

# Stokey Advent Times



## Reason for the Season!

We have heard this phrase for many, many years. So what is the reason and what is the season? **Jesus and Christmas!!!**

From the question asked and answered, it means we have nearly reached the end of another year.

Let's face it, we know that even though the world celebrates the birth of Jesus on Christmas day, this is not when he was born. So how do we deal with this, do we use it to our advantage or do we just say, no, Jesus has nothing to do with Christmas?

For the last quarter, we have been talking about mission and witness, both in our lesson study and the week of prayer. If you ask me, I would say that we can use this time to our advantage. It is about us being practical and real about Jesus. Talk is cheap if there is no action! Plus also, people want to experience something real and not just to hear. It is also a great opportunity at this time of year for people to be more willing to hear about Jesus, after all, they are celebrating his birth right??!! To be practical could be just sharing one thing, small and simple, e.g. it could be that for the month of December, every Sunday you will go out where you live and give a perfect stranger, oh I don't know, a bottle of Shloer, Flemish or Kedem (your choosing) and say something like *"It's the time of year for sharing and I wish you an enjoyable December. God bless you"*. Now, to me, that is giving and mentioning Christ all in one. We just need to start by planting a seed. Imagine, from that good deed, who knows what can happen. I'm sure some people will be shocked you may have done that, but if it gives a smile and a thank you, it could lead to a question, and who knows where the questioning can lead.

Although Jesus is not the reason for the season for us, He is about the season and that should let us use every opportunity available to witness for him.

Some people make New Year resolutions, they start off well and then it falters but let us endeavour to start 2024 with not only thanking God for letting us see another New Year, but to be his personal witness to someone new, as often as we can, throughout 2024. Time is running out! When we look at what is going on in the world we know that Jesus must be coming soon. Let us not only make our calling and election sure, but let us also reach out to those in whatever way, time or season we can and fulfil the mission which he has bestowed upon us as Christians.

**Donna Douglas**  
**Communications and Media**



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### Special points of interest

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## Treasury

### Treasury Department Initiative 2023

To give £10, minimum, a month, towards the main building.

Main building total, including initiative funds, collected January—November **£4,870.63**.

Please note that this initiative will carry on into 2024, so please continue to donate or start to, if you have not given.

New building project collection January—November **£15,980.36**

### Treasury Facts

The present 2023 budget needed to run Stokey is:

- £640.10 weekly, or
- £2,773.75 monthly

### January—October Budget

|                        |                  |
|------------------------|------------------|
| Planned budget         | £27,737.50       |
| Budget funds collected | £24,744.75       |
| <b>Budget down by</b>  | <b>£2,992.75</b> |

**Thank You** for your generosity.

Just a reminder that the new building project collection takes place the first Sabbath of every month, with the next collections taking place **today, 6 January, 3 February and 2 March**.

New building fund balance **£69,206.68**.

You can donate in the following ways:

- **In a tithe envelope** marked 'new church building or new build' as a one off
- **By monthly pledge** In an envelope marked "new building"
- **Online** with the reference 'new building' **Name:** Seventh day Adventist church **Sort code:** 090127 **Account:** 88676252
- or alternatively, scan the QR code below.



And for the children...



What did pirates call Noah's boat? "**The arrrrrrk.**"

What did Adam say to Eve when handing her something to wear? "**Take it or leaf it.**"

What do you call a Bible character who just pulled into church? **A parking Lot.**

What did God's people say when food fell from Heaven? "**Oh man-na!**"



## Dates for your diary

- **Every 1st Sunday**, Pathfinders at 11am
- **Every 3rd Saturday**, Pathfinders at 3pm
- **Community Kitchen**, alternate Tuesdays at 12:30pm. Next on: ♦ 5 & 19 December
- **Prayer Session** Tuesdays at 12:30pm
- **Prayer Meeting**, Wednesdays at 7:30pm
- **9.12.23** Communion
- **14.12.23, 10.30am** Funeral Service of Ann-Marie Bennett
- **17.12.23** Gift of Giving
- **23.12.23** Deaconry Day
- **31.12.23, 3.30pm** End of year Service
- **Please note:** no board meeting being held this month

## Events... to come

HOSTED BY THE COMMUNITY MINISTRIES DEPARTMENT

We will be serving hot take-away meals!

You are invited to come and partake

Spread the word!

9 May 2023 then every other Tuesday

**COMMUNITY KITCHEN**

**ALTERNATE TUESDAYS**

**12:30pm – 2:00pm**

STOKE NEWINGTON SDA CHURCH  
15 – 17 Yorkley Road, London N16 0BD  
020 8800 8422  
<https://stokenevangelism.adventistchurch.org.uk/>

**Prayer Session at Stoke Newington SDA Church**

**Every Tuesday**

**12:30pm – 2:30pm**

**All are welcome!**

**He can work it out!**

Join us on 23 December 2023

Sabbath School 9:45am

Divine service 11:15am

**Stokey Deaconry Day**

Come and be blessed with praise, worship and the spiritual word

**Pastor Itamar James**  
Speaker for the hour

Stoke Newington SDA Church, 15 – 17 Yorkley Road, London N16 0BD  
Lunch provided

**The gift of giving Project**

**2023**

# Something for All

## MENTAL HEALTH MATTERS

The month of May has a week designated to Mental Health Awareness; in October, we celebrate World Mental Health Day; November is designated Men's Mental Health Awareness Month; the UK has a Mental Health Act (1983) and there is also a Mental Capacity Act (2005).

Did you know that your state of mind matters?

- That if you are feeling unwell you may not be able to function at your best?
- That you can experience burnout?
- That work can cause stress that makes it difficult to live life well.
- That some children experience adverse childhood experiences (ACES)?
- That menopause can cause depression, swift changes in mood and high levels of anxiety?

Your mental health matters.

My mental health matters.

OUR mental health matters.

In Jamaica, there is a proverb that says *"Doah yuh cyaan stop flyin' crow feader from drop, yuh can 'inder crow from meck nes' pon yuh head top"*. The translation says, *'although you cannot stop a flying crow from dropping his feathers, you can stop the crow from making a nest on your head'*.

In other words, life will have problems and difficulties and stress, but we must do what we can to minimize, reduce or manage the negative impact ('although you may not be able to stop some problems, you can put steps in place to prevent them from having a very negative effect').

As God's children, the manual for life (the Bible-God's word) has a lot of tips to help with our mental health.

**Music:** When King Saul was sad and depressed, he called for the musicians to play soothing music.

('whenever the spirit from God troubled Saul, David would pick up his lyre and play, and Saul would then be relieved, feel better, and the evil spirit would leave him' 1 Samuel 16:23 Holman Christian Standard Bible). Music is a great antidote for good mental health.

**Sleep:** Elijah was experiencing burnout and depression; God caused him to fall asleep; Once rested, he saw things differently. Sleep deprivation is a multiplier of poor mental health. Once you sleep, you are better able to see things in perspective not as overwhelming, unanswerable problems. Take your rest; sleep; enjoy the Sabbath rest.

**Pray:** talk to God about our problems and recognize that as he is God he can handle all our problems and we should not worry about them because we are unable to solve them. We are encouraged to cast all our cares on Jesus because he cares for us (1Peter 5:7). Jesus invites to come to him when we are weary and heavy laden (Matt 11:28-30), when our mental health is low. He is the answer. He will give us PEACE.

On the 150<sup>th</sup> anniversary (2023) of Spafford's song 'it is well with my soul' let us hold dear to our hearts, the words and sentiments of the song that tells us to have God's peace during turbulent distressing times.

It is well, it is well with my soul.

It is well, it is well with my mental health.

For more information visit the following websites:

<https://www.nhs.uk/conditions/social-care-and-support-guide/making-decisions-for-someone-else/mental-capacity-act/>

<https://www.mind.org.uk/information-support/legal-rights/mental-capacity-act-2005/about-the-mental-capacity-act/>

<https://wisejamaican.com/>

*Sanjo Jeffrey*

## THANK YOU

- ◆ **To our Eldership team**  
For taking up the mantle to lead Stokey church forward
- ◆ **To our Heads of Departments and department members**  
For their commitment, time, service and ideas to engage all
- ◆ **To our prayer warriors**  
For petitioning on Stokey's behalf in all that the church does
- ◆ **To those working in the community kitchen**  
For providing a basic need for those in want in the community
- ◆ **To those departments who are doing things online**  
For inclusion of all
- ◆ **Special thanks to Deaconry**  
For going above and beyond on many, many occasions
- ◆ **To you, our members**  
For continuing to support Stokey and being a part of our worship
- ◆ **And lastly, yes, because I can, I want to thank the Comms & Media team for their tireless commitment and service, seen and mostly unseen**

**THANK YOU** to everyone involved in all aspects of Stokey life, whether you are a working department member or an attender. May we all work in his Master's Service to win souls for the kingdom.

## For Your Info

If you would like to contribute an article to the newsletter or would like to see us present on something specific, please either:

- contact Donna Douglas
- Send an email to: [stokeysdamedia@hotmail.com](mailto:stokeysdamedia@hotmail.com)

Thank you.

## Farewell... to our Pastors!

After two years of being at Stoke Newington, Pastor Kwesi Moore will be leaving to take up his new role in the South England Conference as the Ministerial Association Secretary, also known as the 'Pastor's Pastor', having been voted in at the last SEC session. We would like to take this opportunity to thank him for his work in leading the Stokey church and I am sure that with his knowledge and skills, God will use him abundantly and to great effect.

So as we wish Pastor Moore farewell, we also say goodbye to his family and wish them all the best for the future.

We also take this opportunity to say farewell to Pastor Hannah Ahmed, who has spent the last two years with us at Stokey. Having recently been commissioned, we pray that God will continue to use her to deliver her thought provoking 'short' sermons that will bring a blessing on all those who listen and to also give her the knowledge, wisdom and guiding spirit to lead out in her own congregation. She will be missed and we wish her God's richest blessings in all her endeavours for the future.



## About Us

### Our Purpose

'Stokey' as we are affectionately known, aims to be the first choice church in Stoke Newington.

To provide a practical, personal and spiritual service in Stoke Newington, enabling people to see Jesus in what we do, and helping to prepare people to meet Jesus when He comes again.

The Stoke Newington Seventh-day Adventist Church can trace its roots from its humble beginnings in 1965, in the home of former members at Mildenhall Road, Lower Clapton. It was there that Bible Studies and Prayer Meetings took place attended by around 12 people.

This group, drawn from the Holloway Church and the former New Gallery Centre, soon grew large enough to seek alternative accommodation. The group stepped out in faith to a rented building – The Friends Meeting Hall (our current site). As time went on, a request was made to the South England Conference for a pastor and this group was placed under the pastoral care of Pastor Nicholson.

By the 1<sup>st</sup> January 1966, the membership grew to about 60 and the Stoke Newington group was organized into a church.

50+ years later, we are still here - Thanking God!! Of course over the years the membership has grown and people have come and gone. Whoever has been in membership of Stoke Newington, previously, currently and to come, will continue to be a beacon of light in our community.

For more information on Stokey, visit our website ['About Us'](#) page.

Website details: <https://stokenewington.adventistchurch.org.uk>

### Stoke Newington SDA Church

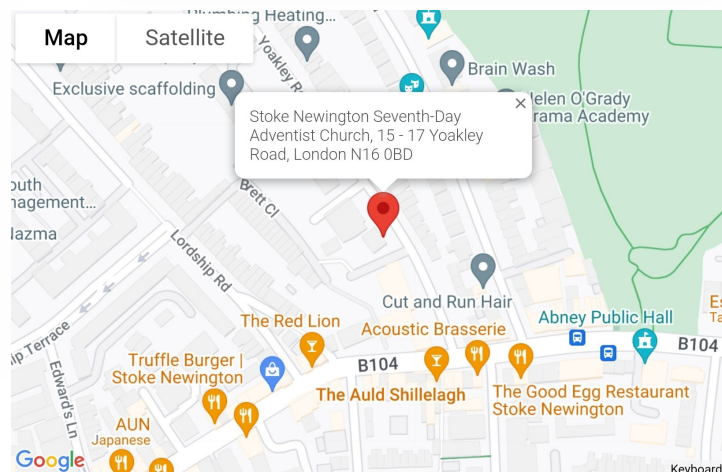
15 - 17 Yoakley Road  
London  
N16 0BD

Phone: 020 8800 8422  
E-mail: [stokeysda@hotmail.com](mailto:stokeysda@hotmail.com)

Parking is available on site

Wheelchair accessible

Disabled toilet facilities



### Opening Times

#### Saturdays (Sabbath)

9:15am Morning Prayer  
9:45am Sabbath School  
11:15am Divine Service (Worship)  
3:00pm Pathfinders (3<sup>rd</sup> Sabbath)

#### Sabbath Service via Zoom

Meeting ID: 832 2896 0129  
Passcode: 191068

#### Tuesdays (weekly)

12:30- 2:30pm Prayer Session

#### Tuesdays (alternate)

12:30pm Community Kitchen

#### Wednesdays

7:30- 8:30pm Prayer Meeting

#### Sundays

11:00am Pathfinders (1<sup>st</sup> Sunday)

### Lastly

THANK YOU, to all contributors towards this edition of the Stokey Advent Times

Check out the ['Read All About It'](#) web page for previous editions of the Stokey Advent Times