

## Psalm 23

The Lord is my Shepherd -	<b>That's Relationship!</b>
I shall not want -	<b>That's Supply!</b>
He makes me to lie down in green pastures -	<b>That's Rest!</b>
He leads me beside the still waters -	<b>That's Refreshment!</b>
He restores my soul -	<b>That's Healing!</b>
He leads me in the paths of righteousness -	<b>That's Guidance!</b>
For His name sake -	<b>That's Purpose!</b>
Yes, though I walk through the valley of the shadow of death -	<b>That's Testing!</b>
I will fear no evil -	<b>That's Protection!</b>
For You are with me -	<b>That's Faithfulness!</b>
Your rod and Your staff they comfort me -	<b>That's Discipline!</b>
You prepare a table before me in the presence of my enemies -	<b>That's Hope!</b>
You anoint my head with oil -	<b>That's Consecration!</b>
My cup runs over -	<b>That's Abundance!</b>
Surely goodness and mercy shall follow me all the days of my life -	<b>That's Blessing!</b>
And I will dwell in the house of the Lord -	<b>That's Security!</b>
Forever -	<b>That's Eternity!</b>

**Face it, the Lord is amazing.**

Submitted by Pisca Ncube



# What's going on?

March  
2017



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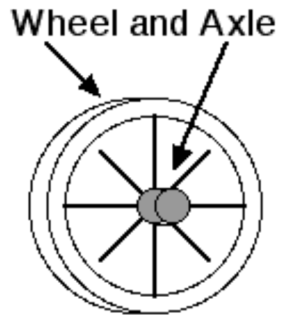
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## From my keyboard to you.....



### The CROSSROADS of Life, Or the Wheel of Life.

I am sure you have been at crossroads where you see signs to places one way or to another in a different direction and when you are trying to find your way you are keen to find a sign pointing in the direction you are headed. However there are times you come to crossroads and there is NO sign. Which way do you go?



At this moment of time our country is at a crossroads, where the process of Brexit and what we as a country will do after article 50 is actioned. Which path do we tread, which direction do we take, where do we go and what do we do? They are all good questions. In fact some of you will be at a time in your life where you are at a crossroad. For instance you are considering marriage or having children, or changing your job, or moving house or retiring. These and other steps in life mean decisions, decisions, and decisions. Which way should we go?

However there is another way to view life, your life. With the endless routine of life – wake up at 7 a.m. go to work for 8 a.m. Put that screw in that hole; cut that piece of wood this way; fill out this form in this way; talk to this customer in the same way you have just spoken to the last 26 customers: or it could be more like this, feed the kids breakfast, wash up; clean the house, give the kids a drink; wash the clothes; feed the kids dinner, wash up; iron the dried clothes; feed the kids tea, wash up.... Life is a long round of repeated activities, just like a wheel that goes around and around along the path of life – as the circumference of the wheel goes around and around again the same spot touches the road again and again and again.

I suppose it could be argued from this illustration that the same spot on the circumference of the wheel may keep on coming around and touching the surface of the road, but the road surface will keep changing as the wheel rotates and in the same way every crossroad is also different with a different number of roads going in different directions. True:- life's circumstances alter with age with where we are and what we are doing, but we still have decisions to make, choices; and we face similar obstacles, successes and failures.

HOWEVER whether you are at 'crossroads' in your life or whether you think of yourself as part of the 'wheel of life', you will have an **'Axis'**, a centre, a point where each road meets or the centre around which the wheel rotates. If you

## Motivation for March

Don't complicate life. We won't be here forever. Once this day is over, it's gone forever. Your time is too valuable to waste on nonsense.

No matter what knocks you down in life, get back up and keep going. Never give up. Great blessings are a result of great perseverance.

Talking about our problems is our greatest addiction. Break the habit. Talk about your joys.

Good things come to those who believe, better things come to those who are patient, and the best things come to those who don't give up.

Do not pray for an easy life; pray for the strength to endure a difficult one.

Disappointments were not meant to destroy you. They were meant to strengthen you & give you fortitude to accomplish your God-given destiny.

We tend to forget that happiness doesn't come as a result of getting something we don't have, but of appreciating what we do have.

Your child will follow your example, not your advice.

One day, you'll be just a memory for some people. Do your best to be a good one.

Associate yourself with people of good quality, for it is better to be alone than in bad company.

Don't fear change. You may lose something good, but you may also gain something great.

When you love what you have, you have everything you need.

The greatest act of faith some days is to simply get up and face another day.

Never let the things you want make you forget the things you have. GRATITUDE.

Commitment means staying loyal to what you said you were going to do, long after the mood you said it in has left you. COMMITMENT

**Prayer Corner.....**

<b>Why not include the following suggestions in your personal prayers this month:-</b>	
<b>For those we love</b>	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.
<b>For those we dislike</b>	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 to. Ask God to show you how to get along with them better.
<b>For those who are alone</b>	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 **Ashfield Street**

**Tips to help you remember to pray**

We all lead busy lives and it is easy in our busyness to forget God. Try these tips to help your memory.

**Get a grip**

Carry a pebble in your pocket /bag and every time you put your hand in on it pray, "God I want you to be the solid thing in my life."

**Walk.**

As you start walking from your house pray ' Lord I would like you to walk with me today.'

**Doors**

Go to your front door and pray to God 'Please enter my life. You are welcome to come in.'

**Open up**

Every time you use a key today pray, 'God unlock my life to your influence.

**Phone**

Every time you pick up your phone pray 'God I need communication with you.'

think of a bicycle wheel, and of its centre or axis, this is the hub where the power for the wheel comes. From that hub is the energy to turn the wheel through life. Similarly the Axis at the crossroads is a centre where energy is applied decisions are made, steps are taken to move forward – a hub of life.

Now it is impossible to remove the axis in crossroads, but if you think of a bicycle wheel and removed its spokes, the wheel still has a centre. True it is a centre that is **not** connected to the rim, it does not stop the rim from rolling along the road of life, but with no connection to the hub the wheel has no direction, no connection or stability. Maybe your life is like that now. You are rolling around and you just don't seem to know where you are going what you ought to be doing, that life seems to have no purpose and no stability. What you need is your rim of life to be CONNECTED to an Axis.

What is the AXIS? It could be money. It could be a profession. It could be a relationship. It could be sport. It could be a host of things, but if you consider each of these, most of them do fail or come to an end and also nearly ALL of them are based on selfish wants and aspirations. What Axis is permanent, is outside of ourselves and is a hub that provides stability, power and direction? Can I suggest the answer is found in the Bible – look up The Wise and Foolish Builders in **Luke 6:46-49** " ...As for everyone who comes to me and hears my words and puts them into practice, I will show you what they are like. They are like a man building a house, who dug down deep and laid the foundation on rock [AXIS]. When a flood came, the torrent struck that house but could not shake it, because it was well built [on an AXIS]. But the one who hears my words and does not put them into practice is like a man who built a house on the ground without a foundation [AXIS]. The moment the torrent struck that house, it collapsed and its destruction was complete."



Or look up John 15:4 – "Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me."

May your rim of life run smoothly and purposefully through life. God bless.

*Pastor Paul*  
Church Pastor

## What is LENT and why fast?

Lent is something we all hear about when our work mates, neighbours and friends start to talk about giving up chocolate or cakes! We know it follows "pancake day." For those of you who want to understand more about Lent and the reason for fasting, read on!

Lent commences this year on the 1st March. Every year Lent starts on Ash Wednesday (the day after pancake day on Shrove Tuesday). Lent finishes the day before Easter Sunday and so this year the end of Lent falls on Saturday April 16.

In the Christian calendar, Lent is the 40 days leading up to Easter and Jesus' crucifixion and it is considered a period of reflection and a time for fasting from food and festivities. The history of Lent goes back many centuries. It gives Christians time to focus on the great sacrifice Jesus made out of love for us. The word Lent comes from the Anglo-Saxon word meaning to lengthen and Lent comes at a time when the hours of daylight are lengthening as Spring approaches.

I have worked alongside many people who give up all kinds of different things for Lent, usually things that they know are not good for them! Including alcohol, caffeine, smoking, favourite foods and even television, but one of the most popular is chocolate.

I asked myself what use is fasting? Why should I do it and is it of any use to me? Fasting is the deliberate abstention from something that actually is available to me. In a Christian context it may be something that might distract me from God. We all lead busy lives and coming home from work after a stressful day and watching the T.V all night till bedtime may be your issue. Or perhaps it is what you decide to do with your finances? Money is always good to have, but are you selfish with what you have? Do you do any good with what you earn, could you give up that extra magazine, new book or game?

I decided that it is whatever it is that keeps me busy and captivates my time, energy, and attention and takes me away from knowing Jesus better or helping others is what I need to fast from.

So this Lent, don't just follow the fashion and give up chocolate because you want to lose 6lb! Think about what stops you spending time with God. What fills your mind with mundane unimportant things, when there is an eternity and a Saviour to think about.

**MAKE  
LENT  
COUNT**  
PRAY · ACT · GIVE

## Christmas can take a heavy toll on bank accounts!

After Christmas we often need to take careful stock of our finances! Money doesn't come on an elastic band that can keep stretching. So here are some helpful suggestions:-

1. Go to your local supermarket after 8pm when prices are being marked down by as much as 90%
2. Try the supermarkets own brand if you usually stick to well known brands.
3. Never auto renew any policies. Always shop around for the best deal, whether it is an insurance or utility company.
4. Do an audit of the T.V channels you subscribe to. Do you really watch enough of them to get value for your money? Try cancelling your subscription - you might not miss it.
5. Get help to quit smoking. If you smoke 20 cigarettes a day that is £9.40 per day, £65.80 per week, £3,431 per year. In 10 years that is £34,310 Wow! Every council and GP practice or major chemist will be able to help.
6. Boost your skills - Look at the county councils website to see what's on offer. The more skilled you are the more likely you are to boost your earnings.
7. Cut waste and save. Every month each UK household throws away an average of £60 worth of food that could have been eaten. That is £720 per year. Plan your meals before you shop to eliminate waste.
8. Re-cycle and save. Re-use carrier bags rather than paying 5p for each. I noticed a man with 50p worth in his trolley. That adds up to £26 in a year.
9. Do you buy magazines? You can download digital copies of many from your local library. Worth checking it out!
10. Free day's out! Many families spend a lot of money taking the children out for a treat. There are hundreds of nature reserves, walking trails, country parks, canals etc. that are free! Many of them have activities for the children to do at no extra charge. Check them out before spending on some expensive venue.



## Lessons from village life...

Is it done yet?" Isla asked.

As I was standing by the cooker, I replied, "Yes, you can add the other ingredients now." We were making the most delicious fudge, you can find the recipe on Pintrest. Chocolate + caramel + fudge!



These were going to be the best home-made Christmas gifts anyone had ever received from Isla!

But, the recipe required waiting! A skill a seven year old needs to learn. The first part was easy greasing the pan, and measuring out the greaseproof paper to the correct size. Isla enjoys maths!

But after that, every stage required a tremendous amount of stirring, then setting aside to cool for 30 minutes. Then the process was repeated with the next stage. Then after we had finished we still had to wait! A whole 6 hours while it set in the fridge!

Isla said after the washing up was done and the kitchen tidied, "I wish there was more we could do beside wait!" Grandma needed lots of distraction as we coloured some pictures, read a book, made a Lego tower, and between each game, the question came "Is It ready yet? And the fridge door was re-opened and the tray of fudge inspected.

Eventually it was ready, we could cut them into beautiful squares and wrap them in little boxes we had made, tied with ribbon. Isla could write the label in her best handwriting. We were thrilled with the result. It was well worth the effort and long wait.

I spent some time thinking about my day cooking with Isla. When we are waiting for God to answer our prayers we can be just like a seven year old! It's hard. But I have learnt it is not like waiting for fudge to set. When you are waiting for God to act in your life, there is something you can be doing. You can go on praying! Go on being patient, but never give up. Keep trusting that God will answer your prayers. Even when nothing seems to be happening, he's working. In time everything will be set just right! Just like that fudge His answer will be just perfect.

Wait for the Lord; be strong and take heart and wait for the Lord. Psalm 27:14

*Margaret Sammons*

## What's going on in March ?

**All these activities take place or start from our church hall. All our events are open to everybody. You do not have to be a member of our church, or attend our worship services to join in activities. You will always be very welcome.**

### Friendship club March 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 March 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.

## Sutton Strollers Programme for March

Walks leave promptly at 10:30

March 7th	Pinxton
March 14th	Codnor Castle
March 21st	Gunthorpe Lock
March 28th	Hardwick Top
April 4th	Kingsmill Res to Tichfield Park

All walks 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

March 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 welcome you  
to come and 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

March 4th Pastor Peter Sayers  
March 11th Pastor Paul Haworth  
March 18th Albert Biete  
March 25th Heather Haworth

## **Healthy Living page...**

### **Ingrown Toenails**

An ingrown toenail is a common condition that usually affects the big toe. It can cause pain and discomfort, and become infected. You can often take care of an ingrown toenail yourself but you may need to see a doctor or podiatrist, especially if you have diabetes or other foot problems.

An ingrown toenail occurs when the side of the nail curls down and grows into the skin around the nail. If left untreated, any infection can spread and infect the underlying bone.

You can get an ingrown toenail if you :

- Have tight fitting shoes, socks, or tights that crowd your toes, putting pressure on your toenails.
- Don't cut your toenails properly, eg. too short or not straight across.
- Injure your toe, eg. by stubbing it.
- Pick or tear the corners of your toenails.
- Have sweaty feet, so your skin is soft and easier for toenails to dig in.
- Have toenails with naturally curved edges or that are fan-shaped.

If you have diabetes, nerve damage in your leg or foot, poor blood circulation to your foot or an infection around the nail, you need to see your doctor or podiatrist as soon as possible.

Otherwise try soaking your feet in warm water for 15-20 minutes, 3-4 times a day, then use a cotton bud to gently push away the skin from the nail, then place a small piece of cotton dental floss under the nail and change it each time you soak your foot. If that doesn't work, see your doctor or podiatrist, who may recommend surgery to remove part or all of the nail.

To help prevent an ingrown toenail :

- Wear shoes that fit properly.
- Keep your feet clean and dry.
- Trim your nails properly. Briefly soak your foot in warm water before trimming, and make sure you cut straight across, without tapering or rounding the corners or cutting them too short.

People with diabetes or persistent foot problems should see a podiatrist regularly for routine foot checks and nail care.

*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...

Here is an easy, warming recipe for a blustery day!

### Lentil, Sweet Potato & Spinach Dhal

#### Ingredients

- 1 tablespoon vegetable oil
- 1 large onion finely chopped
- 2 cloves of garlic
- 1 teaspoon hot chilli powder
- 2 teaspoon freshly grated ginger
- 2 teaspoon mustard seeds
- 1/2 teaspoon turmeric
- 350g vine ripened tomatoes diced
- 350g peeled and diced sweet potato
- 150g dried red lentils, rinsed and drained.
- 450ml very low salt vegetable stock
- 150g baby spinach

#### Method

1. Heat the oil in a large saucepan over a medium heat. Fry the onions for 5 minutes or until softened.
2. Add the garlic, ginger, mustard seeds, chilli powder and turmeric, then cook, stirring for 1 minute until it is really fragrant.
3. Add the tomatoes to the pan and cook for a further minute.
4. Add the chopped sweet potato, lentils and stock and bring to the boil.
5. Once the mixture is boiling, reduce the heat to low and simmer gently for 15—20 minutes until the lentils are soft and the dhal is thick.
6. Add the spinach and cook stirring for 2 minutes until wilted.
7. Season with black pepper.

Serve with warmed naan breads and a blob of natural yoghurt.

## Living well with a chronic condition...

Many people have the diagnosis of a chronic condition. They know it is with them for the rest of their life. BUT you can turn your diagnosis into a prescription for healthy living! In fact by changing some of our poor habits, we can find ourselves in the best shape of our lives.



**Diet**- you know the main points of a healthy diet, eating whole grains: reducing your sugar salt and fat intake, consuming twice as many vegetables as grains and protein in a meal. But do you do it? It is easier than you think as vegetarian, vegan and gluten free diets are so popular and there are alternatives in any supermarket.



**Exercise** is essential and always beneficial. The key is to find an activity you will stick with. Set yourself a realistic goal 30 minutes every day and then try and build it up.



**Relationships** - It is all too easy to feel isolated and dejected after receiving a diagnosis of a chronic condition. Stay connected to your family and friends. It doesn't matter how, face to face, on line, via the phone.



**Enjoyment** - Enjoy yourself. Don't waste time wallowing; instead brainstorm ways to incorporate enjoyable activities into your day. Listen to your favourite music, ask a friend to join you in a hobby or walk. Doing things you enjoy will take your mind off your health condition, reduce stress, and improve your emotional outlook.



**Tobacco** - This doesn't merely lead to lung cancer. It leads to heart disease, poor circulation, decreased mobility, weight gain, and ever increasing health problems



**Alcohol** - Heavy alcohol consumption can have detrimental effects, among them an increased risk of cancer. Alcohol also should not be taken with many medications prescribed for chronic conditions. Be careful.



**Stress** requires lifestyle changes. Try keeping a "symptoms diary" find out what activities or events trigger your symptoms and then eliminate the activity or modify it.

#### **Don't waste time wallowing—enjoy yourself!**

The diagnosis of a chronic condition is not a pass that gets you out of exercising, eating healthy foods, and managing your stress levels. On the contrary: if you have a chronic condition, what you need above all else is to maintain a healthy lifestyle. The good news is that it is totally doable - so what are you waiting for? The time to turn over a new leaf is now!

Elisabeth Deffner

**Monthly Meditation** - have you ever noticed that the first question ever asked in the Bible is found in the third chapter of the first book. It is a beautiful question and gave me the inspiration for this month's devotional.

*"But the Lord God called to the man, "where are you?"* Genesis 3:9

**March 1 - 5 think about this:**

*"But the Lord God called to the man, "where are you?"*

I think God knew exactly where they were, he knew what they had done, He knew what the devil had tempted them with and how they had believed his lies. BUT GOD, isn't that just amazing because it is our story too! Every time we make bad choices, every time we take charge of our own lives and mess up, and then try and hide in shame from God. He comes looking! Where are you?

This month I suppose the question for each of us is, "are you hiding from God because of something you are ashamed of?" Is there anything in your past that you regret, a choice you made you wish you hadn't but it's too late you can't put it right? Do you ever lie awake at night in fear wondering what would happen to you if you died tomorrow? Stop worrying and trying to pretend that it will go away by itself or that it never happened, stop burying it deep inside you, write it down!

**March 6 – 11 think about this:**

*"But the Lord God called to the man, "where are you?"*

Salvation Army Officer, John Allen once said, "I deserved to be damned in hell, but God interfered." That is the wonderful truth, God interfered, intervened, and intercepted our death sentence. He loved us too much to let us hide away. He sent His Son, who paid the penalty for our sin, and all we have to do to receive God's pardon is to accept His wonderful gift. God wants to re-build the broken relationship with us so He came searching for us.

You have probably heard the story of a woman who was driving home, when she noticed a huge truck behind her that was driving uncomfortably close. She went faster to gain some distance from the truck, but when she sped up, the truck did too. The faster she drove the faster the truck drove.

Now scared, she left the motorway, but the truck stayed with her. The woman turned up a main street, hoping to lose her pursuer in traffic, but the truck ran a red light, and continued the chase. Reaching the point of panic, the woman whipped her car into a service station and jumped out of her car screaming for help. The truck driver sprang from his truck, and ran toward her car. Yanking the back door open, the driver pulled out a man hidden in the back seat.

The woman was running from the wrong person. From his high vantage point, the truck driver had spotted a would-be criminal in the woman's car. The chase was not his effort to harm her, but to save her, even at the cost of his own safety.

Go on, be brave, get on your knees with that piece of paper before you and tell God how sorry you are for your past, for those bad choices and the consequences of them. Then ask for His forgiveness. The Bible is very clear "If you declare with your mouth, "Jesus is Lord," and if you believe in your heart that God raised Jesus from the dead, you will be saved. (Romans 10:9). When you accept this wonderful free gift you can get up from your knees a new person. The past forgotten and forgiven.

**March 12 – 16 think about this:**

*"But the Lord God called to the man, "where are you?"*

God loved us so much He came searching while we were still sinners. Jesus died on the cross for sinners. *"But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us"* Romans 5:8. He doesn't wait until we have done something good to cancel out the bad thing. We can't help ourselves we are sinners when we are born into a sinful world. Why did God do this, the simple truth is "God is for us?" "For God so loved the world that He gave His only Son. And whoever believes in Him will not perish but have everlasting life" John 3:16.

Just like that young woman we sometimes run from the very person that will save us. We run from God fearing what He might do to us. But God loves us, he only has good plans for us. We just need to trust Him.

**March 17 - 23 think about this:**

*"But the Lord God called to the man, "where are you?"*

He became the perfect sacrifice for us, not to cover our ugliness, but to cleanse us forever—once and for all. Jesus took our place, died for our sins and now comes looking for us. If you hear His voice speaking to you don't ignore it. It is the all time best gift that has ever been given! You will never want to return it, and you will never be the same. The Apostle Paul, said in 2 Corinthians 9:15: "Thanks be to God for his indescribable gift!" Paul, who was never at a loss for words as one of the best communicators of all time, when thinking about the present he had received, could only say, "I can't describe Him. All I can do is fall on my knees and thank God for His inexpressible gift."

**March 24 - 31 think about this:**

*"But the Lord God called to the man, "where are you?"*

This week concentrate on yourself. Why not write your own "but God" story today. I was.....but God..... Then pray this prayer.

Dear Lord, Thank You for your great love for me. Thank You for calling me by name and asking, "Where are you?" Thank You for sending your Son to pay the penalty for my sin and save me from eternal separation from You. In Jesus' Name, Amen.