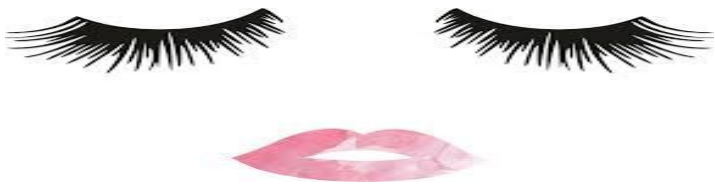


Nine Spiritual Beauty tips!

1. Cleanse your heart daily with repentance
2. Bath thoroughly in the word of God
3. Apply forgiveness to keep wrinkles away
4. Stay moisturised with prayer
5. Sprinkle yourself with love; it's the sweetest perfume
6. Dash plenty of patience
7. Remember worry and anger causes disease
8. Faith is the key to ageing gracefully
9. Wear a smile to give your face a perfect glow.



What's going on?

May
2018

March winds and April
showers, bring about
May flowers.



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

www.suttoninashfield.adventistchurch.org.uk

A letter from the editor...

Dear neighbours,

As I finish this month's edition ready for the printer my thoughts turn to the royal wedding of Prince Harry and Meghan Markle on the 19th of this month. I am sure many of you will watch it on your TV with family and friends as you discuss the dress, the bridesmaids and who looks good wearing what!

Details are slowly emerging as the news drip feeds us with tantalizing glimpses of the couples choices so far. We know the cake will be made by a Californian lady living in London and it will be a mixture of lemon and elderflower with butter cream icing. The flowers are to be white garden roses, foxgloves and peonies. The guest list is extremely secretive but we have heard that among the guests are a high school student from Ireland along with survivors of the Grenfell tower fire and Meghan's hairstylist.

We love happy endings, sloppy love stories and of course Princes and Princesses, they are the stuff that fairy tales are made of! This is a wedding I will take time to watch on my computer, but I am reminded of a bigger forthcoming wedding and the planning is going on right now! This wedding will mark a new beginning for the inhabitants of this world and the celebrations will go on for eternity.

The Bible refers to it as "the marriage supper of the lamb." Having just celebrated Easter we know who the sacrificial lamb was; Jesus, he died in our place, he is called the perfect lamb of God. But many of you may have questions. Who will be his bride? What will she look like? When will the wedding be? The Bible does give us some information in the book of Revelation chapter 19

Then I heard what sounded like a great many people, like the noise of flooding water, and like the noise of loud thunder. The people were saying: "Hallelujah! Our Lord God, the Almighty, rules. Let us rejoice and be happy and give God glory, because the wedding of the Lamb has come, and the Lamb's bride has made herself ready. Fine linen, bright and clean, was given to her to wear."⁹ And the angel said to me, "Write this: Blessed are those who have been invited to the wedding meal of the Lamb!" And the angel said, "These are the true words of God."

What a friend we have in Jesus...

Joseph Scriven had every thing going for him. He was young, energetic and bright. He had just graduated from Trinity College Dublin and was due to be married. On the night before the wedding his fiancée was tragically, accidentally drowned.

Joseph was heartbroken, in his grief he could have chosen to blame and curse God or turn to Him for comfort. He chose to trust God and became a Christian and joined the Plymouth Brethren and emigrated to Canada. As a young settler he worked hard to make a new life for himself.

Eventually he fell in love again, only to find his new fiancé was suffering from tuberculosis and she too died before they were married. Joseph had to find a way to tell his ageing and sick mother back in Ireland the sad news and to give her hope. So he wrote a poem to bring her comfort, today it is one of the most well known church hymns.

*What a friend we have in Jesus, all our sins and griefs to bear
What a privilege to carry, everything o God in prayer.
Oh what peace we often forfeit, Oh what needless pain we bear
All because we do not carry everything to God in prayer.*

*Have we trials and temptations? Is there trouble anywhere?
We should never be discouraged, take it to the Lord in prayer.
Can we find a friend so faithful, who will all our sorrows share?
Jesus knows our every weakness, take it to the Lord in prayer.*

*Are we weak and heavy laden, cumbered with a load of care?
Precious Saviour still our refuge, take it to the Lord in prayer.
Do thy friends despise, forsake thee? Take it to the Lord in prayer.
In His arms He'll take and shield thee, thou wilt find a solace there.*

Nobody realised that Joseph had any poetic ability, and it was when he was dying that a friend sorting out his papers on his instructions found the poem. When he asked Joseph who wrote it, he replied "The Lord and I did it between us."

We too, have a choice when things go wrong in our lives. Let us like Joseph determine to take everything to God in prayer and trust Him with the events in our lives.

The Secret...

One day, one friend asked another, 'How is it that you are always so happy? You have so much energy, and you never seem to get down '

With her eyes smiling, she said, 'I know the Secret to happiness!" "What secret is that? ' To which she replied, ' The Secret is this: I have learned there is little I can do In my life that will make me truly happy, I must depend on God to make me happy and to meet my needs. When a need arises in my life, I have to trust God to supply according to HIS riches. I have learned most of the time I don't need half of what I think I do. He has never let me down. Since I learned that 'Secret' I am happy. '

The questioner's first thought was, That's too simple! 'But, upon reflecting over her own life, she recalled how she thought a bigger house would make her happy, but it didn't! She thought a better paying job Would make her happy, but it hadn't. When did she realize her greatest happiness? Sitting on the floor with her grandchildren, playing games, eating pizza or reading a story, A simple gift from God.

Now you know it too!
We can't depend on people to make us happy.
Only GOD in His infinite wisdom can do that.
Trust HIM! And now I pass the Secret on to you! So once you get it, what will you do? YOU have to tell someone the Secret, too!
That GOD in His wisdom will take care of YOU!
But it's not really a secret...
We just have to believe it and do it.
Really trust God!

Submitted by Eleonore Stoltz

Think about this ...

"To have God on our side doesn't mean sailing in a boat with no storms, it means having a boat that no storm can sink!"

Let's just spend a minute thinking about the characters in these verses. Usually with a wedding, there is only one bride and one bridegroom. The wedding described by John is very different. While there is only one bridegroom (the Lord Jesus Christ), the bride is more than one person. Instead the bride is made up of many persons. The persons invited to the marriage supper are described as 'blessed.' They are those who have accepted Jesus as their personal saviour, who have acknowledged that he paid the price to purchase them on the cross.

Then, in addition there is a large crowd addressed by Jesus which is the heavenly host of angelic beings and they respond by singing about the way God will be glorified as he leads the church triumphant at the marriage supper.

Did you notice that bride was given her clothes to wear? This is most unusual, the bride usually chooses her own outfit with much care and deliberation. However, those who accept Jesus as their personal saviour will be covered by the righteousness of Jesus himself, his obedience to the law of God and their dependence on him to save them. This is a great comfort to know that we are given the righteousness of Jesus as a covering for our wrong. We cannot take any pride in our own achievements.

The invitation is not limited, it is for everyone. All are invited, our only task is to accept the invitation and ask Jesus to cover us with His perfect life.

I, like most ladies will enjoy watching the wedding of Harry and Meghan and seeing the beautiful dresses, flowers and pageantry, but Oh how much more I want to be part of that great wedding celebration in heaven as Jesus claims those who believe and trust in him as His bride for all eternity. The choice is ours, he has made the necessary preparations. Why not join me in giving your heart to Jesus and being part of that great wedding feast.

Kindest Christian greetings

Sue Anscombe
Editor

A letter from France...

Hope for a new earth

The state of the world today is getting worse and worse, and I am sure it is not because we know more of what is going on today. Many people can not see how it will sort itself out, and in fact the bible tells us that it won't sort itself out, it will get worse and worse until it ends up being destroyed, and that just before the end, although things are at a peak of evil, hopelessness and despair, people will go on living their daily lives, surrounded by the chaos.

But this somewhat bleak picture of the future doesn't need to alarm us, as the bible tells us that when this world has arrived at the end of the line, it will get burned up, but anyone believing in Jesus as the Son of God, and because they love Him they are following His advice for living, will be taken up to heaven for a special period of 1000 years and then at the end of this period, God will bring them back to this earth, but to an earth made new! And I wanted to share with you some of the bible descriptions of this new earth, so that when this world gets increasingly grey and depressing, perhaps these images will come back to you and give you hope, and if you have not already, you may want to think about your relationship with Jesus, and what He represents for you.

In the new earth, firstly for us, there will be no more death, no more pain or sadness, no more crying. We won't even have memories of things which could have created these emotions. Already, it sounds like paradise to me!

Other texts which I like are those which talk about the animal kingdom in the new earth. Firstly, all the animals will get on, even animals today that would be predators, they will all get on peacefully together. Then secondly, even more fun, they will all get on with us, a small child will be able to lead them, like they do a pet dog! That sounds like a wonderful perspective to me, and hours of fun!

I live in a place which shares the same type of countryside as bible lands, so I can visualize what the author was talking about, everyone will be able to sit unafraid under their vine or fig tree. In the south of France we sit under the vines or the trees when it is a lovely warm sunny day, to make the most of the heat, without getting burnt by the sun, enjoying the company of those who are with you. It is peaceful, stress free; living life at the pace you want to, not the pace life forces on us. The second part talks about nothing making us afraid. Today we are full of worry or fear. Will my kids grow up OK amid the chaos, will they find jobs, buy a house, find a life partner who will make them happy, will I have enough money to retire on, health worries, employment worries, relationship issues, and the list goes on. But all of this will be no more! Nothing will make us afraid! Wow, how incredible!

I hope I have given you a little peep into the future that God has lined up for each one of us, if only we want it. It is the perfect antidote to life on this planet today, I hope it has struck some chords in your heart!
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 :- May 12th 2:00pm - 3:30
Pathfinders :- May 13th 10:00 - noon

Sutton Strollers Programme for May

Walks leave promptly from the church hall at 10:30

May 1st Poolsbrook
May 8th Blidworth Woods
May 15th Kings Mill Reservoir - heronry
May 22nd Newstead Abbey
May 29th Annesley
5th June Bradford Dale (packed lunch)

Car share available. Transport arranged

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



Think about this...

The best preparation for tomorrow is doing your best today.



**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

- 5th May Pastor Vernon Nambo
- 12th May Jabulani Sithole
- 19th May Rob Hughes
- 26th May Gerard Seton

Prayer Corner

My prayer hand - pray for these people this month

My thumb is closest to my heart; so pray first for those who are closest to you, family, friends and neighbours.

The second finger is used for pointing; pray for those who point you towards what is good, and for those who inspire you.

The third finger is the tallest; let it stand for world & community leaders.

The fourth finger is the weakest; let it stand for those in trouble or pain.

The little finger is the smallest; let it stand for those who are unnoticed, poor, abused or deprived.

Healthy Living page...

Tonsillitis

Tonsillitis is an inflammation of the tonsils. Your tonsils will probably be swollen and sore. It is most common in children, but anyone can have it.

The tonsils are glands at both sides of the back of your throat. They help protect you against infection. Tonsillitis is usually caused by a virus, or occasionally by a bacteria, and often follows a cold. You can't be immunised against tonsillitis so you can't prevent it, although good hygiene can help. You can have tonsillitis more than once.

People with tonsillitis often feel unwell and they may have:

- A sore throat.
- Headache.
- Difficulty swallowing.
- Fever.
- Bad breath.
- Stiff neck.

Red, swollen and painful tonsils, sometimes with white patches.
Swollen lymph nodes in your neck.

Other cold symptoms are; a runny nose, cough or sore eyes. Younger children may have nausea, vomiting or stomach pain, they may drool a lot because they can't swallow. Not every sore throat is due to tonsillitis.

Paracetamol and ibuprofen can reduce discomfort, fever or headache. If you have tonsillitis, rest and drink plenty of fluids. You can gargle with saltwater and use throat lozenges to reduce discomfort. Ice cream, jelly and soft, cool foods can soothe a sore throat. Contact your doctor if a sore throat doesn't improve in a few days or causes: difficulty breathing or swallowing; a persistent fever; severe pain, particularly if it's mainly on one side of your throat. Some people with tonsillitis will need antibiotics.

Some people who have recurring bouts of tonsillitis will be offered surgery to remove their tonsils. The operation is known as a tonsillectomy. People who have a tonsillectomy will need a general anaesthetic, and often stay in hospital overnight. There is a risk of heavy bleeding after the operation. Tonsillectomy doesn't prevent sore throat from coming back. Some people have a lot of pain afterwards, and it can take up to 2 weeks to recover. You should talk to your doctor or ENT specialist about whether a tonsillectomy is likely to help you.

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... Creamy Vegetable Curry



Ingredients

- 250g Basmati Rice
- 1 tablespoon Vegetable Oil
- 1 Clove Garlic, peeled and chopped
- 5 tablespoons Tikka Masala Curry Paste
- 400ml Can Coconut Milk
- 1 Vegetable Stock Cube
- 150ml of Water
- approx. 600g Sweet Potatoes (about 3) peeled and diced
- 160g Spinach

Method

1. Cook the rice according to the packet instructions.
2. Meanwhile heat the oil in a large pan, stir in the garlic and curry paste and fry, stirring continuously for 2 minutes.
3. Pour over the coconut milk and 150ml water, add the stock cube and stir in the sweet potatoes.
4. Bring to the boil and simmer for 15 minutes until the sweet potatoes are tender.
5. Remove from the heat and season. Stir in the spinach until just wilted and serve with the basmati rice.

If you want to freeze this recipe then do so before you add the spinach - just stir that in when you are ready to eat it.

Serves 4
10 minutes preparation 20 minutes cooking.

Think about this...

You don't need a silver fork to eat good food

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

Last 2 sessions - it is not to late to come!

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 try a taster of food that improves your mood.

Think about this...

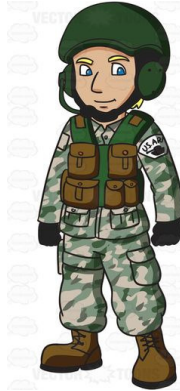
Worrying is like sitting in a rocking chair.
It gives you something to do
but it doesn't get you anywhere.



An English proverb

Monthly Meditation -

King David had got himself in big trouble! While his general Uriah was off fighting his battles, David was seducing his wife, and she was pregnant! David needed to hide this sin and do it very quickly. He re-called Uriah so he could have a weekend at home with his wife, thinking that would do the trick! But Uriah was a faithful soldier, while at home, he refused to have any home luxuries when he knew his men were on the battlefield. On finding this out David tried another tactic. He wrote a letter to another general named Joab and sent it back with Uriah. In the letter he wrote, "Put Uriah in the front lines where the fighting is the fiercest. Then pull back and leave him exposed so that he's sure to be killed." 2 Samuel 11:14-15



Uriah did not die because he could not handle the intensity of the battle, but he died because of the negligence of those who were supposed to support him in the battle zone. His fellow soldiers sold him out. Those who were supposed to cover him, "exposed" him for the enemy to devour him. The paradox here is: the true enemies of Uriah were not those he was fighting in the front, but those he was expecting to protect him in the back.

We must understand that Uriah was a skilful, well trained, and disciplined soldier. He was one of the best in David's army. But still he could not fight the battle alone, he needed a faithful team to back him up. It's not that he was weak or inexperienced, the real issue here is not weakness, the real issue here is "negligence".

Strong soldiers have died in the field because of negligence, and have been fatally wounded in the field because of the indifference of others.

When we choose to pull back in a time of trouble and need, other innocent and faithful people die either physically, emotionally or spiritually because of us.

When we pull back and expose others to danger, ridicule, or hurt we become co-workers with the enemy of God and God is watching us. God will hold us accountable for neglecting others in times of need.

This month let us commit to being extra careful with the lives of others. Promise never to neglect others especially in times of need. Be a true friend and support at home, at work and as you socialise.

Share each other's troubles and problems, and so obey our Lord's command.
Galatians 6:2

Lesson 1

David deliberately chose to do wrong. He saw and wanted his friend and fellow soldier's wife. We are all tempted daily to do wrong. For each one of us the temptation comes in different ways. The devil knows where we are weakest! We can all lie, cheat, steal, commit adultery, or be fraudulent. There is nothing wrong with being tempted. The wrong only comes when we carry it out. Pray for power that you will resist the temptations that come to you.

Lesson 2

Having done wrong and knowing he would be found out. David tried his hardest to cover it up, using several tactics to do so. Those who are emotionally and spiritually mature can admit when they have done wrong, take responsibility for their actions and the consequences.

Lesson 3

As the king he ordered others to carry out the murder on his behalf. It is time for us to stop and think if others influence us to do things we know are wrong. When my own two children were very small, the older one would always get the younger one to do something first, just to protect herself from trouble. We must not use or influence others to carry out deeds that we do not want to do ourselves. Let's be responsible!

Lesson 4

It took David many months before he admitted his sin and asked God for forgiveness. The consequences of this simple choice lasted for the remainder of his life. God always forgives if we are sorry, but he does not remove the consequences of our actions. Let's learn from the mistakes of others that are recorded in the Bible, rather than make the mistakes ourselves.

Think about this...

A great proportion of the wretchedness which embitters married life, has originated in a negligence of unimportant things. Don't be negligent in doing good!

