



Humility and patience

"Humbly accept the word planted in you, which can save you." James 1:21

Fifteenth-century monk Thomas à Kempis, in the beloved classic *The Imitation of Christ*, offers a perspective on temptation that might be a bit surprising. Instead of focusing on the pain and difficulties temptation can lead to, he writes, "[temptations] are useful because they can make us humble, they can cleanse us, and they can teach us." Kempis explains, "The key to victory is true humility and patience; in them we overcome the enemy."

Humility and patience. How different my walk with Christ would be if that were how I naturally responded to temptation! More often, I react with shame, frustration, and impatient attempts to get rid of the struggle.

But, as we learn from James 1, the temptations and trials we face don't have to be without purpose or merely a threat we endure. Although giving in to temptation can bring heartbreak and devastation (vv. 13–15), when we turn to God with humble hearts seeking His wisdom and grace, we find He "gives generously to all without finding fault" (v. 5). Through His power in us, our trials and struggles to resist sin build perseverance, "so that [we] may be mature and complete, not lacking anything" (v. 4).

As we trust in Jesus, there's no reason to live in fear. As God's dearly loved children, we can find peace as we rest in His loving arms even as we face temptation.

By: Monica La Rose - Taken from odb.org



Watch the [Traditional Service](#) online with Pastor Terry Messenger

Watch the [Parallel Service](#) online

[Watch your favourite service or special item on our YouTube Channel!](#)

[SEC WEEKLY UPDATE - 4th June](#)

Announcements / News

- **Prayer Meeting on Wednesday at 7pm.** Please join us and be encouraged by a beautiful message. Zoom Meeting ID: 863 3281 2854 Password: 063944.
<https://us02web.zoom.us/j/86332812854?pwd=ZWV4ZW84OW92dm9lOU5nRGQ3NWI0UT09>

- **Women's Ministry** programme on Saturday 6th June from 3-5pm. Zoom in to "More about Queen Esther" with ID: 250 966 5133, Password: 243467. Our facilitator is Aarinola Ayo Ipaye.



Tithes and Offerings by Bank Transfer to Stanborough Park Church

Sort Code: 60-00-08 - Account Number: 40650561

Account Name: Stanborough Pk Church - Account Type: Business

Reference: Name and Gift Aid No.

If using Gift Aid or funds other than church budget offering or you need a receipt please email the treasury department with the

details. treasury@stanboroughchurch.org

Offerings by Text Giving. Text SDA STANPARK: to 70500 to give £5 per week; to 70300 to give £3 per week; to 70100 to give £1 per week. Text STOP to the same number to stop weekly donations.



If you would like to privately share a **PRAYER REQUEST** with the Prayer Ministries Team and Pastoral Team, please send an email to

prayeratstanborough@gmail.com



For information about **Earlyteen Sabbath School**, please email:

Uchejbc@yahoo.co.uk

For information about **Junior Sabbath School**, please email:

spcjuniorss@gmail.com

For information about **Primary Sabbath School**, please email:

hkbrown49@gmail.com

For information about **Kindergarten Sabbath School**, please email:

kindergartensabbathschool@yahoo.com

- **Youth + Young Adults Sabbath School** every Saturday at 10am. Join via <https://bit.ly/2VaYcqX> and you're welcome to join from 9:45. See you there!

Cradle Roll Programme (New Video!) Sabbath at 9:45am on [Youtube](#) and [Facebook](#).

ADRA 2020 APPEAL RELAUNCH 1 JULY Click [here](#) to know more.

One Vision Youth and Young Adults **Volunteer Work at the Stanborough HUB**. A great opportunity to gain experience working with charity workers and community leaders during the COVID-19 pandemic by serving our local community. Every young person will receive a certificate signed by Dean Russell - MP, Peter Taylor - Mayor of Watford, and Enoch Kanagaraj - Chairman of One Vision Project. For further information on how to gain experience, please call Annalisa Buraglio on 07425 785 763 or email ovp@stanboroughpark.org

Many of you are aware that the One Vision Project is bringing people together and working with other charities and community leaders in our town. During this unprecedented time of COVID-19, together we are stronger to tackle this crisis. We are already reaching out to 100s of families and 15 schools in Watford providing 1400 Hot Meals and just over 500 Grocery Food parcels each week. We are working shoulder to shoulder with Dean Russell MP and Peter Taylor The Elected Mayor and Watford Borough Council. **Please share this [LINK](#) with those who may require our support so we can get in touch.** Our volunteers are looking forward to serving the community.

Learn about the Christian Faith in a special series of Bible studies led by Pastor Terry every Sabbath afternoon 3-4pm via Zoom. If you are thinking of becoming a more committed Christian then this series would be ideal for you! If

you are interested in joining please contact Pastor Terry

TMessenger@secadventist.org.uk

- An exciting journey to Unlock Bible Prophecies! [Adventist World Radio](#)



The Chosen - Part 4

We've thoroughly enjoyed the first three episodes of The Chosen and hope you can join us on our journey this Sabbath evening at 7pm.

Afterwards at approx. 7.50pm we'll meet up for a Zoom chat. We'll chat about the episode, have a general catch up about our week and spend some time praying together to close the Sabbath day. There may even be a bonus fun quiz! Even if you've seen the episode before or are watching it elsewhere, and would like to join us for the chat afterwards, please email youth@stanboroughchurch.org and we'll send you the meeting details.

[Click the advert for an exciting preview of Episode 4](#)

- Letters to Senior Members** - we've sent out a round of letters to many of our senior members. If you missed your chance last time or if you would like to write or draw a picture for someone different this time, your contributions would be most

welcome. Please email them to: youth@stanboroughchurch.org and we will gladly pass them on. Put a smile on someone's face today!

- To keep in touch with youth events, please follow stanboroughparkyouth on Instagram or email your details to youth@stanboroughchurch.org

As ADRA Agents you know that, due to lockdown, our Appeal did not succeed. Our work is dependent on fundraising and we are now in a difficult position to help where it is needed most

That is why an extension of the 2020 ADRA Appeal is
We're also realistic that our annual target needs to be adjusted at what is a difficult time for millions financially. We need to raise at least £300,000 to be able to continue ...what we are doing – both in the UK and overseas

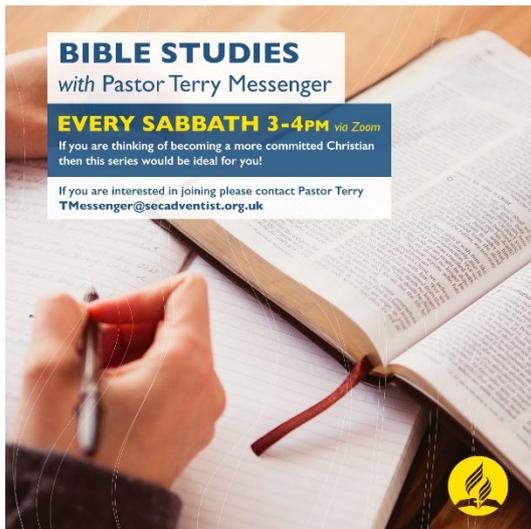


BIBLE STUDIES
with Pastor Terry Messenger

EVERY SABBATH 3-4pm via Zoom

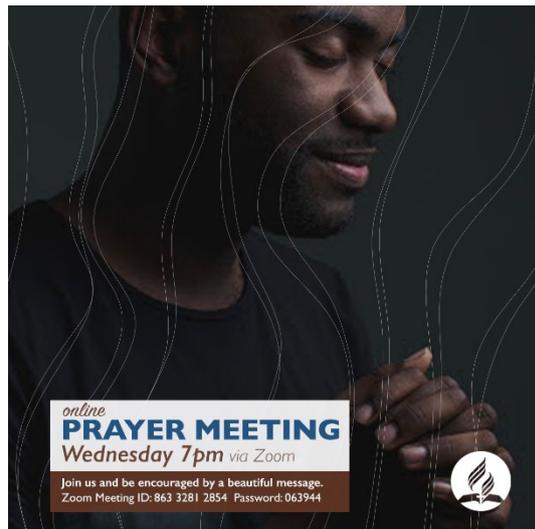
If you are thinking of becoming a more committed Christian then this series would be ideal for you!

If you are interested in joining please contact Pastor Terry
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online
PRAYER MEETING
Wednesday 7pm via Zoom

Join us and be encouraged by a beautiful message.
Zoom Meeting ID: 863 3281 2854 Password: 063944



RETURNING TITHES & OFFERINGS BY BANK TRANSFER
Stanborough Park Church

Even when we can't be together your giving matters.



Bank Account Details
Account Number: 40650561
Sort Code: 60-00-08

Account Name: Stanborough Pk Church
Account Type: Business
Reference: Name and Gift Aid No



If using Gift Aid or funds other than church budget offering or you need a receipt please email the treasury department with the details including

Gift Aid No	Your Name
£xxx.xx	Title
£xxx.xx	Sabbath School
£xxx.xx	Church Budget
£xxx.xx	Church Development

TREASURY@STANBOROUGHCHURCH.ORG





Cradle Roll Sabbath School - New!



Special item by Hiroshima Choir



Not Forgotten - Lynette Allcock



Walk On By - Pastor Sam Davies

Are you a Servant or a Friend? | Online Prayer Meeting 4



Racism Statement - South England Conference President, Dr. Emmanuel Osei



[Invite a friend to subscribe to the eBulletin](#)



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Stanborough Park College of Music info@spcm.org.uk

Treasury Department treasury@stanboroughchurch.org

Bulletin Deadline Wednesday 6pm bulletin@stanboroughchurch.org

www.stanboroughchurch.org

Stanborough Park Church is part of the [Seventh-Day](#) Adventist Church

609 St. Albans Road, Watford, [WD25 9JL](#)

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