

## The bend in the road

When we feel we have nothing left to give,  
And we are sure that the song has ended,  
When our day seems over and the shadows fall  
And the darkness of night has descended,  
Where can we go to find the strength  
To valiantly keep on trying?

Where can we find the hand that will dry  
The tears that the heart is crying?  
There's but one place to go and that is to God  
And dropping all pretence and pride,  
We can pour out our problems without restraint  
And gain strength with Him at our side.

And together we stand at life's crossroads  
and we view what we think is the end,  
but God has a much bigger vision  
and he tells us it's only a bend

For the road goes on and is smoother,  
and the pause in the song is a rest  
after we've stopped for a rest,  
And the part that's unsung and unfinished  
Is the sweetest and richest and best.

So rest and relax and grow stronger  
let go and let God share your load,  
Our work is not finished or ended  
you've just come to a bend in the road.

Helen Steiner Rice

April 2017



# What's going on?

April  
2017



# He is risen



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**From my keyboard to you.....**



**AND THEN WHAT?**

Statistics are showing that we are living longer. Average life expectance for a female is 83 years and a male 79. Now if you have just had a birthday you will know you have just added a year! Yes, you were once 49 but now you are 50! You were once 29 but you are now 30! However we can think of this in another way, for instance when we have a birthday we are NOT adding a year, but subtracting a year... yes, one less of the total life we have. The Holy Bible says man was given 3 score years and ten (70 years) and by reason of strength 80. Well if we use the former as a rule, some of us may only have 7 years left. When we put it that way birthdays make us think about life, about where we are and where we are going after all with each birthday, we have less life to make sure we do what we want to do and to do what is MOST important.

I remember a story about a professor and a student where the professor asked him a question about what he was going to do with his life. The lad said he was going to learn as much as he could while he was in school, then the professor said 'And then what?' to which the lad said he would take his exams to which the professor said 'And then what?'. The student remarked if I do well then I will go to university and find a job and if not I will find a job earlier. To which came the response, 'And then what?' Well, I will save and buy a nice car. 'And then what?' I will begin to look for a lifelong friend, a girlfriend. 'And then what?' Well I suppose we will get married. 'And then what?' We will buy a nice house together and we will have children. **You guessed it** ... 'And then what?' Well I will get older and see my children married and have grandchildren. 'And then what?' Well I will retire and enjoy life traveling to all the places in the world I would love to see. 'And then what?' Well I suppose I will die, came the reply. To which the professor asked again - 'And then what?'

And then what? – indeed that is a thought provoking question to which the Bible gives a clear answer. Not for instance this from 1<sup>st</sup> John chapter 5. I write this to you who believe in ... Son of God so that you may know that you have eternal life. John is a Yorkshireman! He does

**A letter from France... The rich are getting richer!**

More and more people are worried today about the increasing gap between rich and poor. It seems like the richer are getting richer, and poor are getting poorer and the gap is widening all the time. When I was little, we used to dream of being millionaires, and what you would do with all that money. Nowadays being a millionaire is no big deal, you need to be a billionaire or trillionaire to be noticed.

Despite all the world's wealth, the poorest populations in the world, and even the poorest in our country seem to be sliding into a situation where many of them see no possibility of making a better life for themselves. And with each generation caught in this situation, the chances seem even smaller.

This situation is usually the end result of uncontrolled free trade. Someone's hard work or lucky break gives them an advantage in the next deal, as they have more resources, and the possibility to gain still more money. So the rich multiply what they have already. The state of the current problem, which has grown beyond individuals and to national or even continental level is such that more people are talking about the issue and worrying what the end result of it will be.

I don't know how it will all end, but it is interesting to see that God put in place a solution to this in the Old Testament to prevent this widening of the wealth gap! God foresaw this problem, and took steps to avoid it. It all centers round the idea of what was called the Jubilee. This was a special time that arrived every 70 years, with mini Jubilees every seven years. The Jubilee was a time when the inequalities that had built up over the previous 70 years would be reversed to a great extent. God knew that in any society there would always be people who were better at making their living than others, either by luck or hard work or exploitation. Most money in those days related to land. Land could not really be sold by most people, it could only be 'leased.' So if I was in difficulties, I could lease my land to someone else, and the price would be agreed in the context of how many years were left until the next Jubilee, when the land would return under my control again. So if there were 69 years to go, my land would obviously be worth more than if the Jubilee was only a few years away. If I was so poor, I had sold everything else, and only had myself to sell, likewise, my value would depend on the number of years to the next mini Jubilee, and at that point, I would be free to go, and be independent again.

So I find it amazing that one of the most complex and difficult problems the world is struggling with today, God foresaw and suggested a solution so many years ago. And His solution, while still allowing people to make money, had a system of checks and balances which prevented the rich and poor getting too far apart, and ensuring that the types of extremes that we see around us today did not occur. What a wonderful, wise and loving God we have!

Corinne Lletti

**Prayer Corner...**

<b>Why not include the following suggestions in your personal prayers this month:-</b>	
For those with a terminal diagnosis	Every day many people are told by the doctor that they have an illness that is terminal and the medical professions can do nothing to cure them. Pray for all those who have been told this. If you can support someone through this difficult time by friendship and practical help please do.
For world leaders	This is a recurring topic. We are dependent on the decisions world leaders make to keep us safe. Pray that they will be guided by God to do what is right for those they represent, and not by personal ambition for power and prestige.
For those who have undergone surgery	We are very fortunate to live in a country with free health care. Many people have undergone surgery both minor and major. All need recuperative healing and freedom from infection. Pray for a fast and safe recovery.

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

## Reversing Type 2 Diabetes

### Prevent - Arrest - Reverse

**8 Health seminars**

<b>Thurs May 4th</b>	<b>Mon May 8th</b>
<b>Thurs May 11th</b>	<b>Mon May 15th</b>
<b>Thurs May 18th</b>	<b>Mon May 22nd</b>
<b>Thurs May 25th</b>	<b>Thurs June 1st</b>

**All at 7pm**

not mess with words. He says it as it is, straight. Note what he says again 'you have eternal life.' You HAVE. How come, because we believe in the Son of God, in Jesus. What a promise.

Did you know the Bible speaks of a day when those who have died will be resurrected to a new life? If that is true, are we preparing ourselves for it?

Today you can prepare for the inevitable, your funeral; service all organised and paid for with a funeral plan. But is that then it? Is there not a possibility that there may be something else? And if there might be something else, am I prepared for it? Remember "And then what?" A favourite Bible passage of many people is that recorded by John in chapter 3 verse 16. 'For God so loved the world that he gave his only son that whosoever believes in Him should not perish but have everlasting life.' Whosoever ...you and me. Believes – your needful preparation for "And then what?" "...have everlasting life" – can you afford to miss out on this? Not a life as you know it, with aches and pains but a life where all will be made new.

With each birthday you are subtracting a year. It truly makes you think about life, about where you are and where you are going. You may have done all that you want to do, travelled to all parts of the world, bought a nice car, built a dream home, had a wonderful family and a good job. But are you certain that you have sorted out what is MOST important? Are you able to answer with confidence should your grandchildren ask you "And then what?" I trust you will be able to respond with faith and confidence as did Job from over 4,000 years ago who said - "I know that my redeemer lives, and that in the end he will stand on the earth. And after my skin has been destroyed, yet in my flesh I will see God; I myself will see him with my own eyes..." Job chapter 19 verses 25,26.

*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](mailto:livingwaters@hotmail.com)

## "Your Sacred Self..."

In a mother's womb were two babies. One asked the other: "Do you believe in life after delivery?" The other replied, "Why, of course. There has to be something after delivery. Maybe we are here to prepare ourselves for what we will be later." "Nonsense" said the first. "There is no life after delivery. What kind of life would that be?"



The second said, "I don't know, but there will be more light than here. Maybe we will walk with our legs and eat from our mouths. Maybe we will have other senses that we can't understand now." The first replied, "That is absurd. Walking is impossible. And eating with our mouths? Ridiculous! The umbilical cord supplies nutrition and everything we need, the umbilical cord is so short. Life after delivery is to be logically excluded."

The second insisted, "Well I think there is something and maybe it's different than it is here. Maybe we won't need this physical cord anymore." The first replied, "Nonsense. And moreover if there is life, then why has no one ever come back from there? Delivery is the end of life, and in the after-delivery there is nothing but darkness and silence and oblivion. It takes us nowhere."

"Well, I don't know," said the second, "but certainly we will meet Mother and she will take care of us." The first replied "Mother? You actually believe in Mother? That's laughable. If Mother exists then where is She now?"

The second said, "She is all around us. We are surrounded by her. We are of Her. It is in Her that we live. Without Her this world would not and could not exist." Said the first: "Well I don't see Her, so it is only logical that She doesn't exist."

To which the second replied, "Sometimes, when you're in silence and you focus and listen, you can perceive Her presence, and you can hear Her loving voice, calling down from above."

May be this was one of the best explanations to the concept of 'GOD'.  
Dr Wayne Dyer.

## MOTIVATION FOR APRIL...

When you choose to forgive those who have hurt you, you take away their power.

Patience is not the ability to wait, but how you act while you're waiting.

Being defeated is often a temporary condition; giving up is what makes it permanent.

Isn't it ironic: We Love the ones who hurt us Hurt the ones that love us.

Sometimes good things fall apart so better things can fall together. Every story has an end, but in life every end is just a new beginning.

Every day is a NEW beginning, take a deep breath and START AGAIN.

You are loved. You are wonderfully made. You are beautiful. You have purpose. You are a masterpiece.

Don't compare your progress with that of others. We all need our own time to travel our own distance.

Surround yourself with positive people who will support you when it rains, not just when it shines.

Bad things happen every day to everyone. The difference is in how people deal with it.

When you make a commitment, you build hope. When you keep it, you build trust.

Two things define you: Your patience when you have nothing, and your attitude when you have everything.

Being honest may not get you a lot of FRIENDS but it'll always get you the RIGHT ONES.

Working on yourself is the hardest part of life. Keep going.

Be selective in your battles. Sometimes peace is better than being right.

Be happy not because everything is good, but because you can see the good side of everything. OPTIMISM

NO  Shortcuts  
NO  Quick fixes  
NO  Blaming others  
NO  I'll do tomorrows  
NO  EXCUSES

Enjoy God's grace on this journey we call LIFE.

## Lessons from village life...

I often look after friends dogs for them when they are on holiday. I enjoy walking so they know it is not a great hardship for me!



From my home there is a narrow path with a high stone wall on one side and a field bordered by a hawthorn hedge on the other. Often in that field are sheep. In the 17 years I have lived here I have never seen a sheep out of that field!

UNTIL yesterday! Walking my friends dog Buddy, a beautiful large very bouncy long haired retriever. We were halfway along this narrow path when we rounded the bend and there in front of us in the middle of the path was a sheep. Now Buddy sees all such creatures as great for a game of chase. I hung on to his lead for grim life.

Sheep have no apparent sense of direction, they run backwards and forwards. This one had no idea where the hole in the fence he came out of was. Slowly we walked behind this blundering sheep as it head butted the hawthorn hedge and wire fence looking for the way back to the field. Eventually it found it and we continued on our way with no further mishaps. BUT IT MADE ME THINK!

All we like sheep have gone astray; we have turned every one to his own way. Isaiah 53:6. We often want our own way regardless of what our parents, teachers, spouses or anyone else, including God said. Often when we stray it is not because we mean to bad. We just get lost easily and like that sheep we run backwards and forwards looking for a way of escape. When we choose our own way, we also choose the consequences of our actions that come from straying. We know the guilt and terror of having to face a mess of our own making!

Jesus sees you when you stray. He sees when you are lost and don't know which way to turn. He's right beside you, longing to pick you up in His loving arms, and to bring you home again. Jesus is the good shepherd, He is ready to bring you back, why not let Him?

*Margaret Sammons*

## What's going on in April?

**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 April 5th & 19th 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 April 15th 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

Walks leave promptly at 10:30

April 4th	Kingsmill Res to Tichfield Park
April 11th	Butterley Railway
April 18th	Ironville Canal
April 25th	Attenborough Nature Reserve
May 2nd	Pleasley Mills

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

April 8th

**WE NOW HAVE ROOM FOR  
MORE FAMILIES**

All families welcome. Ideal for children 2 – 12 years

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

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





## We would love you to come and visit us

### Saturday 10:00

- Bible discussion for adults & teenagers

During April we will be studying the Bible books of 1st & 2nd Peter. 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

1st April	A programme of praise & worship
8th April	Geraldine Farmer
15th April	Sue Anscombe
22nd April	Pastor Paul Haworth - Communion
29th April	Pastor Paul Haworth

## Healthy Living page...

### Urinary Tract Infection (UTI)

A UTI is caused by bacteria entering the urinary tract, leading to an infection in the bladder, urethra, ureters or kidneys. If untreated, UTIs can lead to kidney infection, so it's important to visit your doctor for early management.

UTI symptoms :

- Pain or burning sensation when urinating.
- Need to urinate small amounts often, or with urgency.
- Blood in the urine.
- Uncomfortable feeling in the lower abdomen.

When you visit your doctor with UTI symptoms, he / she may perform a physical examination. A sample of your urine may be collected for testing. Your doctor may prescribe some antibiotics for you.

#### Prevention

If you have repeated UTIs, there are some self-help measures that may help prevent further infections :

- Drink more oral fluids / cranberry juice to help flush out bacteria.
- Urinate immediately after intercourse.
- Gently wipe from front to back after urinating.
- Wear cotton underwear and loose fitting pants.
- Eat natural yoghurt to restore normal vaginal environment.
- Find an alternative method of birth control if you use spermicides.

#### Possible Complications

Complications of UTIs aren't common, but they can be serious and require immediate treatment by a doctor. They usually affect people diagnosed with :

- Diabetes.
- Weakened immune system.
- Men with recurrent UTIs.
- Pregnant women.

If a UTI is left untreated, bacteria may travel to the kidneys causing kidney infection, kidney damage and even kidney failure. Blood poisoning is rare and occurs when the infection spreads from the kidneys to the blood-stream.

*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...

### Black bean & Avocado wraps

#### Ingredients

- 1/2 x 400g black beans in water rinsed and drained
- 2 spring onions, thinly sliced
- 1 tomato diced
- Pinch chilli flake
- 1 small avocado, peeled & stone removed
- 1 tablespoon lemon juice
- 2 large wholemeal wraps
- 1 carrot grated
- 40g rocket or baby spinach



#### Method

- Put the black beans in a medium bowl and mash with a fork, leaving some texture.
- Stir through the spring onions, tomato and chilli.
- In a separate small bowl, mash the avocado with the lemon juice until smooth.
- Lay the wraps on a clean work surface or board, then spread half the mashed avocado down the middle of each wrap.
- Top with the black bean mixture, then the grated carrot and rocket or spinach.
- Roll up the wraps, slice in half, then wrap in cling film.
- Keep in the fridge until ready to eat.

## Unleash your inner optimist...

The majority of people struggle with negative thoughts. “it always happens to me” or “Why me again!” researchers say optimism and pessimism are two ends of a continuum, and where you fall is partially determined by genetics, but the rest is up to you. This means there’s plenty of room for creating new habits and thought patterns.

It is certainly a worthwhile endeavour, since optimists are generally healthier, happier with their lives, and more resilient in the face of disaster or tragedy. That is why some people bounce back from hardship easier than others.

There are many health benefits of positive thinking:

- Lower levels of distress
- Lower rates of depression
- Reduced risk of death from cardiovascular disease
- Better psychological and physical well-being
- Greater resistance to the common cold
- Better coping skills during hardships and times of stress
- Increased life span

Here are 5 ways to get started!

1. **Instead of:** ruminating (obsessing endlessly over problems or concerns)  
**TRY:** distracting yourself by doing something you enjoy.
2. **Instead of :** catastrophizing (believing that something is far worse than it actually is)  
**TRY:** stopping yourself from predicting the worst, and then consider other, more positive outcomes.
3. **Instead of:** thinking in extremes (using words such as “all,” “nothing,” “always,” or “never,”)  
**TRY:** incorporating more moderate, realistic words, such as “sometimes” and “maybe.”
4. **Instead of:** supersizing your problems  
**TRY:** shifting your perspective.
5. **Instead of:** acting like a pessimist  
**TRY:** acting like an optimist

Carol Hefferman

**Monthly Meditation** - Easter is a time to reflect long and hard on the cross and the amazing great love God has for us. So I chose this text for us to think about during April.

See what great love the Father has lavished on us,  
that we should be called children of God! 1 John 3:1 NIV

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

Many of us consider ourselves Christians if asked what religion or faith group we belong to. Bible stories in school or at church have taught us simple truths. However, even when we believe in Jesus Christ we have deep feelings of inferiority, insecurity, and inadequacy that cling to us like a spider's sticky web. The dirge of "I'm not good enough" is a song we can't get out of our head. Our problem often is we have no idea who we are, what we have, or where we are as a child of God. We often feel that we are always disappointing God, and we certainly feel a disappointment to ourselves. We try to be the best we can be, but always fall short.

Spend this week thinking about your own faith journey. What is your relationship with God? Are you trying to work your way to heaven, and feeling dreadful when you do something that disappoints both you and God?

**April 6 – 11 think about this:**

Eventually we join the ranks of thousands of other Christians who have settled in the land of in-between: saved from the penalty of sin in the hereafter, but worlds away from experiencing the abundant life in the here and now. We settle into a stagnant faith, a safe faith, the stuck faith with other defeated believers who falsely see themselves through a filter of past sins and failures, rather than through the lens of our new identity as a child of God.

We look at other people and there is this termite-like gnawing in our stomach that we just didn't quite measure up to others with their smiling faces. We walk around with the fear that one day we will be found out - that one day people will figure out that we aren't all we are cracked up to be. We live under our own undefined self-imposed standard of approval.

We hear words from our childhood of "you're so ugly" and "what's wrong with you" and "you can't do anything right" which leave us feeling congenitally flawed.

This week spend sometime thinking about how you rate yourself. Is it by the comments of those around you? Do you judge how well you are doing by looking at your family, friends, work mates and neighbours?

**April 12 – 16 think about this:**

See what great love the Father has lavished on us,  
that we should be called children of God!

As we think about the Easter story, and the enormous sacrifice God made just for us. The agony, the humiliation. We can see ourselves very differently. We can see ourselves of immense value and greatly loved. There are many verses in the Bible that echo the theme of our text for this month. *You are chosen. You are dearly loved. You are holy. You are reconciled through Christ's life. You are justified by Christ's blood. You are free from condemnation through Christ's death. You have the mind of Christ. You can do all things through Christ.*

We know these verses are from the Bible, the infallible Word of God, but we often feel rather squeamish hearing them, reading them, believing them. They don't feel right. They don't sound right. They make us downright uncomfortable. Who do you think you are? A saint? Are you kidding? This stuff might be true for some people, but it certainly is not true about me.

The most important question we have to answer this week is;- Who are you going to believe? Are you going to believe God loves you, or are you going to believe the lies of the devil that you are just not good enough!

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

See what great love the Father has lavished on us,  
that we should be called children of God!

We all come to a crossroads, you might be there right now at this very moment. Are we going to believe God and begin seeing ourselves as God sees us or are we going to continue believing the lies of the enemy and the echoes of our past? Are we going to remain stuck in a stagnant faith because we are too insecure to take a step toward the abundant life that Jesus has promised, or are we going to confidently leave our inadequacies behind?

This week we need to decide. How about saying; "God, I'm going to believe I am who You say I am." "I don't feel it. I can barely think it. But I'm going to believe Your Word is true for me and about me."

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

See what great love the Father has lavished on us,  
that we should be called children of God!

Heavenly Father, thank You for choosing me to be your child. Today, I am choosing to believe that I am who You say that I am—a holy, dearly loved, child of Yours who is equipped by You, empowered by the Holy Spirit, and enveloped in Jesus Christ. In Jesus' Name, Amen.