

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 Benjamin
- ◆ Sister Bunny
- ◆ The Forbes Family
- ◆ The Holder Family
- ◆ Sister Linton & Family
- ◆ Brother littlejohn & Family



A HEALTHFUL RECIPE

Warm Corn and Zucchini Salad with Mint

Serves: 4

Ingredients

- 1/2 cup low-sodium or no salt added vegetable broth or more if needed to achieve desired consistency
- 1 cup diced Onion
- 2 teaspoons or 4 cloves minced Garlic
- 2 cups diced Zucchini/Courgette
- 2 cups fresh Corn kernels
- 1/4 teaspoon ground Cumin
- 1/4 teaspoon ground Coriander
- 3 tablespoons chopped fresh Mint
- 1 tablespoon fresh Lemon Juice
- Ground Cayenne /fresh minced mild Chilli pepper to taste



Method

1. Heat vegetable broth in a large saute pan.
2. Add Onion, Garlic, Zucchini/Courgette and Corn and saute for 10 minutes or until vegetables are tender.
3. Add Cumin and coriander and continue cooking until liquid is evaporated.
4. Remove from heat.
5. Add Mint, Lemon juice and Pepper.

PER SERVING: CALORIES 333; PROTEIN 9g; CARBOHYDRATES 68g; TOTAL FAT 4.1g; SATURATED FAT 0.6g; SODIUM 38mg; FIBRE 1.5g; BETA-CAROTENE 69mcg; VITAMIN C: 15mg; CALCIUM 31mg; IRON 2.6mg; FOLATE 26mcg; MAGNESIUM 121 mg; ZINC 2.1mg; SELENIUM 13.4mcg.

CHURCH DIRECTORY

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

Bulletin Information

Email - rebeccl1995@gmail.com
All entries to be in by 8pm WEDNESDAY

DID YOU KNOW THAT...

... At high doses, the sulphur compounds in garlic have been shown to protect against organ damage from heavy metal toxicity. A four-week study in employees of a car battery plant (excessive exposure to lead) found that garlic reduced lead levels in the blood by 19%. It also reduced many clinical signs of toxicity, including headaches and blood pressure.

A WORD FROM ELLEN G. WHITE

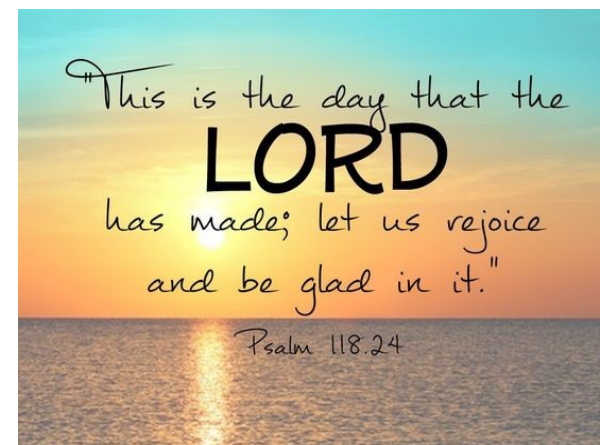
Discussions may be entered into by mortals strenuously advocating creature merit, and each man striving for the supremacy, but they simply do not know that all the time, in principle and character, they are misrepresenting the truth as it is in Jesus. They are in a fog of bewilderment. They need the divine love of God which is represented by gold tried in the fire; they need the white raiment of Christ's pure character; and they need the heavenly eyesalve that they might discern with astonishment the utter worthlessness of creature merit to earn the wages of eternal life. There may be a fervour of labour and an intense affection, high and noble achievement of intellect, a breadth of understanding, and the humblest self-abasement, laid at the feet of our Redeemer; but there is not one jot more than the grace and talent first given of God. There must be nothing less given than duty prescribes, and there cannot be one jot more given than they have first received; and all must be laid upon the fire of Christ's righteousness to cleanse it from its earthly odour before it rises in a cloud of fragrant incense to the great Jehovah and is accepted as a sweet savour.

{Faith and Works, page 23}



ERDINGTON CHURCH

Sabbath 14th March, 2020



This is the day that the
LORD
has made; let us rejoice
and be glad in it."
Psalm 118.24

Worship Times

Sabbath School: 9:30 am – 11:00 am
Divine Service: 11:10 am – 1:00 pm
AY: 3:30pm - 5:30pm

Prayer Meeting: Wednesday
7:15 pm – 8:30 pm

Sunset Times

This Week: 6:10 pm
Next Week: 6:22 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

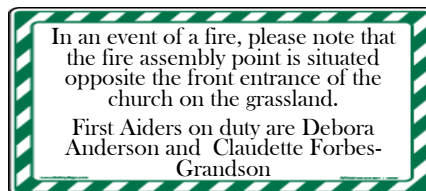
- ◆ Would you like to give thanks to God for something He has done for you, i.e. answered prayer, birthday, anniversary etc. If so, could we suggest you contribute to the purchase of the sanctuary flowers - if you would like to do this, please see a Deaconess.

In line with what has been advised by NEC President **Richard Jackson**, please avoid handshaking, holding of hands or embracing as we seek to minimize the risk of spreading the Covid 19.

- ◆ Door to door Ingathering collecting has been **CANCELLED**
- ◆ Today, AY will be presented by the Family Ministries the topic will be, "Relationships"
- ◆ Monday, Walking Club at 6:30pm
- ◆ 14th-15th March, Adventist Special Needs Week-end, Venue: Manchester North SDA Church. **CANCELLED**
- ◆ 15th & 29th March, Adult & Youth Sabbath School Teacher Training, 10:30am-3:30pm. Free event. Venue: Salford SDA Church, Cross Lane, M5 4AD. Lunch will be provided. To book a place email: bpplunkett@necadventist.org.uk
- ◆ 22nd-28th March, Youth Week of Prayer
- ◆ 26th April- 3rd May, BUC Treasurers Conference is **CANCELLED**
- ◆ 28th March: Wonderful Voices Choir Presents: "His Grace Reaches Me" DVD Launch for Senior and Junior Choir. 6pm-9pm. Venue: RSA Academy, Tipton, DY4 0BZ. Tickets: £10. Volume Discount at £35 for groups of 4. Early bird discount available via Eventbrite at £9 per ticket & Volume Discount £30 for groups of 4. Free Admission for children under 12 Years. For more details contact: 07882150743 or 07859828066
- ◆ 18th April, Family Ministries Day at Kingstanding SDA Church
- ◆ 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
- ◆ 1st-3rd May, NEC Ministerial Association Training for Elders. Key Speaker: Pastor Robert Costa, Ministerial Associate of the General Conference, in charge of Evangelism and Church Growth. Venue: Lea Marston Hotel, Haunch Lane, Sutton Coldfield, B76. Cost £130 per person in a single room, £180 per person in a double/twin room. Please Contact Yvonne Chambers: 01159606312 Closing Date for bookings: Friday 17th April

SABBATH SCHOOL

Welcome:	Brother L. Antonio
Opening Prayer:	Sister V. Thompson
Opening Hymn:	618
Scripture Reading:	Sister Y. Caesar
	Lesson Study
	Mission Report
	Visitors Welcome
Closing Hymn	613
Closing Prayer	Sister D. Anderson



DIVINE SERVICE

Introit:	There Is A Sweet Anointing
Opening Prayer:	Elder C. Lewis
Welcome:	Elder A. Grandson
	Praise & Worship
Opening hymn:	185
Scripture Reading:	Exodus 20:6
Pastoral Prayer:	Brother L. Antonio
Tithes & Offering:	Sister V. Thompson
Children's Story:	Chariot don't lie
	Building up the Temple
Meditational:	Melissa Wray
Sermon:	"The Truth About Lies"
Closing hymn:	500
Benediction:	Elder C. Lewis
Troxit:	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?