

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

Quinoa Pilaf with Chickpeas & Almonds

Makes 4 servings

Ingredients:

2 tablespoons (30ml) Water or Vegetable Stock
 1 Onion Chopped
 1 Stick Cinnamon
 4 Cardamom Pods
 2 cloves of Garlic, crushed
 1 Red Pepper, chopped
 2 Courgettes, sliced
 225g Quinoa
 600ml Vegetable Stock or Water
 250g Cooked Chickpeas
 60g Toasted Flakes Almonds
 60g Pumpkin Seeds
 Handful of fresh Coriander or Parsley, chopped

Method:

1. Heat the water in a large saucepan and saute the Onion with the Cinnamon Stick and Cardamom Pods for 2 minutes.
2. Add the Garlic, Peppers and Courgettes and cook for a further 2 minutes. Add the Quinoa, Vegetable Stock and cooked Chickpeas. Stir and bring to the boil. Reduce the heat and simmer for about 20 minutes until the liquid has been absorbed and the Quinoa is cooked.
3. Pile the Pilaf on to the serving plates. Scatter over the Almonds and Pumpkin Seeds. Sprinkle with chopped Coriander or Parsley

For more information about this recipe please see the Health Ministries Department

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...

...Although whole grains aren't generally an abundant source of calcium, one grain – a form called teff that is common in Ethiopia – does provide some calcium. One cup of cooked teff has about 123 milligrams of calcium, similar to a half cup of cooked spinach.

A WORD FROM ELLEN G. WHITE

Where do evil and suffering come from? Is God responsible? If not, why doesn't He at least stop it? Will it ever come to an end? What has God done to solve the problem, and what does that say about His character?

The law of love being the foundation of the government of God, the happiness of all created beings depended upon their perfect accord with its great principles of righteousness. God desires from all His creatures the service of love—homage that springs from an intelligent appreciation of His character. He takes no pleasure in a forced allegiance, and to all He grants freedom of will, that they may render Him voluntary service.

But there was one that chose to pervert this freedom. Sin originated with him who, next to Christ, had been most honored of God and who stood highest in power and glory among the inhabitants of heaven. Before his fall, Lucifer was first of the covering cherubs, holy and undefiled. "Thus saith the Lord God; Thou sealest up the sun, full of wisdom, and perfect in beauty. Thou hast been in Eden the garden of God; every precious stone was thy covering.... Thou art the anointed cherub that covereth; and I have set thee so; thou wast upon the holy mountain of God; thou hast walked up and down in the midst of the stones of fire. Thou wast perfect in thy ways from the day that thou wast created, till iniquity was found in thee." Ezekiel 28:12-15

{Darkness Before Dawn , page 1}



ERDINGTON CHURCH

Sabbath 18th 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

This Week:	4:27 pm
Next Week:	4:39 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 Ngoma**. 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 Thursday, Resilience Course at 7:15pm-8:30pm here at Erdington Church
- ♦ AY today at 3:30pm entitled "Unity"
- ♦ 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
- ♦ 31st January-2nd February, Personal Ministries & Church Planting Departments presents "Contagious Disciples". Venue: Etington Chase, Banbury Rd, Stratford-Upon-Avon, CV37 7NZ. For More information Contact: 01159606312
- ♦ 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/em/2020-03-07-hope-fm-roadshow-training-2020-areas-5-6-wolverhampton/>

SABBATH SCHOOL

Welcome: Sister D. Anderson
Opening Prayer: Sister D. Anderson
Opening Hymn: 1
Scripture Reading
Lesson Study: Brother K. Fagan
Testimonies & Thanksgiving
Visitors Welcome: Sister K. Green Rose
Closing Hymn: 470
Closing Prayer

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 Esther Mlambo and Marlene Stewart

DIVINE SERVICE

Introit: Be Still for the Presence of the Lord
Opening Prayer: Elder G. Ngoma
Welcome: Elder S. Reid
Praise & Worship
Opening hymn: 590
Scripture Reading: 1st Samuel 17:45-47
Pastoral Prayer: Elder A. Grandson
Tithes & Offering: Elder C. Lewis
Children's Story: Elder G. Ngoma
Building up the Temple
Sermon: "The Bible is True"
Closing hymn: 456
Benediction: Elder G. Ngoma
Extroit: Let the Beauty of Jesus be

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?