

SPECIAL
POINTS OF
INTEREST:

- **The Future of Communications**
- **How do you communicate?**
- **100! - Wow that's a centenarian!**
- **GC 2020**
- **The Tower of Babel**
- **...Just for laughs!**

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The Stokey Advent Times

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The Future of Communications

Welcome to our first newsletter for the first quarter of a new year, new decade and a new team.

I say the future of communications but what do I really mean? Providing information nowadays comes in all different formats, whether through newspapers, email, social media, television, radio, podcasts, websites...and the list goes on!

What's the future for the Stoke Newington communications department? Well, simply put, it is to provide information in as many formats as possible. This will begin with something simple as the bulletin to eventually live streaming our services.

Vision

The vision for the department is that we want to make our communications relevant and current by using as many different

platforms as is possible. Over the next two years you will see changes in how we operate from not only providing information but also how we present it, e.g. visually and through audio. I read an article a couple of months ago advising when we are inviting people into our church for service how we present it visually and through audio must be spot on, in other words, have a system that is working. So, with this in mind, this will be one of the focusses for the department.

Through discussion with the team, it is the general consensus that we want to be effective in providing you, our church members, with information that is readily available in formats that accommodate everyone.

The Plan

We have so many ideas that we

have looked at and discussed as a team and over the coming weeks and months we will be introducing these ideas.

We do hope that whatever the communications department does it will benefit not only our members but our visitors too.

Although we as a team are meeting and discussing and coming up with ideas I would also like to encourage you, our members, that if you have any ideas you would like to share with us, please do so.

As members of this department are in service for the next two years, I ask for your prayers and support that we will achieve our goals. Thank you.

Donna Douglas
Head of Communications

"All things are possible through Jesus Christ our Lord!"

Communications and You!

Huh...communications and you...what are you talking about? Well, what does communication mean to you? When you think about communication what is the first thing that pops into your head (talking) - I bet it is. Well communication is in many forms not just through talking. Communication and you is also about body language,

what you say by not actually saying it with your mouth. Let me pose this to you. What communication do you think you give off as a person? Think about it and be honest with yourself. Are you inviting, deterring or have no idea whatsoever. Well, I challenge you to have an inviting communication.

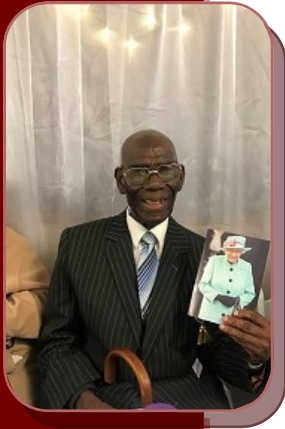
How you ask? It's simple, just one little thing - SMILE!!

It's amazing what this one simple gesture can do to anyone that you come into contact with. Try it and see!



(P.S....did this picture make you smile?)

Who are You? - A Centenarian



100 —Wow, that's a centenarian!

Bro Levi Lawrence, born 11 November 1919, hails from the land of wood and water (Jamaica). He has been a 'Stokey' member for decades and is well known and loved by all for being a father, brother, counsellor, poet, singer, theologian and teacher.

Over the many years as a member of Stokey he has served in various ministries, to name a few - as a deacon, personal ministries, singing in the choir and who can forget his duets with his brother Haskell!

As a worker for God his delight is in missionary work. He would spend many a Saturdays visiting a nursing home in Edmonton, witnessing in Leicester Square

on a Saturday night and witnessing on Sundays in Camden and Hyde Park Corner. Such was his passion for this that he would go above and beyond purchasing tracts to hand out from his own pocket.

His work did not stop at witnessing. He was one of Stokey's top ingathering champions and even when he could no longer physically go out, he would still bring in over £100 in his tin!

For those who don't know, Bro Lawrence has an incredible gift of being able to recite from memory. We have been blessed by many poems from memory...even up to a couple of weeks ago.

As our first and only centenarian at Stokey who has received an

official congratulatory letter from her Majesty Queen Elizabeth II, the church celebrated this special occasion on 16 November 2019. The speaker for the day was Pastor Perry whose sermon was "Who can find a valiant man?" It focussed on Brother Lawrence's dedication, love and faithfulness to God as a valiant warrior for God.

God has indeed fulfilled His promise in Psalm 90:10 by blessing Bro Lawrence to far exceed three score and ten!

May his days be long upon the land which the Lord has given us.

**So Who am I?
Bro Levi Lawrence, 100+ years old and still a worker for God!**

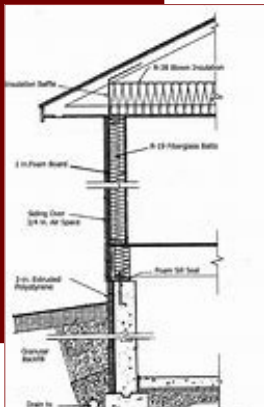
"Be happy. It's the ultimate goal and greatest thing you can do for your health and wellbeing"

Tips to be Happier and Healthier in 2020

1. **Declutter.** Who can focus on the juicy bits of life when you're being dragged down by a shed-load of STUFF that you don't use or need & have to keep looking after? Cut the cord!
2. **Lighten up.** There's no way you can turbo charge up your act mired in stinking thinking & over pondering.
3. **Set mini nutrition goals.** Commit to a number of little things like trying 2 new vegetables, fruits or healthy recipes each week for example.
4. **Tackle low energy.** Who can embrace life beleaguered with brain fog & fatigue? Reduce sugar & refined carbs & eating less junk.
5. **Recharge your skin.** Weather, over indulging and poor diet can affect skin. Eating enough protein & good fats such as nuts, avocados and oily fish as they all help with plumping the skin and keeping it soft.
6. **Boost immunity to help dodge illness & allergies.** It's crucial to try to manage stress & to do at least some form of exercise daily. Along with eating well, bee propolis, black elderberry, olive leaf & beta glucans are very nourishing for the immune system. Adding in a probiotic & vitamin d will also help.
7. **Baby step fitness.** Commit to do **10 minutes of SOMETHING** every day e.g. sit-ups, leg lifts, a quick run, or anything you like. If you stick to it every day, you'll find you often carry on to do more.
8. **Be calm.** Even a minute or two can have huge benefits. Reading an engrossing book for just 6 minutes can lower stress levels by 68%. Cooking and walking in nature have also been shown to reduce anxiety & improve wellbeing.
9. **Stay rested.** Poor sleep is one of the main complaints nutritionists and doctors hear. Lack of sleep or poor sleep quality can have a massive impact on our health and wellbeing.

Building Update

2-storey building for recreational and community use



The time has been given and we need to start building works by the end of May if we don't want to have to apply for building permission again. The next time they may not authorise us building!

Where are we now?

Currently at the tender stage, as mentioned in the business meeting held on 1 February 2020. Received tender estimates for how much it would cost to do the new build, from six different companies. Costings ranged from £400k+ to £700k+. Jack Small, pro-

ject manager, advised of what has happened so far and of the choice made to decide which company will do the build. As he mentioned, he has given them what our budget is so now just at the stage of waiting to see if they accept. With a budget of £450k let's pray that they say yes.

News from Abroad - General Conference 2020



Lucas Oil Stadium & Indiana Convention Centre Venue for GC 2020

25 June to 4 July 2020 is when the 61th General Conference Session will be taking place in Indianapolis, Indiana, USA. The theme for the session is "Jesus is Coming! Get Involved!" Tens of thousands of people from all over the world

will be attending with 2,500 of those being delegates. With only 20 delegates attending at the very first session held in 1863, sure have come a mighty long way.

What is the session about?

It is a forum for electing world church officers and voting changes to the church's Constitution. Delegates also hear reports from each of the 13 administrative regions of the church. Voting delegates for

Session represent world regions both by church population and the self-sustainability of administrative regions. The Constitution states that at least 50 percent of delegates shall be laypersons, pastors, teachers, and non-administrative employees, of both genders and representing a range of age groups and nationalities. If you have never been to a GC session then you have missed out. It truly is something to behold being among so many different nationalities who all worship the same living God, plus the atmosphere is great too!

Departmental Feature - Treasury

With a new year, decade and team, comes new changes. The treasury department has now gone digital and with this change there will be no more tithe receipts. Well, let me clarify — no paper tithe receipts weekly I should say. With the new system, we are encouraging members to give their email address if they wish to receive tithe and offering receipts weekly or if you do still

wish to receive it in paper form, we will be providing this service twice yearly (more cost effective to do so). I would also like to take this opportunity to remind members once again about the benefits of joining the Gift Aid scheme. However much you decide to give in tithe and offerings Stokey church can receive a percentage back from the government. This is really useful seeing

we have a building project in the making. Every little extra helps! It really is straightforward to join the scheme and if you are UK taxpayer please approach any member of the treasury department for a form or to direct you to sign-up online. As the department serves for the next two years, please pray that we will continue to do a faithful service to you our members and to God.

“ The treasury department has now gone digital ”

What's Happening and Where

- **7.3.20** Prayer Emphasis Day concluding divine hour.
- **7.3.20** Personal Ministries department will be holding an all night prayer session 10pm – 6am. Theme "Back to my First Love – Togetherness". We are inviting all, young and old to attend, to recommit to our first love "God". Hot and cold beverages will be available throughout the night and

- breakfast will be provided at the end of the session.
- **21 – 28.3.20** Youth Week of Prayer "The Embrace", speaker Pastor Steve McKenzie. 8 lessons on forgiveness and reconciliation.
- **11.4.20** "He is Risen" Music department day of praise and worship
- **18.4.20** Teens Congress, taking place at Stanborough

- School 10am—5pm. A day of praise and worship; training and discussion; workshops, seminars and the inspiring word of God.
- **2 - 9.5.20** Core of Adventism
- **3.5.20** Career's Day—student fare for secondary and 6th form students to be held at The Advent Centre, 10am—4pm.



Children's Spot!

The Tower of Babel

Years after the flood, when Noah and his family settled down and had more children, they began to move from place to place. When they reached the land of Babylon, they decided to settle there and build a tower so high, that it would reach the sky. The hearts of the people were proud, and they thought that they could reach the same level as God, the Highest.



This pride was their downfall. When God came down to the city and saw what the people were doing, He became very angry. He decided to put a stop to their construction, by making sure that nobody could understand the other. God made sure

that all the people there began to speak a different language, so that neighbours could no longer understand each other.

When people tried to communicate, it turned into a whole babble of confused voices. Soon, everyone who spoke the same language left the city together, and in this way, they spread out across the world, taking their different languages with them. This is why the tower is called the tower of "babel." Perhaps the origin of the word "babble".

...and the moral of the story

The pride of the people of Babylon led to their downfall. Just like Satan, they wanted to be like God. We must humble ourselves before the Lord.

...Just for laughs!

What time of day was Adam created?

Just a little before Eve.



Who was the fastest runner in the race?

Adam. He was first in the human race.

Why are atoms Catholic?

Because they have mass.

Why didn't they play cards on the Ark?

Because Noah was always standing on the deck

Why didn't Noah ever go fishing?

He only had two worms.

Did Eve ever have a date with Adam?

Nope — just an apple.

Why did the unemployed man get excited while reading his Bible?

He thought he saw a job.



Puzzle Time!



Join the dots

