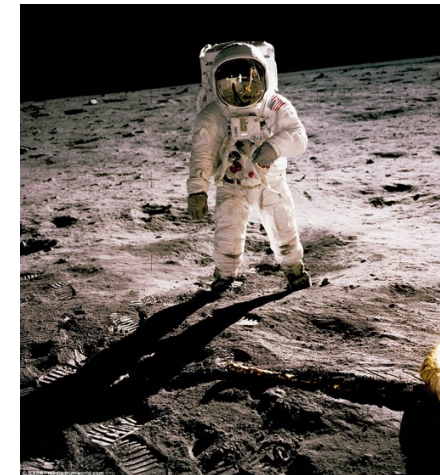




50th Anniversary of Man on the Moon



50 years ago, on the 20 July 1969, man first stepped onto the surface of the Moon. There has been much-to-do in celebrating this great achievement. While the Russians won the space race to put a man in space, the Americans were the first to put man on the Moon.

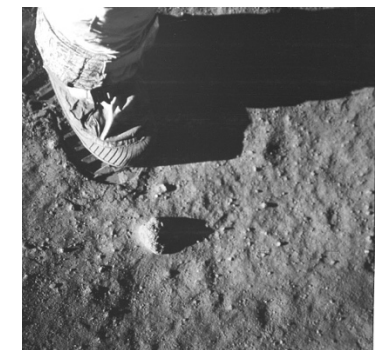
As the giant rocket, towering 363' left planet earth at precisely 9.32am on the morning of 16 July 1969, everyone knew that the mission to the Moon was a daring feat. The three occupants in the space capsule were brave, yet adventurous, daring men. Four days later, they reached the Moon some 240,000 miles away. The world looked on in wonder and excitement as the Eagle landed and Neil Armstrong stepped out of the landing module onto the Moon's surface.

“One small step for man, one giant leap for mankind”

The famous words of Neil Armstrong



Buss Aldrin climbing from the Eagle Lunar Module



Neil Armstrong's boot lands on the Moon's surface

A Word in Season . . .

When I was a child I used to love listening to *Journey into Space* on Radio Luxemburg. Some of you may be old enough to remember those days. Space exploration was still a dream back then; but today it is a reality. Realities have often commenced as dreams. Jules Verne's *20,000 Leagues Under the Sea* conjured the idea of a submarine. No doubt we could list many more examples.

To explore the universe is yet another dream - a dream I believe, will one day become true! As we view the universe through giant telescopes, we behold beautiful wonders that fascinate our imagination. The Great Nebula in Orion, for instance, has led some reverent astronomers to ponder whether that is the entrance to Heaven itself! They behold such supernal wonders that increase in brightness and nebulousity as they peer into the glory beyond!

I wonder! Will that be the procession way our Lord will come? We can only wonder; but one thing is for sure: one day very soon, Jesus, our Saviour and Creator, will descend to this planet in rapturous glory to take His faithful people 'home' to the place He has prepared for them. Just before the Cross, Jesus uttered that most wonderful promise He has given to this world: "Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also" - John 14:1-3.



The Bible describes how Jesus will return in power and glory: seated upon His throne of glory, with all the holy angels, as "King

of kings and Lord of lords". Then He will gather together His redeemed, to meet Him in the air. Would you like to be in that gathering? You can if you so choose to accept Him as your personal Saviour and Coming Lord. Then our journey into space will be much more thrilling than just visiting the Moon! - *Editor*

“Food for Thought . . .

“This is the land of sin and death and tears . . . but up yonder is unceasing joy!”

- *Dwight L. Moody*

Try It

by Jay Ritter

It doesn't cost a cent to smile;
It doesn't take a minute
To grin a little grin that has
A wealth of sunshine in it;
It doesn't take an ounce of strength,
And yet - you'll find it true -
A smile can melt the hardest heart
And change gray skies to blue.

Apologies to the Dutch . . .

A Dutchman and his wife were brought before the magistrates in New York for being drunk, at the same time being in a very filthy state; "How old are you?" said the magistrate. "Dirty," said the Dutchman. "How old is your wife?" "She's dirty-two, your honour."

Services of the Church: -

Bible Study/Discussion . . .

Saturday 10:00 am

Children's Class . . . Saturday 10:00 am

Family Worship . . . Saturday 11:15 am

Church Family Fellowship . . .

First Saturday

afternoon in each month after the Worship Service and a fellowship meal.

Bible Study & Prayer . . .

Monday 7:30 pm

We operate a child protection policy.

Marriages – Child Dedications – Believers

Baptisms – Funerals

The Link is produced by your local Seventh-day Adventist Church in Burnt Lane, Gorleston, NR31 0PG as a community service.

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Visit our Church Website:

<http://greatyarmouth.adventistchurch.org.uk/>

Editorial

The month of July has seen a number of important events. We have a newly-appointed Prime Minister and the question is asked, "Will he be able to keep his promise concerning Brexit?". Also, we have journeyed half a century beyond that momentous event when the United States brought great excitement to the world by placing man on the Moon!

The anniversary of such an achievement as the lunar landing, cannot go by without a feature in this issue of *The Link*; so, we have done just that but also give God the glory for granting man the ability to perform such an accomplishment. We should also pause and consider the glorious splendor of His Creation as exhibited throughout the universe. We also focus upon that in *A Word in Season*. Do take a few moments to contemplate its contents.

Health is also on the menu in this edition as we publish a further instalment on *Sleep and Wellbeing*. Please see the announcement advertising a splendid health series on our entire being. Rest assured that it will be a series that will benefit you.

Due to holidays, this edition is a joint-issue for July and August. Wherever you go for your holiday, have a wonderful time! - *Editor*.

Moon Landing Anniversary . . .



Saturn V of the Apollo 11 Space Mission is launched, 16 July 1969 from the Kennedy Space Centre in Florida

Upon reaching the Moon, the Landing Module, code-named 'The Eagle', separated from the Command Module and made its descent to the Moon's surface, with Neil Armstrong and Buzz Aldrin. Meanwhile, Michael Collins remained in control of the Command Module as it continued to circle the Moon awaiting the return of the other two.

The Lunar Module went slightly off the planned course, and with only one minute of fuel remaining, Buzz Aldrin took over from the automatic landing and landed it manually. The aim now was to locate a suitable landing place as the module entered a vast area of rocks. Cheers went up from the Control Centre in the USA when the voice from space announced, "The Eagle has landed!"

After walking on the Moon, and gathering samples of the rocks to bring back to Earth, the two astronauts set-up the U.S. Flag and also a plaque representing the aliens from planet Earth, which featured a graphic emblem of our planet, just in case some other aliens from elsewhere in the universe should visit the same spot and recognize that intelligent life was existent on that planet over there!



The three astronauts from left to right: Neil Armstrong, Mission Commander; Michael Collins, Command Module Pilot; and Edwin "Buzz" Aldrin Jr, Lunar Module Pilot

Important, Invigorating, Enlightening Health Series Coming Your Way

Holistic Health Series

Talks start here at 3pm
(Food served at 2pm)

All Welcome

Saturday August 31st,
September 7th, 14th, 21st and
October 5th

Admission is free. Child care provided.
<https://greatyarmouth.adventistchurch.org.uk>



This is a series of talks on holistic health that considers the whole person, including physical, emotional, mental, spiritual and social well-being. All are welcome. It starts at 3.00pm. If you come earlier at 2.00pm, you may also receive a healthy, vegetarian meal. Child care will be provided.



Sleep and Wellbeing - Part 3

by

Sharon Platt-McDonald, RGN, RM, RHV, MSc

The National Sleep Foundation explains our sleep/wake cycle (circadian rhythm), which is controlled by the hypothalamus in the brain:

'Your circulation rhythm is basically a 24-hour internal clock . . . and cycles between sleepiness and alertness at regular intervals. . . . Those times can be different if you're naturally a night owl or a morning person.'

The National Sleep Foundation agrees that most adults require 7-9 hours of sleep in a 24-hour day. However, they explain that: 'exactly when our bodies naturally tend to fall asleep and wake up each day can vary. Scientists believe that people have inherent differences in when they sleep and wake best.'

In describing the difference in sleep behavior, David Ludden, PhD, published an article in *Psychology Today*, under the title: 'Are You a Morning Lark or a Night Owl?' He states: 'On the one hand, morning "larks" prefer getting up and going to bed early, and are at their peak performance early in the day. On the other hand, night "owls" like sleeping in and staying up late, and don't perform well until afternoon or evening.'

The *Independent* presented data from the sleep study of Elise Facer-Childs, of the University of Birmingham, which found that:

- Compared to larks, night owls are significantly sleepier in the morning, making their reaction time slower by 8.4%.
- Owls are 7.4% weaker in the morning (using a maximum grip strength test) than their morning lark counterparts.
- Morning larks tended to perform better earlier in the day, and night owls performed better later in the evening.

Sleep Watch (Body Matter) also published research data in their comparative analysis of larks and owls. Here are some findings:

- Individuals who go to bed earlier are 40% more likely to report feeling more rested upon waking.
- Early sleepers (larks) get on average 48 more minutes of sleep than late sleepers (owls).
- Larks exhibit greater sleep rhythm.

In drawing their conclusions, Sleep Watch state:

'It is apparent that while we have a genetic predisposition to rise early or go to bed late, lifestyle demands (i.e. our work schedules, time commitments, and other activities, etc.) may get us out of sync with our intrinsic circadian rhythm. . . . It is reasonable to assert that we have more control over what time we go to bed than when we wake up.'

Good Health!