



Out of Breath

"Six days you shall labour and do all your work, but the seventh day is a sabbath to the Lord your God." Deuteronomy 5:13–14

There's a home-improvement store near me that has a big green button in one of its departments. If no assistant is present, you push the button, which starts a timer. If you're not served within a minute, you get a discount on your purchase.

We like being the customer in this scenario who enjoys the speedy service. But the demand for fast service often takes a toll when we're the one expected to deliver it. So many of us today feel rushed doing our jobs, working long hours, checking email multiple times a day, and feeling pressured to meet tighter and tighter deadlines. The customer service tactics of the home-improvement store have seeped into all our lives, creating a culture of rush.

When God told the Israelites to keep a Sabbath, He added an important reason: "Remember that you were slaves in Egypt" (Deuteronomy 5:15). There they'd been forced to work ceaselessly under Pharaoh's excessive time constraints (Exodus 5:6–9). Now freed, they were to give themselves a whole day each week to ensure they and those who served them could rest (Deuteronomy 5:14). Under God's rule, there were to be no flush-faced, out-of-breath people.

How often do you work to the point of exhaustion or get impatient with people who keep you waiting? Let's give ourselves and each other a break. A culture of rush is Pharaoh's doing, not God's.

By: Sheridan Voysey from odb.org



Watch the [Traditional Service](#) online with **Pastor Daniel Duda**



Watch the [Parallel Service](#) online with **Pastor Paul King Brown**

Meeting ID: 812 4404 1440, Passcode: 816963 or [Click Here](#)

Announcements / News

- **Online Prayer Meeting** on Wednesday at 7pm. Join us on Zoom.
ID: 86332812854, Password: 063944

- **LOCKDOWN NEWS 10** - [Read here](#) A sad farewell to some familiar members; Your prayers are requested; We'll miss you, Pastor Boyle; News from 'One Vision'; Toy Service: feedback from Pat Walton; Changes to the Messenger; The Last Word.

stroke; Jenny who has been redeployed to a covid hospital; Tuhina who is fighting depression, epilepsy and type 1 diabetes; Margaret who has covid symptoms; Dr. Mahinda's family as they grieve his death from covid; and the newly opened SDA church food bank in Ealing.

- For information about **Earliteen 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:

ishida.yvonne@gmail.com

- **SPC children's Sabbath schools need help.** We need people who are willing to record a Bible story for the Cradle Roll Sabbath school programme that goes out on YouTube. We need more people to help with the zoom Sabbath school groups, especially Primary and Junior. This could be leading the programme, telling the story or preparing activities or quizzes. If you are willing to help in any way, please contact Yvonne Ishida at ishida.yvonne@gmail.com.
-

- **Cradle Roll Programme 2nd edition of JANUARY** Sabbath at 9:45am on [Youtube](#) and [Facebook](#).
-

- **Women's Ministry** will be hosting a meeting on Saturday 6th February from 3-5pm. Sister Mirian Keshishian will be exploring the attributes of Miriam the Prophetess.
-

- **DBS checks** If your DBS is 3 years and over, you need to renew it. You can renew your DBS certificate or get a new one by contacting Uche Ademuyiwa by email dbs@stanboroughpark.org. The DBS checks will be done online.
-

- **Women's International Day of Prayer** will be on Saturday 6th March and a special programme is planned for the entire day. The theme is "I Will Go". Look out for upcoming details.
-

- **Grateful thanks** from Bronwen Atkinson for the phone calls, cards – at least twice as many as usual – flowers, chocolates, plus a bag of goodies from 'the church'. They made sure her 90th birthday on January 18th was a happy one.
-

- **The Messenger – Coming Soon, Direct to your Home** [READ HERE](#)

Message from Pastor Terry Messenger

Some officers have stepped down during 2020 and so the Church Board has acted as a nominating committee to replace these individuals. These individuals have been nominated to serve until the end of 2021. This is the second reading. If there are no sizeable objections it will be taken that these names have been voted by the church. If you have any serious concerns about

Nomination of new officers for 2021

Second reading of:

Church Clerk (Minutes): Alix Roberts

First reading of:

Primary SS: Esther Kansare

Names still being considered:

Head Deacon, Young Adults (18-24), Church Clerk, Membership List and Transfers, Adventurers Leader,
AV team Leader, Womens Ministries Leader, Stewardship Leader.

If anyone has an interest in serving in any of these areas please let a member the pastoral team know.

Membership Transfer:

Graham and Pauline Allcock from SPC to Welsh Mission – First Reading
Profession by faith – Nadia Vaggas – first reading

The funeral of June Williams will take place on Wednesday, February 3rd 3pm at the Cambridge Crematorium. This service will be available online at: <https://www.wesleymedia.co.uk/webcast-view>

Login / Order ID: 72316 Password: ffsstaqt

The funeral of Kathie Meedin will take place on Tuesday February 9th 10am at the Stanborough Park Church. This service will be livestreamed and will be available on the church website.

Invitees only can attend due to COVID 19 restrictions.



Fruits of the Spirit



Good, good father



The Faith Gym
- The hard work of keep-believing



Cradle Roll Sabbath School
- 3rd Edition of January 2021

Invite a friend to subscribe to the eBulletin

Watch your favourite service or special item on our YouTube Channel



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?](https://adventistchurch.us14.list-manage.com/profile?u=9efd83f7aaf3818a26ce9d661&id=5adc41b278&e=84d820403a)

[u=9efd83f7aaf3818a26ce9d661&id=5adc41b278&e=84d820403a](https://adventistchurch.us14.list-manage.com/profile?u=9efd83f7aaf3818a26ce9d661&id=5adc41b278&e=84d820403a) your preferences or [unsubscribe from this list](#)

[View this email in your browser](#)

This email was sent to sumpete@gmail.com

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Stanborough Park Church · 609 St Albans Road, Watford · Stanborough Park Church · Watford, Hertfordshire WD25 9JL · United Kingdom

