

## Prop us up on our leanin' side...

An old farmer always prayed, 'Lord, prop us up on our leanin' side.' After hearing him pray that prayer many times, someone asked him why he prayed that prayer so fervently.



He answered, 'Well sir, you see, it's like this.... I got an old barn out back. It's been there a long time; it's withstood a lot of weather; it's gone through a lot of storms, and it's stood for many years.

It's still standing. But one day I noticed it was leaning to one side a bit. So I went and got some pine poles and propped it up on its leaning side so it wouldn't fall.

Then I got to thinking about that and how much I was like that old barn.. I've been around a long time....I've withstood a lot of life's storms. I've withstood a lot of bad weather in life, I've withstood a lot of hard times, and I'm still standing too. But I find myself leaning to one side from time to time, so I like to ask the Lord to prop us up on our leaning side, 'cause I figure a lot of us get to leaning at times.

Sometimes we get to leaning toward anger, leaning toward bitterness leaning toward hatred, leaning toward cussing, leaning toward a lot of things that we shouldn't. So we need to pray, 'Lord, prop us up on our leaning side, so we will stand straight and tall again, to glorify the Lord.'

Do you need propping up on your leaning side?

**"In God we trust!"**



# What's going on?

June  
2018

*Beautiful*  
things happen  
when you distance  
yourself from  
the negative.

## Make June a positive month!



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

[www.suttoninashfield.adventistchurch.org.uk](http://www.suttoninashfield.adventistchurch.org.uk)

## A letter from the editor...

Dear neighbours, Another month has gone by, and as I sat wondering what to write about to you, I came across this little quote.

***“The good I do is never lost,  
Each kindly act takes root;  
and every bit of love I sow  
in time will bear its fruit.”***

This is a true story of a family. The mother was busy making a fruit cake when she found she had run out of candied peel. The children were sent to the shop, but were only half listening to the instructions, she said “I will have to give you a £5 note, so be careful with the change.”

At the shop they made their purchase and started for home. When suddenly one child noticed that there were no pound notes or pound coins in the change. So, they quickly ran back to the shop keeper. “Oh, no little girl, you gave me a £1 note,” he said cheerfully but firmly, and went on serving customers.

We children huddled on the kerb outside the shop, debating what to do next, some of us were crying. When a big man with a white moustache asked us what was wrong. “Wait here” he said. After quite a long time he came back with four £1 notes. We were stunned with relief. Then our manners prodded us, and we thanked him and said that mother would be cross if we didn’t get his name. He quickly scribbled on a piece of paper and handed it to us. We gave it to our mother along with the candied peel and change when we returned home.

“Why, there’s too much money!” she exclaimed. “Yes, I did say I would give you a £5 note, but then I found a £1.” She said she would return the money to the man after supper. The address was plain, 439 Fourth Street. But when mother walked the street, there was no 439; the numbers ended in 325. And nobody on the street had ever heard of a man that matched our description.



No act of kindness,  
no matter how small  
ever goes unnoticed.

## Sunny Side Up...

I read with interest a survey Siemens conducted in a number of different call centres. Amongst the advice Siemens were offering to call centre managers was a selection on some of the more bizarre calls received by contact centre staff and how best to handle them.

My two favourites were the Tesco call centre taking a call from someone wanting to know the opening times of J Sainsbury and another centre having an irate passer by calling in to say a bird had flown off their roof and dropped something nasty on him. Now I always thought that was supposed to be lucky!

I get fed up with people bemoaning their luck and always looking to blame someone else rather than put events down to their own misfortune whether it is caused by design or accident. Poo happens as they say.

I once saw someone drop a box of eggs in a car park. They just fell. They all broke and there was a mess on the floor. I could see the person looking around searching for an explanation and someone to blame and muttering to themselves. ‘Bad luck!’ I shouted over. ‘Bad luck?’ he replied, ‘This company should get their car park resurfaced!’ You could have bet all you have on it not being his fault.

Oh well... this survey made me think of responsibility! I believe accepting responsibility has two basic components. The first one is accepting *personal* responsibility – which is taking ownership of your own behaviour and the consequences of that behaviour. Until you accept responsibility for your actions or failures, it’ll be very difficult for you to develop self-respect or even have the respect of others.

The second component of accepting responsibility is *indirect* responsibility. It involves taking action to help people or situations around you that call for assistance. This reveals something about your character and the type of person you are.

Over time failing to accept responsibility for your actions and choices leads to severe consequences for yourself - loss of self respect and that reduces your value to yourself and others!!

Mary Coulson

## Think about this ...

*When you blame others, you give up your power to change.”*

## Making peace with the past...

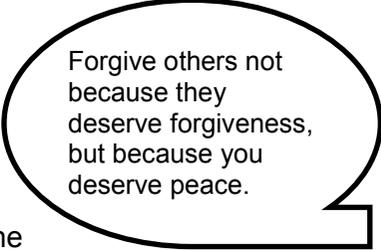
There has been a lot of scientific research recently on forgiveness.

So, what is forgiveness? "Forgiveness is an active process in which you make a conscious decision to let go of negative feelings, whether the person deserves it or not."

A number of scientific studies indicate that forgiveness can have powerful mental and physical benefits, including lowered risk of heart attack, improved cholesterol levels and blood pressure, better sleep, reduced pain and enhanced mental health with less anxiety, depression, anger, stress and hostility.

How to forgive is of course the challenge for us all. Here are the top 5 tips for doing so.

1. **Choose to forgive** - even if it's only half hearted. This is your first step to freedom.
2. **Reflect and remember** - Forgetting the offence is NOT a requirement for forgiving. Remembering the experience helps us move beyond the pain of the event itself. Ignoring or denying it is not helpful!
3. **Empathize with the person** - While the person's actions may not be excusable, understanding their background and life circumstances can help you be more forgiving and empathetic toward them.
4. **Let go of expectations** - Forgiveness doesn't always mean you reconcile with the other person or even receive an apology. It takes two to reconcile, but only one to forgive. You can forgive whether or not the other person is involved.
5. **Pray** - When you have been wronged or have wronged someone, prayer is a powerful tool to help you find strength, guidance, peace healing and forgiveness. It is a valuable reminder that you are not alone.



Forgive others not because they deserve forgiveness, but because you deserve peace.

Patricia Humphrey, MS

Father put the money on the mantelpiece. Mother said, "we'll do something kind with it." The money stayed there year after year. We did many good deeds with it, without ever spending it! We would decide what to do with the money, using it for this or that, but once the deed was done, we somehow never reimbursed ourselves from the mantelpiece.

Whenever mother looked at the money, she said, "there are such kind people, in the world." When any of us children cleaned the mantelpiece and dusted under it we would say "such kind people." When visitors were told this story they too added were determined to do deeds of kindness where they could.

Our world seems to have very little "good news." When I listen to my radio I hear of wars, rapes, stabbings and fraud cases. Mankind at times appears to be utterly selfish and we could become discouraged. However we must always remember that is not the whole story! Our selfless God came to live among us and died for us, a cruel death of crucifixion. He showed us how to be selfless, He showed us what God the father was like, kind, compassionate and caring.

Today and everyday, we have the choice and can decide how we want to live. We can choose to be selfish and put ourselves, and our needs and wants first. Or we can choose to see every interruption that comes our way during the day as an opportunity to share the love of Jesus with someone else by being as kind and thoughtful to others as he was.

Remember that it only takes a smile to start a friendship, just one hand can lift a burden and one word can give encouragement. One life can make a difference - let's determine this month that our lives will make a difference for the better for everyone we meet.

Kindest Christian greetings

Sue Anscombe

Editor

## Think about this...

When the Lord says, "I will send you," He will provide everything we need for the appointed task. When He says, "I will not fail you," He will also give us the equipment to accomplish it.

## JUST A LITTLE MISTAKE...

One night, just before the shopkeeper closed for the day, a dog came into his shop, having a bag in its mouth. The bag contained a shopping list and the necessary money. So, the shopkeeper took the money and put the items in the bag.



Immediately, the dog picked up the bag of shopping and left. The shopkeeper was surprised and followed the dog curious to see who the owner was. The dog waited at the bus stop, after sometime, a bus came and the dog got into the bus. As soon as the conductor came, it moved forward to show his collar which revealed the address and money. The conductor took the money and tucked the ticket in his collar again.

When it reached the destination, the dog went to the front and wagged his tail indicating that he wanted to get down, the moment the bus stopped, it got down. The shopkeeper was still following it. The dog knocked on the door of a house with its legs. Its owner answered the door, and on seeing the dog beat it soundly with a stick.

The shocked shopkeeper asked him "why are you beating the dog?" to which the owner replied, "he disturbed my sleep. He should have taken the door key with him."

This is often true of life. People remember your mistakes but forget the good things you do.

All the good done in the past is quickly forgotten. Any small mistake that is noticed gets magnified. You can do many good and kind things for people but once you make a mistake they forget all that you have done for them. The owner of the dog had no interest or thought for what his dog went through to get his shopping, yet instead of appreciation it got beating.

Most people are in total ignorance of what is really happening in other people's lives. Let's be kind and appreciate the good that is done, forget the mistakes and errors of others and make this world a pleasanter place to live.

## Lessons from Village life... How do you use your intelligence?

Two of our grandchildren have recently bought puppies. Isla our granddaughter chose a Boston terrier, she could pick up and cuddle while our grandson Luke chose an English Springer Spaniel who would enjoy the outdoor life with him, lively and adventurous! Of course, grandchildren and new puppies cannot be separated, so when a visit to our home for a sleepover is called for the puppies come too!



Reggie the Boston terrier is 25 weeks, he has learnt to sit, come, fetch, stay and is house trained. Archie at 10 weeks has not been allowed outside into the big wide world until a fortnight after his second injection. He had been taught to sit, and was excellent at fetching and returning his toys, staying when asked and house training were much harder commands for Archie to learn as this constantly moving, excited puppy explored his world.

Our kitchen has a stone floor so puppies can do little damage, so leaving Reggie alone for a few hours did not cause us much concern. When tired he goes in his cage and sleeps, so we decided we would shut all the house doors, but leave his cage door open to give him the "run of the kitchen" then he could get a drink of water and run around shaking his toys.

On our return hours later it was very interesting to notice that Reggie who has a beautifully soft lined cage had not curled up in that as he does when we are at home, but had found a few soft items of clothing that belonged to Isla, piled them in the centre of the room and curled up on them.

I marvelled at God's creation, this little puppy knew and needed to be "with his family" so he did the only thing he thought possible, he found clothing (fortunately already destined for the washing machine) and relaxed in the comfort from the smell of his owner.

God has given all his creation intelligence to use, decisions and choices should be made carefully for a safe and happy life. Psalm 111:10 says

*Respect and obey the LORD! This is the first step to wisdom and good sense.*  
Only the wisdom that comes from God can straighten us out so that we use our intelligence properly.

*Margaret Sammons*

### A letter from France...

#### The same yesterday, today and forever.

The world is an uncertain place. The speed of change in my lifetime has been incredible. My Dad and I often joke when we say, "I'll just google it" how my Grandma, wouldn't understand a word we were saying! People are concerned where life on earth is going, and it doesn't always look like a very pleasant destination.

But amidst all that, something stays the same. The Bible tells us "*Jesus Christ is the same yesterday, today, and forever.*" Hebrews 13.8. This fact can offer us a safe place to drop anchor in the swirling seas of change. Something that doesn't change is something we can believe in, have confidence in.

We are lucky enough to have eye witness accounts of what Jesus was like, written by his close friends. Jesus was described by those who knew Him best, so let's take a look at what He was like yesterday, so we can know what He is like today, and what He will be like tomorrow.

He was a bringer of hope! To people who were in terrible situations: the death of an only child, a death sentence hanging over them, living with an incurable disease which excluded them from society. All these people and many more found hope and the courage to carry on living from their interactions with Jesus. He defended the outcasts and made time for them, He noticed the little deeds that no one else did, but came from the depths of the heart, He made time for kids, He sympathized with those suffering, to the point of tears.

He told it like it was. He wouldn't avoid difficult subjects, if He knew it was for your benefit that they were talked about. He wasn't afraid to condemn lying, cheating, hypocrisy. You knew where you stood with Him. But He wasn't vengeful even in the face of injustice, and didn't fall into a wild rage when things went against Him, like some of His friends did. He was measured in his tone.

He was great company, and was often invited to people's houses, to spend time with them. He was friendly. Unfriendly people do not have friends! He was patient and kind, He would take the time to explain things when people didn't understand.

And remember that Jesus who was all of these things 2000 years ago, is still like that today, and always will be. In a world that looks dark, He still offers hope. Firstly of a better life on this world, and then a perfect one to come. That little voice in your head, is how He talks to you. And although you can hide from everyone else, you can't hide from your conscience. And He still cries for the suffering of human beings, and in the same way He longs to be your friend.

So if your life feels like it is being buffeted around all over the place, and you have lost control, remember you can always drop anchor in the one person who doesn't change, while you draw breath to continue. Corinne Lletti

### 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 :- June 9th 2:00pm - 3:30**  
**Pathfinders :- June 10th 10:00 - noon**

### Sutton Strollers Programme for June

Walks leave promptly from the church hall at 10:30

- 5th June Bradford Dale - bring a packed lunch
- 12th June Pleasley Mills
- 19th June Attenborough Reserve and packed lunch
- 26th June Titchfield Park
- 3rd July Cromford Canal (packed lunches to Sue and Roger's)

Car share available. Transport arranged

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



### Think about this...

**HAPPINESS IS A  
LOVELY WALK WITH  
FRIENDS**





**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.

### **Saturday 11:15**

- 2nd June Andrew Puckering  
9th June Jean Gregory  
16th June Albert Biete  
23rd June Vera Skocna  
30th June Eunice Mason

### **Think about this...**

He who labours as he prays, lifts up his heart to God with his hands

Genuine prayers will be looking out for answers.

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

### **Toxoplasmosis**

Toxoplasmosis is a very common disease caused by a parasite *Toxoplasma gondii*. You can have toxoplasmosis and have no symptoms. If you're pregnant, it can harm your baby.

You can get it from:

- Eating or handling raw or undercooked meat.
- Not washing your hands after gardening.
- Handling contaminated soil, water or unwashed fruit or vegetables.
- Contact with cat faeces.

Common symptoms (could last for months) includes :

- Flu-like symptoms.
- High temperature.
- Swollen glands.
- Muscle pain. It can last for months.

Some people get seriously ill with it. It can affect their eyes, brain, or other organs. If it affects your eyes, you might notice your vision is blurry or that your eyes are red, sore or watering. If you have a weakened immune system or you are pregnant, the effects to you and or your baby are more likely to be serious.

If you're pregnant, you need to be careful to reduce your risks of getting toxoplasmosis. It can lead to an infection causing you problems for your baby's hearing, eyesight or thinking.

### Toxoplasmosis treatment

A blood test will show if you have toxoplasmosis. If you're pregnant or unwell, your doctor might recommend medicine.

### Toxoplasmosis prevention

- Cook meat and poultry well
- Wearing gloves when gardening.
- Changing the cat litter twice a day.
- Be careful about hygiene, particularly hand washing, before and after handling food, after gardening, after handling cat litter.

*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...

### Vegetable Curry

#### Ingredients

- 1 cup chopped onion
- 1 tablespoon plain flour
- 1 cup vegetable
- 1 tablespoon mild curry powder
- 1/2 teaspoon salt
- 2 cups mixed vegetables of your choice - (broccoli, carrots, cauliflower, peas, asparagus)
- 1 x 15oz tin chick peas drained
- 1 cup light coconut milk
- Rice to serve

#### Method

1. In a deep non-stick frying pan, heat the onion with a few tablespoons water over a medium heat. Cook, stirring for about 3 minutes.
2. Add the flour and stir constantly for 1 minute
3. Add the vegetable stock, curry powder, and salt. Stir constantly for 3 minutes.
4. Add the vegetables and chick peas. Stir well.
5. Cover the pan and raise the heat until the mixture starts to simmer gently.
6. Simmer for about 10 minutes or until the vegetables are tender.
7. Add coconut milk and bring to a simmer, stirring occasionally.
8. Reduce the heat and cook until thickened. About 2-3 minutes.

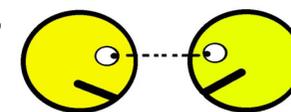
*Serve over rice (brown rice for added nutrition and weight loss)*

## Think about this...

Take care of your body, it's the only place you have to live in.

## Gaze awareness...

### Eye-Contact



Eye contact is powerful stuff! Lovers do it regularly, for it is an important part of bonding. Parents look into baby's eyes, and baby looks back. Gazing deeply into another's eyes is an important component of nonverbal communication. Our mouths can lie but the eyes tell the full story, and they don't lie.

Depending on your culture, holding steady eye contact can be a sign of strength, solidarity and honesty (Western culture), or it could be a sign of aggression or considered rude or arrogant (Eastern cultures). Holding eye contact between men may be part of a power struggle, while between women it can mean lots of things. As for between the genders, it is often a sign of extraordinary interest and one component of flirting.

Closely related to eye contact is gaze awareness, the ability to tell correctly where someone is looking. Not only can you accurately detect if someone is paying attention to you or something just past you, you can tell if they are focused on your eyes or a smudge on your nose.

Experienced teachers know exactly when a student is cheating, when a student watches a teacher intently rather than writing answers to questions, they are usually seeking opportunities to cheat when the teacher is momentarily distracted.

The Bible in the book of Psalms says *"The eyes of the Lord are intently watching all who live good lives, and he gives attention when they cry to Him."* He never stops looking. Like loving parents who can't keep their eyes off their new baby, God is deeply in love with each one of us. Do we show any indication that we are aware of His loving gaze? Do we respond to His loving looks? Do we lock eyes with Him in daily meditation and prayerful communion?

There is a beautiful little song that goes like this.

"Turn your eyes upon Jesus, look full in His wonderful face,  
And the things of earth will grow strangely dim  
In the light of His glory and grace."

Make sure you have "eye contact" with Jesus.

David Steen

## Monthly Meditation - The story of Ruth

We love fairy stories, because in life we want bad people to be punished and good people to be rewarded, but sadly enough, things don't always work out that way except in the realm of fairy tales. No, in the real world bad AND good suffer. In fact, it often seems that the wicked prosper while those who do good are ignored or even persecuted. In this life fairness is a rare thing.

This month I want us to look at a woman to whom life dealt a very unfair blow. Her name is Ruth she lived in Israel and her young husband has died. Her father-in-law and brother-in-law have died as well. Perhaps there was some fever or plague going around or some accident, I don't know but all the men in the household are gone. And Ruth's mother-in-law, Naomi, whose name means "pleasant" changes her name to "Mara," which means "bitter." Naomi is no longer pleasant!

Before all this happened Naomi and her entire family must have had a deep faith in God. because Ruth came from a pagan tribe and became a new believer in God. Now she has gone from being a part of a large, happy, God-worshipping family-to being a young widow alone with an embittered mother-in-law.

Naomi then decides to return to her home land and tells Ruth to stay where she is, in her land with her people. We see Ruth's devotion to God and to her mother in law. "Your God will be my God, your people will be my people and where you go, I will go."

Back in Judah, Ruth set out to provide a living for both women, working in the fields picking up grain. Her hard work and integrity, attracts the owner of the field. A distant relative of Naomi. He falls in love with Ruth and marries her. They have a son named Obed . Through this line comes King David and eventually Jesus, our saviour.

From this woman's ancestry, a pagan worshipper of idols came Jesus the saviour of the world. A woman who learned to love the true God, who became a young widow, living in poverty with little hope. However, she loved unconditionally her bitter, complaining mother in law and was determined to stick with her and support her through the bad times.

There are many lessons we can learn from this beautiful story. Boaz her new husband saved Ruth and Naomi just as Jesus saves us. Take a moment this month to read Ruth's full story in the Bible. There are many modern versions and you can always find it online if you don't own a Bible. It is a short book of only 4 chapters but the life of this young widow has a powerful message for us today.

### Lesson 1 Cling to the hope that your hurt will ease

You may feel like you have an ache in your heart that will never go away, and it may never TOTALLY disappear-but it WILL ease. long, dark tunnel at the moment but its not endless. The Bible tells us that Ruth and Naomi came to the end of their "tunnel of darkness." Ruth met Boaz, a godly man, and they married and he took care of both Ruth and Naomi.

### Lesson 2 Get involved with life!

Ruth didn't drop out of life when her husband died. She moved to a strange land and started life all over. And you know...its not so important WHAT she did as is the fact that she DID something. Ruth stayed busy. She refused to quit on life. Keeping busy like this....starting over....learning new things goes a long way toward helping healing to begin.

### Lesson 3 Maintain your integrity regardless of the situation

Boaz told Ruth that the thing that attracted him to her was her integrity. He knew how she had cared for her mother in law. You know, many times when people face loneliness they become vulnerable, and involve themselves in actions that are unhealthy and against God's will. So in your grief don't abandon your moral principles...no matter how tempting it may be to do so.

### Lesson 4 We must not give in to self pity

Ruth and Naomi had two options of how to respond to their unfair situation. One was to have wallow in self-pity and bitterness and the other was to face life with optimism and hope. And...Naomi...chose bitterness. When they arrived in Bethlehem her friends came out to meet them and noticed her bitterness. She had decided that God didn't love her. He loved some people but not her. Now Ruth, the new believer in God chose optimism and hope. She pointed out what they had...not what they didn't have. Ruth knew they still had each other and their relationship with God and that certainly was something. So she decided to go for life.

God misses nothing...He's looking out for us...He's listening to our prayers. I Peter 3:12 says, "*The eyes of the Lord are upon the righteous, and His ears attend to their prayer, but the face of the Lord is against those who do evil.*" Ruth's and Naomi's contrasting responses remind me of an old poem my dad used to quote: "Two men looked through prison bars, one saw mud, the other saw stars." And when you face unfairness be like Ruth look for stars!

### We must stay close to God

Many times when we face unfairness in life we respond much like Naomi and blame God and give up on Him. You know, we do live in an unfair world. No one is exempt from tragedy and disappointment and as Yancey reminds us God Himself was not exempt. His only Son, sinless though HE was suffered and died unfairly for the sins of others. God is faithful and just....HE IS FAIR.