



## Living in the Branches

*"Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong." Ephesians 3:17 nlt*

As I shared with my counselor my roller-coaster of emotions after a stress-filled week, she listened thoughtfully. Then she invited me to look out the window at the trees, lush with autumnal oranges and golds, the branches swaying in the wind.

Pointing out that the trunks weren't moving at all in the wind, my counselor explained, "We're a bit like that. When life is blowing at us from every direction, of course our emotions will go up and down and all around. But sometimes we live as if we only have branches. Our goal is to help you find your own trunk. That way, even when life is pulling from all sides, you won't be living in your branches. You'll still be secure and stable."

It's an image that's stuck with me, and it's similar to the image Paul offered new believers in Ephesians. Reminding them of God's incredible gift—a new life of tremendous purpose and value (Ephesians 2:6–10), Paul shared his longing that they'd become deeply "rooted and established" in Christ's love (3:17), no longer "blown here and there by every wind of teaching" (4:14).

On our own, it's easy to feel insecure and fragile, pummeled by our fears and insecurities. But as we grow in our true identity in Christ (vv. 22–24), we can experience deep peace with God and each other (v. 3), nourished and sustained by Christ's power and beauty (vv. 15–16).

By: Monica La Rose - Taken from [odb.org](http://odb.org)

# KEEP YOUR EYE ON THE GOAL

Steve Moser - Saturday 2nd May 2020



Watch the [Traditional Service with Steve Moser](#)

Watch the [Parallel Service online](#)

[Watch your favourite service on our YouTube Channel](#)

[SEC COVID-19 UPDATE](#)

## Announcements / News

- **BUC Restoration Convalescence Project Launch** The project will provide the following: Daily meals, Weekly shopping, Relevant publications on physical, emotional and spiritual wellbeing, Counselling support. The project is being launched in 3 phases as followed: [continue reading](#).
- **[LIVING OUR VALUES IN LOCKDOWN](#)** This booklet gives you some practical tips of how to live Christ's values in your family, in your church and in your local community during the lockdown. Be free to send us also your ideas and stories.



**Tithe 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](mailto: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.

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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](mailto:prayeratstanborough@gmail.com)

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**The Primary Sabbath School** Team has decided to trial running Sabbath School on Zoom. If you and your family are interested in joining, please email Naomi Burgess ([naomisburgess@gmail.com](mailto:naomisburgess@gmail.com)) to register your interest.

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- **Junior Sabbath School** from 10am <https://us04web.zoom.us/j/399054018>  
Meeting ID: 399054018

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- **Earliteen Sabbath School** (14-16 yo) at 9:45 am  
<https://us02web.zoom.us/j/84738372641?pwd=dnR4Wi9YMhZlSTBSWnd0UjFhbnR5aU9kdz09>  
Meeting ID: 847 3837 2641 Password: 480263  
Download the lesson: [www.realtimfaith.net/](http://www.realtimfaith.net/) Encourage your children to attend.

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- **Kindergarten Sabbath School** For information about how to join the kindergarten Sabbath school please contact Ruth at [kindergartensabbathschool@yahoo.com](mailto:kindergartensabbathschool@yahoo.com)

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- **Online Youth + Young Adult Sabbath School** every Saturday at 9.45am via zoom: <https://bit.ly/2VaYcqX>. We will study the topic 'By Scripture Alone'. The online study material can be found on <https://bit.ly/2XYvMDo>. Hope to see you all on Zoom!

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- **Cradle Roll Programme** Sabbath at 9:45am on [Facebook](#) or [Youtube](#).

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- [One Vision](#) presses ahead with helping the vulnerable members of society during Lockdown

- [A sad Goodbye](#) Sadly, Frank Blewitt and Joy McCrow, who regularly attended church before being admitted to local care homes, succumbed to Covid-19.

## Write a Letter, Raise a Smile

We are still writing letters and creating drawings for our senior members and the residents of Councillor Liz Burns' home for veterans. Pick up a pen and join this worthwhile project without leaving the house.

**WRITE A LETTER TO OUR SENIOR FRIENDS**  
**AND BRIGHTEN THEIR DAY!**

Type or scan your letters and drawings and send to: [youth@stanboroughchurch.org](mailto:youth@stanboroughchurch.org)

We'll print them off and post them to the senior members in our church and also friends in a local home for veterans. You really will be doing your part to share some love this holiday, and the whole family can get involved too!

This Easter holiday  
**SEND SOME LOVE**  
 From your house to theirs

**CHOOSE A NAME AND GET WRITING!**

Gillian	Audrey
Mavis	Peggy
Monica	Sheila
Owen	Gloria
Patrick	Daisy
Melba	Doreen
Annie	Sabina
Connie	Valerie
Elsie	Nan
Joanne	Patricia
Doreen	Linda
Joyce	Betty
Joan	Pilar
Douglas	Mary
Britta	Marlene
Tina	Ruth
Mercia	

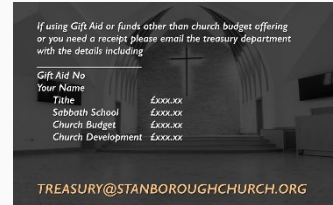
Bronwen & Roy  
 Gerda & Basil  
 Sheila & Roy  
 Margaret & Eustace  
 Tony & Mercia  
 Diane & Dennis  
 Margaret & Llew

Email your letters and drawings to: [youth@stanboroughchurch.org](mailto:youth@stanboroughchurch.org)

- **Online Social for Youth Saturday 2nd May at 7pm** Send an email to [youth@stanboroughchurch.org](mailto:youth@stanboroughchurch.org) and you will receive a zoom code just before the meeting.

- **Friday night Youth Meeting on 8th May.** Email [youth@stanboroughchurch.org](mailto:youth@stanboroughchurch.org) for more info and time.

- If you'd like to be kept in contact with youth events, please message [youth@stanboroughchurch.org](mailto:youth@stanboroughchurch.org) with the message KEEP IN TOUCH. Please send your email or phone number for WhatsApp.



**YOUTH SOCIAL**  
LIVE ON ZOOM

JOIN US ON **SATURDAY 2 MAY AT 7:00 PM**  
WE'LL BE HAVING A **CATCH-UP** AND A **QUIZ** ABOUT  
**THE STORIES JESUS TOLD**

TO PARTICIPATE **SEND AN E-MAIL TO:**  
**youth@stanboroughchurch.org**  
YOU'LL RECEIVE A ZOOM CODE JUST BEFORE THE MEETING.

**LOOKING FORWARD TO SEEING YOU SOON!**

For eyes only



**RESTORATION CONVALESCENCE PROJECT**  
BUC Health Ministries in partnership with One Vision

Are you or someone you know, recovering from the COVID-19 Coronavirus?  
Are you experiencing post-viral fatigue, exhaustion, low energy or not yet back to full health and strength?  
Do you need assistance with meals or shopping in this time of recovery?

**RESTORATION is a convalescence project that can assist you.**  
We can provide: Daily meals; Essential household items; Wellness bag/box containing publications on physical, emotional and spiritual wellbeing.

If you or someone you know, require any of the above, please contact us at the following emails for more information:

Sharon Platt-McDonald | [splattmcdonald@adventist.uk](mailto:splattmcdonald@adventist.uk)  
Enoch Kanaganaj | [evp@stanboroughpark.org](mailto:evp@stanboroughpark.org) | 07702 566667  
Clr Rabi Martins | 07494 450325

[www.adventist.uk](http://www.adventist.uk) | [www.onevisionproject.org](http://www.onevisionproject.org)  
Stanborough Park Church, 609 St. Albans Road, WD159JL.

**Disappointment to Joy by Pr. Terry Messenger**



### **ADRA COVID-19 Emergency Appeal**



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



## **CONTACTS**

**Pastor Terry Messenger** [tmessenger@secadventist.org.uk](mailto:tmessenger@secadventist.org.uk) - 07879 454 267

**Pastor Geert Tap** [gtap@secadventist.org.uk](mailto:gtap@secadventist.org.uk) - 07747568942

**Stanborough Centre - Rob Page** [stanboroughcentre@gmail.com](mailto:stanboroughcentre@gmail.com) - 07908362431

**Church Clerk - Pat Swan** [swan.patricia4@gmail.com](mailto:swan.patricia4@gmail.com) - 07926119981

**Stanborough Park College of Music** [info@spcm.org.uk](mailto:info@spcm.org.uk)

**Treasury Department** [treasury@stanboroughchurch.org](mailto:treasury@stanboroughchurch.org)

**Bulletin Deadline Wednesday 6pm** [bulletin@stanboroughchurch.org](mailto:bulletin@stanboroughchurch.org)

**[www.stanboroughchurch.org](http://www.stanboroughchurch.org)**

Stanborough Park Church is part of the Seventh-Day Adventist Church

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