

Keeping in Touch K.I.T.

Our Aim: To know Christ and make him known

No 79: Autumn 2014



It's Not Fair!

AS BABIES we learned that life should be fair. So I shared my toys with you and expected you to share your toys with me.

In high school we helped a friend with homework, assuming that she would help us when we needed it. In college we gave a friend a lift certain that, when needed that friend would help us.

When we got married, we vowed to be faithful, and were confident that the one we loved would remain faithful too. Life should be fair. Yet we know that it isn't.

As a society we respect the Golden Rule. **—do unto others as you would have them do unto you.** That should guarantee fairness in life. But not all live by it, so society makes rules.

BUT there's a problem - many people make up the rules to suit themselves.

When someone treats us unfairly we typically respond with anger and we feel upset, hurt and frustrated. In fact we perceive it as a personal attack – and presume it is deliberate.

In Genesis 37: 1, we see a similar situation.

Joseph, being seventeen years old, was feeding the flock with his brothers. And Joseph brought a bad report of them to his father.

In families there is a code of not telling on each other. Verse 3: ***Now Israel loved Joseph more than all his children..... But when his brothers saw that their father loved him more than all his brothers, they hated him...***

This feeling of unfairness has grown into hatred. When treated unfairly we begin brooding over it: *Why did he do that? An eye for an eye, a tooth for a tooth – that seems fair to me.*

Our wanting to bring a sense of fairness to our lives leads to a definite progression of actions.

1. **You try to win an apology** then you can move ahead. But what happens if the other person sees no need to apologize? and won't even admit that you are offended or hurt?
2. **When the Apology Doesn't Come, your Anger Becomes Resentment.** That's what happened with Joseph's brothers. Resentment was brooding. You are left holding a bag that's filling up with more hurt and anger - this lowlife

won't even admit responsibility. You are left feeling violated and very angry.

3. **Anger Gives You the Energy to Act** Verse 18 on: They plotted to kill him. You strike back in an attempt to balance the score.

4. **Or if you don't act, you fantasize about Revenge.** Usually we are the ones left holding the bag so our anger often bubbles just beneath the surface as bitterness. .

Then a kind of if-and-then thinking starts takes over:

1. If I do this, then she will have to apologize.
2. If I do this, then he'll finally make it right.

Your mind finds it easy to work overtime on if/then scenarios – most of which you would never attempt – but they will all have one thing in common: they almost never work... Instead, they keep you chained to an undesirable past and a bleak future. To make things worse, one retaliatory act of vengeance often spurs a reciprocal response until a cycle of actions and reactions spins out of control.

When someone does or says something to you that cuts you and hurts you to the core then you:

1. First try to win an apology.
2. When the apology doesn't come, you feel additional hurt, and your anger becomes resentment.
3. This anger then gives you the energy to act.
4. When you don't act, you start

fantasizing about revenge.

5. You withdraw from life.

It starts being easier to move away from people and activities you once enjoyed – even the church you loved to attend. You don't want to get hurt again. That guarantees that you will not enjoy life. The more you withdraw, the more isolated you become and the more lonely and diminished you feel. Now, how is that a victory over the person who hurt you?... What then will work?

Forgiveness.

Many of us see forgiveness as letting the other person off the hook and we feel it's not fair. And maybe it isn't...But forgiveness is actually the best thing you can do for yourself. Forgiveness does not balance the scales of justice anymore than vengeance does. But forgiveness will keep your past from destroying your future.

You probably even want to forgive and maybe you have already tried. However I want to encourage you to try again, because when you choose to forgive you choose a different path for your life – a better one which can help you experience peace in the heart and now and hope for the future.

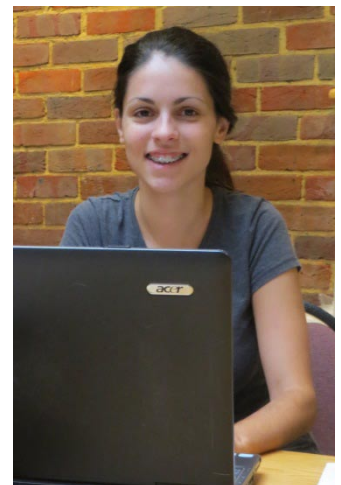
(Taken from a sermon by Pastor Jacques Venter, who, during the sermon wore a backpack. Every time he mentioned a new burden, we get when we are hurt, he added a weighty stone to his load until it looked very heavy indeed. On mentioning the solution to the problem, he emptied the backpack of its load)

A welcoming face arrives at The Stanborough Centre, taken from an article by June Coombs who took the photo.

THE STANBOROUGH CENTRE has become so successful someone was needed to act as receptionist and generally support the Centre Manager and the church's ministerial team. The person chosen was Beatrice Dan.

Beatrice has spent the past year as one of a small team of 'student missionaries'. These are usually young people from abroad, who assist the ministers in whatever way they can. In return they get accommodation and a small stipend to cover their expenses. Beatrice, whose family live near Valencia in Spain, fell in love with England on what was her first visit to the country and decided that she would like to stay longer.

Since her arrival in June 2013 she has come to love everything about this country even the weather - claiming that the cold, the rain and the wind make her happy. A contrast to those who attempt to escape from the elements by flying to Spain for a holiday!



FAIR? WELL . . . Richard J B Willis MA MSc FRSPH

IF THERE IS one particular area where God's *fairness* is called into question it is in the matter of human health. After all, we say, we've done this or that, and so why do we have problems? The question takes us to the heart of the age-old debate about why God allows suffering, a question that can only be answered by Him in the fullness of time. Still, we can appreciate, as C S Lewis says, *God whispers to us in our pleasures, speaks in our conscience, but shouts in our pain*. The writer Timothy Keller reminds us: *Nothing is more important than to learn how to maintain a life of purpose in the midst of adversity*. He also points out that all cultures/religions seem to state ... *sufferers are told that suffering can help them rise up and move toward the main purpose of life and the key to rising and achieving in suffering is something they must take the responsibility to do. They must put themselves into a right relationship to spiritual reality*.

Richard Shweder, a researcher in the field of culture and suffering, makes the point, *The desire to make suffering intelligible is one of those dignifying peculiarities of our species*. The Chinese philosopher Mencius (300 BC) comments: *When Heaven is going to give a great responsibility to someone, it first makes his mind endure suffering. It makes his sinews and bones experience toil, and his body suffer hunger. It inflicts him with poverty and knocks down everything he tries to build. In this way Heaven stimulates his mind, stabilizes his temper, and develops his weak points*. Heaven may not necessarily work the way Mencius sees it, but fairness? How can we know before all is revealed? We should be more concerned with the question, *Is it well with my soul?*, and leave it at that for now!

NEWS, NEWS, NEWS!

THE BIG NEWS this time is the church itself. For some months now we have had the choice of attending a traditional service in a marquee, or a contemporary one in the church. Meanwhile the *old church* is being enlarged and refurbished so one can no longer enter the sanctuary itself, the two vestries or the Armstrong Hall and the area behind that.

We started worshipping in the tent while the weather was warm and I found it to be very pleasant, also we have many more visitors possibly because of the novelty of the situation. Seating is our old pews, acoustics are excellent, and the fact that the floral cross made by **Audey Balderstone** is still in front of us helps the atmosphere to be reverent. Perhaps we take our ministers, elders and deacons for granted sometimes, but excellent sermons and prayers and presentation have helped keep things sacred, and on more than one occasion the deacons and A.V team have worked until the small hours to get things just so. A recent combined service attracted 481 people. Below are photos of us in the tent and the church as it is at present. Photos were supplied by **June Coombs** and from the church web site.



Some of the other news is not so cheerful. Three of our members have died. The first of these was **Sister Winifred Snailham - Nanny Wyn**. who endeared herself to us, and people living around us, by her hard work and generosity particularly to the children. She died in mid- September and will be sorely missed. Our second sad loss was that of **Sister Pat Guest**. Pat was the wife of **Dr Stanley Guest** and taught at Stanborough Secondary School. She was a very attractive, vivacious person. **Eardley Abaysingha** died on October 1. He had a lovely bass singing voice. We send our sympathy to all who mourn the passing of those we have lost.

The big secret is out! The third son of **Amy and Sam Neves** is called **Miles!** Nodoubt Miles will be as lively a little boy as his brothers are. Another recent birth is that of **Amelia** born on September 30 to **Melissa and Matt Small**. **Congratulations** to all the proud parents and grandparents.

Congratulations too to our other achievers. **Naomi Burgess** now has a first class B.Sc in Sport Science from Loughborough; **Alexandra Browne** is a B.A. (Hons) Classics graduate from Durham University; and **Diana Sabatier** has added to her other achievements by qualifying as a Midwife from the University of Hertfordshire.

Congratulations too to **Peter Tunwell** and two of his friends **Jack and Miles** who achieved in another way by cycling 800m to the Arctic Circle. Why? To raise money for the British Heart Foundation. Well done you three!

The other news is that we have lost two families by transfer, but have gained two ladies already known to us. **Japhet and Becky De Oliveira** have moved to Boulder English SDA Church, USA, and **Roland and Methushella Bernados** have moved to Oxford. I'm sure they will be a blessing to their new churches. We have gained **Joan Townsend** from Bournemouth and are delighted to have Joan back, and **Sara Neves** from South London Portuguese Speaking Church. I believe Sara is Pastor Sam's very talented sister.

Psalm 86: 4 and 5. BRING JOY to your servant, for to you, O LORD, I lift up my soul. You are kind and forgiving, O LORD, abounding in love to all who call to you. (NIV)

Closing Thoughts by Ellen White from *Christ's Object Lessons* p159

IN ONE WAY ONLY can a true knowledge of self be obtained. We must behold Christ. It is ignorance of Him that makes men so uplifted in their own righteousness. When we contemplate His purity and excellence, we shall see our own weakness and poverty and defects as they really are. We shall see that if we are ever saved, it will not be through our own goodness, but through God's infinite grace.

No outward observances can take the place of simple faith and entire renunciation of self.

But no man can empty himself of self. We can only consent for Christ to accomplish the work. Then the language of the soul will be, Lord, take my heart; for I cannot give it. It is Thy property. Keep it pure, for I cannot keep it for Thee. Save me in spite of myself, my weak, unChristlike self. Mould me, fashion me, raise me into a pure and holy atmosphere, where the current of Thy love can flow through my soul.

(Submitted by **Pastor Patrick Boyle**)

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KIT Autumn 2014. KIT is published quarterly and authorized by the church board at Stanborough Park Seventh-day Adventist Church. Bronwen Atkinson (editor) - address bet@roybron.plus.com, Audrey Wolfram (design and layout) and Mary Kapon (secretary). Others to whom we are grateful are Sister Ellen White; Pastors Jacques Venter, Richard Willis and Patrick Boyle; Lorna Annable who produced Junior KIT; Frank Blewitt; June Coombs; Billie Dragojevic; Sheila Stickland; and Peter Walton who produced Teen Page. Gwen Olney and the deaconesses helped with distribution.

KIT was printed by John Browne of 24 Hour Printline of Rochester, Kent.

forgiveness



kindness



Giving Up My
Right To Hurt You



TEEN PAGE

AUTUMN KIT 2014

Teen Page editor pete walton kit@stanboroughchurch.org

forgiveness

HARD TO DO, EASY TO IGNORE
(How to keep your friends and be happy)

Who could live without their Smartphone? It's the way we communicate: talk, text, photos, video, selfies. It's a brilliant way to get connected but it's not that easy to stay connected. Some people get left out and some get hurt. In fact a lot of teenagers do get hurt. All that Chat and connectedness and pictures of ourselves looking happy. What goes wrong? Two things that are easy to forget: kindness and how put things right when they go wrong. Kindness is easy because it actually feels good. Forgiveness is not, because it actually feels really bad. You have to give up something you actually don't want to: your resentment. You want to feel the hurt and let everyone know. Forgiveness is the only thing that can hold your friendships together. How?

I checked the Internet for forgiveness, it is full of steps - "6 Steps to Forgive", "8 Ways Forgiveness is good for your health", "9 Steps » forgive for good", "12 Steps: How to Forgive". That's a lot of steps and they are all about ME. Easy to say - hard to do. Why should I give up my hurt, why should I forgive? Making sacrifices is for heroes. I guess most of us want to be happy but we realise it's not that easy. In fact, history tells us that getting it is the exact opposite of getting everything that you want : it comes from giving something up - yes - sacrifice.

You could say forgiveness is Christianity's best kept secret. It's something you learn by example: the example of the way you are forgiven. Sometimes you know you need it. Christianity has a unique way to forgiveness: Jesus made a sacrifice and He makes us right with God by forgiving us. When you know that, it makes a difference doesn't it? Make that your way to happiness 'Forgive And Be Forgiven' FABF. It's the least you can do. 🙏



kindness

WATCH THIS STORY <http://www.youtube.com/watch?v=uaWA2GbcnJU>



Unsung Hero

What does he get in return

For doing this each day?

He gets nothing!



for education

He won't be richer.

He won't appear on TV.

Still anonymous.

Not a bit more famous.



Feels the love.

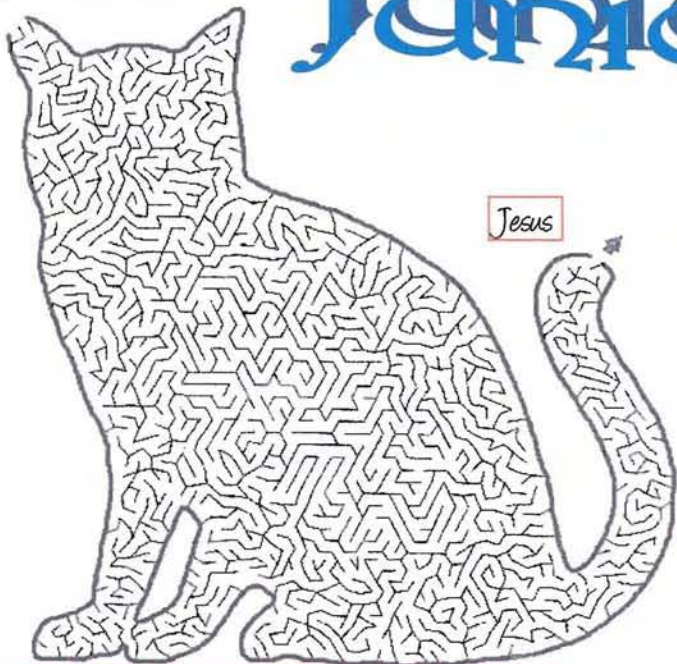
What he does receive is emotions.

He witnesses happiness.

He feels love.

And in your life, what is it you desire most? Don't do Random Acts of Kindness, do Non-stop Acts of Kindness and make a habit of it!

Junior Kit



When you do wrong things find Jesus He will forgive you and help you not to do it again.

Jesus
wants
you
to
forgive
one
another

Autumn Scramble

Can you unscramble the Autumn words below?



1. vhtsear _____
2. aveesi _____
3. cesowrrac _____
4. lowlye _____
5. binrefo _____
6. prae _____
7. aker _____
8. racon _____
9. isrqeulr _____
10. alppe _____
11. nagreo _____
12. lfal _____
13. rde _____
14. owbrn _____

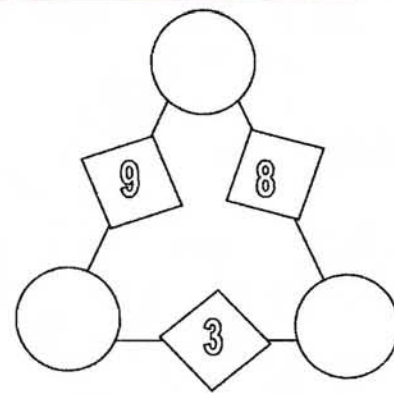
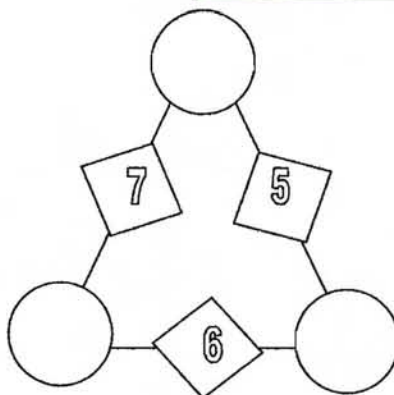


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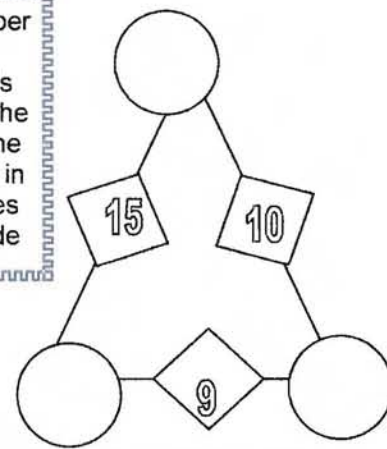
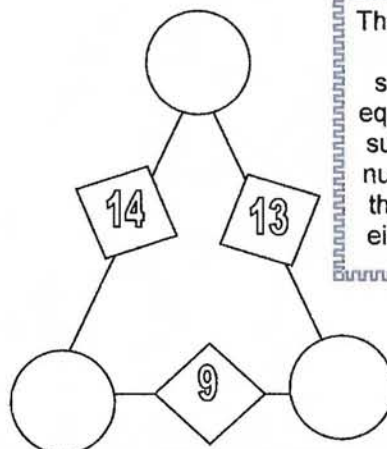
Here is an autumn puzzle to unscramble.



An autumn picture to colour



The number in the square is equal to the sum of the numbers in the circles either side



If you like maths have a go at these arithmagons

Forgive one another as quickly and thoroughly as God in Christ forgave you
Ephesians 4:32
(Message Bible)