

# Stokey Advent Times



## The Bible and You!

The Bible, the most sold book throughout history.

I suppose I could ask the question, why do you have a bible? Do you apply it to your Christian journey? Is it just adorning your bookshelf? Having attending the bible class that restarted on 7th September, there was discussion around a question that asked why the scriptures were given to us. It was interesting to hear the responses from those who attended and the answer that was given. As was mentioned in the last newsletter, the bible is a guide for us in how to live our life. As an encouragement for everyone I would just like to share an excerpt of an article on **'Applying the Bible to Your Daily Life'** taken from <https://www.adventist.org/holy-scriptures/applying-bible-to-daily-life/>

*God gave us the Bible so we could know how to be faithful to Him. His word gives us general guidelines that are applicable regardless of time, place, or person. Now that we know beyond a doubt we are God's children, this can influence our daily lives, our self-worth, our relationships, and so much more.*

*But wouldn't it be nice to have some specifics? What kinds of things should we do with this new perspective? Fortunately the Bible is helpful here, too. While the culture was vastly different at the time it was written, humanity was dealing with the same struggles that persist today: pride, greed, guilt, hate, fear, etc.*

*All those struggles are the same sin, just wearing different clothes. Each one represents a form of selfishness—valuing one's own life and preferences above others' and choosing that same self-interest over God's loving guidance.*

*It's not just in Genesis; the whole Bible is about choice. It's like a reference book to help us make better choices each day.*

*In Exodus we have the Ten Commandments —probably the most famous "rules" in the Bible. ([Exodus 20:1-17](#)) That's understandable, since many of today's laws reflect those same principles. Don't steal, don't murder, don't cheat on your spouse... those are all commandments. But the rest of the commandments take things a bit deeper. They reflect where God's place should be in your life, how you should regard your family, and an invitation to experience the blessing of the Sabbath.*

In essence, the Bible from when it was created to the present day gives the information needed, whatever the situation, although the culture may have changed. Quite simply put, it is our guide. We can see that just from the 10 commandments it gives us all we need to live a healthy wholesome Christian life.

I would encourage you to attend the Bible class that is held on Sabbaths 4—5pm, so you can be part of an in depth discussion, asking questions on all things related to the bible. Remember, God never leaves us to figure it out on our own hence 'The Bible and You'.

**Donna Douglas**  
**Comms & Media**



### Inside this issue

Money Matters.....	2
For the Children .....	3
Something for All.....	4
Harvest 2024 .....	4
Hidden Talent .....	5
Health Spotlight.....	5

### Special points of interest

- Outreach Tip!
- Events
- Dates for your diary
- Did you know?
- About Us - how Stoke Newington SDA church came into existence



## Money Matters!

On 28th October at 6pm via Zoom, the Education department will be putting on a financial literacy workshop for the young people, to help them focus on managing their money well and being able to make sound financial decisions that will play an important role into and through their adult life.

What about you? (the older member) Are you managing your money well? Here are a few tips, with bible back up, regarding money management.

### Make a Budget and Stick to It

Counting the cost by making a budget before every month begins ensures you won't run out of money till the next pay day. Jesus talked about the importance of making a budget while teaching his followers in Luke 14:28-30. He asked, "For which of you, intending to build a tower, does not sit down first and count the cost, whether he has enough to finish it—lest, after he has laid the foundation, and is not able to finish, all who see it begin to mock him, saying, 'This man began to build and was not able to finish'?"

The answer is simple....BUDGET!

### Live on less than you make

This enables you to SAVE. Proverbs 21:20 says, "In the house of the wise are stores of choice food and oil, but a foolish man devours all he has." Also, it is advisable to have an emergency fund of between 3 to 6 months worth of your expenses saved.

### Invest and Build Wealth

Saving money over time allows you to build wealth. Proverbs 13:22 says, "A good man leaves an inheritance to his children's children." Investing does not mean to buy into some kind of get-rich-quick scheme as the bible points out in Proverbs 28:20, "He who hastens to be rich will not go unpunished." The idea is to follow the biblical plan of building wealth - namely budgeting, living on less than you make, saving and repeating these steps over and over again.

### Generosity

By building wealth you can be generous. Being generous isn't just something God wants us to do. It's part of how He made us. Giving is in our DNA. 2 Corinthians 9:7 says, "So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver." We know that it is a blessing to give rather than to receive.

### Debt??

This is not good. Proverbs 22:7 says, "The rich rule over the poor, and the borrower is slave to the lender." Translation: If you owe someone money, they'll control your life until you pay it back. Although there are times when this is unavoidable, such as buying a house, have a plan in place to pay it all back.

Full article can be found here - <https://www.ramseysolutions.com/personal-growth/>

**COMMUNITY OUTREACH TIP!** - Building a strong community outreach program is a journey that requires dedication, strategic planning, and a heart for genuine engagement. Remember, your ability to connect with your community on an emotional level is the cornerstone of your outreach success. Keep your goals clear, your strategies adaptable, and your ears open to the voices within the community.

## Dates for your diary

- Every 1st Sunday, Pathfinders at 11am
- Every 3rd Saturday, Pathfinders at 3pm
- Every Saturday Bible class at 4pm
- Community Kitchen, alternate Tuesdays at 12.30pm. Next on:
  - ◆ 8 & 22 October
  - ◆ 5 & 19 November
  - ◆ 3, 17 & 30 December
- Prayer Meeting, Wednesdays at 7.30pm
- 19.10.24 Harvest
- 23.11.24 Stokey's Got Talent AYS
- 14.12.24 Communion
- 21.12.24 Community Sing-along
- 31.12.24 End of year Service

## Events... to come

**COMMUNITY KITCHEN**

**SERVING HOT TAKE AWAY MEALS**

**12:30pm – 2:00pm**

Open on:

8 October

22 October

5 November

19 November

3 December

17 December

Monday 30 December

STOKE NEWINGTON SDA CHURCH

15 – 17 Yoakley Road, London N16 6BD

020 8800 8422

**STOKEY COMMUNITY SING-ALONG**

DATE: Saturday 21 December 2024  
TIME: 2pm-3pm  
WHERE: Corner of Yoakley Road (Stoke Newington Church Street)

Stoke Newington Seventh-day Adventist Church invites YOU to a heartwarming Community Sing-along! Join us for an uplifting sing-along of gospel songs, creating joyous memories together. > > >

COMMS & MEDIA DEPARTMENT PRESENTS

23 NOVEMBER 2024

5:00 PM  
STOKEY SDA CHURCH

STOKEYS GOT TALENT?

**Prayer Session at Stoke Newington SDA Church**

**Every Tuesday**

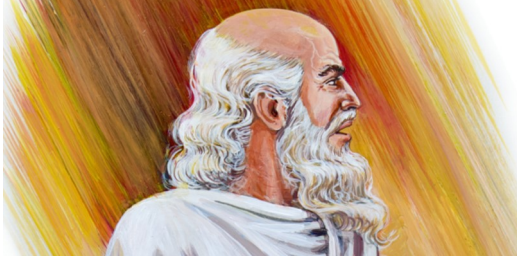
**12:30pm – 2:30pm**

**All are welcome!**

# For the Children!

## Story & Puzzle Time

### A Brave Man



As the number of people began to increase on the earth, most of them did bad things like Cain. But one man was different. He is this man named Enoch. Enoch was a brave man. The people all around him were doing very bad things, but Enoch still kept on serving God.

Do you know why those people back then did so many bad things? Well, think, who caused Adam and Eve to disobey God and to eat the fruit that God said they should not eat? Yes, it was a bad angel. The Bible calls him Satan. And he is trying to get everyone to be bad.



One day Jehovah God had Enoch tell the people something they

did not want to hear. It was this: 'God is someday going to destroy all the bad people.' The people were probably very angry to hear this. They may even have tried to kill Enoch. So Enoch needed to be very brave to tell the people about what God was going to do.

God did not let Enoch live a long time among those bad people. Enoch lived to be only 365 years old. Why do we say "only 365 years"? Because men in those days were much stronger than now and lived much longer. Why, Enoch's son Methuselah lived to be 969 years old!



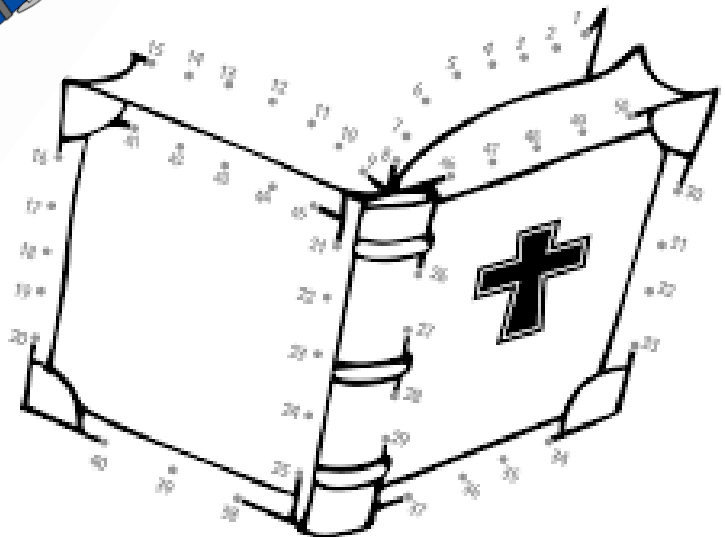
Well, after Enoch died, the people just got worse and worse. The Bible says that 'everything they thought about was bad all the time,' and that 'the earth became filled with violence.'

Do you know one of the reasons why there was so much trouble on the earth in those days? It is because Satan had a new way of getting the people to do bad things.

### Garden of Eden Maze



Get your pens ready...



## Christian Facts Did you know?

Christianity is the world's most widespread religion with the 10 largest religions in the world estimated by number:

1. Christian – 2.1 billion\*
2. Islam – 1.5 billion
3. Agnostic – 1.1 billion
4. Hindu – 1 billion
5. Chinese traditional – 400 million
6. Buddhist – 380 million
7. Indigenous – 300 million
8. African traditional – 100 million
9. Sikh – 25 million
10. Juche – 20 million

\* Of Christians, 1.1 billion are Catholic

### Christian beliefs concerning God

- ◆ There is only one God
- ◆ God is a Trinity of Father, Son and Holy Spirit
- ◆ God is perfect
- ◆ God is omnipotent
- ◆ God is everywhere
- ◆ God knows everything
- ◆ God created the universe
- ◆ God keeps the universe going
- ◆ God intervenes in the universe
- ◆ God loves everyone unconditionally (though people have to comply with various conditions in order to achieve salvation)
- ◆ You can get to know God through prayer, worship, love, and His Grace (that is through his love and his power)

## 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.

## 'Something for All'

### Slow and Steady Evolution

The 'It Is Possible Tuesdays with Sanjo' podcast has received a revamp yet again. This time through the skills of Bro Steve Prince with his experience in editing and media savviness.

We want to thank all who continue to give of their time and skills and expertise to help us to grow each year. Sis Donna, our first guest and first technical person; Bro Phillip Williams gave of his lunch time to make my vision an authentic reality; Sis Natalie Pusey for her unwavering support and positive, constructive critiques and to the many such as Aunty Pat Corea who have steered guests in my direction because they understood my vision.

For the remainder of the year, we will contin-



ue with our new format. Please be on the lookout for episodes featuring:

- Our own Carol Mckenzie
- Elder Marjorie Thompson who, despite losing her index finger at a young age is a brilliant playwright, accountant and counsellor
- Javion, a young man who survived being shot as a teenager
- Lianne, a 33 year old mental health practitioner and advocate from Barnet

Remember we are on Youtube - [https://](https://www.youtube.com/@sanj8767/videos)

[www.youtube.com/@sanj8767/videos](https://www.youtube.com/@sanj8767/videos) - so like, subscribe and share on your various platforms so that no one will miss hearing the stories of those who can attest to the fact that with God all things are possible.

**Sanjo Jeffrey**

**Education and Possibility Ministries**

## Harvest 2024

The annual harvest appeal will be taking place on Sabbath 19 October. This year all proceeds for harvest will go towards the Community Kitchen.

Although we are used to bringing in all different types of fresh produce, harvest will be taking on a different trend this year.

In order to support the Community Kitchen, they are requiring cash donations, dry goods and tinned produce. Information will have already been given about what is required. So,

this is just a reminder for you if you have not already purchased items or set aside your cash donations for 19 October.

The community kitchen continues to serve over 80 portions of food every 2 weeks on a Tuesday, and the plan is to continue for a long time to come.

For more information on ways to help, please contact Wilma Williams-Kelly. Also, donations can be made at any time in an envelope marked 'Community Kitchen'. Thank you.

## New Build Update



Just a reminder that the new building project collection takes place the first Sabbath of every month, with the next collections taking place on 2 November and 7 December.

New build fund total to date **£79,749.57**.

You can donate in the following ways:

- **In a tithe envelope** marked 'new church building or new project' 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

# Hidden Talent!

## Talent Showcase of 'The Spoken Word'

### Great Women

Women you are great  
 In every shape and space  
 Women you are blessed  
 And because of this  
 I must confess  
 And tell the rest.

Women when you are charmed  
 You are protected by loved ones  
 And can never come to any harm.

Women you are strong  
 No matter what you encounter  
 You will always overcome.

Women keep the faith  
 No matter what you go through  
 Just remember  
 God promises  
 One day you will be walking in heaven's pearly gates.

Women you are forgiving creatures  
 Even through your trials  
 You are still able to follow protocols and procedures.

Women, you are glorified, fortified in every manner.  
 You glow, you bloom, you have brilliance within you,  
 You glare, you gleam, and you have Divine Radiance,  
 Women, you are diamonds and pearls.

Women, no matter who you are  
 What colour you are  
 What nation you are  
 No matter where you are  
 A STAR IS WHO YOU ARE!

**By Marcia Townsend**

### O Hannah, O Hannah

O Hannah, O Hannah the barren  
 Changed her shame pushed out her prayer  
 In the midst of her pain, ridiculed from her enemy



She trusted in God who remembers his promises.

O Hannah, O Hannah  
 What was different this time?  
 You prayed and you prayed but your womb was still barren.

O Hannah, O Hannah  
 Was it just the vow or did your faith increase like that woman in the crowd.  
 Or did you understand the concept of giving  
 When you give to the Lord, he will increase your bidding.  
 You are a woman of honour, You kept your word Hannah  
 You gave back to God the same thing that you required.  
 You birthed a leader, a judge and a priest  
 Your prayer Hannah was the answer to all those who seek.

O Hannah, O Hannah  
 You called on the Lord of Hosts  
 Recognised his Divinity to solve your inadequacy.  
 Your stress wasn't just one day, Your plight took you to tears a many of many nights.  
 Not even your closest was a comfort.  
 But your knees took a posture.  
 The priest declared you drunk  
 But you were a woman in sorrow.

O Hannah, O Hannah  
 May my faith be like yours  
 To pray and overcome and give back to God  
 What not many can do, an answered prayer  
 Press down shaken together and running over.

**By Judith Smithson**

If you would like to contribute an article, then please speak to Donna from the media team, to share your God given talent with the membership.

**P.S. the next Stoke's Got Talent AYS is on 23.11.24 at 5pm. Start practicing!!!**

## Thanks to...

Marcia and Judith, our contributors to this month's newsletter talent showcase. Did you know we had such talent attending Stoke's?



## Health Spotlight for the Men!!

### PROSTATE CANCER - What is it?

Prostate cancer can develop when cells in the prostate start to grow in an uncontrolled way.

Some prostate cancer grows too slowly to cause any problems or affect how long you live. Because of this, many men with prostate cancer will never need any treatment.

But some prostate cancer grows quickly and is more likely to spread. This is more likely to cause problems and needs treatment to stop it spreading.

### Are you at risk?

In the UK, about 1 in 8 men will get prostate cancer in their lifetime. Prostate cancer mainly affects men **over 50**, and your risk increases with age. The risk is even higher for black men and men with a family history of prostate cancer.

### What are the symptoms?

Symptoms of prostate cancer can include:

- ◆ needing to pee more frequently, often during the night
- ◆ needing to rush to the toilet
- ◆ difficulty in starting to pee (hesitancy)
- ◆ straining or taking a long time while peeing
- ◆ weak flow
- ◆ feeling that your bladder has not emptied fully
- ◆ blood in urine or blood in semen

These symptoms do not always mean you have prostate cancer. Many men's prostates get larger as they get older because of a non-cancerous condition called benign prostate enlargement.

Signs that the cancer may have spread include bone and back pain, a loss of appetite, pain in the testicles and unintentional weight loss.

### What to do now?

If you have symptoms that could be caused by prostate cancer, or have any questions needing more information, then you should visit your GP.

## 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

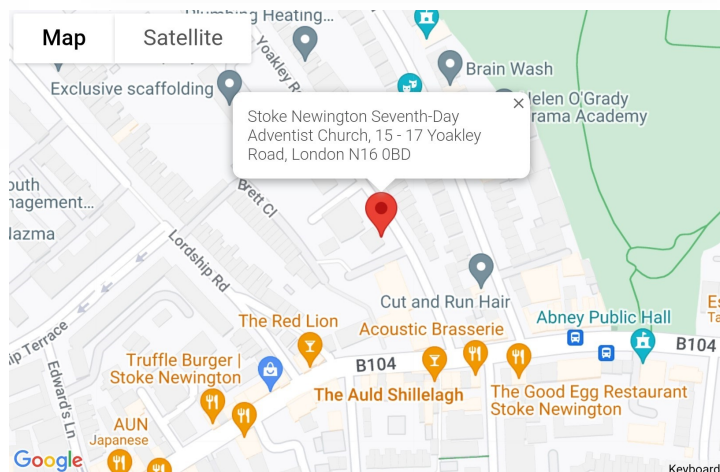
15 - 17 Yoakley Road  
London  
N16 0BD

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

Parking is available on site

Wheelchair accessible

Disabled toilet facilities



**REMINDER** Clock goes  
back 1 hour  
on 27 October at 2am



### Opening Times

#### Saturdays (Sabbath)

9:15am Morning Prayer  
9:45am Sabbath School  
11:15am Divine Service  
(Worship)  
3:00pm Pathfinders  
(3<sup>rd</sup> Saturday monthly)  
4:00pm Bible Class

#### Sabbath Service

**online via YouTube 11.15am**  
Search - Stoke Newington  
Seventh day Adventist or click  
on link below

<https://www.youtube.com/@StokeNewingtonSeventhDayAdventist>

#### Tuesdays (alternate)

12:30pm Community Kitchen

#### Wednesdays

7:30- 8:30pm Prayer Meeting

#### Sunday (1st Sunday monthly)

11:00am Pathfinders

### 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