



## Happenings at Balham -Oct 2020

### Making a Difference in our Community

For God hath not given us the **spirit of fear**; but of **power**, and of **love**, and of a **sound mind**. 2 Timothy 1:7

This year's news has been dominated by the pandemic of the coronavirus. (COVID-19) It has interrupted almost all areas of our life, lead to multiples of deaths and sicknesses, and has wrecked economies and livelihoods around the world. There seems to be no end to it and that has caused so many anxieties, as we just don't know if things will get worse, before they get better.

As Christians who live in the World, we are not immune to the effects of this pandemic. The question is: How should we respond to a situation we seem not able to control? There are two extreme reactions. One is to be totally overwhelmed by the situation leading to a sense of helplessness and hopelessness, and the other extreme is almost to pretend it is not happening, and simply spiritualize the situation, and act as if we are not in any way affected.

So how can we have a balanced and honest response to the situation, and maintain a faith in God and retain a sound mind? I wish I had all the answers, but I don't, but I want to make several suggestions.

- 1) **Remember God's leadings in the past.** The truth is, we have all gone through moments of hardship and loss at some time in our lives. The current virus crisis is new, but we have had difficulties in the past, and if we can reflect on how God has led us through them, it will help to bolster our faith when trouble comes.

- 2) **Remember the promises of God** such as ‘There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it’. 1 Corinthians 10:13. We can call upon other scriptures where God promises to be with us and reminds us that we are not forgotten by him.
- 3) **Don’t pretend we are not hurting** and remember God has invited us to ‘pour out our hearts before him’ (Psalms 62:8). This is particularly important for people of faith because we are tempted to feel we need to be ‘strong,’ and sometimes forget that God knows our frailties and sympathizes with our pain.
- 4) **Count your blessings:** even amidst our sufferings there are always things to be thankful for. I remember reading a caption where someone wrote, ‘I complained about not having no shoes until I met a man with no feet.’ It may seem trite, but reflecting on our blessings can help us put things in perspective.
- 5) **Focus on helping others.** This can help us deflect some of the anxieties we are feeling when we pour some of our energy in helping others who are facing predicaments.
- 6) **Seek help from others.** It is easy to think we are supposed to be independent and manage all our anxieties and issues ourselves, but we all need someone and others can help us with our anxieties. Maybe this may be a listening ear, or in more dramatic situations, we may need to seek professional help to deal with our depression. Yes, Christians do suffer from depression, and even if you think we shouldn’t if we are experiencing it, we need to seek help. I must add a caveat in that, we need to be wise about who we seek help from, as some people could make our feelings of anxiety or helplessness greater.

The apostle Paul in scripture was going through some difficulty and prayed three times for the Lord to take it away and God didn’t. He just reminded him that God’s grace was sufficient to carry him through. (2 Corinthians 12:9).

As the gospel song says ‘this too shall pass.’ As far as the coronavirus is concerned, it will pass but we just don’t know when and we need God’s help in dealing with our situations. Even when the coronavirus goes, we will be faced with other hardships and uncertainties. We need to constantly remind ourselves of God’s love, and we

need also to remind ourselves that there are practical things we can do so we don't get overwhelmed by another crisis that we will have to face.

**From the Pastor's desk:** Group leaders were appointed and asked to report each week to Pastor on the number of members contacted and whether they had stated specific needs.

Wk. 16 (30/8)	27
Wk. 17 (6/9)	42
Wk. 18 (13/9)	69
Wk. 19 (20/9)	19
Wk 20 (27/9)	41

**Recent Conference President's video messages - click on link**



10 SEP- <https://www.youtube.com/watch?v=XEg7FrJ7FYQ>

17 SEP - <https://www.youtube.com/watch?v=OmD6JWLcJ6c>

24 SEP- <https://www.youtube.com/watch?v=8sbg1TcYwSc&feature=youtu.be>

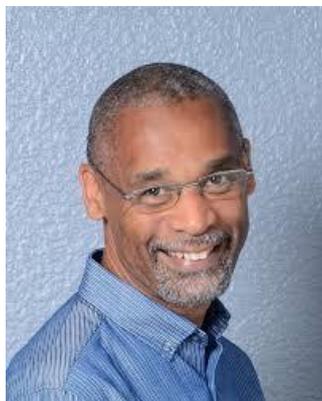
## **Generational trauma programme**

This subject was addressed in two sessions, Divine service and AY'S with Pastor Les Ackie (BUC Family Ministries director) and Cornerstone Counselling Services (CCS).

### **Morning session**

Pastor Ackie preached the sermon in the morning and took the form of a teaching presentation. He mentioned how sin has distorted God's original plan for man and he gave Biblical examples such as David to Solomon on how certain behavioral tendencies have been passed on from generation to generation, but we don't need to be enslaved by such tendencies and we do have a choice as to how we behave.

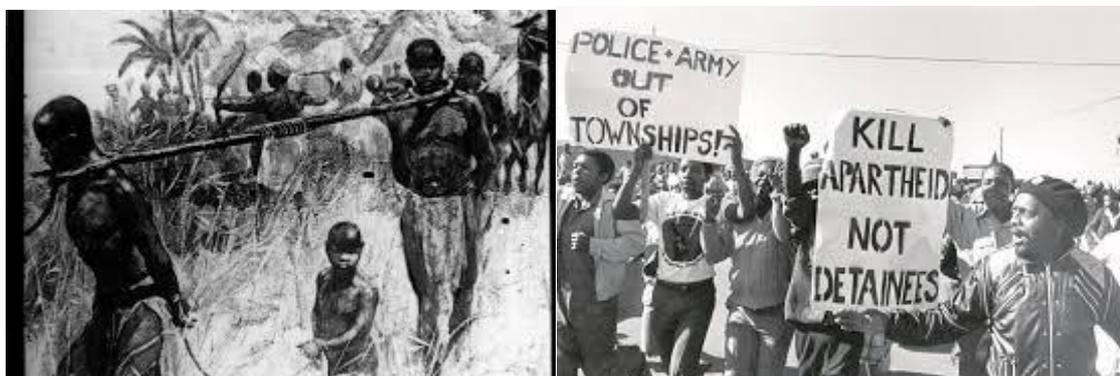
He mentioned that people could be affected by adverse events or circumstances in their past or by past generations and this could cause trauma in people's lives. This could include circumstances such as slavery, Jewish holocaust, or Apartheid as well as more personal situations such as abuse in the family. We are influenced by our heritage and the environment in which we live.



The main presenter: Pastor Leslie Ackie

You can pick up the morning session on YouTube by going to Balham SDA Church media and selecting the appropriate tab. (Healing generational trauma - part 1). **Alternatively, you can click on the following YouTube link**

**<https://www.youtube.com/watch?v=dPHZEvJVtn8>**



Historical traumas like slavery and apartheid could affect generations.

The Afternoon programme saw the second part of Pastor Ackie's presentation and there was a panel from CCS who took part in the question and answer session with questions from the viewers.

Pastor Leslie Ackie's presentation started with a look at a study on adverse Childhood experiences (ACE) looking at those who have suffered emotional, physical or sexual abuse, and ones who faced other adverse conditions such as losing a parent, divorce or separation of parents, or living with people with mental illnesses, or those involved in drug and alcoholic abuse.



Adverse childhood experiences such as being children of divorced parents or parents who suffer from drug abuse can adversely affect children.

The study found that those who had suffered from the most ACE's were more likely to suffer from cancer or heart disease, or become alcoholic in their adulthood, to have attempted suicide. However, ACE's do not have to determine your destiny. **The YouTube link for the afternoon session is:**

**<https://www.youtube.com/watch?v=XC5ff71jPWE>**



# YOU ARE NOT ALONE

CCS is here for you

CONTACT

**0330 133 2495**

Dedicated listening line

**0207 723 8050**

Office Number / Appointments

[connect@ccscounselling.org.uk](mailto:connect@ccscounselling.org.uk)

[www.ccscounselling.org.uk](http://www.ccscounselling.org.uk)

"I am not living,  
I am just surviving."  
**Together we can make  
it happen.**

Often, it is not the initial experience that creates the overwhelming pain, but the lack of support.

Do not suffer alone  
Do not suffer in silence  
CCS is here to support you  
Together we can win your struggle.



## Health Tips: VITAMINS - Marylene Akakpo (Health Ministries leader)

**What are Vitamins?** Vitamins are substances found along with minerals in food. We have vitamins **A, C, D, E, K** and the **B** vitamins, Vitamin **H** also known as Biotin, Vitamin **F** is Omega 6 and Omega 3. Vitamins help our bodies develop and function the way it should.

**Vitamin B:** is to the nerves what insulation is to an electric wire. It keeps us from getting too short and curt with people.

**Best foods include:** Brown rice, barley, millet, beans, lentils, seeds, nuts, fruits, citrus fruits, avocados, bananas, dark, leafy vegetables such as broccoli and spinach.

### **Vitamins E:**

**Best foods include:** Nuts such as almonds, peanuts, and hazelnuts. Wheat germ, kiwifruit, extra virgin cold press olive oil or organic olive oil, wheat germ oil, seeds especially sunflower seeds, mango, blueberries, cranberries and olives.

**Vitamin F:** These are the two fats -alpha-linolenic acid (ALA) and linoleic acid (LA) which play a major role in our bodies including immune system function, blood clotting, blood pressure regulation and growth.

**Best foods include:** soya beans, olive oil, pecan nuts, flaxseeds, flaxseed oil, sunflower seeds, almond nuts, walnuts, tofu (non-gmo), almonds.

**Vitamin H:** One of the B Complex vitamins which convert food into energy.

**Best foods include:** sweet potatoes, nuts, seeds, whole meal bread, cauliflower, oats, carrots, berries, bananas etc.

**Vitamin K:** Makes proteins for healthy bones and normal blood clotting. According to research it produces four of the 13 proteins needed for blood clotting.

**Best foods include:** Dark green vegetables, kale, brussels sprouts, prunes, greens, fresh parsley, pomegranate, blue berries, black berries, figs (fresh or dried), pumpkin, lettuce.

The best way to ensure we get our vitamins and minerals in the proper amounts is to follow God's health message and adopt a healthy diet with lots of fruits, nuts, grains, beans, legumes, non-dairy products and lots of raw fresh vegetables.

Many **herbal teas** are also rich in **vitamins** and **minerals** such as: Lemon balm, chamomile, Sage, Hibiscus, Peppermint, Sage etc. They are great for helping fight diseases, viruses and infections.



## What did the Junior Sabbath school do during the pandemic? By Angela Spencer (Junior Sabbath School leader)

Since 4<sup>th</sup> April, Junior Sabbath School have been coming together via Zoom. It has been different but worthwhile. We start with a welcome and a 'How you All doing?' segment. We then have our devotional which is taken by either one of the teachers or children. Afterwards we have one large class and go through all the lessons from Kindergarten to Cornerstone. This is presented both verbal and visual, allowing us to engage the children at their appropriate age level.

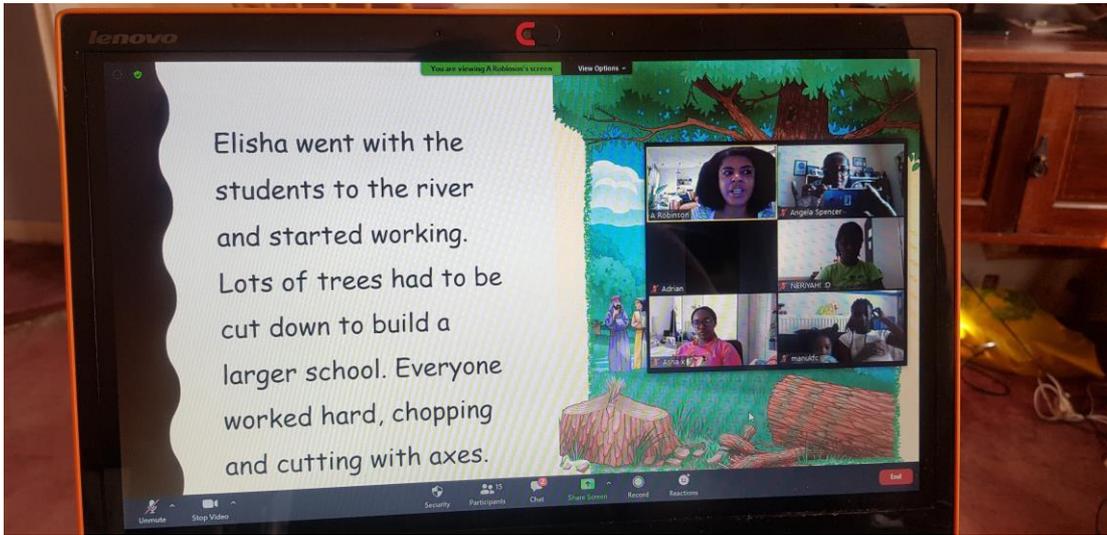
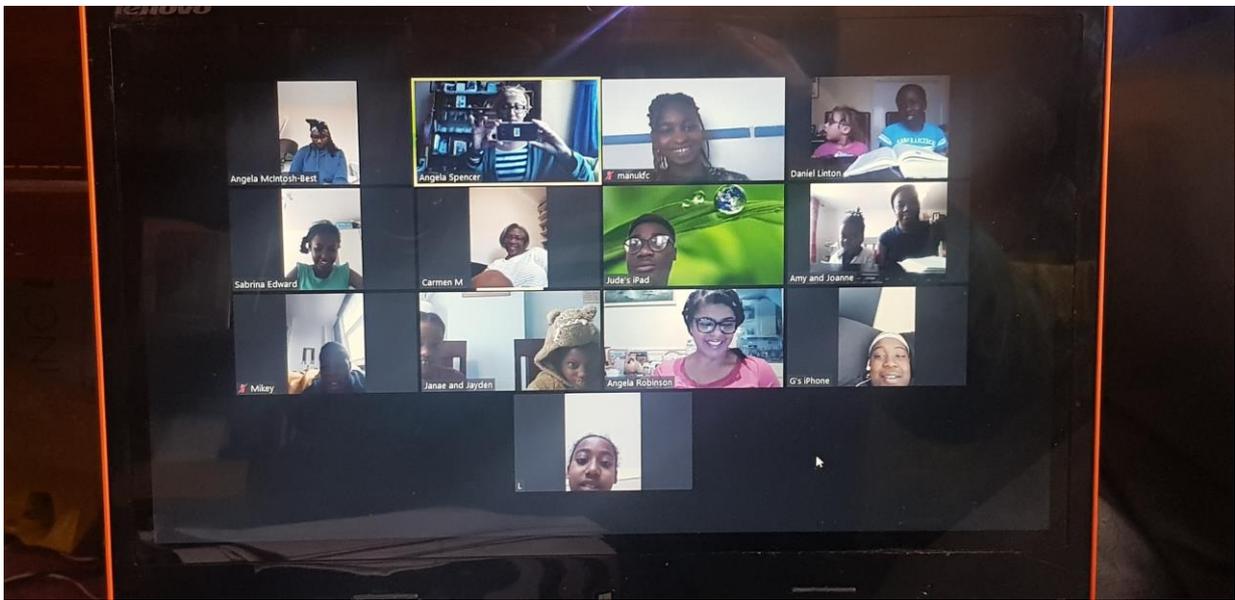
We on average, have between 14-18 children taking part with 3-4 teachers. We originally planned to have our lessons last for one hour, but this developed very quickly to being closer to two hours and is more likened to a children's church programme, then Sabbath school. This has been rewarding for both the children and the teachers.

On 27<sup>th</sup> June we held our first ever online 13<sup>th</sup> Sabbath programme which consisted of a mini talent show (due to the vast number of talented children that we have we stretched this item out over a few weeks), with the children showcasing their talents. We had singers, musicians, poetry, art, stories. We then had the grand quiz which consisted of questions both written and interactive composed by all the teachers. Fun was had by All!

We managed on 22<sup>nd</sup> August to take advantage of the good weather and had a physical catch up with some of the children and parents in Tooting Bec Common. Those that were unable to attend were able to join in (we love technology) as we still logged on via Zoom and had lessons which were taken solely by the children. We then with the children that had attended, had a picnic. We then split into groups and had a nature scavenger hunt (all I can say is that it was very competitive)!

Going forward we plan on continuing our Zoom classes and look forward to our 2<sup>nd</sup> 13<sup>th</sup> Sabbath School programme which will be taking place 3<sup>rd</sup> October.

I would like to take this time to thank the teachers, children, parents and guardians who have made our online Junior Sabbath Schools lessons a success.



**Zoom Screen pictures of the class**



**Junior Sabbath school taking advantage of the good weather**

## Coming Up

**Sunday 11<sup>th</sup> of October @ 11am Members meeting** – discussion on re-opening of Balham Church and other matters.

## **Sabbath 10<sup>th</sup> of October: Balham's Music day (see flyer below)**

The theme is 'Sing Unto God!' and the aim of the day's programme is to encourage all to be worshippers as we participate in each aspect of the Worship Service.

Worship Leader-Mike Johnson will share with us the biblical perspective on the key role that the family plays in cooperate worship. Families and individuals will be leading out in singing, sharing testimonies and musical items. (see flyer below).



BALHAM MUSIC DEPARTMENT PRESENTS...

Worship Leader:  
Mike Johnson

**SING UNTO  
GOD!**

SABBATH OCTOBER 10, 2020

Morning Worship - 11am  
Afternoon Service - 4pm

**COME & WORSHIP WITH US!**

Zoom ID: 889 9779 0085  
Passcode: 169139  
Tel: 02030512874

## New Bible Study series – starting Sunday 11<sup>th</sup> October

This is run by the PM department under the leadership of Trevor Harewood and below are details of the study aimed largely at non-Adventists

**THE FREE 'LOUD CRY' BIBLE STUDY OFFER!**  
What does the Bible have to say about who **Jesus** is and about these chaotic and unprecedented times in which we live?

**\*Join one or both these two weekly Zoom Bible Studies from the comfort of your home\***

**Bible Study 1: 'Lifting up Jesus'**

- Who is Jesus and does He care about me?
- Is He coming soon to this earth and if so, what does that mean for me and my family?
- It probably goes without saying that the world is experiencing severe turmoil
- What does Jesus have to say about what the world is experiencing right now?
- Can I find peace in getting to know Jesus?

*Through this Free Bible Study Offer, I believe you will find that the Bible has something powerful to say about Jesus and about the times in which we are living.*

**On Sundays, Mondays, Wednesdays**  
**Starting Sunday 11th October 2020**  
**7.00 – 8.30 pm**

- To participate, select **Bible Study 1** and the day of the week that you prefer. You can also do **Bible Study 2**  
- Text/Call Trevor with your choice on 07425425017 to book a date.

*Please join us; tell your Friends, Family, Neighbours & Colleagues*

PSALM 22:14 458 459 PSALM 26:7

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**Bible Study 2: 'Searching for Certainty' Prophecy Study**

- A global pandemic/Economic crisis
- Rumours of war/Climate crisis
- It seems like everything is about to change and you are probably wondering, "What happens next?"
- Is there hope in all that is happening?

*Through this Free Bible Study Offer, I believe you will find that the Bible has something powerful to say about Jesus and about the times in which we are living.*

**On Sundays, Tuesdays, Thursdays or Saturdays**  
**Starting Sunday 11th October 2020**  
**7.00 – 8.30 pm**

- To participate, select **Bible Study 2** and the day of the week that you prefer. You can also do **Bible Study 1**  
- Text/Call Trevor with your choice on 07425425017 to book a date.

*Please join us; tell your Friends, Family, Neighbours & Colleagues*

PSALM 22:14 458 459 PSALM 26:7

## Returning tithes and conference offerings during the lock down

Click or copy and paste the link, watch the video and follow the instructions

<https://sec.adventist.uk/departments/treasury/tithes-and-offerings/treasury-coronavirus-covid-19/>



Please indicate your gift aid reference when making the payment to the conference so the Church can receive a recompense from the Government.

**Alternatively, if you would like your tithe to be collected please see Pastor Akakpo**

## Local Church offering during the lockdown

For those who want to contribute to the local Church budget, note the details:

**Our Bank: Barclays Bank Account name: Balham SDA Church**

**Account number: 00150142 Sort code: 20-21-78**

In the reference section of the online banking, please indicate whether this is for General Budget or COVID-19 special fund (which has recently been set up) or the recently set up Hardship **Please contact Clinton Monfries on 07958 217715 for more information.**

A prayer line was initiated by Lewisham SDA Church but now includes people from around the country who are involved in praying for people who call the line. You are free to call the line and ask for prayers, but if you want to volunteer to receive the calls and pray for others, please see Errol Anderson.

The advertisement features a purple background with a blurred image of hands holding a smartphone. On the left, a white circle contains the text 'Global 24/7 Lifeline day/night'. To the right, white text asks 'Lonely, feeling down, fearful of the future or current events in your life?' and states 'Prayer can make the difference'. Below this, it says 'Call us free on The Lifeline now!' followed by the phone number '020 3998 2118'. A white banner at the bottom contains the text 'someone is waiting to pray or even just listen to you' and the website 'web: www.global247lifeline.org'.

Global  
**24/7**  
**Lifeline**  
day/night

Lonely, feeling down,  
fearful of the future or  
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