

Be strong.

PICTURE THE SCENE:- he sits, alone, abandoned, amidst all the filth and mess that pigs make. Everything about him is dismal, dusty, dirty. About him are clumps of pigs' dirt and mounds of decaying food squashed into the soil by their hefty hooves. The stench no longer offending him.

Previously luxurious clothes now hang on his haggard frame. His body, seen through rips and tears in the clothes is emaciated. His hair is matted and untidy, his beard long and unclean, his eyes sunken and sad, his stomach empty and nauseous, his mind depressed and disheartened. He has no one to talk to. No one to listen to him. No one to touch.

What now he wondered? Was this how life was to be 'till the day he died?

He begins to think of his father. Perhaps it is time to go home, but how can he? He remembered that moment when his father had placed the much pleaded for inheritance in his hand. The young man had ignored the tears welling up in his father's eyes, had waved a cheery good-bye and had run down the path taking him to freedom. He was so excited. He wanted more, so much more than his father could ever give him - this was his chance! But look where it had led him.

He couldn't go back to his father. He remembered how he had treated his father - mocked him to his face, cursed him, complained about him, criticised him; even cried out at him in contempt. He had hurt his father badly, and yet, something within the heart and mind of the Prodigal Son, told him it was time to go home.

Later, he found himself walking home. he daren't even lift his eyes from the road. He was too ashamed. He knew he didn't deserve to be his father's son, only his servant. Suddenly, he was startled into looking up by the sound of running feet and the joyous cry of his father's voice, *My son, my son, - you are home.*

The next thing he knew he was scooped up into his father's strong arms, his father buried his head into his shoulder and sobbed with sheer happiness. The son never expected anything like this. he didn't warrant this kind of welcome.

He was dirty, yucky, smelly and without any of the fortune that his father had given him. He had nothing. He was nothing. And yet, he suddenly realised how much the father, his father, loved him. for as the son asked his father to forgive him, his father slipped off his own richly embroidered coat and gently placed it about his son. The son's past mistakes were to be seen only by his father. The father then looked into his face and said, *My son, I love you, I forgive you - I am glad you are home.*

Isn't it comforting to know that no matter what we do, no matter how far we run from God, no matter what hurtful things we may say against him, God will always be there with welcoming arms, ready to forgive?

This story recorded in Luke 15, sums up the very essence of God's character - one of love, grace, forgiveness. It is also a picture that demands something of us. For God says, *Forgive as I forgive.*

That means that when we have been hurt, offended, misjudged, or ill-treated by others, we too are to respond with love, grace and forgiveness. we are to forgive as God forgives.

Maybe this is why we do not always walk around with the real joy that comes from knowing God, for our intimacy with him is at stake, when we do not forgive fully. God asks us to exchange what is our natural instinct when we suffer an injustice, for forgiveness, because it is important to God, how we treat one another. God, also knows all about those who treat us unfairly, and walk away unscathed, while we walk away with wounds that cut deep into our hearts. To protect us from the additional pain that accompanies unforgiveness, God says, *Forgive as I forgive.*

What's more, the Bible says, *Be kind and compassionate to one another, forgiving one another, just as in Christ, God forgave you.* Ephesians 4; 32.

Mahatma Gandhi recognised how hard this is, when he said, *The weak can never forgive. Forgiveness is the attribute of the strong.*

Part of a sermon by Mary Barrett

JESUS said,



Sanctify them by the truth, your word



is truth. John



17: 17. NIV

Peace of Mind by Richard J.B. Willis, MA, MSc, FRSPH

HAPPY are those whose transgression is forgiven, whose sin is covered. (Psalm 32: 1).

Whilst we usually consider these words in the spiritual sense, it is also a form of therapy or rehabilitation for prisoners. Dr William Glasser, who had charge of the mental health of prisoners in a range of US penal institutions, found that many of his convicts carried a burden on their minds through their sentence and beyond. **Their lives** as well as the lives of their victims were blighted by their actions.

Those prisoners who blamed everyone and everything but themselves for their problems and incarceration were the most troubled. Glasser introduced what he called **Reality Therapy**. The therapy involved the prisoners' taking responsibility for their own actions, finding forgiveness, and forgiving themselves. In doing so, they too found something of the happiness the psalmist wrote about.



He Didn't Have To by Joyce Hill

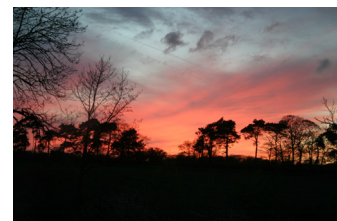
He didn't have to put the colours in the rainbow,
He didn't have to put the twinkle in the stars,
He didn't have to paint the faces on the pansies,
Or perfume all the roses everywhere.

He didn't have to put the softness in the moonbeam,
Nor put the silver in the moon's path on the sea.
He didn't have to put the gold in every sunrise,
Or swirl the colours in the evening sky.

He didn't have to share His Son with human nature,
He didn't have to suffer with him on the cross.

He didn't have to pour His heart out for creation,
Or feel the anguish of His loved Son's death

Yet this He did for love of His creation.
He gave us beauty in the midst of pain.
He raised to life His son, who is our Saviour,
To give us life forever, in His name.



It's not too late to make a new resolution to read the Bible through during the next year - starting now. The following Bible Calendar is the one we printed for you in 2006. If you followed it then, well done you and we're sure you received a blessing. You can always follow an Ian Sleeman suggestion and read it again in a different translation.

THIS IS LIFE ETERNAL - part 1.

CREATOR OF LIFE

Week 1 Ecclesiastes; Psalms 8, 19, 65, 77; Genesis 1 - 11:9

PATRIARCHAL PERIOD

Week 2 Genesis 11: 10-25:8; Psalms 61, 62, 66, 67, 73

Week 3 Genesis 25: 9-36; Proverbs 3; Psalms 1, 3, 68-70

Week 4 Genesis 37-50; Proverbs 5-8; Song of Solomon

MOSES AND ISRAEL IN EGYPT

Week 5 Exodus 1-18; Psalms 11, 20, 78; Leviticus 1-17

Week 6 Exodus 19-40; Leviticus 18-27; Malachi 3

Week 7 Numbers 1-10:10; Hebrews 3; Proverbs 1,2

Week 8 Numbers 10:11-25; Hebrews 4

Week 9 Numbers 26-30; Hebrews 5: 1-4; Proverbs 4, 9; Psalm 95

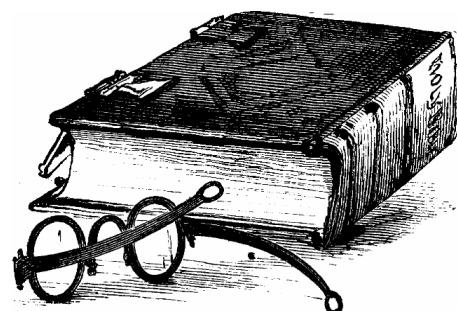
Week 10 Numbers 31-36; Acts 6: 8-15, and 7; Proverbs 10-15

Week 11 Deuteronomy 1-4: 43; Psalms 74, 76, 104, 105, 114, 135, 144-150

Week 12 Deuteronomy 4: 44- 26; Psalm 119: 1-80

Week 13 Deuteronomy 27-30; Galatians

Week 14 Deuteronomy 31-34; Jude; Psalm 119: 81-176.



KIT Puzzle - Name the Sweeties.

1. PLAYED in the water, or on horseback;
2. Good, Good (in French);
3. Just sew them on;
4. Say it softly;
5. Melodies;
6. A special kind of road;
7. A small fruit is kissable;
8. A theme;
9. Seat pills (anagram)
10. Musical players;
11. Snobs;
12. Ideal to shut your mouth;
13. Mediterranean fantasy;
14. A strike here means you're good;
15. King's watering hole.

The Dieter's Prayer by Deborah Mercer

LORD, I have been very good,
And only eaten what I should
For two whole weeks! And no éclair
Has passed my lips. It's true, I swear!

Profiteroles I've left alone,
And, oh, such self-restraint I've shown
Eschewed that lovely runny cheese,
Through gritted teeth said, *Low fat,*
please.

I've chewed a carrot for a snack
And even drunk my coffee black,
And even tried to get a taste
For yoghurt, thinking of my waist!

No creamy pasta's passed my lips.
It's boiled spuds now - forget the chips!
I trim all fat off from the edge.
One day I'll learn to like steamed veg!

But, Lord, although I know it's true
You have so many things to do,
And on the grand scale, what I plead
Is truly trivial, indeed.

Lord, let me wake up just one day,
Just once to see a paper say,
A miracle of science, try it -
That new cheese and chocolate diet!

Food for Thought?

- 10 LITTLE Christians standing in line, 1 disliked the Pastor and then there were nine.
9 little Christians stayed up very late, 1 overslept on Sabbath and then there were eight.
8 little Christians on their way to heaven, 1 took the low road and then there were seven.
7 little Christians chirping like chicks, 1 disliked the music and then there were six.
6 little Christians seemed very much alive. One lost his interest and then there were five.
5 little Christians pulling for Heaven's shore. 1 stopped to rest and then there were four.
4 little Christians each busy as a bee. 1 got his feelings hurt and then there were three.
3 little Christians knew not what to do. 1 joined the sporty crowd and then there were two.
2 little Christians, our rhyme is nearly done, differed with each other, and then there was one.
1 little Christian, can't do much it's true, brought his friend to Bible study, then there were two.
2 earnest Christians, each won one more. That doubled the number and then there were four.
4 sincere Christians worked early and late. Each won another and then there were eight.
8 splendid Christians, if they doubled as before, in just as many Sabbaths we'd have 1024.

In this little jingle, there is a lesson true, you belong either to the building or to the wrecking crew!

YOU ARE kind and forgiving, O Lord, abounding in love to all who call to you. Hear my prayer, O Lord; listen to my cry for mercy. In the day of my trouble I will call to you, for you will answer me. Psalm 86: 5-7. NIV

KIT Puzzle Answers.

1. POLO; 2. Bon Bon; 3. Buttons; 4. Wispa; 5. Tunes; 6. Quality Street; 7. Cherry Lips; 8. Topic; 9. Pastilles; 10. Minstrels; 11. Toffee; 12. Gob Stopper; 13. Turkish Delight; 14. Bull's Eye; 15. Lion Bar.

Chuckle Corner - more howlers from school exam. answer papers.

Q, WHERE are the tibia?

A, They live in a country in North Africa.

Q, Describe the skeleton and its function.

A, The skeleton is what is left after the insides have been taken out, and the outsides have been taken off. Its purpose is something to hitch the meat onto.

Q, What is the correct use of a semi-colon?

A, Only to be used as a last resort, a semi-colon is a partial removal of the intestines.

NEWS, NEWS, NEWS.

JUNE COOMBS reports:- Sabbath, 13th December saw the 47th Annual Toy Service taking place in Stanborough Park Church. Organiser, **Pat Walton** was especially excited about this particular service as, unusually, Watford Borough Council had **three** representatives forming part of the platform party (something which her father, who established the event, never achieved). **Mayor of Watford, Dorothy Thornhill** sat alongside **Chairman of the Council, Jan Brown** and her consort **Councillor Ian Brown** - and it was a return visit for all of them.

Pat's father, **Alf Kelly**, started the annual event as a result of witnessing the poverty amongst local families firsthand. But is there still a need for such an event nearly half a century after its instigation? The answer is yes according to **Cathy, a Senior Social Worker with Children, Schools and Families** who was responsible for distributing the toys and who was very appreciative of the donation. She explained that many parents, especially mothers, came under a lot of pressure at Christmas to give their children the type of Christmas that other children enjoy and for them, unable to afford to buy the toys themselves, the donations by the community are a life line.

The photo taken by **Geoff Coombs** shows, left to right, Councillor Ian Brown, Chairman of the Council Jan Brown, Mayor of Watford Dorothy Thornhill and our own **Pastor Patrick Boyle** with a few of the children.



Sadly our church community lost six loved ones starting just before that happy service. **Ramona Towle** lost her father at the beginning of December. Then **Sister Betty Haytor** died on 19 December at the grand age of 94. She was a loving Christian lady, who will be greatly missed by her family and friends. In January, we lost two people :- **Brother Keith Reynolds** died on 4 January. He was a student at Stanborough School from 1962-69 and maintained his link with our church through the videos of our services. Every week videos and DVDs are sent to Berkshire, Cornwall, Devon, Dorset, East Sussex, Essex, Hampshire, Kent, Middlesex and Wales, even to Australia. Our longest standing member, **Sister Norah Marriner** died on January 12. She was a faithful member for 81 years and had nearly reached her 99th birthday. In her younger days she did a great deal for the youth of the church, for the senior members and for many in our local community. On February 9, **Brother Yves Vitry** lost his younger brother who was 93. On February 12, **Sister Dorothy Huzzey**, the mother of **Pastor James Huzzey**, died aged 91. We send our condolences to all those who suffer the pain of losing loved ones, but just look at the ages! God blessed most of these folk with long life, despite the problems the world has faced in the last ninety or so years. We thank him for lending them all to us and for his blessings shown in their lives.

We have no baby pictures in this KIT but we have pictures of some who have been born a second time. Late last year, we added six young people to our church. **Zayne Muller-Smith** was baptised on **Adventurer and Pathfinder Day - October 18**; the following week we added **Kirsty Hatten, Jake De Bique** and **Colin Donaldson**. On December 6, **Zoe Marshall** was welcomed into fellowship, and on December 13, **Sean Ramharacksingh**. Zoe and Sean were baptised at camp. Pictured are Jake, Colin and Zoe.



Remember as life gets more challenging, prayer does help. If you need prayer for you or for someone else, send a request to emailprayerchain@googlemail.com

**Hopefully this KIT will reach you before the Easter Holiday,
Our wish for you is that you have a happy Easter.**

KIT SPRING 2009". KIT is published quarterly and authorised by the church board at Stanborough Park Seventh-day Adventist Church. Editor: Bronwen Atkinson, address roybron@onetel.com; Design and Layout: Audrey Wolfram; Secretary: Mary Kapon. Other contributors were Mary Barrett; Pastor Richard Willis; Geoff and June Coombs; Gwenda Hillman and Joyce Hill. Lorna Annable produced Junior Page; and Frank Blewitt produced Teen Page, and found our Bible Calendar and the jokes. Etienne Guenin, Gwen Olney and the deaconesses helped with distribution. Poem by Deborah Mercer used with the kind permission of The People's Friend magazine.