

## 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

Baja Mango Black Bean Lettuce Wraps  
Serves:4

### Ingredients

- 2 cups black beans, or canned no- salt-added or low-sodium black beans drained
- 1/2 large ripe avocado, peeled pitted & mashed
- 4 cloves roasted garlic, mashed
- 1/3 cup fresh tomatoes, chopped
- 1/2 medium green bell pepper, seeded and chopped
- 1 mango diced
- 2 red radishes, diced
- 1 jalapeño pepper, diced and seeded
- 3 green onions, chopped
- 1/3 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 teaspoon ground cumin
- 8 large romaine or Boston lettuce leaves

### Method

1. In a bowl, mash together beans, avocado, and garlic with a fork until well blended and only slightly chunky.
2. Add all ingredients except the lettuce, and mix.
3. Place approximately 1/4 cup of the mixture in the centre of each lettuce leaf and roll up like a burrito.

### Nutritional Information

Per serving: calories 221; protein 11g; carbohydrates 39g; total fat 4.5 g; saturated fat 0.7g; sodium 21mg; fiber 13.4g; beta-carotene 4,520mcg; vitamin c 66mg; calcium 92mg; iron 3.5mg; folate 321mcg; magnesium 95mg; zinc 1.5mg; selenium 2.4mcg

## CHURCH DIRECTORY

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Erdington Church Website: <http://erdington.adventistchurch.org.uk/>  
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...

... Turmeric and especially its most active compound curcumin have many scientifically-proven health benefits, such as the potential to prevent heart disease, Alzheimer's and cancer. It's a potent anti-inflammatory and antioxidant and may also help improve symptoms of depression and arthritis.

## A WORD FROM ELLEN G. WHITE

How much do we believe from the heart? Draw nigh to God, and God will draw nigh to you. This means to be much with the Lord in prayer. When those who have educated themselves in skepticism and have cherished unbelief, weaving questioning doubts into their experience, are under conviction of the Spirit of God, they see it to be their personal duty to confess their unbelief. They open their hearts to accept the light sent them and throw themselves by faith over the line from sin to righteousness, from doubt to faith. They consecrate themselves unreservedly to God, to follow His light in the place of the sparks of their own kindling. As they maintain their consecration, they will see increased light and the light will continue to grow brighter and brighter unto the perfect day.

The unbelief which is cherished in the soul has a bewitching power. The seeds of doubt that they have been sowing will produce their harvest but they must continue to dig up every root of unbelief. When these poisonous plants are pulled up, they cease to grow for want of nourishment in word and action. The soul must have the precious plants of faith and love put in the soil of the heart and enthroned there.

{Faith & Works, page 17}



## ERDINGTON CHURCH

Sabbath 15th 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:	5:19 pm
Next Week:	5:32 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 **Pastor Gutu**. 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.
- ◆ If you would like to present an AY next quarter, please see a member of the AY Team.
- ◆ Today, at 3:30pm AY will be presented by a member of the AY Department, Brother Matthews entitled: "Our Bodies for Christ"
- ◆ Monday, Exercise Class at 6:30pm here at Erdington 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
- ◆ 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.
- ◆ 18th April, SEC Teens Presents: Teens Congress, from 10:00am-5:00pm. Venue: Stanborough School, Stanborough Park, Watford, WD25 9JT. Register at: [www.secteens.org.uk](http://www.secteens.org.uk)

## SABBATH SCHOOL

Welcome:	Sister L. Grant
Opening Prayer:	Sister C. Grandson-Forbes
Opening Hymn:	388
Scripture Reading:	Sister L. Grant
Lesson Study:	Elder S. Reid
Mission Report:	Brother W. Grant
Visitors Welcome:	Sister H. Thompson
Closing Hymn:	590
Closing Prayer:	Brother A. Hutchinson

In an event of a fire, please note that the fire assembly point is situated opposite the front entrance of the church on the grassland.  
First Aiders on duty are Debora Anderson & Claudette Forbes-Grandson

## DIVINE SERVICE

Introit:	There Is A Sweet Anointing
Opening Prayer:	Pastor A. Gutu
Welcome:	Elder S. Reid
	Praise & Worship
Opening hymn:	633
Scripture Reading:	Pastor A. Gutu
Pastoral Prayer:	Elder S. Reid
Tithes & Offering:	Sister L. Grant
Children's Story:	Sister H. Thompson
	Building up the Temple
Meditational:	Tasha-Gae Wilson
Sermon:	Pastor A. Gutu
Closing hymn:	216
Benediction:	Pastor A. Gutu
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?