



Every Breath

"I will put breath in you." Ezekiel 37:6

When Tee Unn came down with a rare autoimmune disease that weakened all his muscles and nearly killed him, he realized that being able to breathe was a gift. For more than a week, a machine had to pump air into his lungs every few seconds, which was a painful part of his treatment.

Tee Unn made a miraculous recovery, and today he reminds himself not to complain about life's challenges. "I'll just take a deep breath," he says, "and thank God I can."

How easy it is to focus on things we need or want, and forget that sometimes the smallest things in life can be the greatest miracles. In Ezekiel's vision (Ezekiel 37:1–14), God showed the prophet that only He could give life to dry bones. Even after tendons, flesh, and skin had appeared, "there was no breath in them" (v. 8). It was only when God gave them breath that they could live again (v. 10).

This vision illustrated God's promise to restore Israel from devastation. It also reminds me that anything I have, big or small, is useless unless God gives me breath.

How about thanking God for the simplest blessings in life today? Amid the daily struggle, let's stop occasionally to take a deep breath, and "let everything that has breath praise the Lord" (Psalm 150:6).

By: Leslie Koh - Taken from odb.org



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



Watch the [Parallel Service](#) online with Matthew Vincent
Meeting ID: 840 134 7522, Passcode: 2007691 Click [HERE](#)

Announcements / News

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

- **Lockdown News 11** [READ HERE](#)
 - Prayer Corner • Gratitude Corner • Elders' Retreat: submitted by Audrey Balderstone • Church Board resolution with regard to One Vision • Youth News • News from One Vision, Message from Pastor Terry and Audrey's Latest ADRA appeal • Catch-Up and The Last Word

LILIES FOR EASTER We were unable to fill the church with lilies last Easter, but, subject to Board approval, we hope the church will be open for Sabbath Worship on April 3rd. We have much to be grateful for, so if you would like to say 'thank you' to God for His blessings, or send greetings to friends or loved ones, or to remember some who have sadly passed away, send your short message of dedication to abalderstone@btconnect.com. Lilies cost £5 each and all profits will go to ADRA UK. Details of how to pay and how to collect your lily/lilies and the printed dedication/s will be sent to you. If you prefer to contact Audrey by phone please ask the Pastor for her phone number. Thank you.

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

- **ADRA** As we will not be able to collect door to door for ADRA again this year, Audrey Balderstone has come up with a fund raising idea. She plans to give a donation to ADRA for the birthday of each of her friends and relatives during the year. She is also asking for donations to ADRA instead of birthday presents to her. If you would like to swell the fund for ADRA you could donate in honour of a friend or family member - or as a 'thank you' present for God's blessings. **To donate please go to Audrey's Just Giving' page:**
<https://justgiving.com/fundraising/Audrey-Balderstone1>

□ **Cradle Roll Programme MARCH** Sabbath at 9:45am on [Youtube](#) and [Facebook](#).

□ **Urgent request for contact details:** If anyone knows the contact details for Nathaly Kandoo please contact Pat Swan, Church Clerk, urgently. Thank you.

□ **Meals and Grocery Bags.** If you need help with cooked meals or grocery bags, please contact One Vision's new telephone number: 01923 372699 or email info@ovwatford.org

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- **The family prayer basket is now with Caren Pingol and Family.** Their prayer requests are: for continued good health for our family, for my elderly parents in the Philippines- that they continue to stay in good health and continue to be protected from the disastrous effects of the continued earthquakes in the region, for our quest to purchase a house here in Watford, to guide my husband George in his plans of applying for further training in his career, for spiritual growth, for the world to heal from the ravages of this pandemic, for church services to resume soon where people can again gather in church and enjoy communion with God and other churchgoers.
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- **DBS checks** Please contact Uche Ademuyiwa by email db@stanboroughpark.org to renew your DBS certificate if it is 3 years or over, or to get a new one. The DBS checks will be done online. All those who have recently received their DBS certificate need to notify the church by email to the same address mentioned above. An arrangement will be put in place to verify the certification

- **Messenger** [February 26th Edition](#)

- **SOS mix for sale** – contact Pat Walton if you would like to purchase some. All proceeds to the Church Development Fund.
Contact Pat on 07788311097 or 01923 672500.

Church Office nominations

Adventurers Leader - Megan Joseph – 2nd Reading
Audio Visual Team leader - Eric Wolfram – 1st reading

If there are any queries on these names please contact the pastoral team in the first instance

Luca Zagara has been asked by the Welsh Mission to take up Ministerial Internship effective from 1 April. We wish Luca and Caroline God's richest blessings as they begin this new phase in their lives. We want to thank Luca and Caroline for their sterling work for the church in the past four years that they have been with us.

Our next Communion service is on April 10.





I WILL GO



Pruning Time



**Cradle Roll Sabbath School
- March Edition 2021**



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Stanborough Park Church

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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
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