

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

Greens, Beans and Mushroom Stew

Serves:6

- 1 1/2 cups chopped onions
- 3 cloves garlic, chopped
- 1 cup chopped carrots
- 1 cup chopped celery
- 5 cups assorted mushrooms (button, portobello, and/or shiitake), chopped
- 2 cups lentils
- 3 cups low-sodium or no salt added vegetable broth
- 3 cups chopped tomatoes
- 1/4 cup tomato paste
- 1 tablespoon cider vinegar
- 2 teaspoons paprika
- 1 1/2 teaspoons cumin
- 2 teaspoons fennel seed
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon cayenne pepper
- 1 cup chopped green bell pepper
- 10 ounces turnip greens or mustard greens, tough stems removed, chopped

Heat 2 tablespoons water and water -sauté onions, garlic, carrots, and celery until starting to soften. Add mushrooms and continue cooking until mushrooms lose their water. Add lentils, vegetable broth, chopped tomatoes, tomato paste, vinegar, paprika, cumin, fennel seed, black pepper and cayenne pepper. Simmer covered until lentils are tender and most of the liquid is absorbed, 25-30minutes. Add green pepper during the last 10 minutes of cooking. Add greens and cook until wilted.

If stew appears too dry, add additional water or vegetable broth.

Per serving: Calories 323; Protein 25g; Carbohydrates 58g; Total Fat 1.8g; Saturated Fat 0.2g; Sodium 71mg; Fiber 26.2g; Beta-Carotene 5,486 mcg; Vitamin C 77mg; Calcium 146mg; Iron 7.1 mg; Folate 443mcg; Magnesium 132mg; Zinc 4 mg; Selenium 14.3mcg

For more information about this recipe please see Sister O. Farrell

CHURCH DIRECTORY

Pastor A. Gutu
Email Address — agutu@necadventist.org.uk

Head Elder S. Reid
Mobile Number - 07446153392
Email Address - snowdonreid@gmail.com

Follow us on Facebook @ErdingtonSDA
<https://www.facebook.com/ErdingtonSDA/>

Telephone Number: 0121 386 3266
Church Address: Wood End Lane, Erdington, Birmingham, B24 8AN

Erdington Church Website: <http://erdington.adventistchurch.org.uk/>
SDA Website: <https://www.adventist.org/en/>

Bulletin Information

Email - rebeccles1995@gmail.com
All entries to be in by 8pm WEDNESDAY

DID YOU KNOW THAT...

... Increased lung capacity, increased immunity & greater oxygenation of the blood resulting in improved alertness are all effects that it has been claimed singing causes. Another benefit of singing include a stronger diaphragm. Since you pull in a greater amount of oxygen while singing than when doing many other types of exercise, some believe that singing can increase your aerobic capacity & stamina.

A WORD FROM ELLEN G. WHITE

How often your lips utter the kindly greeting, "I wish you a Happy New Year," and then in a few moments speak impatient, fretful words! How many children are always ready to dispute about trifles, unwilling to make the smallest sacrifice for others! To such the new year will bring no real happiness. They may indulge in boisterous mirth, but their hearts know no peace or joy. Will you not come to Jesus with penitence and humility, that He may cleanse you from sin, and prepare you for His kingdom? As you do this, you will have the happiest year that you have ever known. It will bring joy in heaven and joy on earth.

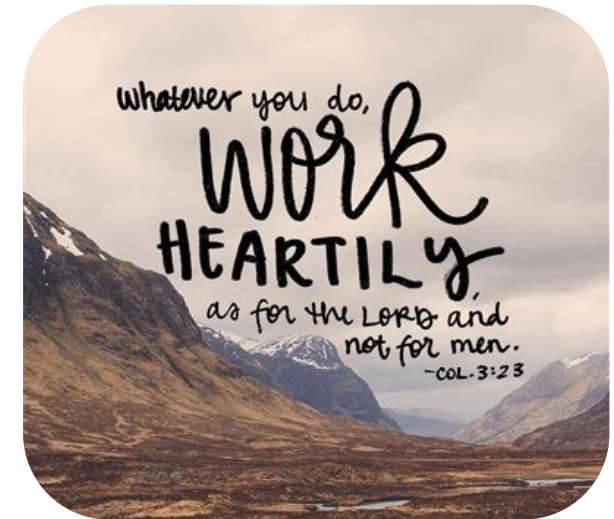
Many are the gifts and greetings exchanged on New Year's day, by parents and children, husbands and wives, brothers and sisters, friends and acquaintances. When the day is over, many feel a sense of relief. They have done their duty in bestowing presents, and smiles and compliments for the occasion, and there the matter is supposed to end. The next day, and the next, and onward to the end of the year, bring fretful, passionate words, fault-finding, recrimination, and careless neglect of the dear ones of the household. Oh, the record of such a year is one that angels are grieved and ashamed to register. It brings to friends and kindred a gift of sorrow, a burden of unkindness, that crushes hope and makes the grave look desirable.

{Review and Herald, January 3, page 1882}



ERDINGTON CHURCH

Sabbath 4th January, 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 in January

4th: 4:07 pm	11th: 4:16 pm
18th: 4:27 pm	25th: 4:39pm

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 Brooks**, BUC Director for Ministerial Association. 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.
- ◆ AY today at 3:30pm. Topic: Thanksgiving & Praise
- ◆ 8th January-18th January, 10 Days of Prayer
- ◆ 9th January, Resilience Course at 7:15pm-8:30pm at Erdington Church every Thursday for the next six weeks.
- ◆ 10-12th January, Endless Love Marriage Retreat. Begin: 10 January 2020 6:30 PM—End 12 January 3:00 PM. Venue Ettington Chase, Banbury Road, CV37, 7NZ. Cost £250 per married couple. To book Call Yvonne Weekes 01159606302
- ◆ 18th January, Religious Liberty Day
- ◆ 19th January 2020, NEC Church Officers Training. From 10am-1pm. Venue: The Long Eaton School, Thoresby Road, NG10 3NP. Please bring a packed lunch. Please register the department that will be attending at: cot2020.eventbrite.co.uk
- ◆ 26th-27th January, Mental Health Awareness Training, from 9:30am-5:00pm. Course cost: £50 per person. Venue: Rochdale SDA Church, KYP Unity Building Unique Enterprise Centre, Belfield Road, Rochdale, OL16 2UP
- ◆ 1st February, Sabbath School Emphasis Day at Windsor Street SDA 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
- ◆ 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

SABBATH SCHOOL

Welcome:	Sister J. Hamilton
Opening Prayer::	Sister J. Hamilton
Opening Hymn:	Brother D. Parker
Scripture Reading:	Sister O. Farrell
Introduction to Lesson Study:	Sister J. Hamilton
Lesson Study & Summary:	Brother S. Farrell
Mission Report Video:	Brother T. Bvundura
Visitors Welcome:	Brother D. Parker
Closing Hymn:	Sister O. Farrell
Closing Prayer:	Brother D. Parker

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.

DIVINE SERVICE

	Introit
Opening Prayer:	Pastor E. Brooks
	Welcome
	Praise & Worship
Opening hymn:	547
Scripture Reading:	Genesis 37:5-11
Pastoral Prayer:	Brother K. Fagan
Tithes & Offering:	K. Anderson
Children's Story:	Sister K. Green-Rose
	Building up the Temple
Meditational:	Brother Miller
Sermon:	"What Became Of Your Dreams?"
Closing hymn:	511
Benediction:	Pastor E. Brooks
	Extroit

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?