

## 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
- ◆ The Holder Family
- ◆ Sister Linton & Family
- ◆ Brother littlejohn & Family



## A HEALTHFUL RECIPE

### Ratatouille over Spaghetti Squash

Serves: 4

#### Ingredients

- 1 medium spaghetti squash
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 2 large tomatoes, chopped
- 1 medium zucchini, chopped
- 1 red pepper, chopped
- 1 cup sliced mushrooms
- 1 medium eggplant, peeled & cubed
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 1/2 cups no salt added or low sodium spaghetti sauce



#### Method

1. Preheat oven to 350•F. Slice spaghetti squash in half lengthwise and remove seeds. Place both halves, skin side up, on a baking sheet. Bake for 45 minutes or until tender.
2. Meanwhile, heat 2 tablespoons water in a large deep skillet. Water-sauté onion until softened, about 3 minutes. Add garlic & cook for 1 minute, adding more water as necessary to prevent scorching.
3. Reduce heat to low-medium & add tomatoes, eggplant, zucchini, red pepper, mushrooms, oregano, and basil. Cover and cook, stirring occasionally until vegetables are very tender, about 1 hour.
4. Add spaghetti sauce & simmer for an additional 5 minutes.
5. When squash is done, remove from oven & using a fork, scrape spaghetti-like strands from the squash onto serving plates. Top with eggplant mixture.

#### Nutritional Information

Per Serving: Calories 288; Protein 9g; Carbohydrates 56g; Total Fat 7.2g; Saturated Fat 1.1g; Sodium 101mg; Fiber 10.4g; Beta Carotene 1,209mcg; Vitamin C 78mg; Calcium 155mg; Iron 3mg; Magnesium 109mg; Zinc 1.6mg

## CHURCH DIRECTORY

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

#### Bulletin Information

Email - rebecca1995@gmail.com  
All entries to be in by 8pm WEDNESDAY

## DID YOU KNOW THAT...

... Starting your day early improves your concentration. In addition to being able to focus on goals and do your morning devotion without being interrupted by family members or co-workers, getting up early means that by the time you get to work or school, you've had hours to properly acclimate yourself to the day. You'll be more alert during peak hours as a result.

## A WORD FROM ELLEN G. WHITE

Let this point be fully settled in every mind: If we accept Christ as a Redeemer, we must accept Him as a Ruler. We cannot have the assurance and perfect confiding trust in Christ as our Saviour until we acknowledge Him as our King and are obedient to His commandments. Thus we evidence our allegiance to God. We have then the genuine ring in our faith, for it is a working faith. It works by love. Speak it from your heart: "Lord, I believe Thou hast died to redeem my soul. If Thou hast placed such a value upon the soul as to give Thy life for mine, I will respond. I give my life and all its possibilities, in all my weakness, into Thy keeping."

The will must be brought into complete harmony with the will of God. When this is done, no ray of light that shines into the heart and chambers of the mind will be resisted. The soul will not be barricaded with prejudice, calling light darkness and darkness light. The light from heaven is welcomed, as light filling all the chambers of the soul. This is making melody to God.

{Faith & Works, page 16}



## ERDINGTON CHURCH

Sabbath 8th February, 2020



#### 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

This Week:	5:05 pm
Next Week:	5:19 pm

## 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 **Elder Lewis**. May God richly bless us as we worship together.

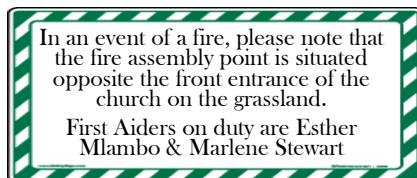


## ANNOUNCEMENTS

- ◆ 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 the Elders entitled: "Choices in Babylon"
- ◆ Monday, Exercise Class at 6:30pm here at Erdington Church
- ◆ Thursday, Resilience Course at 7:15pm-8:30pm here at Erdington 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
- ◆ 12th February, A Service of Celebration & Thanksgiving for the life of Pastor Orlando Holder. Time: 10:30am. Venue: Camp Hill SDA Church, Bordesley Green, Birmingham, B12 0JP
- ◆ 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
- ◆ 1st March, Inventory & Stocktaking Day. From 10am-1pm here at Erdington Church. We kindly invite anyone who is willing to support and help
- ◆ 7th & 8th March, Area 5 & 6 Hope FM Roadshow & Training 2020.

## SABBATH SCHOOL

Welcome:	Sister C. Berry-Kirlew
Opening Prayer:	Sister C. Berry-Kirlew
Opening Hymn:	590
Scripture Reading:	Sister D. Benjamin
Lesson Study:	Sister Hutchinson
	Mission Report Video
Visitors Welcome:	Sister C. Grandson-Forbes
Closing Hymn:	469
Closing Prayer:	Sister L. Creed-Walker



## DIVINE SERVICE

Introit:	There Is A Sweet Anointing
Opening Prayer:	Elder C. Lewis
Welcome:	Brother A. Matthews
	Praise & Worship
Opening hymn:	251
Scripture Reading:	2nd Corinthians 3:1-6
Pastoral Prayer:	Elder G. Ngoma
Tithes & Offering:	Brother A. Matthews
Children's Story:	<i>"It's More than Just a Game"</i>
	Building up the Temple
Meditational:	Selina Gooden
Sermon:	<i>"Letters From Christ"</i>
Closing hymn:	12
Benediction:	Elder C. Lewis
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?