

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
- ◆ Elder Eccles Extended Family
- ◆ The Forbes Family
- ◆ Sister Linton & Family
- ◆ Brother littlejohn & Family



A HEALTHFUL RECIPE

Spiced Rice with Pumpkin Seeds

Makes 4 servings

Ingredients:

- 1/2 teaspoon Cumin Seeds
- 1 teaspoons Ground Coriander
- 300g Brown Rice
- 900ml Vegetable Stock
- 225g frozen Peas
- 4 tablespoons pumpkinseeds, lightly toasted

Method:

1. Dry-fry the cumin seeds, ground coriander and brown rice in a large saucepan for about 2 minutes
2. Add the vegetable stock, bring to the boil and simmer for 20-25 minutes or until the rice is tender and the liquid has been absorbed
3. Add the peas and cook for a further 3 minutes. Stir in the pumpkinseeds and heat through before serving.

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



CHURCH DIRECTORY

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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...

...Vitamin K is related to bone health, as it helps to maintain bone integrity and density. Chives contain Vitamin K, so they may contribute to bone strength. Folate also occurs in chives. Folate may help relieve depression by preventing an excess of homocysteine from forming in the body. Too much homocysteine can prevent blood and other nutrients from reaching the brain.

A WORD FROM ELLEN G. WHITE

All Seventh-day Adventists look forward longingly to the time when Jesus will come to take them to the heavenly home that he has gone to prepare for them. In that better land there will be no more sin, no disappointments, no hunger, no poverty, no sickness, and no death. When the apostle John contemplated the privileges that await the faithful, he exclaimed: "Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God.... Now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him." 1 John 3:1, 2.

To be like Jesus in character is God's aim for his people. From the beginning it was God's plan that members of the human family, created in his image, should develop God-like characters. To accomplish this, our first parents in Eden were to receive instruction from Christ and the angels in face-to-face converse. But after Adam and Eve sinned, they could no longer freely speak to heavenly beings in this manner. CCh 9.2

So that the human family might not be left without guidance, God chose other ways to reveal his will to his people, one of which was the medium of prophets. To Israel, God explained, "If there be a prophet among you, I the Lord will make myself known unto him in a vision and will speak unto him in a dream." Numbers 12:6.

{Counsels for the Church, page 9}



ERDINGTON CHURCH

Sabbath 11th January, 2020



Worship Times

Sabbath School:	9:30 am — 11:00 am
Divine Service:	11:10 am — 1:00 pm
Bible Study:	4:00 pm — 5:00 pm
Prayer Meeting:	Wednesday 7:15 pm — 8:30 pm

Sunset Times

This Week:	4:16 pm
Next Week:	4:27 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 Reid**. May God richly bless us as we worship together.

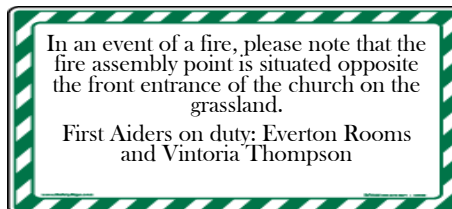
ANNOUNCEMENTS

- ◆ 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.
- ◆ Contributions for Prison Ministries Maldives are welcome. The deadline for all contributions will be Sabbath 18th January.
- ◆ Every Monday, Resilience Course at 7:15 here at Erdington Church
- ◆ 10 Days of Prayer Meetings will take place on Monday Wednesday and Friday at 7:15pm
- ◆ 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
- ◆ 20th January, Exercise Class every Monday at 6:30pm here at Erdington Church
- ◆ 26th-27th January, Mental Health Awareness Training, from 9:30am-5:00pm. The course will cost £50 per person. Venue: Rochdale Seventh Day Adventist Church, KYP Unity Building Unique Enterprise Centre, Belfield Road, Rochdale, OL16 2UP
- ◆ 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
- ◆ 21st-23rd February, Healthy Thriving Churches, Suitable for Pastors, Elders and Church Leaders. Venue: De Vere Wokefield Estate, Goodboy's Lane, RG7 3AE, Reading. 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
- ◆ March 7th & 8th, Area 5 & 6 Hope FM Roadshow & Training 2020. For more information visit <https://nec.adventist.uk/events/event/cm/2020-03-07-hope-fm-roadshow-training-2020-areas-5-6-wolverhampton/>



SABBATH SCHOOL

Welcome:	Sister C. Forbes-Grandson
Opening Prayer:	Sister C. Forbes-Grandson
Opening Hymn:	511
Scripture Reading:	Matthew 16:24-25
Lesson Study:	Sister D. Benjamin
	Mission Report
Visitors Welcome:	Sister L. Creed-Walker
Closing Hymn:	497
Closing Prayer:	Ynique



DIVINE SERVICE

Introit	Be Still for the Presence of the Lord
Opening Prayer:	Elder S. Reid
Welcome:	Elder C. Lewis
	Praise & Worship
Opening hymn:	Hallelujah Thine The Glory (Revive us Again)
Scripture Reading:	Genesis 19:1-11
Pastoral Prayer:	Sister M. Stewart
Tithes & Offering:	A. Morgan
Children's Story:	Sister H. Thompson
	Building up the Temple
Meditational:	Sister O. Farrell
Sermon:	<i>"Desensitized To The Word of God"</i>
Closing hymn:	258
Benediction:	Elder S. Reid
Extroit:	Let the Beauty of Jesus be Seen in You

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?