

A new years prayer

Dear God,

Thank you for another HAPPY new year
THANK YOU for the old year and all it brought.

Thank you for reminding me of things like patience,
perseverance and for the daily opportunity
to practice love by being kind to those in need.

Thank you for the courage to take leaps that were scary.
Thank you for a heart that cried when it was time to cry
and laugh when it was time to laugh.

Thank you for all the obvious things that I sometimes took
for granted, baby animals, old people, ice cream,
a warm duvet, and friends and family.

Thank you for a world that is beautiful, and
that is still full of loving, kind and caring people.

Help me this year to be one of them.
I so want to make my world a better place for all of us.
Amen



What's going on?

January
2017

Tomorrow is the first blank page of a 365 page book. Write a good one.



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From my keyboard to you.....



TIME – ARE YOU ON TIME?

If I was to mention Switzerland other than chocolate what comes to your mind? Watches and clocks. I understand that Switzerland is perhaps the most clock regulated country in the world. Trains in Switzerland are well known for their punctuality and in fact keeping an eye on the clock is characteristic of our modern western culture. 4.58pm start finishing the job in hand. 4.59 tools away. 4.59 and 50 seconds on way to locker, 5pm coat on and on our way out of our place of work!

However, there is a different way to view time. Years ago I worked in Audiology and occasionally some from other cultures would come and have a hearing test. At that time some of them were new to Britain and an appointment for 3pm was not at 3pm but 4 pm, or even a day later at 11 am!

For us that sort of time-keeping is foreign. Keeping to time is important and the more important a person is, the more punctual they will be. But that is not so in oriental culture, especially the culture of the Bible. For instance, the prophets were spokesmen for the LORD, they were more important than kings and they could show their importance by DELAY not punctuality.

Another aspect of time keeping in biblical times was that it was not so much based on QUANTITY but QUALITY. Time was to be lived and enjoyed, not primarily to be measured.

Perhaps we would get less ulcers if we were more relaxed about time-keeping! To be on time and to be happy were considered ideal, but if you could choose only one then they would choose to be happy – it is better to arrive, than to arrive on time!

They also had another emphasis which wasn't based on "When" but on "Is it going to happen?" Take for instance the parable of the 5 wise and the 5 foolish virgins [read it in Matthew chapter 25 verses 1 to 13]. Here Jesus speaks about how the virgins waited for the coming of the bridegroom to come and tells us that the bridegroom is **delayed**.

What's Your Nature?



A wise old man was sitting at the river bank. When he noticed that a cat had fallen into the river and was really struggling to save itself from drowning.

The man decided to save the cat. So he stretched out his hand towards the cat and the cat immediately scratched him. He pulled his hand back in pain.

However, a few minutes later he stretched out his hand again to save the cat, but it scratched him again, and again he pulled his hand back in pain.

A few minutes later he was again trying for the third time!! A man, nearby was watching what was happening, and yelled out, "Oh wise man, you have not learned your lesson the first time, nor the second time, now you are trying to save the cat a third time?"

The wise man paid no heed to that man's scolding, and kept on trying until he managed to save the cat, pulling it from the river and putting it safely on the river bank.

He then walked over to the man, and patted his shoulder saying:, "My son... it is in the cat's nature to scratch, and it is in my nature to love and have sympathy. Why do you want me to let the cat's nature overcome mine?"

"My son, treat people according to your nature, not according to theirs, no matter what they are like and no matter how numerous their actions that harm you and cause you pain sometimes. And do not pay heed to all the voices that loudly call out to you to leave behind your good qualities merely because the other party is not deserving of your noble actions. So never regret the moments you gave happiness to someone, even if that person did not deserve it.

Jesus treats us according to His nature, just think where we would be if He were to treat us as per our nature... That is why He saves us in spite of ourselves. In 2017 why not decide to live more like Jesus.

Mary Coulson

Prayer Corner.....

Why not include the following suggestions in your personal prayers this month:-	
For ourselves	That we may be sorry for the mistakes and bad choices of 2016 resolving not to repeat them, and for the wisdom and courage to make good choices during 2017.
For our world	Our world is in a mess. Man's inhumanity to their fellow men constantly shocks me. Pray for those who have the power to make decisions for entire countries that they will show respect to others. Resolve always to do your best to make this world a better place.
For those who are sick	Sickness and death are a part of life here on earth. Pray for those who care for the sick. Pray for the sick that they may be healed. Alleviate suffering wherever you are able.
For those in war and chaos	Many innocent people are caught up in conflict. Daily struggles just finding food and caring for their families becomes a major anxiety. Pray for those living in the middle of war. Pray for peace.

Our church believes in prayer—we have an active prayer ministry.

This month members of our church will be praying for every household in

Forest Road

If you would like us to pray for you specifically Fill in the card that is enclosed in this magazine or send an email to:- Sutton@kira.co.uk or livingwaters@hotmail.com or leave a note through the church door telling us your name and the issue you would like us to pray for.

Think about this...

We have to pray with our eyes on God, not on the difficulties.



Interestingly there is no worry over this, because they knew he was coming. To them their waiting was not a nuisance however the delay produced a greater degree of excitement and expectation.

We have just 'got over' the first Advent (Christmas) but there is also another Advent – the Second Advent, which is the coming again of Jesus in our times, in our day. A wedding in the Bible is often a metaphor for God coming, so we should expect that the most important 'wedding' the Second Advent to take place later than expected; and because Jesus is the most important groom ever, no matter how delayed he is, He is never late!

As we draw to a close let me also share that when Jesus's disciples asked Him [Mathew chapter 24 verse 3] when will this happen and what was the sign of His coming and Jesus did not deal with chronology but with SIGNS because signs underscore the CERTAINTY of His coming. In other words, WHEN you see these things taking place then **know that** the time is near.

So finally, time is NOT the most important fact in the Bible, but its emphasis like oriental culture is instead on BEING prepared [read 2 Peter chapter 3 verse 8 to 10.]

So today and throughout 2017 let us note these words of Jesus in Matthew chapter 24 verse 4 when He said "Therefore keep watch because you do not know on what day our Lord will come." There can be NO doubt that He will come. The signs around us point in the direction of absolute certainty, but being prepared, being ready is paramount.

*Pastor Paul
Church Pastor*

Pastor Paul Haworth is available for the blessing and dedication of your children, marriages, funerals, visiting the sick, or help with any spiritual questions, or problems. Please feel free to contact him on
07828046500 or Email: livingwaters@hotmail.com

Fighting Inflammation...

There are two different types of inflammation. Acute inflammation is visible and short term—a bump, a bruise or healing cut. Think about a splinter or an abscess on a tooth when your body launches an attack with your white blood cells and chemicals that results in redness and swelling to kill the bacteria or rid the body of the intruder.



The second type of inflammation is chronic inflammation. This is when the immune system is constantly responding to substances it sees as a threat. These substances can seem harmless at the outset such as certain foods, or obvious such as smoking. Chronic inflammation can lead to poor gut health, which in turn causes symptoms such as heartburn Irritable bowel syndrome, fat storage and insulin resistance. It also poses a threat to our long term physical and mental health triggering conditions such as diabetes, heart disease rheumatoid arthritis, high cholesterol, Alzheimer's disease and many cancers.

There are natural ways to fight it! So good news!

1. Quit smoking
2. Eat a healthy diet
3. Reach and maintain a healthy weight
4. Deal with stress - exercise is a great way.

Include these foods in your everyday diet.

Vegetables and pulses are full of antioxidants, including polyphenols which may help fight inflammation/ Onions, broccoli, tomatoes, kale and spinach, Pulses such as lentils, butter beans, haricot and kidney beans. Carrots, peppers, and dark green leafy veg are a good source of carotenoids. Try for a t least 3 x 80g servings every day.

Whole grain starchy carbs

These add fibre to your diet. Think wholemeal bread, pitta, pasta and rice as well as wholegrain breakfast cereals. Have one serving with every main meal. Nuts studies have associate nuts with a healthy liver and reduced CRP levels. (CRP) is a blood test marker for inflammation in the body. Have a 30g handful every day.

Fruits

All berries are packed with anti-inflammatories. Have 2 x 80g servings each day.

Olive oil

Omega-3 fats in oily fish reduce CRP and promote proteins . Aim for 1 x serving every week.

Amanda Ursell

How to achieve happiness in 2017...

A group of fifty people were attending a seminar, when suddenly the lecturer stopped speaking and started giving each person a balloon. Everyone was given clear instructions to blow it up and then write their names on it using a permanent marker pen.



The lecturer then gathered all the balloons (with the help of some of the class!) and took them into a nearby empty room. Then he informed the delegates that they must go into that room and he would give them only five minutes to find their own balloon.

What a frantic rush as everyone hurriedly searched for their names, pushing and colliding with each other, there was utter chaos. At the end of 5 minutes, very few had found their own balloons.

The lecturer then gave another instruction. Just pick up the balloon nearest to you and find the person whose name is written upon it. Within just a few minutes everyone had their own balloons.



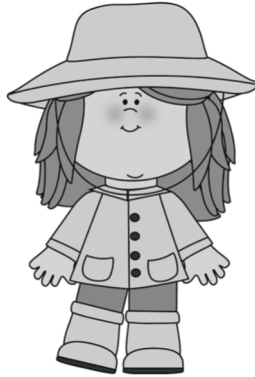
Now the lecturer made his point in a very practical way: This is exactly what is happening in our lives. Everyone of us is frantically looking for happiness all around, not knowing where it is. We push and trample others in our pursuit of it. Our happiness lies in the happiness of other people. When you help others find their happiness you will find your own happiness too. And this is the purpose of human life...

Learn to put a smile on someone's face, and you will also smile in due season. Make 2017 a happy year for yourself and others around you.

Jenny Holdsworth

Lessons from village life...

One of my great delights is having my seven year old granddaughter for the weekend. She lives on an estate in a town, so coming to stay with grandma and grandpa is a real adventure.



She always packs her bright yellow wellies and arrives with a "must do" list, which is always the same. "I must go and feed the deer" (they are quite tame and will come for carrots) "I must go to the woods and make a den and walk in all the streams," (it is a good job her mum knows us well and always packs spare socks and trousers!)

On all our trips around the village we carry plastic freezer bags in our pockets. These she calls her treasure bags and we are instructed to help her search for treasure as we walk around. This may be an acorn sitting beautifully in its cup, or a shiny pebble or conker. An ivy leaf with gorgeous markings, or a flower or seed pod. I always find it incredibly interesting to see what attracts her attention and what she discards.

These trips made me think of treasure. People are fascinated by it, they search deep oceans for buried cargo or quarter fields methodically with metal detectors. I suppose we all get a thrill from the thought of finding buried treasure.

I spent some time thinking of the great treasures I have found in my life. I believe God has given us treasures of great value all around us. They help us understand Him as our creator and friend. We all have 365 days ahead of us, think of them as 365 keys just for you, each opening a new treasure.

So this year plan a walk each day, breathe the fresh air, look at the sky and clouds. Check out the birds, animals and insects. If you do you will never be tired of life, you will never be unhappy, as you will find life surprising, exciting, challenging and fun. Each day of this year invite Jesus to come on a walk with you and show you the treasures that he has for you to enjoy.

Margaret Sammons

What's going on in January ?

Friendship club January 4th and 18th. 1:00 - 2:30

Refreshments, arts & crafts, discussions, friends, quizzes, fun
Why not come along & bring a friend & make some more new ones?

Bread of Life café. Saturday January 21st 1:00pm - 2:00pm. Come and enjoy a bowl of soup and sandwiches. Make friends, enjoy a chat. No charge, though donations for ADRA accepted gratefully.

Valentines meal: We are going out for a friendship meal on February 12th. The cost is usually around £12 each depending on what you choose. If you want to join us, just let us know. Transport can be arranged.

Sutton Strollers Programme for January

Walks leave promptly at 10:30

Jan 3	Brierley Park
Jan 10	Silverhill
Jan 17	Pleasley Mill
Jan 24	Staveley & Poolsbrook Country Park
Jan 31	Codnor Castle
Feb 7th	Cromford Canal

Car share available. Transport arranged

More details:- Melvyn on 01623 723678 or Mervyn on 01623 517437

Messy Church 3:00 - 5:00

January 14

All families welcome. Ideal for children 2 – 13 years

**Singing, stories, crafts, food and
GREAT FUN**

Parents, grandparents bring along your children and enjoy helping them make a craft!





We invite you to visit us

Saturday 10:00

- Bible discussion for adults & teenagers
- Bible stories & crafts for children
- Groups for all ages

Saturday 11:15

- Family worship time

Our preachers for the month

- Jan 7 Pastor Paul Haworth - communion service
- Jan 14 Charles Bramble
- Jan 21 Pastor Melvyn Ellis
- Jan 28 Marcus Dove

**We do hope to see you soon;
we would love to meet you.**

Healthy Living page.....

Kidney Stones

Kidney stones form from crystals in the urine. They can be painful and sometimes serious. It is important to see your doctor if you think you might have one. You're more likely to get kidney stones if you've had one before, if they run in your family, or if you have certain health conditions like obesity, high blood pressure or gout. Some medications, such as antiviral drugs, can increase your risk. But for most people, they just happen for no good reason. There are many types of kidney stones, usually they are made from calcium.

The pain of kidney stones can be severe, although some people feel no pain. You usually feel it in your back, side, lower belly or groin. It is caused by the stone passing from the kidney to the bladder, or from the bladder to the toilet.

If you have kidney stones, you may also :

- Have blood in your urine.
- Feel nauseous or vomiting.
- Have a fever.
- Feel like you have gravel in the urine.
- Feel like you need to pass urine often or urgently.

If your doctor thinks you might have kidney stones, you might be asked to have urine tests, blood tests and a CT scan. Paracetamol and ibuprofen are suitable for mild pain. For severe pain, you will need to see your doctor or go to A & E.

Most stones are small and come out on their own in the urine. You can check for stones by urinating through a piece of stocking. If you do catch a stone, keep it in a clean jar so your doctor can find out what it is made from. A larger stone might need to be removed by a surgeon, who can use ultrasound to break it up, or an operation to remove it.

You can reduce the risk of getting a kidney stone by :

- Drinking plenty of water.
- Eating less meat.
- Including citrus fruits, like oranges, in your diet.
- Including dairy foods or alternatives in your diet.

If you have had a stone before, your doctor may advise you about additional treatments to help you avoid getting another one.

Dr Winston is a medical Dr who has a special interest in diet and its effect on the human body, he spends a great deal of time researching these topics for us. As a practising Christian he believes that a healthy body is an act of worship to our creator."

Recipe page

Mexican chilli bean soup

Please don't be put off by the title, I do not like spicy foods. This has just a gentle kick!

Ingredients

1 Onion
2 cloves garlic finely chopped
1 yellow pepper diced
Chilli flakes to suit your taste, I use just a sprinkle if you like it hot then upto a teaspoon full.
1 teaspoon smoked paprika
1 teaspoon ground cumin
250g cherry tomatoes halved
400g tin chopped tomatoes
900ml vegetable stock
400g Kidney beans drained and rinsed
200g tin sweetcorn
Coriander leaf

Method

- Put a drop of oil in a large saucepan, fry the onion and garlic for 3-4 minutes until soft.
- Add the pepper, chilli flakes, paprika and cumin and continue cooking for a further 3 minutes until the pepper has softened.
- Add the cherry tomatoes, canned tomatoes, vegetable stock, beans and corn. Bring this to the boil and then reduce the heat letting the soup simmer gently for 30 minutes.
- When ready to serve, sprinkle with chopped coriander leaf.

Serve with warm bread or a floured tortilla.

Lovely!

If you are entertaining and want to make it look a little special add a dollop of soured cream and diced avocado to each dish.

A letter from France... Lovingkindness

You remember last month we talked about kindness! I hope you took up the challenge, and have enjoyed it! This month I want to talk to you a little about a form of super-kindness!! This super-kindness is a trademark of God! It is called in the Bible lovingkindness.

I hope you saw from last month, even if we stop at the work 'kind', which we often take as a very limited virtue, not really on a par with self-sacrificing, or unconditional love, we very quickly see that it is impossible to arrive at any of these top of the list behaviours without kindness! It is a sort of foundation for many other things. And in the same way that foundations are not very pretty, they are often built of less fancy materials or bricks than the walls above ground, they are, however, of vital importance to support everything which is built upon them, and we could say the same of kindness!

But now we want to go one stage further – lovingkindness! The type of kindness that God is famous for! There are some beautiful verses which talk about the lovingkindness of God. I want to share one with you: "The Lord has appeared of old to me, saying: 'Yes, I have loved you with an everlasting love; therefore with lovingkindness I have drawn you.'" Jeremiah 31.3 So the super kindness of God is everything human kindness means, but permanently linked or rooted in His love for us. And when He describes His love for us, it is an everlasting love. His kindness is constant.

So when you continue to show kindness to those around you, think of the constant and unshakeable kindness of God towards you, and you can ask Him to help you attach this type of love to your kindness, to be a better reflection of Him to those around you!

Corinne Lletti

**When we practice loving
kindness and
compassion we are the
First ones to profit**

Monthly Meditation -

This month let us think about a verse in the 23rd Psalm. Here is a modern translation of verse 5.

You treat me to a feast, while my enemies watch.

You honour me as your guest, and you fill my cup until it overflows.

January 1 - 5 Think about:- *You treat me to a feast,* I just love entertaining! We probably all have friends we envy a little as they are such consummate hostesses. They make entertaining look so easy. To some people, a dinner party for 50 guests is a simple feat.

Some people have the table laid and everything planned to perfection! I am afraid my personality is not like that! When I'm expecting company, the first guests to arrive often have the honour of setting the table. When I have asked my friends why they go to such elaborate lengths of having the table laid even the day before the meal, the answer made me stop and think: "It is part of the celebration for me. I love having the table set early because every time I walk past it, I think of the people who will sit in those chairs and I pray for them. I think of their favourite dishes and look forward to preparing each one. I guess you could say that I enjoy the party long before it begins."

This week why not take time to read Psalm 23. The Lord is my Shepherd. Think about the love and thought that He puts into your life.

January 6 – 11 Think about:- *while my enemies watch.* We naturally assume that a victory banquet would be held *after* the victory was won. However, in Bible times the Hebrew people held victory banquets *before* the battle even began.

The Hebrews were either ridiculously arrogant or people of great faith. The undeniable truth that they could count on their God. King David was a man "after God's own heart." God was with him so their faith was strong. Celebrating the battle's outcome was simply a matter of celebrating God, acknowledging His power on their lives, and walking by faith in the victory provided before the battle was even fought.

We are just starting 2017 and we all know that before this year is out we will have many battles to fight. Battles against ill health, broken relationships, financial disasters, to name but a few!

Right at the beginning of this year, while facing an unknown future give your life over to Jesus. Ask Him to be your shepherd. I know the battle truly belongs to God, we win! We win before the first shot is fired. We win before one step of the battle plan is taken.

January 12 – 16 Think about:- *and you fill my cup until it overflows.*

Once you have given your life over to God, you can sit down at the table of victory every moment of every day because no matter what happens, if God is for us – we win!

I believe our faith is measured by how we handle each battle that comes our way. So this week think about your response when life is difficult and presents you with a battle to gain victory over. Do you become angry, rude, depressed or have an unhealthy coping mechanism?

Remember the battlefield is not nearly as important as our choice of whose side we are on. You can fight against your problems with God's plan and step out in faith of the battle already won. That's where praise comes in.

January 17 - 22 Think about:- *and you fill my cup until it overflows.*

We can praise God for what He will do long before He does it. We can prepare a victory table before the battle begins, knowing that the battle belongs to our God. It is said that in Africa a tree produces the "taste berry," a unique fruit that literally alters taste buds so that everything that's eaten after eating the berry tastes good and sweet. Praise is the "taste berry" of the Christian's life. When our hearts are filled with praise and when we choose to praise God, every fear and doubt fades into the background of a battle won before it begins.

January 22 - 31 Think about:-

You treat me to a feast, while my enemies watch.

You honour me as your guest, and you fill my cup until it overflows.

Many of our life battles are lost because our confidence and faith in God are eroded under the persistent battering of daily stressful situations. We try to battle against our bad habits on our own. We attempt to mend relationships with our own ideas, we worry over our ill health instead of turning our lives over to God our creator.

This week make a commitment to put Jesus first in your life. Why not pray the following prayer?

Father, I come to You today, praising You for Your presence in my life. Right now, I celebrate the victory You have already won in every battle I am facing. I choose against my human fear and tendency to demand proof of Your presence in my life and Your power at work. I am stepping out in faith and praising You. In Jesus' Name, Amen.
