

## PRAYER REQUESTS

We ask that you consider individuals whom you would like us to keep in our prayers this coming week. Write down their names & put it into the Prayer Box which is situated beside the vestry.

Please could you remember the following members in your prayers throughout the coming week:

- ◆ Sister Anderson & Family
- ◆ Brother Antonio
- ◆ Sister Bunny
- ◆ The Forbes Family
- ◆ Sister Linton & Family
- ◆ Brother littlejohn & Family



## A HEALTHFUL RECIPE

### Mexican Lentils

Serves:4

#### Ingredients:

- 1 cup lentils, uncooked
- 1 cup frozen or fresh corn
- 1 cup tomato sauce, no salt added
- 1 medium onion, chopped
- 1/2 teaspoon cumin powder
- 1 teaspoon chilli powder
- 2 tablespoons fresh cilantro



#### Method

1. Boil lentils in 2 cups of water for 30 minutes and then drain.
2. Add corn, tomato sauce, onion, cumin powder, and chilli powder; then simmer over low heat for 20 minutes.
3. Stir in cilantro.

Serving suggestion: Serve stuffed into poblano chilli peppers. Cut 3-4 peppers in half length-wise, fill with lentil mixture, and bake at 350 • F for 30 minutes.

#### Nutritional Information

Per Serving: Calories 241; Protein 15g; Carbohydrates 45g; Total Fat 1.0g; Saturated Fat 0.1g; Sodium 14mg; Fiber 17.1g; Beta-Carotene 243mcg; Vitamin C 16 mg; Calcium 47mg; Iron 4.4mg; Folate 257mcg; Magnesium 81mg; Zinc 2.6mg; Selenium 4.8mcg

For more information about this recipe please see a member of the Health Department.

## CHURCH DIRECTORY

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SDA Website: <https://www.adventist.org/en/>

#### Bulletin Information

Email - [rebeccles1995@gmail.com](mailto:rebeccles1995@gmail.com)  
All entries to be in by 8pm WEDNESDAY

## DID YOU KNOW THAT...

... A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease. One study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories—which could be enough to lose three or four pounds over the course of a year.

## A WORD FROM ELLEN G. WHITE

But it was not merely to accomplish the redemption of man that Christ came to the earth to suffer and to die. He came to “magnify the law” and to “make it honourable.” Not alone that the inhabitants of this world might regard the law as it should be regarded; but it was to demonstrate to all the worlds of the universe that God’s law is unchangeable. Could its claims have been set aside, then the Son of God need not have yielded up His life to atone for its transgression. The death of Christ proves it immutable. And the sacrifice to which infinite love impelled the Father and the Son, that sinners might be redeemed, demonstrates to all the universe—what nothing less than this plan of atonement could have sufficed to do—that justice and mercy are the foundation of the law and government of God.

{Darkness Before the Dawn, page 4}



## ERDINGTON CHURCH

Sabbath 1st February, 2020



Yours, O Lord, is the greatness, the power, the glory, the victory, and the majesty. Everything in the heavens and on earth is yours, O Lord, and this is your kingdom. We adore you as the one who is over all things.

1 CHRONICLES 29:11

#### Worship Times

Sabbath School:	9:30 am – 11:00 am
Divine Service:	11:10 am – 1:00 pm
AY:	3:30 pm – 5:00 pm
Prayer Meeting:	Wednesday 7:15 pm – 8:30 pm

#### Sunset Times in February

1st 4:58 pm	8th 5:05 pm
15th 5:19 pm	22nd 5:32pm
	29th 5:45pm

## WELCOME

Happy Sabbath and welcome to all our visitors and regular members. We are glad you chose to worship with us on this holy Sabbath day of rest. Today, God's word will be brought to us by our very own **Pastor Mwasumbi**. May God richly bless us as we worship together.

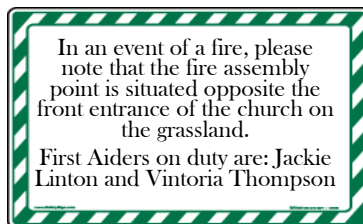


## ANNOUNCEMENTS

- ◆ Would you like to give thanks to God for something He has done for you, i.e. answered prayer, birthday, anniversary etc. If so, could we suggest you contribute to the purchase of the sanctuary flowers - if you would like to do this, please see a Deaconess.
- ◆ Today, at 3:30pm AY will be presented by Pastor Mwasumbi. The theme of the AY will be: Adventist Muslim Relations
- ◆ Today, 1st February, Business Meeting after AY at 5:15pm-7:15PM
- ◆ Monday, Exercise Class at 6:30pm here at Erdington Church
- ◆ Thursday, Resilience Course at 7:15pm-8:30pm here at Erdington Church
- ◆ 2nd February, Sabbath School Teacher Training 1 at Windsor Street Church
- ◆ 9th February, Food Safety in Catering Level 2 Course, 9:30am-5:30pm. Cost £40 per person. Venue: Great Brickkiln SDA Church, 215 Great Brickkiln Street, Wolverhampton, WV3 0PN. To register for this course book online at [uk.bookingbug.com/home/33185](http://uk.bookingbug.com/home/33185)
- ◆ 9th February, Sabbath School Teacher Training 2 at Windsor Street Church
- ◆ 16th February, Sabbath School Teacher Training 3 at Windsor Street Church
- ◆ 21st-23rd February, Healthy Thriving Churches, Suitable for Pastors, Elders and Church Leaders. Venue: De Vere Wokefield Estate, Goodboy's Lane, RG7 3AE. Single Occupancy: £170 per person, Sharing/Double: £140 per person. Booking information available from Mavis Bramble: 01923232728
- ◆ 22nd February, Personal Ministries Day at Erdington Church –Guest Speaker Maureen Rock
- ◆ 22nd February, Sabbath School Emphasis Day at Sutton Coldfield SDA Church
- ◆ March 7th & 8th, Area 5 & 6 Hope FM Roadshow & Training 2020. For more information visit <https://nec.adventist.uk/events/event/em/2020-03-07-hope-fm-roadshow-training-2020-areas-5-6-wolverhampton/>

## SABBATH SCHOOL

Welcome:	Brother A. Matthews
Opening Prayer:	Brother A. Matthews
Opening Hymn:	632
Scripture Reading:	Daniel 3:17
Lesson Study:	Elder C. Lewis
Mission Report:	Simon Eccles
Visitors Welcome:	Che Black
Closing Hymn:	183
Closing Prayer:	Sister T. Richardson



## DIVINE SERVICE

Introit:	There Is A Sweet Anointing
Opening Prayer:	Pastor I. Mwasumbi
Welcome:	Elder C. Lewis
	Praise & Worship
Opening hymn:	534
Scripture Reading:	1st Peter 3:15
Pastoral Prayer:	Sister A. Kazembe
Tithes & Offering:	Simon Eccles
Children's Story:	Pastor I. Mwasumbi
	Building up the Temple
Meditational:	Camp Hill Youth Choir
Sermon:	"Will Your Anchor Hold?"
Closing hymn:	They Come From The East & West
Benediction:	Pastor I. Mwasumbi
Extroit:	Let The Beauty of Jesus Be Seen In Me

## SEVENTH-DAY ADVENTISTS BELIEVE...

- ◆ In a personal God (Hebrews 1:1 - 3)
- ◆ In Jesus Christ, as the Divine Son of God, Creator and Saviour (John 1:1 - 4; Hebrews 7:25)
- ◆ In the Holy Spirit, the Divine Comforter (John 15:26)
- ◆ That the Bible is the inspired Word of God (2 Timothy 3:16)
- ◆ In the new birth, through the acceptance of the gospel (John 3:1-7; John 1:12, 13)
- ◆ That the second coming of Christ is very near. That it will be literal, personal and visible to all (John 14:1-3; Acts 1:11; Matthew 24:30)
- ◆ That man by nature is mortal (Job 4:17; 1 Timothy 6:15,16)
- ◆ That immortality is the gift of God and is received only through Christ (Romans 6:23; 1 John 5:11, 12)
- ◆ That the dead are unconscious (Ecclesiastes 9:5; John 11:11 - 14)
- ◆ There will be a literal resurrection of the dead (1 Thessalonians 4:16, 17)
- ◆ That righteousness comes by faith (Romans 4:3 - 5)
- ◆ That the law of the Ten Commandments is the standard of righteousness, by which all will be judged, and which all Christians are commanded to obey (James 2:10 - 12; 1 John 2:3 - 6; Exodus 20:3 - 17).
- ◆ That the original Seventh-day Sabbath has never been changed by Divine authority, and therefore all Christians should want to keep it holy (Genesis 2:2, 3; Luke 23:52 - 54)
- ◆ In the support of the Gospel through tithes and offerings (Malachi 3:8 - 11)
- ◆ In the ordinances of humility and the Lord's Supper (John 13:4 - 17; 1 Corinthians 11:23 - 26)

## WHAT DO YOU BELIEVE?