

Happiness is...

There once was a crow who lived in the woods. He was happy with his life and never wanted for anything.



But one day the crow saw a dove. "That dove is so bright and beautiful," thought the crow. By comparison, "I am so dark and dull." the crow approached the dove and said, "You are so beautiful. You must be the happiest bird alive."

The dove replied, "I used to think I was the happiest bird alive, but then I saw a robin, Its chest was so red and vibrant, I feel so plain by comparison. I think the robin must be the happiest bird alive."

So the crow visited the robin. "You're so beautiful," said the crow. "You must be the happiest bird alive." "I thought I was the happiest bird alive," said the robin, "until I saw a peacock. Its colours were so impressive and rich. My red chest looks so boring by comparison. I think the peacock must be the happiest bird alive."



So the crow flew to a zoo to meet the peacock. Many people flocked to the peacocks cage and took photographs. When the crowd had left, the crow said to the peacock, "You're so beautiful. You must be the happiest bird alive."

The peacock sighed and said, "I thought I was the happiest bird alive, but then they put me in a cage because of my beauty. Sometimes I look to the sky and see crows flying free, and all I want is to be a crow. I think the crow must be the happiest bird alive."

By comparing ourselves to others we lose sight of our own blessings. The secret to happiness is to be thankful for what we have, and not be upset over what we lack.

Submitted by Pisca Ncuba



What's going on?

April
2018

April showers bring May flowers



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

www.suttoninashfield.adventistchurch.org.uk

A letter from the editor...

Dear neighbours,

I don't know how organized you are, but I consider myself a very organized person. Everything in my home and office has a place and everything is always in its place! So when I can't find something Grrrr!!!

I am sure we have all searched for something and been unable to find it? You are running late! You have checked all the normal places two or three times - just in case you missed it in those previous frantic searches. You even, in desperation, resort to those unlikely places (under the bed, in the bin, in the car) and still no luck. You even blame everyone else in the household...."Where have **you** put it! Having searched everywhere you know there is no other place where it might be. What do you do?

Well, I lost something this month; a USB stick that I really needed As it had some important information on. I did all the usual frantic looking and then there was that quiet moment when I stopped and simply prayed. "Help Lord" I immediately felt calmer and was prompted to go back to the lounge. Plopping onto the sofa, there it was, it had obviously fallen out of my pocket and slid between one of the sofa cushions.

As I thought about this experience, I reflected on several old school friends of mine that I communicate with on a regular basis by email. (We are scattered around the UK.) They have all expressed a deep longing for something more in their troublesome lives, deep regrets for things done or not done. As I thought about these friends and my lost memory stick It came to me that most of us really desire to find God. Deep down we all really want a deeper spiritual encounter, hungry for something more out of life.

In the Bible, in the Gospel of John, Jesus acknowledges this deep longing need for something more in each one of us and He told us

More than just the blues...

Clinical depression is a disorder that many people still underestimate. Clinical depression comes in a variety of forms, but it is, at its root, a mood disorder affecting how people think, feel and cope with daily life. The disorder is characterised by symptoms such as persistent anxiousness or emptiness, feelings of hopelessness, loss of interest in enjoyable aspects of life, difficulty concentrating and problems related to sleep and appetite.

A wide variety of factors cause depression. Some forms, especially the severe forms, such as occur in bipolar disorder, have a strong genetic basis. Others are triggered by situational factors such as losing a job or going through a divorce. The way you were parented and your own personal ability to avoid negative thinking patterns also impact your risk of developing the disorder.

Regardless of the cause, experts agree that lifestyle choices can significantly affect your likelihood of succumbing to depression. Healthy habits can certainly reduce your risk.—or minimise depressive symptoms if you have them.

Eat healthily. What you eat affects your mental health in general and your risk of depression in particular. Eating healthy food promotes the growth of good bacteria in the human intestine, and those gut bacteria, in turn, send signals to the brain that positively influence brain function. Specialists concur that foods in their natural form are best for beating depression. (think oranges rather than orange juice, whole wheat flour rather than white refined flour).

Movement is shown to consistently have an effect on reducing anxiety and stress and improving mood. Any kind of exercise is beneficial even housework! The harder the exercise, the higher the stimulation of endorphins.

Sleep. In many cases, insomnia is caused by depression, but the relationship appears to work the other way round too. People without depression who suffer from insomnia are several times more likely to develop depression later on than those with normal sleep patterns. So cultivate good sleep patterns.

Sunshine is valuable because it increases the levels of serotonin and Vitamin D, both of which are important for mood regulation. So a dose of the outdoors is ideal!

Social relationships. Finally, strong social relationships also have a substantial effect against depression. Social media isn't a good place to turn, our societies increasing dependence on digital technology may actually promote depression.

Make a lifestyle change or two and feel significantly better.

Jamie Santa Cruz

My brother gave it to me...

A wealthy man parked his car in downtown Manila. Close by was a poor lad who asked if he could guard the man's car until he came back. Several hours later, when the man returned, he paid the boy some loose change and, as he was getting in his car, the little street boy said, "Mister, you sure have a nice car."

The man was surprised that this boy had spoken to him and said, "Well, thank you." Then the little boy said, "Where did you get your car? Did somebody give it to you?" The man replied, "Well yes, somebody did give it to me. My brother gave it to me." As he continued to get in the car, he expected the boy to say something like, "Oh, I wish I had a brother who would give me a nice car." Instead, he heard the little boy say, "Your brother gave it to you? I wish I could be a brother like that."

The man was so amazed at what the little boy said, he asked, "Have you ever been in a car like this?" The little boy said, "No." The man replied, "Well, get in and I will give you a ride." The boy jumped in and as they drove down the road, the man had to roll down the windows because the little boy was so smelly. Then the little boy said, "Sir, could we go get my little brother and give him a ride too?" The man said, "Tell me about your brother. Where is he?" The boy pointed at a poor slum area of Manila called Tondo.

They drove there and the man said, "Go get your brother and we will give him a ride." The little boy ran down a filthy alleyway and a few minutes later returned with his little brother on his back, as he was crippled! The man said, "So this is your little brother; what's wrong with him?" The little boy said, "He had an accident. He's crippled and can't walk."

As they drove and talked, the man found out that the brother had an accident and because his family was so poor, they could not get him the medical care he needed. The businessman said, "Well, my brother is a doctor. Why don't we go see him and find out what he can do for your little brother." After the examination they found that after a simple operation, the boy would be able to walk again.

The operation was performed and the little boy who had a brother who loved him, was able to walk again. Why did all this happen? Simply because of the unselfishness of someone caring for someone else, rather than for himself.

The Apostle Paul said, "*When you do things, do not let selfishness or pride be your guide. Instead, be humble and give more honour to others than to yourselves. Do not be interested only in your own life, but be interested in the lives of others.*" Philippians 2:3,4

Perhaps this month we could say, "I wish I could be a brother (or mother, father, sister, fellow worker) like that."

how to fill that searching need. You can find the verse in John 14:13-14.

¹³ *Jesus answered, "Every person who drinks this water will be thirsty again. ¹⁴ But whoever drinks the water I give will never be thirsty again. The water I give will become a spring of water flowing inside him. It will give him eternal life."*

What a picture! Water is incredibly important to us. Our bodies are made up of over 60% water and a rough guide is that we would survive only 3-4 days without water depending on the environment we are in. We have to keep drinking to fulfil that need and stay alive and healthy. Many spiritual functions parallel physical functions Just as our bodies hunger and thirst every day for food and drink, so do our souls.

I know, because I have experienced it, Jesus does provide a permanent satisfaction that fills our every need and he has promised it will go on into eternal life. It is the free gift of His grace, His undeserved love. It is something very special to know that you are always loved and forgiven.

Do not deprive yourself of that "living water" because it will fill the empty searching in your life, that constant feeling that there must be something more, something that you are missing out on. If you want to experience it for yourself, a good place to start is reading your Bible, start a personal daily prayer life, meeting with other people who are interested in satisfying their lives emptiness is also helpful, church is a good place to do this. Then just like a stream that flows constantly share your love of Jesus with someone else.

kindest Christian greetings

Sue Anscombe

Editor



We need a regular drip system to prevent spiritual drought!

The Spiritual Railway

The line to heaven by Christ was made.
With heavenly truths the rails are laid.
From earth to heaven the line extends
To life eternal where it ends.

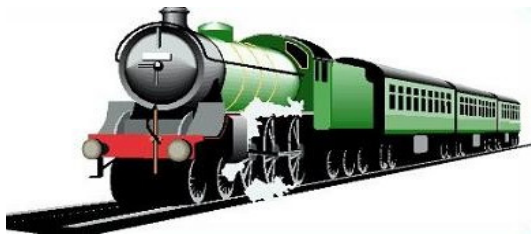
Repentance is the station then,
where passengers are taken in.
No fee for them to pay
For Jesus is himself the way.

God's word is the first engineer,
it points the way to heaven so dear.
Through tunnels dark and dreary here,
it does the way to glory steer.

God's love the fire, His truth the steam
which drives the engine and the train.
All you who would to glory ride
must come to Christ, via Him abide.

In first and second, and first class,
repentance, faith and holiness.
You must the way to glory gain,
or you with Christ will not remain.

Come then poor sinners, now's the time
at any station on the line.
If you'll repent and turn from sin
The train will stop and take you in.



In the South porch of Ely Cathedral.

Submitted by Robert Smith

Lessons from Village life...

My Christmas present

Several years ago my sister gave me her old Fitbit 1, as she had a newer model. For those not into technology it is a step counter. I like to walk 10,000 steps a day and enjoyed checking I had reached my goal. For Christmas my husband bought me an update! A watch that counts steps, measures heart rate and tracks sleep pattern plus lots more!



When wearing it, it tells me how I have slept. It breaks my hours sleep into several stages, how many times I woke up and for how long, it counts my REM sleep, my light sleep and deep sleep. I find it very fascinating and enjoy checking how I think I have slept with what my watch tells me!

There are many sleep research centres around the world, with thousands of highly trained people intensely studying sleep. The consensus is that the physiology of sleep is still largely a mystery. We do know that during sleep the brain stays incredibly active while our muscles go dormant. Scientists have recorded five phases of sleep, with different types of electrical brain activity. The body makes growth hormones during sleep, which is why babies, children and teenagers need more sleep than adults. But growth hormones are also involved in cell maintenance, too, explaining why adults also require sleep. Scientists know that while we are asleep, the brain processes things that we have done, or thought about while awake, like organising data files and doing routine maintenance on your computer hard drive. We also recognise that stress damage gets repaired during sleep. The mystery of sleep is an area that provides many ongoing challenges.

Furthermore, we know some of the serious problems that happen if we don't get enough sleep. As little as one hours sleep deprivation slows response time, making it more difficult to think clearly and focus on problems. Students that include sleep and exercise as a daily discipline perform better academically. Sleep deprived people make more poor decisions and choices, and take more risks, have more accidents, have higher blood pressure and more heart disease.

As a Christian I know that I sleep so much better knowing that all my cares are in God's hands. I don't need to worry about anything. There is a lovely text in Psalms 4:8 *"I go to bed and sleep in peace, because, LORD, only you keep me safe"*
Margaret Sammons

A letter from France...

Following on from last month's dog story, I want to talk about the love and hope God brings to those who didn't close the door quick enough. The good news is with God, as long as you are interested in it, there is always a second chance!

It is one of the encouraging facts about the Bible, its heroes are portrayed 'warts and all'. Let me take two of the key Bible figures and show you what I mean. Let's start off with Moses. He is described in the Bible as someone who was a friend of God, someone who God spoke to face to face. But Moses did not have a perfect past life. Moses was a murderer. He had murdered an Egyptian who was beating a Hebrew. Following this, he had to flee for his life to escape the consequences of his act, he was a man on the run. But God forgave him so completely that He had this amazing relationship with Moses.

What about another key figure in the Bible? David. God took him from being a shepherd to being the King of Israel, God blessed David. Did David respond by respecting God's advice? No! It all started when David saw a beautiful woman. This woman was the wife of one of his closest generals. But did that stop him - no! Then the situation got worse, because the lady fell pregnant, and given her husband was away at the front, fighting for David, this was a little difficult to explain! So David recalled her husband, trying to cover his tracks, but the honorable husband refused to sleep with his wife out of respect for his comrades still fighting. So David ordered him to be placed in the very heart of battle when he returned to fight so he would be killed. So David was a liar, murderer and adulterer with the wife of a friend. Yet Jesus called Himself the Son of David!

So, if you have messed up, no matter what you have done. If you ask God to forgive you, He will, and not just once either! He told us humans we should forgive 70x7 times, which is usually taken for so many you will lose count and keep forgiving! And my guess is that God is better at forgiving than we humans are! It is always a trick of Satan to put in our minds that we have messed up so badly, that there is no way back. This is never God's point of view. David may very well have thought this, but when; after quite a while, it is thought; he asked God to forgive him, and God forgave him.

So although God would prefer that we avoid the problem in the first place, as we talked about last month with the dogs of temptation, because our actions have consequences, which don't go away even when we are forgiven; if we do mess up, even multiple times, He does not abandon us, and if we turn back to Him, he is waiting with open arms and lets us start again with Him. God always offers hope, and not hopelessness! What an amazing God! Don't wait, God is ready and willing to grant it to you now, if you just ask!
Corinne Llett

Pathfinders age 10-16 Adventurers age 3-9



**These clubs are designed to be active.
If your child enjoys action this club is for them**

Only 50p per session. Uniform supplied.

Camping: Pioneering: knot tying: compass work:
earning honour badges: animals: cooking: first aid:
campfire cookery: build a wilderness shelter
Learn to march and drill:

**Adventurers & Pathfinder :- April 14th 2:00pm - 3:30
Pathfinders :- April 15th 10:00 – noon**

Sutton Strollers Programme for April

Walks leave promptly from the church hall at 10:30

April	3	Pleasley Mills Forest
April	10	Bradford dale—meet Alport
April	17	Clumber Park
April	24	Sookholm Park
May	1	Blidworth Woods

Car share available. Transport arranged

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



Think about this...

Sow a thought, and you reap an act;
Sow an act, and you reap a habit;
Sow a habit, and you reap a character;
Sow a character and you reap a destiny.



**Our church is open for anyone to visit.
You will be made most welcome.**

Saturday 10:00

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

During April we will be studying the fascinating subject of “End Times.” Studying Bible chapters in Daniel, Matthew, Luke and Revelation. We read the Bible texts and then share our thoughts. It is always a friendly discussion. You will be made very welcome.

Our family service includes a story for the children and a message for the adults.

Saturday 11:15

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|------------|---------------------|-----------|
| 7th April | Zelda Hall | |
| 14th April | Pastor Vernon Nambo | Communion |
| 21st April | Christine Buxton | |
| 28th April | Pastor Peter Sayers | |

Prayer Corner

This month I will pray for the power of God to pilot me,
God’s strength to sustain me,
God’s wisdom to guide me,
God’s eye to look ahead of me,
God’s ear to hear me,
God’s word to speak for me,
God’s hand to protect me
Then I will step out in confidence.



Healthy Living page...

Nosebleeds

Children often get nosebleeds, and this can make them quite distressed. However, most nosebleeds do not last very long and are very mild. Older people and people with medical conditions, such as blood disorders or those taking blood-thinning medicines, can also be more likely to experience nosebleeds. In these cases, the bleeding can be severe and medical assistance may be needed to stop the bleeding.

Nosebleeds can often occur if you:

- Pick your nose.
- Blow your nose too hard.
- Strain too hard on the toilet.
- Have an infection in the nose, throat or sinuses.
- Receive a bump, knock or blow to the head or face.
- Have a cold.
- Have a blocked-up or snuffly nose from an allergy.

A child with a nosebleed may be very frightened or distressed about it. Try to comfort and reassure your children that nosebleeds are very common and lots of other kids get them. It doesn’t mean they are ill, and they will get better very soon. Children often like to experiment by pushing items up their noses. If an item becomes stuck in your child’s nose, you should not try to remove the object yourself. You should take the child to your nearest doctor or emergency department for further treatment.

How to stop a nose bleed :

- Sit up straight and tip your head slightly forward.
- Using thumb & forefinger to firmly pinch the soft part of your nose shut.

Recurring nosebleeds can be a nuisance, but are usually nothing to worry about. However, you should discuss it with your doctor as they may want to investigate that there is no underlying medical condition which is causing the bleeds. If your nosebleeds persist and become a problem, you may need treatment, such as surgery to cauterise (burn) the blood vessels in the nose. Talk to your doctor about your options.

If you suspect that your child’s nosebleeds were caused deliberately rather than by accident, you should seek help from a healthcare professional as soon as possible. Consider talking to your doctor, community nurse, emergency department or school nurse.

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...

It's time we made a cake!

Lemon cake

250g softened butter
 250g sugar
 250 SR flour
 4 eggs
 2 tablespoons milk
 Grated rind of 2 lemons

Lemon syrup

4 level tablespoons sugar
 4 tablespoons water
 Juice of 2 lemons

Lemon filling

3 level tablespoons lemon curd

Lemon frosting

125g unsalted softened butter
 250g Icing sugar
 4 level tablespoon lemon curd

Method

1. Heat the oven to 180° gas mark
2. Beat the butter until soft and smooth, then add all the remaining cake ingredients.
3. Bake for 30 minutes in 2 x 18cm sandwich tins, greased and lined.
4. Put 4 tablespoons water in a saucepan, then add the sugar. Slowly heat this until the sugar has dissolved. Then bring to the boil for 1 minute. Remove from the heat and add the lemon juice.
5. When the cakes are cooked and still in the tins pour the syrup over each one. Let it soak right in. Leave for 10 minutes,
6. Then transfer to a wire rack until completely cold.
7. Cut each layer in half, so have 4. Sandwich together with 1 tablespoon of lemon curd.
8. Beat the butter, and add the remaining ingredients. Spread over the top and sides.

This cake can be frozen after step 6. Place baking parchment between the layers before freezing.



Are situations putting pressure on you? Are your anxiety levels on overload?



Being under pressure is NORMAL, it helps us take action and feel energised, But if you become overwhelmed by life, these feelings could start to be a problem for you.

Come and learn to manage your everyday pressure, so that stress levels are controlled.

Led by Doctors and other Health professionals

Thursday April 5th 7:30pm

Thursday April 12th 7:30pm

Thursday April 19th 7:30pm

Thursday April 26th 7:30pm

Thursday May 3rd 7:30pm

Thursday May 10th 7:30pm

**Seventh day Adventist Church.
 146a Dalestorth street.
 Sutton in Ashfield. NG17 4EY**

£1 per person per session

Each evening will include a taster of food that improves your mood.



Monthly Meditation -

I suppose thinking about the events of Easter drew my thoughts to “Doubting Thomas.” The disciple who doubted that the other disciples had seen Jesus after his crucifixion and said, *“I won’t believe unless I can see the nail wounds in his hands, put my fingers into them, and place my hand into the wound in his side.”*

I must admit I really like Thomas, he had an awful lot going for him and we must not just write him as the disciple who had little faith. Thomas always wanted to know the truth. Doubt is not a bad thing. Doubt encourages rethinking, its purpose is more to sharpen the mind than change it. Doubt can be used to pose the question, get an answer, and push for a decision. But doubt was never meant to be a permanent condition. Think of it like this. Doubt is one foot lifted, poised to step forward or backward. There is no motion until the foot comes down. Silent doubts rarely find answers! Remember it is better to doubt out loud than to disbelieve in silence.

I think we can learn three very important lessons from the disciple Thomas that we would do well to copy in our own lives

First, when Thomas saw what he ought to do, nothing kept him back. When Lazarus became ill, Jesus expressed his intention of returning to Judea. Thomas urged the disciples to accompany Him even though they might die doing so: *“Let us also go, that we may die with Him”* (John 11:16) Thomas backed his statement by action.

Second, when Thomas knew what he ought to do, he urgently wanted to know how to do it. At the last Passover service with Jesus Christ, not afraid to show his ignorance, he asked, *“Lord, we do not know where You are going, and how can we know the way?”* (John 14:5). Thomas' question shows him to want to know truth and have understanding. He verbalised this questions carefully and ensured they were answered completely. He had a naturally cautious temperament and did not close his mind to further knowledge.

Third, Even after hearing the accounts of Christ's appearances to the others and to Mary Magdalene, he refused to believe that it had happened. He replied, *“Unless I see in His hands the print of the nails, and put my hand into His side, I will not believe”* (verse 25). Why Thomas was not present when the other disciples saw Christ appear is a mystery (John 20:24-29). But the important point is when Thomas saw and touched Jesus with his own eyes, he had to believe. What followed was a natural response to divinity. He fell at the feet of Jesus and declared *“My Lord and My God.”*

We should be encouraged by Christ's reply in verse 29: "Jesus said to him, ‘Thomas, because you have seen Me, you have believed. Blessed are those who have not seen and yet have believed.’" If we believe and obey without physical proof, God pronounces a special blessing upon us.

Lesson 1

If you are unsure of something, ask, study, work to find the truth. Each one of us needs to come to that same heartfelt realisation that Thomas did. Nothing else will do.

Lesson 2

When our doubts have been answered we must take immediate action. Twice the Bible shows that when Thomas was convinced of something he went into immediate action. Thomas knew Jesus was going into danger and yet he still encouraged the other disciples to follow him into Jerusalem. Thomas fell to his knees and declared *“My Lord and My God”* when he saw the resurrected Jesus. Thomas then dedicated his entire life to the service of Jesus. We too cannot have our questions answered and then do nothing about the answer!

Lesson 3

Thomas after the crucifixion struggled to be faithful, his emotions were in opposition to what his ten friends had witnessed. We too sometimes struggle to be faithful, to what we know, because our emotions get in the way. Sometimes our emotions take control of us. Remember our emotions are not our best guide.

Lesson 4

Thomas was a loyal and honest man. We too must be like Thomas. If we doubt, and this leads to questions, questions lead to answers and if the answers are accepted, then doubt has done a good work.

Think about this...

- Doubt is not the opposite of faith, it is one element of faith!
- The only limit to our realization of tomorrow will be our **doubts** of today. Our **doubts** are traitors and make us lose the good we oft might win by fearing to attempt. The beginning of wisdom is found in doubting; by doubting we come to the question, and by seeking we may come upon the truth.