



Psalm 139:14 "I will praise you for I am fearfully and wonderfully made; Marvellous are Your works O Lord, and that my soul knows very well." Amen.

We pray that the content will help in some small way to strengthen your mind, soul, body and spirit during these challenging times.

We invite all members to submit any relevant articles, poems, recipes and appropriate humour to [clerkerdingtonsda@gmail.com](mailto:clerkerdingtonsda@gmail.com); and we will try to publish as many as we can. Blessings!

**1 TAKE TIME EACH DAY FOR FAMILY WORSHIP**  
Have a daily family worship that is short and uplifting.

**4 PLAN SPECIAL TIMES TOGETHER**  
Plan far in advance for special family activities—whether it's a picnic, a family night at home, or taking your spouse to dinner.

**6 BE YOUR BROTHER'S KEEPER**  
Take every opportunity to show them that you care.

**2 TALK WITH AND PRAY FOR YOUR CHILDREN**  
Ask them about school, their social lives, their spiritual development. Talk with them.

**3 AFFIRM AND VALUE YOUR CHILDREN**  
Show your children that you appreciate them, and that they are unique individuals.

**5 BE THE CHANGE YOU WISH TO SEE**  
Learn to forgive, embrace, and encourage your family, even if they are discouraging to you.

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.

## Adventists' and Easter

Should we participate in Easter celebrations? What is the history of Easter and where did celebration of the day originate?

The name "Easter" never appears in the Greek New Testament. It is derived from the Anglo-Saxon *Eostre*, the name of the goddess of spring. By the 8<sup>th</sup> century this name had come to be applied to the anniversary of Christ's resurrection. With the passage of time the connection with the goddess was lost, the only remaining meaning being associated with Christ's resurrection. Over the centuries meanings change. Even the 60-minute hour came from the pagans of ancient Babylonia, and such time calculations play a part in our worship services today as we sense the passing of time.

Easter commemorates the resurrection of Jesus. Unquestionably the resurrection was of enormous importance to the apostolic church, for it is prominent in the evangelistic messages from the apostles as recorded in the book of Acts. No issue is made about the date when it occurred, however, other than to note in a factual manner that the resurrection occurred on the first day of the week. There is no suggestion that the resurrection made a new day holy. In the Bible is to be found only one holy day of the week, the Sabbath, formed as a part of the creation process by God Himself, and never suspended. For that reason we observe only the Sabbath as sacred or holy time.

It is to be noted that the apostolic church never gave attention to either the date of Christ's birth or the date of His resurrection, other than to note that the latter occurred on a Sunday. Neither of these days was observed by early Christians and if our model is that of the apostolic church we will be guided by the New Testament reports. Indeed, in the third and fourth centuries a tremendous debate arose among Christian churches as to when Easter is to be observed. For the Roman Catholic branch it was largely settled at the Council of Nicaea (AD 325) with a rather artificial formula still followed to this day, which cannot possibly be commemoration of the actual resurrection. In current practice Easter always falls on a Sunday and the Sunday chosen wanders over a period of four weeks ranging from March 22-April 25.

The eastern branch of Christendom selected a different system, so that in the Eastern Orthodox tradition both Christmas and Easter fall on different dates from those in the Western Catholic and Protestant tradition. The point is that the early Christians gave no attention to commemorating the resurrection day of Christ. If they had been serious they would be observing the 17th day of the Jewish month, Nisan, which begins with the first new moon following the spring solstice. Passover among the Jews begins with the 14th day of Nisan. It would not be possible to commemorate the actual day of the month and have it always on Sunday, so the choice was made to have it on Sunday, adjusting the day of the month for convenience.

Given this information, although the resurrection of Jesus is a historical event of huge importance, we have no biblical precedent for making it a special day of celebration. That came in later centuries of Christian history. For this reason Seventh-day Adventists' have never given the attention to Easter that other churches do. Our interest is to return to the practices and faith of the early Christian church.

However, we live in a society saturated with celebration of Easter. To a large degree this is driven, as with Christmas, by an opportunity to sell goods to people to mark the day. Clothing, in particular, is associated with Easter, as are toys with Christmas. In an effort to convey the idea that Adventists' are believers in the resurrection, a few of our people have introduced Easter observances. They are fearful we will be misunderstood, and for them it is important that we be seen as orthodox and acceptable to the society around us. They conform to customs around us, at times unthoughtfully. Actually this practice conveys another misunderstanding — the idea that we give special significance to Sunday because it was the resurrection day. A few of our churches have introduced Sunday morning services for Easter, which for many Adventists' creates problems. We recognize that we are not treating Sunday as holy time, but the public may not catch the subtle difference.

It is important that we encourage the leaders of our congregations to consider all the factors involved when they decide what to do with Easter. Several things are involved and need to be considered before making decisions. Often choices on matters such as this are made with...





...minimal forethought. Always it is appropriate to allow the Scriptures to be our guide and to think carefully about the direction our actions will lead the church.

Although there exists no clear biblical reason for observing Easter as a religious festival, in parts of the world the public is so oriented to Easter observance that it is a time of year when they become open to special studies in the Bible. An opportunity opens to reach out to the public with the fuller message of Christ, often with good response. Under such circumstances Easter and its surrounding events can lend themselves to evangelistic outreach without, however, assigning any special religious meaning to the day itself. Wherever there is opportunity to advance the message of Christ without compromising biblical truth, the "wise as serpents, harmless as doves" counsel of Christ is appropriate.

By George W. Reid

Published by the Adventist' Review

## Bible Jokes

**Question: Who was the greatest comedian in the Bible?**

**Answer: Samson -- he brought the house down (Judges 16:30).**

**Question: What is one of the first things that Adam and Eve did after they were kicked out?**

**Answer: They really raised Cain.**

**Question: What excuse did Adam give to his children as to why he no longer lived in Eden?**

**Answer: "Your mother ate us out of house and home" (Genesis 3:6)**



Scan the link below to listen to the North England Conference – Health & Possibilities (Disabilities) Ministries Handover Meeting



Once you have a QR Code reader installed on your smartphone, you're ready to scan your first QR Code. Doing so is very easy. Just follow these simple steps.

1. Open the QR Code reader on your phone.
2. Hold your device over a QR Code so that it's clearly visible within your smartphone's screen.
3. Two things can happen when you correctly hold your smartphone over a QR Code.
  - 3a. The phone automatically scans the code.
  - 3b. On some readers, you have to press a button to snap a picture, not unlike the button on your smartphone camera.
4. If necessary, press the button.

Presto! Your smartphone reads the code and navigates to the intended destination, which doesn't happen instantly. It may take a few seconds on most devices.



## The Miracle in Emptiness

Mary's experience may also be our own.

By Cheryl Howson published by the Adventist Review.

What does emptiness look like? Can you touch it? How do you measure it? "Why does the feeling of emptiness occupy so much space?"<sup>1</sup>

When emptiness creeps into our lives we look for a way to fill that void, little knowing Jesus has an entirely different solution, as Mary Magdalene found out that Resurrection morning.

### The Emptiness of Loss

Jesus is dead. Mary Magdalene is desolate as she takes spices to His tomb.

Sometimes we feel like Jesus has abandoned us. A tragedy shakes us. Or we've slowly lost purpose and meaning in our lives. We despair at what feels like Jesus' silence when it may be a step to something greater. But if we have everything we want, we wouldn't realize how desperately we need Jesus. That leads us to begin our search for Him.

### The Emptiness of a Dead End

Mary reaches the tomb. It's the most logical place to find Jesus. That's where they laid Him. It makes sense. But the tomb is empty, and the body is missing.

Perhaps we've hit rock bottom in our relationship with Jesus. He's not where we expect Him to be. We sit in church and open the Bible, but we're drawing up a blank. While those are great places to find Jesus, what happens if we don't find Him there? Well, the God who created the entire universe is not limited to one building or one book, no matter how inspired and holy. God is not absent. He finds a way to reach our heart. When there's a dead end in front of us, we're forced to look up.

### The Emptiness of Disillusionment

So Mary Magdalene turns away from the tomb and out of the garden, then a voice speaks to her. She doesn't recognize Him; instead, through her tears she begs Him to help her find Jesus!

As Elijah can tell us, we don't always find God in the earthquake or thunder. Sometimes we find Him in the unexpected. In the stillness. In the emptiness. In the garden. In a neighbour, a song, a friend, a mountaintop, a warm hug.

Our eyes are blurred by disappointment, even when we're looking directly at what we were looking for. We almost miss it because it's not what we wanted. And we're upset. Imagine if Mary got what she expected—Jesus dead and lying in a tomb.

But then Jesus calls her name, as He calls our names. Despair turns to hope.



Instead of death and decay, life is found. Mary recognizes Him. She runs toward Jesus, leaving the emptiness behind.

### The Significance of Emptiness

Then she remembers what Jesus had promised earlier, what the angels had told her. The evidence piles up. The tomb is empty because Jesus is standing before her. Alive.

Sometimes emptiness is required for a miracle to happen. Like the widow whom Elisha instructed to borrow many jars. Those jars had to be empty.

We come to Jesus with our cup half empty/half full, asking Him to fill it so we can say with the psalmist, "My cup runs over" (Ps. 23:5, NKJV).<sup>2</sup> But Jesus patiently explains that He can't fit an ocean into a cup, and that we must get rid of our notion of the cup altogether in order to fully receive what He longs to give us—an ocean of love.

As the English author C. S. Lewis put it, "We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased."<sup>3</sup>

When we recognize our emptiness, Jesus doesn't merely fill us, He utterly changes us.

### The Miracle of Emptiness

Mary believes and rushes to tell the disciples. With the empty tomb came not only Jesus' resurrection, but the promise of Mary's own resurrection, and the best part—an eternity with the One she loved most.

"For if we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus" (1 Thess. 4:14, NKJV). When Jesus comes, we will leave behind our empty graves—never to be filled again.

Is Mary's hope ours too? Are we searching for Jesus because we want Him or because we want blessings and a reward? "Gaining heaven, being delivered from sin, and being made useful to God are things that should never even be a consideration in real surrender. Genuine total surrender is a personal sovereign preference for Jesus Christ Himself."<sup>4</sup>

As I contemplate the resurrection of Jesus, I sing this song with Mary Magdalene:

"I see a miracle in an empty grave

The One we thought was dead has come to life again

I see a miracle in every chain You break

The power of heaven roaring within me."<sup>5</sup>



The Lord made man upright in the beginning. He was created with a perfectly balanced mind, the size and strength of all its organs being perfectly developed. Adam was a perfect type of man. Every quality of mind was well proportioned, each having a distinctive office, and yet all dependent one upon another for the full and proper use of any one of them.—Testimonies for the Church 3:72 (1872). 2MCP 415.1

Creator Ordained Laws of the Mind—He who created the mind and ordained its laws provided for its development in accordance with them.—Education, 41 (1903). 2MCP 415.2

God's Great Laws—There are great laws that govern the world of nature, and spiritual things are controlled by principles equally certain. The means for an end must be employed if the desired results are to be attained. God has appointed to every man his work according to his ability. It is by education and practice that persons are to be qualified to meet any emergency which may arise, and wise planning is needed to place each one in his proper sphere that he may obtain an experience that will fit him to bear responsibility.—Testimonies for the Church 9:221, 222 (1909). 2MCP 415.3

It is in appearance, not in reality, that evil succeeds. The child who plays truant from school, the youth who is slothful in his studies, the clerk or apprentice who fails of serving the interests of his employer, the man in any business or profession who is untrue to his highest responsibilities, may flatter himself that, so long as the wrong is concealed, he is gaining an advantage. But not so; he is cheating himself. The harvest of life is character, and it is this that determines destiny, both for this life and for the life to come.—Education, 108, 109 (1903). 2MCP 417.1

Power of Self-deception—Fearful is the power of self-deception on the human mind!—Testimonies for the Church 4:88 (1876).

Mind Has Power to Discriminate—The human mind is endowed with power to discriminate between right and wrong. God designs that men shall not decide from impulse, but from weight of evidence, carefully comparing scripture with scripture. Had the Jews laid by their prejudice and compared written prophecy with the facts characterizing the life of Jesus, they would have perceived a beautiful harmony between the prophecies and their fulfillment in the life and ministry of the lowly Galilean.—The Desire of Ages, 458 (1898).

Disciplined Minds Have Increased Powers of Retention—Habits of negligence should be resolutely overcome. Many think it a sufficient excuse for the grossest errors to plead forgetfulness. But do they not, as well as others, possess intellectual faculties? Then they should discipline their minds to be retentive. It is a sin to forget, a sin to be negligent. If you form a habit of negligence, you may neglect your own soul's salvation and at last find that you are unready for the kingdom of God.—Christ's Object Lessons, 358, 359 (1900).

Minds Adapts to Dimensions of the Familiar—It is a law of the mind that it will narrow or expand to the dimensions of the things with which it becomes familiar. The mental powers will surely become contracted and will lose their ability to grasp the deep meanings of the Word of God unless they are put vigorously and persistently to the task of searching for truth.—The Review and Herald, July 17, 1888. (Fundamentals of Christian Education, 127).

Mind Adapts to That Upon Which It Dwells—It is a law of the mind that it gradually adapts itself to the subjects upon which it is trained to dwell. If occupied with commonplace matters only, it will become dwarfed and enfeebled. If never required to grapple with difficult problems, it will after a time almost lose the power of growth.



## Easter Giveaway

THURSDAY 15<sup>TH</sup> APRIL 2021

12:00 - 14:00

AT SEVENTH-DAY ADVENTIST CHURCH  
ERDINGTON, WOOD END LANE,  
BIRMINGHAM, B24 8AN

FREE EASTER EGGS, HAND SANITIZERS,  
BOOKS AND MORE



The Seventh-Day Adventist  
Church Erdington invites  
you to receive your gift  
bags!

Date: Thursday 15th April 2021

Time: 12-2pm

Address: Wood End Ln, Erdington,  
Birmingham, B24 8AN

Come and receive items such as...

Easter eggs



Hand sanitizer



Books

And much more!



# 15 VITAMIN E RICH FOODS

mg per 100gms of serving

## NUTS

 ALMONDS 25.63mg	 PISTACHIO 2.86mg
 PINE NUTS 9.33mg	 BRAZIL NUTS 5.65mg
 HAZELNUTS 15.03mg	

## SEEDS

 SUNFLOWER SEEDS 22.89mg	 PUMPKIN SEEDS 2.18mg
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## FRUITS

 APRICOTS DRIED 2.66mg	 AVOCADO 2.66mg
	 BLUEBERRIES 2.35mg

## VEGETABLES

 TOMATOES 5.56mg	 TURNIP GREENS 2.86mg
 BELL PEPPER 4.01mg	 SPINACH 3.54mg
	 BROCCOLI 2.53mg

## What to know about long COVID

Long COVID is a condition wherein people continue to experience COVID-19 symptoms for longer than usual after initially contracting the SARS-CoV-2 virus. Other terms for long COVID include post-COVID, post-acute COVID, long-tail COVID, and long-haul COVID. People with long COVID may refer to themselves as long haulers.

### Symptoms

The CDCTrusted Source note a variety of symptoms for COVID-19. They also note that the symptoms that people most commonly Trusted Source report in long COVID are:

- fatigue
- shortness of breath
- cough
- joint pain
- chest pain

People may also experience:

- brain fog, wherein they find it more difficult to think clearly and focus
- depression
- muscle pain
- headache
- fever which may come & go
- heart palpitations, or a feeling of the heart pounding

People may also develop long-term complications that affect the organs. These complications are less common but may include:

- inflammation of the heart muscle
- abnormal lung function
- severe kidney injury
- a rash
- hair loss
- problems with smell and taste
- sleep issues
- memory and concentration difficulties
- anxiety
- mood changes

## Management

Home remedies for managing long COVID may include the following:

- taking over-the-counter pain relievers, such as acetaminophen, to relieve painful symptoms or fever
- resting and relaxing
- setting achievable targets to reach
- Taking care of general health is also important. This may involve:
  - following a healthy diet
  - getting quality sleep
  - limiting alcohol intake
  - limiting caffeine intake
  - not smoking

However, because the symptoms of long COVID can fluctuate and vary, people may require individualized rehabilitation plans, not a one-model-fits-all approach. These plans could involve making major or long-term lifestyle changes.

Experts emphasize that doctors should listen to their patients, document their symptoms, understand how they change, be alert to new symptoms, and provide appropriate care.

People may also find it helpful to connect with a support network, particularly if long COVID is affecting their mental health, financial security, or social well-being.

- Article published by The Medical News Today

