



The eBulletin will replace the Bulletin until the church re-opens

The Would-Be Woodcutter

"Cast all your anxiety on him because he cares for you." 1 Peter 5:7

One year when I was in college, I cut, stacked, sold, and delivered firewood. It was a hard job, so I have empathy for the hapless logger in the 2 Kings 6 story.

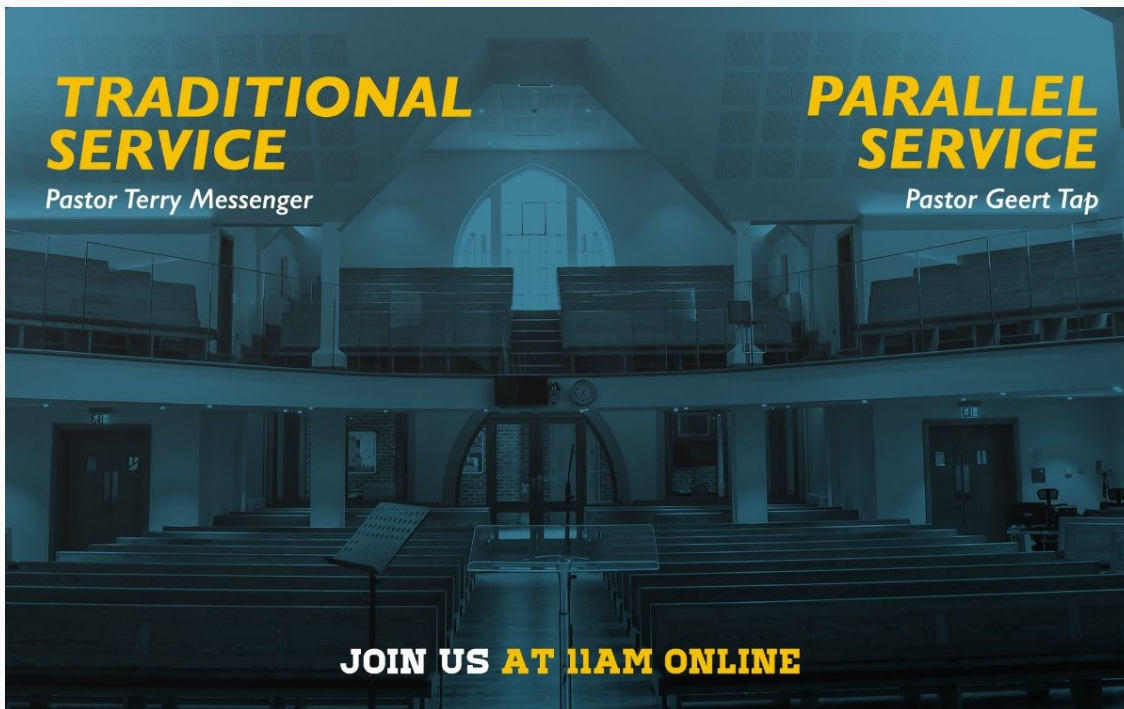
Elisha's school for prophets had prospered, and their meeting place had become too small. Someone suggested they go into the woods, cut logs, and enlarge their facilities. Elisha agreed and accompanied the workers. Things were going remarkably well until someone's axhead fell into the water (v. 5).

Some have suggested that Elisha simply probed in the water with his stick until he located the axhead and dragged it into sight. That would hardly be worth mentioning, however. No, it was a miracle: The axhead was set in motion by God's hand and began to float so the man could retrieve it (vv. 6–7).

The simple miracle enshrines a profound truth: God cares about the small stuff of life—lost axheads, lost keys, lost glasses, lost phones—the little things that cause us to fret. He doesn't always restore what's lost, but He understands and comforts us in our distress.

Next to the assurance of our salvation, the assurance of God's care is essential. Without it we would feel alone in the world, exposed to innumerable worries. It's good to know He cares and is moved by our losses—small as they may be. Our concerns are His concerns.

By: David H. Roper - Taken from odb.org



Watch the [Traditional Service](#) with Pastor Terry Messenger

Watch the [Parallel Service](#) with Pastor Geert Tap

"Title: Deos Pro Nobis - God for us"

[Watch your favourite service on our YouTube Channel!](#)

[SEC COVID-19 UPDATE](#)

Announcements / News

- ❑ **Welfare Department** is always in need of non-perishable food such as tinned fruit, tinned soup and vegetables plus pasta and pasta sauce. We are also in need of single and double duvets plus pillows. **Pat Walton 01923672500.**



Offerings by Bank Transfer. For church budget offerings: Stanborough Park Church, 60-00-08, 40650561. For other offerings or to confirm Gift Aid, please email the treasury department: treasury@stanboroughchurch.org

Offerings by Text Giving. Text SDA STANPARK: to 70500 to give £5 per week; to 70300 to give £3 per week; to 70100 to give £1 per week. Text STOP to the same number to stop weekly donations.



Due to the Coronavirus outbreak we have revised of opening for the foreseeable future: Tuesday 12:30 - 5.00pm Friday 10:00 - 2.00pm Telephone: 01923-893461. Website for online purchases: www.lifeforcebookshop.co.uk.

The Women's Ministry has set up a Prayer line every Sabbath from 4- 5pm. It can be accessed as follows: Dial: 03306060403 Access code 549515

- **If you would like to privately share a PRAYER REQUEST** with the Prayer Ministries Team and Pastoral Team, please send an email to prayeratstanborough@gmail.com
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- **Youth Week of Prayer 21-28 March**

Join us for the final two days of the Youth Week of Prayer talks. We've had a great week with lots of people watching each night online. Live each night at 5pm or watch later at your convenience. Livestream from the [Stanborough Church website](#) or you can watch from the Stanborough Park Church [Facebook](#) page.

- **Keeping in Touch**

The Youth Department launched an initiative this week to keep in touch with our senior members and members of the local community.

We encourage everyone to reach out and write a letter of support and friendship, or do a drawing, to bring a smile to someone's face. We may not be able to get out and visit, but we can still be sharing God's love. Email your typed or scan in your handwritten letters and drawings to youth@stanboroughchurch.org and we will ensure it reaches the correct people.

- **Prayer Requests**

If you are lonely, worried or would like to share a prayer request, please email: youth@stanboroughchurch.org in confidence and the pastoral team and youth team will pray for you. Have some good news to share? We'd love to hear that too!

- **SPC Youth Sabbath School (16-25 yo)** Time: Mar 28, 2020 9:45 AM London

Join Zoom Meeting <https://zoom.us/j/328012647> Meeting ID: 328 012 647

- **SPC Earliteens Sabbath School (13-15)** Time: Mar 28, 2020 9:45 AM London
Join Zoom Meeting <https://us04web.zoom.us/j/861311693> Meeting ID: 861311693

DO YOU HAVE A PRAYER REQUEST? WANT TO KEEP IT CONFIDENTIAL? SEND YOUR REQUESTS VIA EMAIL: YOUTH@STANBOROUGHCHURCH.ORG

WE ARE WRITING LETTERS TO OUR ELDERLY MEMBERS AND COMMUNITY FRIENDS WHO ARE UNABLE TO RECEIVE VISITORS AT THIS TIME.

WE WILL PRINT OUT THE LETTERS AND DRAWINGS YOU SEND US AND PASS THEM ON FOR YOU. HOPEFULLY IT WILL BRING A SMILE TO THEIR FACES.

CHOOSE A NAME FROM THE LIST AND GET WRITING.

WHY NOT WRITE TO A DIFFERENT PERSON EVERY DAY THIS WEEK?

THE WHOLE FAMILY CAN GET INVOLVED TOO!

EMAIL YOUR TYPED OR HANDWRITTEN LETTERS AND DRAWINGS TO: YOUTH@STANBOROUGHCHURCH.ORG

Letter-writing Project

Many elderly people are self-isolating because of the coronavirus situation and for some this means not seeing people for days on end. We would like to correspond with them to send them a happy message. We have several senior members in our congregation and others we know of in the community who would love to hear from the youth. You can write to them about anything you like that makes you happy and that would make them happy to read. Younger siblings can write simple notes and do a drawing, and parents are welcome to add their own letters too. It can be a whole family activity!

Simply scan or email your letters and drawings to youth@stanboroughchurch.org and we will print them off and pass on for you. Why not write a letter to a different person every day?

We really hope you can join in with our campaign to keep in touch. If you know any names that need to be added to the list, please email them through and we'll update the list when we can.



Join us tonight and tomorrow at 5pm [here](#)

YOUTH WEEK OF PRAYER
21 - 28 March 2020

THE EMBRACE - FORGIVENESS AND RECONCILIATION

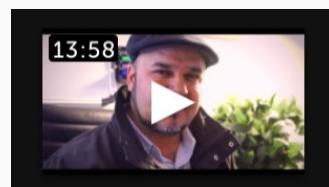
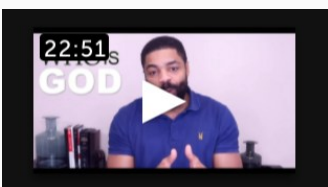
Join us every evening from 5pm at:
www.stanboroughchurch.org

The Youth Week of Prayer is a time for reflection, study and real communication with our Father God.

GUEST SPEAKERS

AT STANBOROUGH PARK CHURCH THIS WEEK

- | | |
|--------------|---|
| Sabbath 21st | Geert Tap, Stanborough Park Assoc. Minister |
| Sun 22nd | Anthony Fuller, SEC Youth |
| Mon 23rd | Paul King Brown, The HUB |
| Tues 24th | Clifford Herman, SEC Pathfinders |
| Wed 25th | Adam Ramdin, NEC Youth |
| Thurs 26th | Lorraine Fontaine, London Live & Kennington |
| Fri 27th | Costa Vaggas, Stanborough Park member |
| Sabbath 28th | <u>Dejan Stojkovic, BUC Youth & Pathfinders</u> |



WE ARE JOINING FORCES TO HELP FAMILIES AND INDIVIDUALS COPE

with the impacts of Covid-19



One Vision supporting the Watford community
from **Monday 23rd March**

If your child's free school meal has been interrupted,
or if you are 70 plus and self isolating, we are providing
hot meals and we can help you out with provisions.

Food station: Stanborough Park Church
609 St.Albans Road, Watford, WD25 9JL

Mental health support
Cllr Rabi Martins on 07494 450325 rabi.martins@watford.gov.uk

Chaplaincy Support
Town Centre Lead Chaplain, Frances 07483178582 | frances@watfordccc.org
Pastor Terry Messenger 07879 454267 | tmessenger@secadventist.org.uk
Pastor Patrick Boyle 07396 167120 | pboyle6@aol.com
Pastor Geert Tap 07747 568942 | gtap@secadventist.org.uk

Welfare Support
Pat Walton - pat@pwalton.uk

Veteran's Support
Liz Burns 07527 213921 | belizemik@aol.com

For further information or support:
Enoch Kanagaraj, Chairman, One Vision Project
www.onevisionproject.org



Food donated by Prince of Bengal,
Langley Way Watford and One Vision Project

Text Giving

Text **SDA STANPARK**
to **70500** to give **£5** per week,
or to **70300** to give **£3** per week,
or to **70100** to give **£1** per week.

Thank you for your faithful and generous giving.

*Self-isolating?
Need something to do?*

Study with the
Adventist Discovery Centre,
UK & Ireland
**Free Online
Bible and
Health Courses**

+44 (0) 1923672606

www.discoveronline.org.uk

info@discoveronline.org.uk

Adventist Discovery Centre, UK & Ireland

@discover.online

Register at www.discoveronline.org.uk

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Special item by Reuben Hall



#StayHomeSaveLives 

 **STAY AT HOME**

PROTECT THE NHS

 **save lives**



Please send an email to PRAYERATSTANBOROUGH@GMAIL.COM if you would like to PRIVATELY SHARE YOUR PRAYER REQUESTS with the Prayer Ministries Team and Pastoral Team.

Prayer Requests

FIGHT

#LOCKDOWNFATIGUE

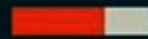
FIGHTING THE COVID-19 PANDEMIC
1 DAY AT A TIME

7 DAILY HABITS

MORNING



AFTERNOON



THE BODY

2X A DAY // 30 MIN OF EXERCISE

10 minutes of stretches
10 minutes plyometrics
10 minutes of strength building

DRINK 2 GLASSES OF WATER



THE SPIRIT

2X A DAY // 40 MIN OF TALKING WITH GOD

20 minutes of reflective prayer
10 minutes of intercession
10 minutes of total silence

DRINK 2 GLASSES OF WATER



THE MIND

2X A DAY // 40 MIN OF MENTAL STIMULATION

20 minutes of being outdoors
10 minutes non digital reading
10 minutes of classical music

DRINK 2 GLASSES OF WATER



*Connect: Have positive conversation
and words of encouragement with 5 friends and family.*

CONTACTS

Pastor Terry Messenger tmessenger@secadventist.org.uk - 07879 454 267

Pastor Geert Tap gtap@secadventist.org.uk - 07747568942

Stanborough Centre - Rob Page stanboroughcentre@gmail.com - 07908362431

Church Clerk - Pat Swan swan.patricia4@gmail.com - 07926119981

Stanborough Park College of Music info@spcm.org.uk

Treasury Department treasury@stanboroughchurch.org

Bulletin Deadline Wednesday 6pm bulletin@stanboroughchurch.org

www.stanboroughchurch.org

Stanborough Park Church is part of the Seventh-Day Adventist Church
609 St. Albans Road, Watford, WD25 9JL

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