



Take Your Tears to God

"My eyes will flow unceasingly, without relief, until the Lord looks down from heaven and sees." Lamentations 3:49–50

Last summer, an orca named Talequah gave birth. Talequah's pod of killer whales was endangered, and her newborn was their hope for the future. But the calf lived for less than an hour. In a show of grief that was watched by people around the world, Talequah pushed her dead calf through the cold waters of the Pacific Ocean for seventeen days before letting her go.

Sometimes believers in Jesus have a hard time knowing what to do with grief. Perhaps we fear that our sorrow might look like a lack of hope. But the Bible gives us many examples of humans crying out to God in grief. Lament and hope can both be part of a faithful response.

Lamentations is a book of five poems that express the sorrow of people who have lost their home. They've been hunted by enemies and were near death (3:52–54), and they weep and call on God to bring justice (v. 64). They cry out to God not because they have lost hope, but because they believe God is listening. And when they call, God does come near (v. 57).

It's not wrong to lament the broken things in our world or in your life. God is always listening, and you can be sure that God will look down from heaven and see you.

By: Amy Peterson - Taken from odb.org



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

Watch the [Parallel Service](#) online

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

[SEC WEEKLY UPDATE - 21st MAY](#)

Announcements / News

- **“Healthy Living” on Saturday 23rd May at 3pm.** An exciting programme brought to you by the Women’s Ministry department. Zoom ID: 250-966-5133, Password: 243467. Our facilitator is Richelle Anim.

-
- **Prayer Meeting on Wednesday at 7pm.** Please join us and be encouraged by a beautiful message. Zoom Meeting ID: 863 3281 2854 Password: 063944.
<https://us02web.zoom.us/j/86332812854?pwd=ZWV4ZW84OW92dm9lOUnnRGQ3NWl0UT09>



Tithes and Offerings by Bank Transfer to Stanborough Park Church

Sort Code: 60-00-08 - Account Number: 40650561

Account Name: Stanborough Pk Church - Account Type: Business

Reference: Name and Gift Aid No.

If using Gift Aid or funds other than church budget offering or you need a receipt please email the treasury department with the

details. 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.



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



For information about **Earlyteen Sabbath School**, please email:

Uchejbc@yahoo.co.uk

For information about **Junior Sabbath School**, please email:

spcjuniorss@gmail.com

For information about **Primary Sabbath School**, please email:

hkbrown49@gmail.com

For information about **Kindergarten Sabbath School**, please email:

kindergartensabbathschool@yahoo.com

-
- **Youth + Young Adults Sabbath School** every Saturday at 10am. Last week we had a great online meeting – studying and having fun at the same time. This week Jackson will share his Kahoot quiz with us! Join via <https://bit.ly/2VaYcqX> and you're welcome to join from 9:45. See you there!



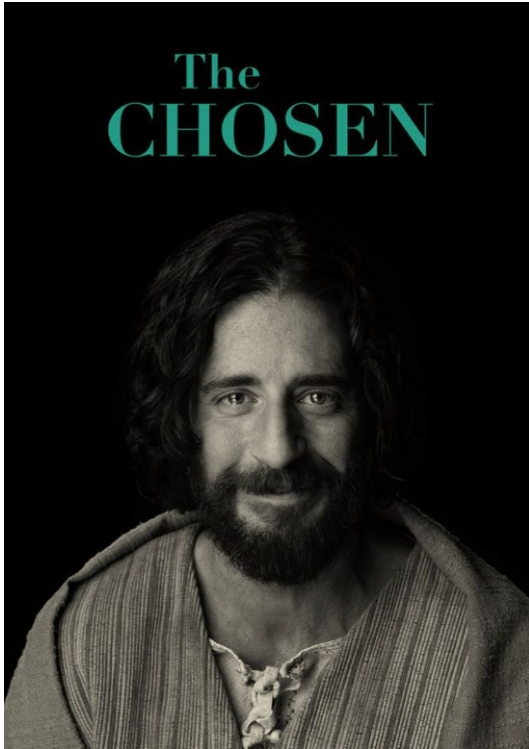
Cradle Roll Programme (New Video!) Sabbath at 9:45am on [Youtube](#) and Facebook.

Lockdown News #2 [Read Here](#)

Women's Ministry on Saturday 16th May from 3-5pm. Please join us for this moment of reflection and prayer. Zoom ID: 250-966-5133, Password: 243467.

Daily Study Guides for the next quarter are now available. Now more than ever we need to study for ourselves and especially our children. You can purchase your lesson study directly online www.lifefsourcebookshop.co.uk or call the Press on 01476 591 700 or send an email to sales@stanboroughpress.org.uk

Learn about the Christian Faith in a special series of Bible studies led by Pastor Terry every Sabbath afternoon 3-4pm via Zoom. If you are thinking of becoming a more committed Christian then this series would be ideal for you! If you are interested in joining please contact Pastor Terry TMessenger@secadventist.org.uk



The Chosen - Join our watch party 2

The series about the life of Jesus on earth continues this **Saturday evening at 7pm**. Please join us by requesting membership of the Facebook Group: Stanborough Park Church Youth. We begin the viewing at 7pm promptly, so please make sure you have joined the Facebook group by 6.30pm. **Church members are most welcome to join in.**

We will run a short Zoom meeting afterwards for those who would like to discuss the episode and share a prayer to close Sabbath together. The Zoom meeting details will be posted in the closed Facebook group setting after the viewing.

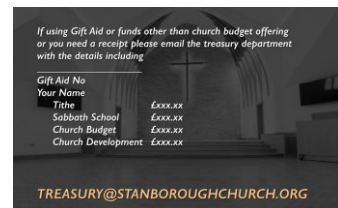
Missed last week and would like to catch up? You can watch the first episode here:

<https://www.youtube.com/watch?v=craeyJdrCsE>

Any questions please speak to any member of the Youth Committee or email

youth@stanboroughchurch.org

- If you have been inspired by any of the lives portrayed in the first episode, particularly the grace of Jesus shown to Mary of Magdala, and would like to share your response – whether it is a drawing, a poem, a song, a prayer, or something you have written, please email youth@stanboroughchurch.org with your contributions and we'll produce a gallery slideshow for the group.



Cradle Roll Sabbath School
- May 2020



This is my Father's World

The Gift of Salvation | Online Prayer Meeting 2



ADRA COVID-19 Emergency Appeal

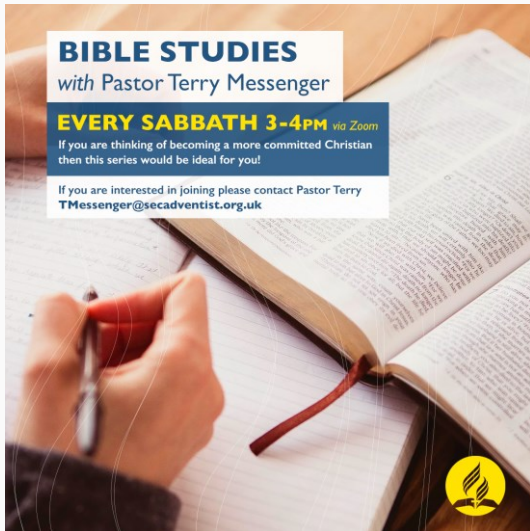


BIBLE STUDIES
with Pastor Terry Messenger

EVERY SABBATH 3-4PM via Zoom

If you are thinking of becoming a more committed Christian then this series would be ideal for you!

If you are interested in joining please contact Pastor Terry
TMessenger@secadventist.org.uk



Peterborough Central SDA Youth Presents...

GOD & SCIENCE
24TH - 30TH MAY 2020

Link to Facebook Live or YouTube via our website
www.godandscience.co.uk

SUN 24TH MAY - DARWIN OR DESIGN?	WED 27TH MAY - THE FLOOD & COMPACT TIME
MON 25TH MAY - THE ORIGIN OF LIFE	THURS 28TH MAY - EARTH'S CATASTROPHIC PAST
TUES 26TH MAY - EARTH, THE MOST PRIVILEGED PLANET IN THE UNIVERSE	FRI 29TH MAY - MANKIND, THE MASTERPIECE OF GOD'S CREATION
7PM WEEKDAYS	6PM SATURDAY
SAT 30TH MAY - QUESTIONS & ANSWERS	

 DR ALASTAIR NOBLE Director of Centre for Intelligent Design UK	 PROF TIMOTHY STANDISH Senior Scientist at the Geoscience Research Institute in Loma Linda	 DR MART DE GROOT Retired Astronomer - Associate member of the Society of Christian Scientists
 PROF BIRGIR OSKARRSON Professor of Geology at the University of Iceland, Institute of Natural History	 PROF JOHN WALTON Research Professor of Chemistry at the University of Aberdeen	 DR ISABEL MORAES Physicist at The National Physical Laboratory

Invite a friend to subscribe to the eBulletin



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

Copyright © Stanborough Park Church. All rights reserved.

Design by Jef Nascimento with MailChimp.

SUBSCRIBE to receive the eBulletin from Stanborough Park Church

Want to change how you receive these emails?

You can <https://adventistchurch.us14.list-manage.com/profile?u=9efd83f7aaf3818a26ce9d661&id=5adc41b278&e=2d3bc2c189> your preferences or

[unsubscribe from this list](#)

[View this email in your browser](#)