred scientific studies on religion and health have demonstrated that individuals who have a faith in God and actively participate in regular worship experience a broad range of health benefits. Jesus Christ offers us the spiritual nutrition we need to enjoy optimal health for the body, mind, and spirit (read John 6:35).

*To learn more details on the power of fitness, food, and faith, listen to my radio show that aired this week on the LifeTalk Radio Network. To hear the podcast go to: [https://lifetalk.net/podcast-episodes/the-best-of-health-and-longevity\\_-power-of-fitness-food-and-faith/](https://lifetalk.net/podcast-episodes/the-best-of-health-and-longevity_-power-of-fitness-food-and-faith/)*

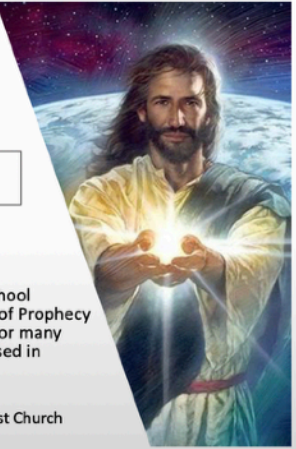


**Foundations for Faith**  
A Series about The Real Jesus Christ

<i>The Cosmic Union</i> <i>One World, One People</i>	Nov. 15 7pm Nov. 22 7pm
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**Speaker – Dr. Jim Ayars, Ph.D.**  
Dr. Ayars has taught religion courses to high school students, been a research writer for the Voice of Prophecy radio broadcast and written scholarly articles for many journals. His textbook on Christian Beliefs is used in Christian high schools nationwide.

Thousand Oaks Seventh-day Adventist Church  
480 W. Gainsborough Rd.  
Thousand Oaks, CA 91360  
Call Sherry Dahl for more info: 805-794-7607



TO Church Children's & Youth Ministries



**Beach Day**

Nov. 23<sup>rd</sup>  
Following Church

Relax, explore some caves and tide pools, and fellowship with family and friends

**@ Leo Carrillo State Beach**

Pack your own picnic lunch & blanket. Snack sharing is optional!

**Contact Laurie Ross:**  
805-551-6778