

Twice As Sweet

On Valentines Day, we show our love;
We express our deep affections.
Those who are important to us
Get cards and sweet confections.

But Christian love is not just for
The ones we hold most dear;
Jesus said "love everyone;"
He made that very clear.

For Christians, it is every day
We should care and love and serve
Everyone we meet in life,
Whether they do or don't deserve.

Let's follow Jesus' good command
To love everyone we meet.
Valentine's Day every day
Will make life twice as sweet.



What's going on?

February
2017



146a Dalestorth Street,
Sutton in Ashfield,
Nottinghamshire
NG17 4EY

www.suttoninashfield.adventistchurch.org.uk

From my keyboard to you.....



JOKE - What is the difference between an outlaw and an in-law? Outlaws are wanted!

WELCOME TO THE FAMILY

As I got older I began to take interest in my family tree working out who came from who and from where was very interesting. As I was growing up besides my parents I only had a grandma and then by marriage I gained a grandmother- in-law! My Mother is still living and I don't have a mother-in-law! I have 3 brothers and 4 brothers-in-law, one sister and 3 sisters-in-law. I still have an aunt but then then I begin to get lost as I think of cousins and nephews and nieces etc.

Some of them I never see and I must confess that for some I do not even know their names. It is quite sad that so often many families have relatives who we would prefer remain at a distance, an in-law that is **not wanted** however sometimes they are not even in-laws!

You know there are lonely people, yet they have a family. A family but they are lonely... Maybe this could be you, – well here is a promise from the Old Testament book of Psalms 68 verse 6 - a message for the lonely. "God sets the lonely in families."

How can that be because I don't have a family or relatives:- don't you? The apostle Paul writes in his letter to the Ephesians chapter 3 "For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named."(vs 13,14)

Just read that again...Based on that fact 'every family in heaven and earth' we are all related! And these relations will include much more than those you presently think of as family and will include countless Italians, Turks, Russians, Chinese, Australians, Chileans, Zambians, Jamaicans, Americans, Dutch, Eskimo etc. We could go even further, for Paul also says here that out into the farthest reaches of the universe ('in heaven') is God's family and therefore, OUR family. Mind-boggling! Try to remember ALL their names! And this great family **has** a Father. A God who is a Father. Did you know that Jesus Christ also called God 'Father'.

True Valentine's happiness...

This story is about a beautiful, expensively dressed lady who complained to her psychiatrist that she felt that her whole life was empty, it had no meaning. So, she decided to visit a counsellor to see if she could find out how to be happy.

The counsellor called over the old lady who cleaned the office floors. The counsellor then said to the rich lady "I'm going to ask Mary here to tell you how she found happiness. All I want you to do is listen to her."

So the old lady put down her broom and sat on a chair and told her story: "Well, my husband died of malaria and then just three months later my only son was killed by a car. I had nobody. I had nothing left. I couldn't sleep, I couldn't eat, I never smiled at anyone, I even thought of taking my own life. Then one evening a little kitten followed me home from work. Somehow I felt sorry for that kitten. It was cold outside, so I decided to let the kitten in. I got some milk, and the kitten licked the plate clean. Then it purred and rubbed against my leg and, for the first time in months, I smiled.

Then I stopped to think, if helping a little kitten could make me smile, may be doing something for people could make me happy. So, the next day I baked some biscuits and took them to a neighbour who I knew was sick in bed. After that I determined that every day I would try and do something nice for someone. It made me so happy to see them happy.

Today, I don't know of anybody who sleeps and eats better than I do. I've found happiness, by giving it to others."

When she heard this, the rich lady cried. She had everything that money could buy, but she had lost the things which money cannot buy. "The beauty of life does not depend on how happy you are; but on how happy others can be because of you..."

Happiness is not a destination, it's a journey.
Happiness is not tomorrow, it is now.
Happiness is not dependency, it is a decision.
Happiness is what you are, not what you have.

*Spread
Happiness*

Mary Coulson

Prayer Corner.....

Why not include the following suggestions in your personal prayers this month:-	
For those we love	It is easy to take for granted those who are nearest and dearest to us. Take time this month to pray for them each day by name. Ask God to bless them in a special way.
For those we dislike	There are always some people we encounter that we find difficult to get along with. This month pray for those that you struggle to be friendly and kind too. Ask God to show you how to get along with them better.
For those who are alone	There are always those who are alone. Pray for them. Some have lost those they loved by death, or broken relationships. Wherever you can alleviate loneliness.

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

Ever wondered if there is a real hope for the future?
 Was Brexit inevitable? Will this world ever find peace?
 Will the current world Empires survive?
 Discover answers for these and many more questions
 at this new series coming to Sutton in Ashfield




Harwood Court Community Centre
 Skegby Road NG17 4PP
 Register for your free tickets 07828 046 500
 More information see Facebook "The last Empire"

Thursdays
2, 9, 16, 23
February
7:00pm

Now a father could just refer to the biological fact that our origin is from a father but then there is 'fatherhood', and fatherhood describes an intimate relationship of love, fellowship and care for children. So Jesus' use of the word 'father' isn't to speak of God as one responsible **only** for creation but of a Father who loves His children, is merciful and kind; a Father who is approachable.

You may not realise this but in Old Testament times it was impossible to approach God in the tabernacle without a mediator, without a priest. But now since Jesus came 'we ... **have** boldness to enter the most Holy Place.' - tabernacle [Hebrews chapter 10 verse 19).

If you tried to go and see the Queen, you would most likely end up inside a police van! However if you are the Queen's son you will be welcomed and loved. Notice these words, again from St Paul in his letter to the Galatians "Because you are his sons,...who calls out, '**Abba**, Father'... God's child...also an heir. (chapter 4 verses 6,7). Sons, daughters, child(ren), heirs, who can call out **Abba!**

Jesus also used the same word '**Abba**' when he spoke of His father. '**Abba**' is not a Victorian figure of a father, austere and distant, but **Abba** is a daddy, a poppa, a person who is loved and loves, who is near and who cares. **We** are **His** sons, His daughters, He is our poppa, our daddy. A god who is not austere, or distant, but near and a father who cares.

Welcome to the family...

** You might like to also read what Paul says in 2 Corinthians chapter 6 verses 16-18.

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

Remember

The paradox of our time is that we have taller buildings but shorter tempers, wider roads, but narrower viewpoints. We spend more, but have less, we buy more, but enjoy less. We have bigger houses and smaller families, more conveniences, but less time. We have more degrees but less sense, more knowledge, but less judgment, more experts, yet more problems, more medicine, but less wellness.



We drink too much, smoke too much, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom. We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often. We've learned how to make a living, but not a life. We've added years to life not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbour. We conquered outer space but not inner space. We've done larger things, but not better things.

We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less.

These are the times of, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce, fancier houses, but broken homes. These are days of quick trips, disposable nappies, throwaway morality, one night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom.

Remember; spend some time with your loved ones, because they are not going to be around forever. **Remember,** say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side. **Remember,** to give a warm hug to the one next to you, because that is the only! treasure you can give with your heart and it doesn't cost a penny.

Remember, to say, "I love you" to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you. **Remember** to hold hands and cherish the moment for someday that person will not be there again. Give time to love, give time to speak! And give time to share the precious thoughts in your mind. **AND ALWAYS REMEMBER:** Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Submitted by Pisca Ncube

LET IT BE FOR EVERYDAY

Let it be for everyday
To do the right thing,
Put not to tomorrow
What can be done today
Live right every moment
Live the most for today
Tomorrow may not come
One day at a time.



Doing the right thing

Let it be for everyday
To visit one another
At home, pay them a visit
Not to wait till one falls sick
then visit them at hospital
Wearing a plastic smile,
To appear loving to the sick.
Visit one another even in health.

Let it be for everyday
To help one another. To give to one another
Not to buy them bananas
When they are admitted to hospital
Yet you were stingy all along.
Funerals uncover people's hypocrisy
Bless your brother any time.

Let it be for everyday
To love your partner. Not wait till their birthday
Or wedding anniversary
To show them you really care
Give them gifts even now
Love is daily bread
Christ never loved you just on Calvary.

Let it be for everyday
To talk the right thing about somebody
Not to wait till they die
Then give a flowery testimonial
Of how good the deceased was
Yet when they were still alive
You never appreciated them
Even to put a smile on their face

Doing the right thing!

Lessons from village life...

My husband and I were reminiscing about our early years of marriage. We belonged to a church in Yorkshire which had a large group of young married couples and we would spend a lot of time together. We loved camping and several weekends a year we could be found in the Yorkshire Dales.



One of the camps activities was pot holing. Now if you have never done this, it is quite a frightening experience. You do need an expert guide. Crawling along underground tunnels, and at times wriggling along on your belly in the dark and cold, often through running water is not pleasant.

The passageways open in places into quite large caves, then shrink back into tiny tunnels you can never imagine yourself squeezing through. As I continued deeper and deeper, I remembered thinking "Is there enough air down here to support life? What happens if we get lost down here? I am not claustrophobic, nor squeamish, but "comfortable and brave" aren't the words I'd use to describe how I was feeling. I breathed a steady stream of silent prayers, and stayed close to Roger as we followed the guide who was leading our group.

An hour or so into the expedition, he led us into a room. Yes. A room in the middle of a cave! This inner room was big enough for our group and there must've been at least a dozen of us that day.

"Can I have everyone's attention, please?" Our guide summoned us to silence. He said, "this room has no natural source of light whatsoever. Only the torches we have brought with us. It's a darkness that is different than anything you've ever experienced. To illustrate this, I'd like everyone to switch off your lights, and try to see the person beside you. You can't. Hold your hand up in front of your face. Wave it around. You can't see it. This is a space void of light."

We *oohed* and *ahhed*, and tried to see with no success. Then he lit a match. One tiny match. And the whole room was visible. Darkness was conquered. Shoved back. Then he began to tell a familiar story "A long time ago, Jesus sat with a group of ordinary people just like you and me. He looked them in the eye and said, "*You are the light of the world. let your light shine before others, that they may see your good deeds and glorify your Father in heaven. Matthew 5:16*

This Valentines month decide to be the light of love in your world, to everyone you meet. Let us purpose to make this world a better place, just like that tiny match we can make a difference to those around us.

Margaret Sammons

What's going on in February ?

Friendship club February 1st and 15th. 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 February 18th 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.

Friendship Fun We are having a friendship social evening February 5th at 3pm - 6:00pm. In the church hall. Games and fun! Pizza at 5pm! Come and join us for a laugh and a few happy hours! All ages welcome.

Sutton Strollers Programme for February

Walks leave promptly at 10:30

- Feb 7th** Cromford Canal starting Ambergate
- Feb 14th** Huthwaite rail track. Followed by carvery lunch at Woodend Inn Huthwaite. 1:45 for 2:00pm
- Feb 21st** Clumber Park
- Feb 28th** Skegby historical trail
- March 7th** Pinxton

All walks, except Feb 14th return to the church hall for refreshments.

Car share available. Transport arranged

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

Messy Church 3:00 - 5:00

February 11th

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;
we would love
to meet you**

Saturday 10:00

- Bible discussion for adults & teenagers

Until the end of March we will be studying the subject of the Holy Spirit and Spirituality. We read Bible texts and share our thoughts. It is always a friendly discussion.

- Bible stories & crafts for children
- Groups for all ages

Saturday 11:15

- Family worship time

Our preachers for the month

Feb 4th	Pastor Melvyn Ellis
Feb 11th	Pastor Paul Haworth
Feb 18th	Pastor Paul Haworth
Feb 25th	Marcus Dove

Healthy Living page...

Deep Vein Thrombosis

A deep vein thrombosis (DVT) is a blood clot that occurs in a vein that is not on the surface of the skin. It can occur anywhere, but is most common in the thigh or the calf. If you think you might have a DVT, see a doctor immediately.

The main signs and symptoms of a DVT are a painful and swollen calf or thigh. Some people have no signs or symptoms. The most serious complication of a DVT is a pulmonary embolus, in which a piece of clot breaks off and lodges in the lung. This causes a serious illness and is potentially life-threatening.

If you think you have a DVT, you should call a 999 ambulance if you :

- Become short of breath.
- Feel dizzy or faint.
- Have pain in your chest.
- Cough up blood.

Anything that slows blood flow in deep veins can cause a DVT. Many people who have a DVT may have :

- Been in bed for long periods, such as when they are in hospital.
- Been inactive, such as during long aeroplane flights.
- Had major surgery.
- Had an injury, such as fractures or motor vehicle accidents.
- Had illnesses such as cancer, heart failure or a serious infection.
- Been taking an oral contraceptive pill or hormone replacement therapy containing oestrogen.

DVTs are more common in women who are pregnant or who have recently had a baby. Some people with spontaneous DVTs have a genetic condition so their blood is more likely to clot.

If the doctor thinks your risk of having a DVT is significant, an ultrasound scan may be recommended. If this shows that you have a DVT, you will need to be treated with an anticoagulant (blood-thinning) medication. You may also be asked to wear compression stockings.

If you are travelling or are hospitalised, the risk can be reduced by :

- Wearing compression stockings.
- Moving your feet and legs as much as possible.
- Drinking plenty of water.
- Maintaining a healthy weight.
- Keeping fit.
- Not smoking.

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...

Quick Chickpea and Tofu Curry

Ingredients

200g Rice (brown is healthier!)
1 teaspoon oil
1 red onion chopped
400g Tofu cubed
800g frozen mixed vegetables
80g Balti curry paste
400g Chickpeas in water drained
1 teaspoon runny honey
400g tin chopped tomatoes
40g roasted unsalted cashew nuts
Fresh coriander to garnish

Method

- 1 Cook the rice according to the packet instructions, then drain.
2. Meanwhile, heat the oil in a large non-stick frying pan, then fry the onion for 4 minutes.
3. Add the Tofu and fry for a further 3 - 4 minutes until golden.
4. Add the mixed vegetables, curry paste and chick peas and stir for a few minutes to heat through.
5. Add the honey and tomatoes, then fill the tomato tin with about 100ml water, swirl it around and add to the pan.
6. Simmer for 10 minutes or until the sauce thickens.
7. Serve the curry with the rice, topped with the cashews and garnished with coriander.

**There is NO diet that will do
what healthy eating does
Skip the diet, just eat healthy!**

A letter from France...

A Kind God – I can't see it?

So what if you are in the situation where the lovingkindness of God sounds all very well in theory, but when you look around you, you see more evidence of the opposite. So if this God is all powerful, how is it that the world is so lacking in kindness, without talking about lovingkindness?

The answer comes in two elements, firstly God allows us human's freedom to choose, and secondly, He has given us all the elements we need to allow this world to really show His ideal of lovingkindness.

So God gave very clear principles that He knows will bring a perfect and harmonious world. They can be summed up by treating others as you would like to be treated – the Golden Rule! Who likes living in a war zone? Who likes being exploited at work, who likes not having enough to eat, when those not too far away are throwing out food, who likes it when their partner cheats on them, or to come home to find your house has been broken into, who likes people being rude or lying to them? So if we applied the Golden Rule, all of these elements would disappear immediately – and then we would see far more evidence of the lovingkindness of God in the world we live in. Wouldn't that be fantastic?

So although God makes it perfectly clear, in an easy to understand way what the path to the happiness of this world is, it doesn't happen. Not because of a problem on God's side, but because we do not follow His advice. And coming to my second point – God does not force us to follow Him. That is one of the elements of lovingkindness, it can advise, explain the benefits, comfort when it all goes wrong when advice is ignored; all of these things God does, but lovingkindness does not force people to do what they do not want to do. That in itself goes against the Golden Rule! I want to choose my route, not be forced down a road I don't want to go, and God respects that completely. But the problem with this, is that when God's counsels are ignored, and people go their own route, the result is often the opposite of kindness. God wants everyone, of their own free will, to follow his counsels and make this world a better place for those who live around us, or over whom we have an influence.

So next time, you are tempted to blame God for the state of the world today, stop and think for a moment if you are doing your part in living a life of kindness, or even better the life of lovingkindness. Really doing this would make the world a better place for those who live around you and really show what the character of God is like, rather than the uncaring, unloving picture which is often painted today.

Corinne Lletti

Monthly Meditation - Here is a great text for Valentine month.

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you . Colossians 3:13, NIV.

February 1 - 5 think about this:

Bear with each other and forgive one another

I remember my first car, an old Morris Minor split windscreen. It leaked water and my feet got wet, but to me it was the most beautiful car in the world because it was mine! I will never forget paying off my very first car loan. After sending in my forty-eighth and final payment, I celebrated the fact that I finally owned my car from bumper to bumper. I quickly found other places to spend the once allocated car payment and went on with life – until the day I opened the post to find the loan papers for my car. Stamped in big red letters across the document were the words, “Paid in full.” I danced a jig right there in my driveway because I was finally free of that debt.

Forty five years on I have learnt that part of forgiveness is releasing the person from the debt we think they owe us. Refusing to let go of the hurt and pain someone has caused in our lives will always rob us of our joy. So if you want to dance for joy this week think about those hurtful memories you are hanging onto. Things that happened years ago, write them down, everyone of them!

February 6 – 11 think about this:

Bear with each other and forgive one another

Do you remember the last words of Jesus as He hung on the cross? “It is finished!” The most literal translation would be “paid in full.”

So take out that list you wrote last week and choose to release your pain and cut your losses, instead of allowing the weight of an unpaid debt rob you of both your mental and emotional energy.

Forgiving the debt is a deliberate choice that is made by an act of your own will. You may not feel forgiving. It doesn't matter. So now tear that list into tiny pieces, destroy it completely so it cannot be read. Just do it! Many times the feelings will follow that choice – other times they won't. Feelings are irrelevant, but obedience is crucial. Do not base the validity of what you are doing on how you feel. Make the choice to forgive ... and then obey. Someone once said: “We put our resentments in the freezer and then pull the plug to let them thaw out again. How often have we torn up the cancelled note, but hang on to the wastebasket that holds the pieces? This February 2017 end all the bitterness and live in peace and love with others.

February 12 – 16 think about this:

Forgive as the Lord forgave you .

Do you remember the last words of Jesus as He hung on the cross? “It is finished!” The most literal translation would be “paid in full.” I have learnt over my lifetime that God is the One who heals painful memories. Only when we make the choice to forgive and actually do so will God work a miracle in our lives.

Maybe this week forgiving yourself is your biggest problem! We all make bad choices, wrong decisions and huge errors of judgement. So spend sometime reminding yourself that Jesus died just for you. His sacrifice was more than sufficient for anything you have done or left undone!

February 17 - 22 think about this:

Forgive as the Lord forgave you

If we make the choice to forgive, God will supply the forgiveness.

There should be no limit to our forgiveness because there is no limit to His. Forgiveness is not a feeling or an emotion. Forgiveness is a deliberate choice. Forgiveness is our greatest need and God's greatest gift. While we cannot change the past, we *can* change our response to the past and dictate the power it has over us.

February 22 - 28 think about this:

Forgive as the Lord forgave you

If our greatest need had been information, God would have sent an educator. If our greatest need had been technology, God would have sent a scientist. But because our greatest need was and is forgiveness, God sent a Saviour. Jesus Christ is calling us all to a higher place, a place of forgiveness. The choice is ours .

Let's pray:

Father, I praise You for the love and forgiveness You so freely offer. I don't understand how You can love me when I am so unworthy of the sacrifice Jesus made on the cross. To think that He died for me rocks my world. Please give me the wisdom and strength to forgive those who have hurt me. This is a month when we particularly think about loving others and I want my life to be a living illustration of Your unconditional love and unending forgiveness. In Jesus' Name, Amen.

