

SPECIAL
POINTS OF
INTEREST:

- COVID-19
- What is COVID-19?
- COVID-19 Playlist
- Veggie Burgers...
- SEC Virtual Camp Meeting 14 - 20 June 2020
- David and Goliath
- ...Just for laughs!

INSIDE THIS
ISSUE:

- Smooth listening 2
- Tips on dealing with coronavirus 2
- Building Update 2
- Chefs & Bakers!!! 3
- Departmental Feature 3
- What's happening where 3
- Children's Spot 4
- Puzzle Time 4

COVID-19 (CORONAVIRUS)hmmmm

What is this? Why is it here? How did it start? ...these are just a few questions that have been asked since Coronavirus has become a pandemic.

One thing that can be said about it is that we are all now living a life of some kind of lockdown!

Imagine, would you have ever thought that you would be told you cannot go to church, you cannot visit family and friends, only travel if essential, only go to the supermarket for essentials....and the list goes on.

2020 will surely be one of those memorable years that in the future when talking you will say "Do you remember 2020?" "Oh yes"...will be the answer "that is the year that there was a virus that killed a lot of people worldwide!"

So how exactly has this impacted on our lives so far? Well everyone is finding a new way of doing things that were taken for granted or that came to us naturally without thinking about it.

How has our own life changed?
To name just a few changes:

- Self-isolating, especially long periods for those who are on the vulnerable list—12 weeks at least!
- Washing hands more frequently
- Wearing masks and gloves
- Social distancing—staying 2 metres apart from other people
- Spending more time with family (in our immediate household)

How has our working lives changed?

- A lot more people now working from home
- Many, if not all, meetings take place on the different digital platforms such as Zoom, MS Teams, Webex, Goto Meetings etc
- Office buildings are empty or if not, only a handful of people inside—social distancing at work

How has our social life changed?

- What social life???? - we're in lock down

How has our church life changed?

- Finding new ways to have church with each other over the internet
- Spending more time in communion with God
- Keeping in contact with members more

At this precise time nobody is certain of the future with coronavirus whether it will ever leave but thankfully, at the time of writing this article, things are getting better than when it first started.

I just encourage us all to continually seek God in prayer as we go through this trying time, even with the sadness that it may bring!

**STAY SAFE
STAY ALERT
TRUST IN GOD**

**Donna Douglas
Head of Comms & Media**

What Exactly is Covid-19 (Coronavirus)?

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop

serious illness. The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person

coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments. WHO will continue to provide updated information as soon as clinical findings become available.

(World Health Organisation)

COVID-19 Smooth Listening!



VaShawn Mitchell

Covid-19 has not only shaken the nation but the whole world. At this time, people don't know what to do from one day to the next. Some have lost their jobs, others don't know where their next meal is coming from and others are struggling with mental health. Each one of us have known of someone who has lost their life to this pandemic.

Even us as Christians may have had our faith shaken and may have found ourselves questioning God. God however, is not just sitting idly by while we are suffering and hurting but He is working out His plan in each and every one of our lives throughout this testing time.

Each of our coping mechanisms during this time may be different. Some may pray, some may find comfort in the Bible, some may talk to family or friends and some may listen to music. For those of you who turn to the last for some comfort, here is a list of songs that will encourage you.

COVID-19 Playlist...

Turning around for me - by VaShawn Mitchell

<https://youtu.be/MrydmDMc93E>

Hold On - by The Walls Group

<https://youtu.be/bBah9t6TlcQ>

Take it to the Lord in Prayer - by Nolan Williams

<https://youtu.be/ZliyXoaxDVQ>

Grateful People - by Anthony Brown

https://youtu.be/k3m6Ky_l2VM

I Believe - by Jonathan Nelson

<https://youtu.be/SgHJ6xDBulc>

Trouble won't Last - by Keyondra Lockett

<https://youtu.be/ETvDsQEWBkc>

Father Knows Best - by Kirk Franklin

<https://youtu.be/OCdSaldyFD0>

Jasmine Pile

"We can all help control the virus if we all stay alert"

Tips on dealing with Coronavirus

To stop coronavirus spreading, you should stay at home as much as possible.

There are only a few specific reasons to leave your home, including:

- for work, if you cannot work from home
- going to shops to get things like food and medicine, or to collect things you've ordered
- to exercise or spend time outdoors
- for any medical reason, to donate blood, avoid injury or illness, escape risk of harm,

provide care or help a vulnerable person

When outside your home, it's important to try to stay 2 metres (3 steps) away from anyone you do not live with.

If you can, wear something that covers your nose and mouth when it's hard to stay away from other people, such as on public transport

You should also:

- wash your hands with soap and water often – for at least 20 seconds
- wash your hands as soon as

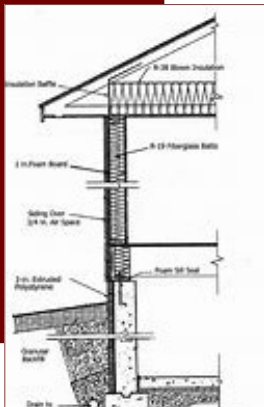
you get home

- cover your mouth and nose with a tissue when you cough or sneeze
- put used tissues in the bin immediately and wash your hands
- not touch your face if your hands are not clean

Lastly, keep up to date on the latest information from trusted sources such as WHO or your local and national health authorities. See links below.

<https://www.who.int/>
<https://www.gov.uk/coronavirus>

2-storey building for recreational and community use



Building Update

Where are we now?

Even with the lockdown things have been moving on.

Thanks to a few individuals who cleared out the pre-fab and other storage at the back of church, the

pre-fab has now been demolished and ground has been broken. Yes....the building works has started.

All we can do now is think about the former years of once having a hall long enough to hold socials (before the extension of our current church building) and doing

pathfinder drills back in the day!!!

With that being said and looking forward to the future, now we need to think about raising funds to be able to complete the new building.

Let us pray that once the lockdown ends things will move along without any hiccups!

COVID-19 has created a nation of avid CHEFS & BAKERS!!!



A flavoursome & spicy black-eyed beans veggie burger for herbivores and carnivores alike

With many of us working from home and going out less, there is now more time to plan meals and try new recipes. Having been raised in a Nigerian household, I am an avid fan of black-eyed beans, which I remember my dad cooking with lashings of palm oil (.. I feel I need to add...sustainably sourced of course!). So when I saw this recipe, I just had

to try it - and believe me it does not disappoint.

Tip: feel free to swap out herbs stated in the recipe for what you have in your pantry!

Uzoma Clarke

Black-Eyed Beans Veggie Burger

Servings: 6 Burgers
Cooking Time: 55 mins

Ingredients

- 100g black-eyed peas (tinned beans work just as well in this recipe)
- 1 onion medium-sized approx. 70g
- 2 cloves garlic
- 8g shiitake mushrooms dried (you can also use any fresh mushroom you have and roast to get rid of excess water)
- 25g peanuts chopped (you can leave this out if you're not a peanut fan)
- 1 tsp olive oil extra virgin
- 2 tsp vegetable seasoning
- 1 tbsp paprika smoked

- 1 tsp cumin ground
- 1 tsp coriander ground
- 1 egg (preferably organic)
- 5 tbsp breadcrumbs (or spelt flour)
- 10g cilantro (I swapped this out for thyme)
- 1 chilli pepper
- 100g gruyere cheese (or grated mozzarella)

Instructions

1. Place the black-eyed peas in a pan of 400ml of cold water. Bring to a boil, reduce the heat to medium and allow to simmer covered for 45 minutes. Drain, and use a bean masher to roughly mash the peas.
2. Place the shiitake mushrooms in a bowl of boiling water with enough water to cover the mushrooms. Leave to stand for approximately 30 minutes. After 30 minutes, drain and finely chop the mushrooms.
3. Add the olive oil to a pan when hot, fry the onions and garlic for about 4-5 minutes, until soft and translucent. Transfer to a mixing bowl.
4. To the mixing bowl, add the chopped mushrooms, mashed beans, roughly chopped peanuts, seasoning, herbs and spices, egg, cheese and breadcrumbs. Gently fold everything together to make the patty mixture, then shape 6 burger patties from the mixture.
5. Add one tablespoon of oil to a pan, on medium heat, until oil is hot. Add the patties to the pan, ensuring they do not touch. Allow to fry for approximately 5-7 minutes, until browned.
6. Serve on a bun, or on a bed of salad.

Departmental Feature - Possibilities Ministry

“Umoja and Ujima - unity”

The theme for this year is ‘**umoja and ujima**’ - i.e. unity, collective work and responsibility.

The possibility ministry has a strong need to ‘to build and maintain our community together and make our brother's and sister's problems our problems and to solve them together’.

We believe our church community must incorporate those who are marginalised. That way we work together to include everyone regardless of the difficulties they face or that we may face in trying to include those who are peripheral.

We plan to work as roof breakers taking our cue

from the four friends who broke the roof so that their **friend**, the man of the palsy (**the marginalised**) could see Jesus, be healed and return to **his community**.

Doing whatever it takes, even breaking roofs, is this year's approach for the Possibilities Ministry.

What's Happening and Where

Well, for now, anything and everything that is happening, is online. Please note all meetings take place via <https://zoom.us/>

- **It is Possible Tuesdays** commencing at 7pm weekly until 16.6.20. Meeting id: 578 530 0913 password: 0jTUPa
- **Wednesday Prayer Meeting Power Hour sessions** Come and join us at 7pm weekly. Meeting id: 892 0111 2538 password: 08E7A4

- **Friday Worship Power Hour sessions** Come and join us at 7pm weekly. Meeting id: 837 3233 2496 password: E9182F
- **Live Sabbath (Saturday) Services** Come and join us at 11am weekly. Meeting id: 865 5534 8026 password: 3e192q
- **SEC Virtual Camp Meeting** 14 - 20 June 2020.

7am - 8am and 7pm - 9pm. Watch live via

<http://www.secmedia.org/>

- **BCU and SEC Live Sabbath Worship** weekly on YouTube. Links below. <https://www.youtube.com/user/secadventist/search?query=sabbath+worship+live> https://www.youtube.com/results?search_query=BCU+news



Children's Spot!

David and Goliath

King David was considered to be a man after Gods own heart and is most famous for defeating the giant Goliath when he was only a shepherd boy.

When King Saul sinned in the eyes of God, God became very displeased with him and commanded Samuel, His prophet, to anoint another man to be king after Saul. Samuel followed the directions of God and was led to the home of a man named Jesse, who came from the tribe of Benjamin.



Jesse had eight sons, seven of whom were shown to Samuel. Samuel thought that surely the Lord would pick one of them, as they were strong and fine in appearance. The Lord, however, told Samuel that He does not consider a person's outward appearance, but instead looks at their heart. Samuel was told to anoint the youngest son, who was a shepherd boy; this boy was called David.

When the war between the Israelites and Philistines took place, a giant named Goli-

ath would shout out a challenge, each day, to any Israeli who would defeat him in battle. Nobody was brave enough to face him.

When David heard him challenge the armies of God, he told King Saul that he would fight the giant. King Saul was worried, as David was not a warrior, but he put his own royal armour on David and gave him his blessing. David asked that the armour is removed, as he was not used to it. He chose, instead, to face the giant, dressed as a simple shepherd boy; his slingshot his only weapon.

As the giant came towards him, David slung a stone in his slingshot and shot the giant. The small stone sunk into Goliath's head and the giant died instantly. The Philistines tried to flee when their hero died, but the Israeli army cut them off and defeated them.

God does not look at the appearance of a person, but instead looks at a person's heart. He does not need His people dressed in fancy armour to help them defeat their enemies.

...Just for laughs!

Does God love everyone?

Yes, but He prefers "fruits of the spirit" to "religious nuts!"



If Mary had Jesus, and Jesus was a little lamb...

Does that mean Mary had a little lamb?

What's so funny about forbidden fruits?

They create many jams.

Why couldn't Jonah trust the ocean?

He just knew there was something fishy about it.

What kind of man was Boaz before he married Ruth?

Absolutely ruthless

The good Lord didn't create anything without a purpose.

Mosquitoes come close, though.

What kind of car does Jesus typically drive?

A Christler



Puzzle Time!

