

## 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

### Hemp Almond Milk

Serves:6

#### Ingredients

- 1 cup hulled hemp seeds
- 1 cup raw almonds, soaked 6-8 hours
- 2 Medjool or 4 Deglet Noor dates, pitted
- 4 cups water
- 1/2 vanilla bean, split lengthwise, or 1/2 teaspoon alcohol-free vanilla extract



#### Method

1. Place all ingredients in a high-powered blender.
2. If using a vanilla bean, scrape interior pulp a seeds from pod with a dull knife and add to the blender; discard pod.
3. Blend until smooth.
4. If desired, strain through a nut milk bag or fine mesh strainer.

#### Nutritional Information

PER SERVING: CALORIES 263; PROTEIN 9g; CARBOHYDRATES 16g; TOTAL FAT 20.1g; SATURATED FAT 1.6g; SODIUM 17 mg; FIBRE 8.1g; BETA-CAROTENE 8mcg; CALCIUM 110mg; IRON 2 mg; FOLATE 2.5mcg; MAGNESIUM 146mg ; ZINC 1.6mg; SELENIUM 5.4mcg

## CHURCH DIRECTORY

Pastor A. Gutu  
Email Address – [agutu@necadventist.org.uk](mailto:agutu@necadventist.org.uk)

Head Elder S. Reid  
Mobile Number - 07446153392  
Email Address - [snowdonreid@gmail.com](mailto: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](mailto:rebeccles1995@gmail.com)  
All entries to be in by 8pm WEDNESDAY

## DID YOU KNOW THAT...

... Pumpkin seeds may help relieve symptoms of benign prostatic hyperplasia (BPH), a condition in which the prostate gland enlarges, causing problems with urination. Further research suggests that taking pumpkin seeds or their products as supplements can help treat symptoms of an overactive bladder.

## A WORD FROM ELLEN G. WHITE

The light given me of God places this important subject above any question in my mind. Justification is wholly of grace and not procured by any works that fallen man can do. The matter has been presented before me in clear lines that if the rich man has money and possessions, and he makes an offering of the same to the Lord, false ideas come in to spoil the offering by the thought he has merited the favour of God, that the Lord is under obligation to him to regard him with special favour because of this gift.

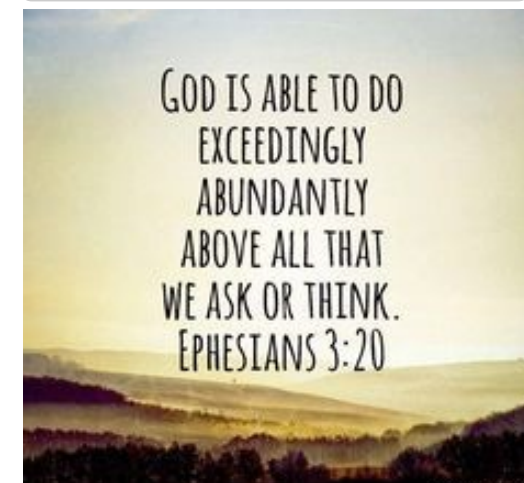
There has been too little educating in clear lines upon this point. The Lord has lent man His own goods in trust—means which He requires be handed back to Him when His providence signifies and the upbuilding of His cause demands it. The Lord gave the intellect. He gave the health and the ability to gather earthly gain. He created the things of earth. He manifests His divine power to develop all its riches. They are His fruits from His own husbandry. He gave the sun, the clouds, the showers of rain, to cause vegetation to flourish. As God's employed servants you gathered in His harvest to use what your wants required in an economical way and hold the balance for the call of God. You can say with David, "For all things come of Thee, and of Thine own have we given Thee" (1 Chronicles 29:14). So the satisfaction of creature merit cannot be in returning to the Lord His own, for it was always His own property to be used as He in His providence should direct

{Faith and Works, page 20}



## ERDINGTON CHURCH

Sabbath 7th March, 2020



#### Worship Times

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

Topic: Death & Hell

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

#### Sunset Times in March

7th: 5:58 pm                      14th: 6:10 pm  
21st: 6:22 pm                     28th: 6:35pm

## 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 Neal**. 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.
- ◆ Monday, Walking Club at 6:30pm
- ◆ 12th March, Jerry Hall's Father's Funeral will take place at Camphill SDA Church at 11am
- ◆ 14th-15th March, Adventist Special Needs Weekend, Venue: Manchester North SDA Church. Start time: 10am on both days, 5 Humphery Street, M8 9JS. £5 per person on Sunday only. Speakers: Dr Jan Harry Cabungcal & Dr Patrick Johnson. Book online for your attendance on Sunday at [uk.bookingbug.com/home/33185](http://uk.bookingbug.com/home/33185)
- ◆ 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: [bplunkett@necadventist.org.uk](mailto:bplunkett@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](http://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,, £130 per person in a double/twin room. Please Contact Yvonne Chambers: 01159606312 Closing Date for bookings: Friday 17th April

## SABBATH SCHOOL

Welcome:	Sister M. Stewart
Opening Prayer:	Sister M. Stewart
Opening Hymn:	390
Scripture Reading:	Sister J. Linton
Lesson Study:	Elder G. Ngoma
Mission Report:	Sister Y. Caesar
Visitors Welcome	Sister S. Bvundura
Closing Hymn	254
Closing Prayer	Sister Y. Caesar

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:	There Is A Sweet Anointing
Opening Prayer:	Pastor D. Neal
Welcome:	Elder A. Grandson
	Praise & Worship
Opening hymn:	223
Scripture Reading:	Matthew 6:1-5
Pastoral Prayer:	Sister Y. Caesar
Tithes & Offering:	Brother M. Jamanda
Children's Story:	Daniel, prayer & Vegetarian Lions! Building up the Temple
Meditational:	Dylon Mushambi
Sermon:	"Prayer-Like Breathing"
Closing hymn:	499
Benediction:	Pastor D. Neal
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?