

Stokey Advent Times



Reflections / Looking Back!

A few more weeks before 2024 is over—how time flies.

If you were to reflect or look back over 2024, what has changed for you? Did you accomplish all you wanted to? If you did not, is there enough time left for you to complete it before the end of 2024? Are you happy with what you have done throughout 2024? Do you wish for more time?...questions, questions, questions! I could keep asking questions, but there is a point when you have to stop and just accept where you are at this precise moment in time.

What could I say for Stokey’s reflections for 2024? Pastor Kwarteng-Ampofo started off the year, in the first newsletter, by looking forward to what we, as a church, were planning for 2024. It mentioned many plans from the different departments. Overall, I can say that quite a lot has happened in Stokey over 2024, from the regular programmes to even reviving a programme from a while ago i.e. bible class and introducing something completely new such as the Sabbath School breakfast. 2024 was about community involvement in reaching out to others. I can also say that there were programmes for our spiritual, mental and social well-being. We had practical programmes for all ages whether this was in person at church or online over Zoom. We also had programmes where there could be community involvement such as the sing-alongs.

Reflecting on what we have done throughout 2024 is one thing, but can we say that we also reflected God in our own lives over this past year. I would like to think that everyone will be able to say yes, in one way or the other. If you are not quite sure, then see below some bible verses which can help you decide.

- * [Matthew 10:28](#) - And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell.
- * [John 13:34](#) - A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another.
- * [John 15:4](#) - Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me.
- * [Ephesians 4:22-24](#) - To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.

As the lyrics say *“When I look back over my life and I think things over, I can truly say that I’ve been blessed, I’ve got a testimony”*. I hope that 2024 has or will truly be a blessing for you and you do have something that you can share with others going into the New Year, 2025. God wants us to share all that he has done for us. Overcoming an experience like Job (losing then gaining), healing from sickness, mending of broken relationships etc... whether you think it is small or big, it does not matter, because once you have that personal experience of what God has done in your life, it is your testimony. So, as you reflect over 2024, I pray that God will continue to lead you and guide you as you enter a new year, so that your reflections for 2025, when the time comes (God willing), will be what you truly wanted.

Donna Douglas
Comms & Media



Inside this issue

Treasury.....	2
For the Children	3
Something for All.....	4
Thank You	4
Child Winter Illnesses	5
Health Spotlight.....	5

Special points of interest

- Just a Thought!
- Events
- Dates for your diary
- Did you know?
- Beating the Winter Blues
- About Us - how Stoke Newington SDA church came into existence



Treasury

Treasury Department Initiative 2024

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

Main building total, including initiative funds, collected January—October **£6,012.00**.

Please note that this initiative will carry on into 2025, so please continue to donate or start to, if you have not given.

New building project collection January—October **£10,170.00**

Treasury Facts

The present 2024 budget needed to run Stokey is:

- £33,738.00 annually
- £2,812.00 monthly
- £648.81 weekly

January—October Budget

Planned budget	£25,304.00
Budget funds collected	£22,602.00
Budget down by	£2,702.00

If you would like more budget details, please contact the Treasury Department.

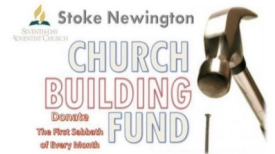
Thank You for your generosity.

Just a reminder that the new building project collection takes place the first Sabbath of every month, with the next collections taking place **today, 4 January 2025, 1 February and 1 March**.

New building fund balance as at October **£81,222.85**.

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 No.: 88676252
- or alternatively, scan the QR code opposite.



JUST A THOUGHT! - "Let your life be a reflection that points others back to God."

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:
 - ◆ 17 December
 - ◆ **Monday 30 December**
- **Prayer Meeting**, Wednesdays at 7.30pm
- **21.12.24** Communion
- **21.12.24** Community Sing-along
- **22.12.24** The Gift of Giving project
- **28.12.24** Homecoming Day
- **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: 3:30pm- 4:30pm
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. p.1 - 2



Bible Class

28 Fundamental Beliefs of Seventh-day Adventists

Understanding the Teachings of the Holy Scriptures

Sabbaths
4:00pm – 5:00pm

SATURDAY

28

DECEMBER

HOME FOR THE HOLIDAYS

Youth EOY Homecoming Day 2024

N16 0BD



The 316 Code

The bell rang for recess and the children were excited. The substitute teacher noticed the sad look on George's face but as she was new, she thought he was only tired. But George slowly walked out the classroom with no pip in his step. He sat on the steps of the school yard leading to the office. He did not want to talk to anyone, and he did not want anyone to talk to him. He was sad, but no one knew. As the children at break time hurried off to meet their friends, catch up on the gossip and eager to get away from learning, George just stared at them and watched in the distance. The noise of the children drowned the thoughts in his head, but the sadness in his heart was hurting. His best friend didn't come to school today and he missed him. His favourite teacher was busy all morning and a substitute teacher was standing in.

It was a bright sunny day and the children's laughter and playing consumed the air but here was a sad boy, not grumpy but could not find a smile or a reason to smile. When the bell rang for the end of recess he slowly walked back into the



classroom. The substitute teacher did notice after all but this time instead of ignoring it she wrote some numbers on the class board 316. She then picked on George to come to the front. George was miles away in his head so did not hear his

name the first time. She repeated, "George, can you repeat to the class what you can see on the blackboard". George looked up and repeated "316" with a confused face. She then asked, "does anyone know what that means?". Everyone was confused their minds were ticking in a circle and not sure what to think of the numbers. So, the teacher then told the class that it was a secret code that she uses. Everyone's face was intrigued and as you can imagine all had raised hands to find out more. One child shouted from the back, "a clue please Miss". She then said I use this code to remind myself that she is special, and someone sacrificed something so big

for her that she knows she is loved. One of the children suggested "is it code for your favourite order number at a restaurant?" the teacher responded "No", "I will give you another chance to see if anyone knows" she said. The children continued guessing and even George tried to have a go and he said "is it code for your dog's age that you love" and the teacher shook her head smiling in response to his answer.

After 10 minutes the substitute teacher said, her grandmother gave her a beautiful golden treasure chest with an inscription code inside



that said 316. She was having such a bad day as she was missing her sister. Her grandmother then taught her that when at times she feels sad and alone remember that your loved by God and the number 316 it's a code for God's love. It is found in his love letter to you the Bible in John Chapter 3 verse 16 and it says " For God so loved **me** (the world) he gave his only begotten son that whomsoever should believe in him should not perish but have everlasting life". She told the class that God loved her so much he gave the only precious thing he had his son to die on the cross just so that all will believe in Him and receive everlasting life. Therefore, she has carried that code in her heart for times when the world made her feel sad or alone.

George responded, "Miss can I use that code?". She said "sure George, you can use that code anytime you want, and a matter of fact there are many more codes that you will discover when you read your bible. I would love to hear next week if anyone has found a new code.

Lesson: Teaching the children to remember bible verses and let them see the treasure in it. Let them use the bible verse as a code to destroy the lies that the enemy says about them.

Author: Judith Smithson



...and just for laughs!



What did Jonah's family say when he told them about what happened before reaching Nineveh? - "Hmm, sounds fishy."

What did the classmate say when asked why they kept walking next to the same person at school? - "I was told I'm supposed to walk by Faith!"

How are toddlers and those who attempted to build a tower to Heaven similar? - They all babble.

Did you know?

In Christianity, salvation (also called deliverance or redemption) is the saving of human beings from sin and its consequences—which include death and separation from God—by Christ's death and resurrection, and the justification entailed by this salvation .

What are the 4 types of salvation?

- **Sanctification:** "Being made holy.
- **Redemption:** "The salvation of humanity by Jesus Christ.
- **Forgiveness:** "Pardon or remission of an offense.
- **Justification:** "The process of a sinner becoming justified or made right with God.

Four great facts about salvation – Ephesians 2:8-9

- It is by grace. Verse 8 begins 'For it is by grace you have been saved'.
- It is through faith. We need to understand clearly that salvation is not automatic.
- It is God's gift.
- It is not by works.

How can I be sure I'm saved?

Salvation happens when we acknowledge our sin, understand that Jesus is the only way to be forgiven and reconciled with God, and choose to accept his sacrificial death on the cross as the payment for our sin.

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

Thank you.

'Something for All'

POSSIBILITY - Dear Church

Thank you for being with the Possibility Ministry for the year 2024. The department appreciates your support to the programmes and the events we have put in place at Stokey. As we end this year and look towards 2025 we share the following information with you and ask for your prayers and continued support.

There are 7 distinct arms of the Possibility Ministry, and we are notifying you from now that we will be stepping up our game to focus on more of these arms in the coming year. We want to hear from you on how we can do more in Stokey to ensure all of these arms are facilitated. Please contact me through the church media team or email or telephone.

The seven arms of Possibility are:

1. **Bereavement for Spousal Loss** (widows and widowers)
2. **Blind and Low Vision**
3. **Caregiver Support**
4. **Deaf and Hard of Hearing;** While we have done some work in this department there is more that needs to be done and I hope to do BSL lessons for the church. Please inform me of your interest so that we can organise a trainer to come in to teach and prepare us for BSL Level 1)
5. **Mental Health, Learning Development, and Wellness;** We are exploring the idea of offering Mental Health First Aider training and Trauma – informed sessions for the church in 2025. I have already spoken to two ladies in the Mental health field for this to happen.)
6. **Orphans and Vulnerable Children;-** (We will liaise with Family Life, Children's department and Pathfinders to work together to meet the needs of this group within the church. As God's people we have a mandate to take care of them as Christ takes care of us all.
7. **Physical-Mobility;-** (This is a group that is very visible and is easily supported. We want to ensure that we are maintaining and improving support with up to date relevant and appropriate information and physical and emotional support)

In Stokey we have members in each of those 7 arms and we aim to impact them all throughout the year.

Thank You!

With 2024 almost over, this message is to say 'Thank You' to all who make the wheels of Stoke Newington church turn.

There are many spokes in the wheel and it takes a lot for certain things to happen but through the dedication, commitment and time of a few, a lot of things get done.

So this thank you goes out to all Heads of Departments and their team members for continuing to engage all who are present in the different programmes, sessions and services that take place.

Get on board with us for 2025. We are all in this thing together we're gonna make it work; we are all in this thing together we are gonna make it right'

EDUCATION

What a brilliant year 2024 has been for our children and young people! There have been a lot of success stories about our children, our young people studying hard and doing well in their exams; of getting their first choice for secondary school, sixth form and tertiary education. We have had recent graduates and newly employed young persons and we have those pursuing Masters and PhDs. We want to say huge congratulations to everyone in education whether faith-based or state-funded. We are proud of your achievements and continue to petition the throne of grace for your success because all wisdom and success comes from the Omniscient One – God.

We did not get to develop our Mentoring programme as much as we wanted this year but 2025 will be the year of peer mentoring and department mentoring full speed. Please share with the Education and Children's departments, your interest in mentoring a young person in your professional life or through your church department.

By the way, do you know if you have an additional need- visible or invisible? Would you like to know? You can do an **online screening** for a variety of needs. Please use the link below to find out and then reach out to the professionals in the church who can assist you or a family member.

[Online Tests for Mental Health Self-Assessment ADHD Test Online | Clinical Partners](#)

Sanjo Jeffrey is a special Educational Needs Coordinator and assessor who can assess your

- Reading, math and spelling age
- Speed of Processing
- Cognitive processing
- Memory
- Handwriting Speed
- and a range of other assessments including eligibility for exam access arrangement to support you in your exams.

You can speak with her about your needs or the needs of someone you know.

*Sanjo Jeffrey
Education and Possibility Ministries*

Also thanks to the pastoral team as they continue to support the church.

Special mention and thanks to Charlie and Harry who have worked extremely hard in the maintenance and securing of the church building.

Lastly, thanks to our members and visiting friends who continue to attend and support and we look forward to 2025 where everyone, whether a longstanding member, friend or you have just joined us, will continue to lift up God's name as we fellowship together.

THANK YOU!



Advice for Parents on Common Childhood Winter Illness!

It's that time of year—so see below for some advice and tips

1. COLDS AND FLU

Symptoms: Runny or stuffy nose, sneezing, sore throat, cough, fever, and sometimes body aches.

Management:

- **Rest and hydration:** Encourage your child to rest and drink plenty of fluids.
- **Paracetamol or ibuprofen:** For fever or discomfort, you can give age-appropriate doses of paracetamol or ibuprofen. Always follow the dosing instructions.
- **Hygiene practices:** Teach your child to cover their mouth and nose with a tissue when coughing or sneezing and to wash their hands frequently.
- **Get vaccinated:** The children's flu vaccine helps protect against flu. It's offered to children aged 2 to 3 years, school-aged children and teenagers (reception to year 11) and children with certain long-term health conditions.

2. BRONCHIOLITIS

Symptoms: Coughing, wheezing, and difficulty breathing, often following a cold. It is most common in babies and young children.

Management:

- **Humidified air:** Keeping the air moist can help with breathing. Consider using a humidifier.
- **Fluid intake:** Ensure your child stays hydrated.
- **Medical attention:** If your child is struggling to breathe, feeding poorly, or has a persistent high fever, seek medical advice immediately.

3. GASTROENTERITIS (stomach bug)

Symptoms: Diarrhoea, vomiting, stomach cramps, and fever.

Management:

- **Fluid Replacement:** Oral rehydration solutions are important to prevent dehydration. Offer small sips frequently.
- **Diet:** Once vomiting and diarrhoea stop, reintroduce food slowly, starting with bland foods like toast or rice.
- **Hygiene:** Keep your child away from other children to prevent spreading the illness. Ensure thorough handwashing after using the toilet and before eating.

4. CROUP

Symptoms: Barking cough, hoarse voice, and difficulty breathing, usually worse at night.

Management:

- **Cool or moist air:** Taking your child into a cool, misty environment can help reduce symptoms.
- **Keep calm:** Keeping your child calm can help them breathe more easily.
- **Seek medical help:** If your child's breathing is labored or they appear very unwell, seek immediate medical attention.

WHEN TO SEEK MEDICAL ADVICE

While many winter illnesses can be managed at home, with the support from your community pharmacy.

Pharmacists can give you advice on a range of conditions and suggest medicines that can help.

They may also be able to offer treatment and some prescription medicine for some conditions, without you needing to see a doctor (this is called Pharmacy First).

Conditions pharmacists can treat as part of Pharmacy First are:

- Earache (aged 1 to 17 years)
- Impetigo (aged 1 year and over)
- infected insect bites (aged 1 year and over)
- sinusitis (aged 12 years and over)
- sore throat (aged 5 years and over)

PREVENTION TIPS

Preventing illness is always better than treating it. Here are some tips to reduce the risk of winter illnesses:

- **Vaccination:** Ensure your child receives all recommended vaccinations, including the flu vaccine if they are eligible.
- **Good hygiene:** Regular handwashing with soap and water is crucial. Teach your child to avoid touching their face, especially the eyes, nose, and mouth.
- **Healthy diet:** A balanced diet rich in fruits and vegetables can help boost the immune system.
- **Warm clothing:** Dress your child warmly in layers to protect against cold weather.

Health Spotlight Winter Blues!!

Winter Blues - What is it?

Seasonal affective disorder (SAD) is a type of depression that comes and goes in a seasonal pattern. SAD is sometimes known as "winter depression" because the symptoms are usually more apparent and more severe during the winter. Some people with SAD may have symptoms during the summer and feel better during the winter.

In most cases, the symptoms of SAD begin to improve in the spring before disappearing.

How long does it last?

SAD is a type of depression characterized by a recurrent seasonal pattern, with symptoms lasting about **4–5 months** out of the year.

Simple tips to beat it

Keep to a routine:

- * **Stay active** – Free online exercise tips and advice available via the NHS One You website.
- * **Keep warm** – Keep warm with hot drinks and hot food. Wear warm clothes and shoes, and aim to keep your home between 18C and 21C
- * **Make the most of natural light** – Open curtains and maximise the light in living space.
- * **Do something you enjoy** – Taking time and space is great for mental wellbeing and resilience.
- * **Take time for self-care** – Meditation and relaxation techniques can help reduce tension and stress.
- * **Keep in contact** – Check in with family and friends.
- * **Eat well** – Eating a healthy, balanced diet is an important part of maintaining good health and can improve both physical and mental health.
- * **Try something new** – Learning a new craft or skill can boost self-confidence.
- * **Seek help** – If symptoms are so bad that you can't live a normal life, see your GP for medical help.

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 1st 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>

Opening Times

Saturdays (Sabbath)

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

Stoke Newington SDA Church

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London
N16 0BD

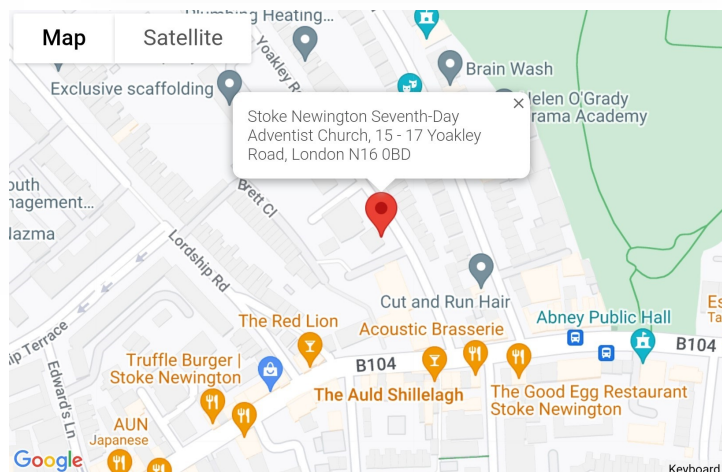
Phone: 020 8800 8422

E-mail: stokeysda@hotmail.com

Parking is available on site

Wheelchair accessible

Disabled toilet facilities



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