

SPECIAL POINTS OF INTEREST:

- The Wait!
- Lock Down
- Information on Vitamin D
- Children Ministries
- Vacation Bible School (VBS)

INSIDE THIS ISSUE:

- How Do I Feel? 2
- Vitamin D Health 2
- Building Update 2
- Vitamin D Foods 3
- Departmental Feature 3
- What's happening where 3
- Member's Experience 4
- Children's Spot 5

The Wait!

Lamentations 3:25 – ***“The Lord is good to those who wait for him, to the soul that seeks him.”***

As I reflect on this year, the saying ‘The best laid plans of mice and men often go awry’ comes to mind.

As 2020 laid before us, the number lends itself to the having a clear idea of what is in front of us and what is to come. We engaged in plans we hoped to carry out for the year and now we engage in plans that we have for when we return to church.

I want to encourage you that this has been an opportunity to sit awhile and actively wait on the Lord. We have been able to personally worship, engage and absorb everything about God. Spending adequate time in His presence and gave Him the opportunity to hear him speak loudly and clearly, without any other voices or influences.

Certainly, these have been uncharted waters that seem almost overwhelming at times. However,

God is the one who can give each of us strength and the power to endure. We must remember that God loves each of us and has demonstrated that by sending His Son to die for our sins. So even in the midst of fear and tremendous and heart-breaking loss, that we have suffered, I and we, should be strengthened by the assurance of God’s genuine love for us personally.

Although we have been overwhelmed by information coming at us through various medium, our faith commends us to do otherwise, to not be consumed by fear, insecurity, and anxiety, but to place them at the feet of Jesus (1 Peter 5:7). As followers of Jesus, we put our trust in God who raised Jesus from the dead and through the power of the Holy Spirit, sends us to be about God’s mission of restoration, reconciliation and wholeness in the face of brokenness, separation, and illness. Now is the time for us to be the Church that God wants us and needs us to be.

As we prepare for the next season, I pray that

we have taken full advantage of this opportunity to increase our worship to our Father, recognizing that worship cannot be contained within 10-15 minutes segment on Sabbath. We worship with arms outstretched and singing, or knees bent, hands open and petitioning the Lord, discovering gratitude and focusing on what is to come and giving thanks for it. When we take this time to worship, we take our eyes off our problems and unfulfilled promises and set our sights on God.

May we continue to wait on God with a purpose, because God doesn’t waste the wait. He is shaping us. He is moulding us. He is transforming us. Let us keep our eyes on God and may He guide us in our steps forward.

Lamentations 3:26 - ***“It is good that one should wait quietly for the salvation of the Lord”***

**Nicole Gooden
First Elder**

How Do I Feel? Members Experience



Our church has now been closed for just over six months due to the COVID-19 pandemic. Many of us have taken to online church services like a duck to water, while others are counting down to the Sabbath when our church doors will be open to all.

The pandemic has affected all of us in some way or another. It has impacted the way we live, how we do church

and how we celebrate the Sabbath. Many agree that this crisis has given us time to 'be still' and think about our spiritual life and where we are heading. We asked a few of our members to share their experiences and tell us what they have learnt during these unprecedented times.

By Uzoma Clarke

This is what they said:

“During these times God has revealed that I have a long way to go in terms of improving my mental health. I also need to learn to trust God more.

I have Zoom meetings now on Sabbath. It's quite comfortable and takes the pressure of dressing up and ironing clothes to go to church.”

~ Bro Aaron Fenton

(Article continues on page 4)

“A human body produces vitamin D as a response to sun exposure”

Vitamin D Health

Vitamin D is essential for healthy bones. In the UK we get most of our vitamin D from sunlight exposure from around later March/early April to the end of September. It may also protect against a range of diseases and conditions, such as type 1 diabetes.

We need vitamin D to help the body absorb calcium and phosphate from our diet. These minerals are important for healthy bones, teeth and muscles.

A lack of vitamin D, known as

vitamin D deficiency, can cause bones to become soft and weak, which can lead to bone deformities.

In children, for example, a lack of vitamin D can lead to rickets. In adults, it can lead to osteomalacia, which causes bone pain and tenderness.

How do we get vitamin D?

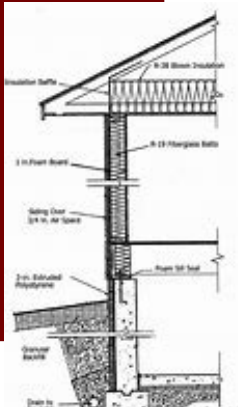
- Direct sunlight
- Foods – oily fish (salmon, mackerel, herring and sardines), red meat and eggs

- Baby formula milk*, some breakfast cereals, fat spreads and non-dairy milk alternatives *(by law manufacturers must add vitamin D)
- Dietary supplements
- Eat more mushrooms!!! Mushrooms are the only completely plant-based source of vitamin D

Just of note

Vitamins are nutrients that the body cannot create, and so a person must consume them in the diet. However, the body can produce vitamin D.

2-storey building for recreational and community use



Building Update!

What is the next stage?

With the demolition of the pre-fab and some material still to be disposed of, we are now in the construction phase.

The project manager (former member) Hugh Small, has proposed that the new

building is completed in stages in the following order:

- All works below the ground
- Complete works up to roof level
- Construction of the roof
- Internal construction and fit out

With the onset of COVID 19 and lack of funding, this has

brought about a delay. Currently there is no timescale for when the works underground will begin and awaiting for this to be advised.

In the meantime, we are still a long way off from the required funds to complete this project and as we look at ways of raising funds, we encourage you to continue to contribute. THANK YOU!

Vitamin D Foods!!



Salmon with Balsamic Honey Glaze

Foods high in Vitamin D

- Canned salmon
- Rainbow trout
- Herring
- Canned sardines
- Whole milk
- Soy milk
- Soy yoghurt
- Eggs
- Low fat and skim milk
- Fortified orange juice
- Canned tuna

- Fortified breakfast cereals
- Tofu
- Mushrooms

Vitamin D Enriched Recipe!!

Ingredients

- ½ cup balsamic vinegar
- 2 tablespoons white wine or chicken broth
- 2 tablespoons Dijon mustard
- 2 tablespoons honey
- 5 garlic cloves, minced

- 1 tablespoon olive oil
- 8 salmon fillets (6 ounces each)
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon minced fresh oregano

Directions

- Combine the first 6 ingredients in a small saucepan.

Bring to a boil; cook and stir for 4-5 minutes or until thickened.

- Place salmon skin side down on a greased 15x10x1-in. baking pan. Sprinkle with salt and pepper. Spoon glaze over salmon; top with oregano.
- Bake, uncovered, at 400° until fish flakes easily with a fork, 12-15 minutes.

By Jasmine Pile

Departmental Feature - Children Ministries

As a department we are committed to fostering the spiritual growth of our children. Our aim has been to keep our children focussed on Jesus during a time where we have had to change the way we do almost everything.

We have set into motion several initiatives to help our children become more enthusiastic about Jesus. Some of these initiatives include our weekly Children's Sabbath School lessons, the ABC Bible Challenge and our weekly bedtime stories

which teach godly characteristics and are filled with Christian moral values.

This Summer we also delivered our very first virtual Vacation Bible School (VBS). The title was the 'Rocky Railway' which highlighted that we should trust Jesus and that His power will always pull us through. At first the idea of a virtual VBS was slightly daunting but soon our team became more and more excited about the prospects. We met with the directors the SEC Children's Ministries and

Brixkidz, the UK contact point for Children's Activities. They set us ablaze with ideas we could use in the coming month for the children.

Each day had different activities which demonstrated God's love, His Power, Friendship, Boldness in Jesus and the gift of eternal life. The children enjoyed this programme immensely and look forward to our next project.

Although a lot of work was required to get ready

for the start of VBS, including ordering and packaging each activity bag, along with organising the distribution of the VBS bags to all the parents, this event was a testimony of what we can accomplish when God is in the midst of our plans.

We ask for your prayers and support as we continue to prepare our children to be the godly, confident and bold leaders God wants them to be.

What's Happening!!

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. Meeting id: 578 530 0913 password: 0jTUPa
- **Wednesday Prayer Meeting Power Hour sessions** Come

and join us at 7pm weekly. Meeting id: 879 6412 6069 password: 034134

- **Friday Worship Power Hour sessions** Come and join us at 7pm weekly. Meeting id: 892 3112 9316 password: 462526
- **Live Sabbath (Saturday) Services** Come and join us

from 10am Sabbath School and 11am Divine Service weekly. Meeting id: 832 2896 0129 password: 191068

- **Live Sabbath (Saturday) AYS / Youth Programmes** Join in with the youth from 5pm AYS connect sessions Meeting id: 862 2951 3034 password: 285212





How Do I Feel? Members Experience (cont...)

“I have learnt that God is still in control. Whatever Satan may do, he can never ever succeed against God, and this is because God is allowing him to do what he has to do. But nothing can disrupt God Almighty’s schedule, because everything with God is on time. The COVID-19 may be wreaking havoc, but God is even bringing order out of chaos. At least the beauty is that even on Sabbath God’s people can still meet and worship together be it meeting at someone’s home or as many do, or worship via Zoom. The wonders of technology.

The pandemic has really changed how we celebrate the Sabbath. Whereas we used to come to church and mix and mingle together not just for worship, but fellowship, for it is through fellowship that we can encourage and strengthen each other, we now have to worship at home. It can be lonely if you don’t have access to social media like Zoom or WhatsApp. But with the Sabbath now I am not rushing, or being pushed for

time and having to cut back on one thing or cut out something else. Even on my own I can really appreciate quality time and listen to spirit filled music and sermons. It does have its advantages and disadvantages, but I do believe that once we do go back to church, we will do things a lot differently.”

~ Elder Earl Johnson

“During the lockdown I still go to work, thank God I have a job to go to! But going to work is hard as I am often nervous to take the bus and then having to face customers at my workplace. Even being in line to buy food can be a challenge, now I cannot go out and have fun and not being able to go church is not nice. But on Sabbath I can tune into Zoom where I can worship with my church family. I also watch some gospel music on YouTube.

Surprisingly whilst being in lockdown I have become a Baker. Yes I bake a lot of banana cake now.

Saying all this I do miss going to church on Sabbath, but you know in what is going on I put God first in everything. I pray each day for my family and church family. I know it is hard, but with Christ in the vessel, we can smile at the storm.”

~ Sis Janet Thomas

“The pandemic and lockdown has enabled me to spend more time with the Lord. More time to read. More peace of mind. More time to watch the Hope Channel and gain more knowledge from watching the different programs.

Good things have come out of this crisis as it has helped me to develop a much closer relationship with the Lord. It has made me value family more and not take them for granted.”

~ Sis Jane Ojimadu

Children's Spot!

27— 31 July saw the first virtual Vacation Bible School (VBS) and some of the Stokey Children took part. See below their thoughts about it along with the organisers!!

"I enjoyed learning more about Jesus, the songs and activities—railway track"

Alyssa



"It was amazing, especially the activities"

Tyrell

"I enjoyed when we were doing the dancing—the power shuffle' and I liked doing the inventions and stuff. It was super fun!"

Ruby

"I enjoyed learning about the animals and the songs"

Michaela

"I liked VBS and I want to do it again"

Zuhra

"I enjoyed kidvids, imagination station, rocky railway wrap up and the songs"

Evangelina



"I really enjoyed the activities"

Tamar

"I enjoyed the activities where I could create things with food e.g....train tunnel using bagels"

Kyran

"I liked the activities the most and everything"

Malia



"We worked together as a team on the VBS and had a great time putting it together with the parents and children".

Aunty Bev

"I loved doing the songs"

Aalia

The children enjoyed this programme immensely and look forward to our next project.

Caroline