

Word Search

A	P	E	S	P	E	A	R	S	O	B	E	R	E	H	T	S	E
S	O	W	E	R	L	R	E	A	N	I	S	E	W	J	U	D	A
A	S	A	M	A	D	M	D	I	A	S	P	A	R	E	R	O	G
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D	A	D	L	I	B	I	R	D	S	C	L	A	W	S	P	A	N

AHIMAAZ AARON WATERPOTS AWE PRINCIPAL SAMUEL ESTHER LEOPARD SOWER SPAN TURTLEDOVES GORE FOLLY LAY HOSEA OFFERING BILDAD LAPIDOTH LOD PATHWAY ASAPH DEW APES AMASA SEM HOLY SEVEN VICTORY SOBER ELDAD WARP SPEARS HIEL ELIDAD PAY PAUL WOOD ORPAH DROPSY SAIL PAI BEERI WISH SIR PENUEL INNER NER AMMON FOUL FAME SAFE ALGUM APRON ADLAI LEAST CUP ADO BISHOP POT ERR FLED PICTURES SOUL PSALM YEARS CAST SKULL HEAR YARN SPARE LEAH MASH ZERUIAH MAAZ HAY CYRUS OLD MOZA ARAD ERI EYE AIR ANVIL NOON TOES LOST FRUIT HAP CHESED FLOOD ASIA RID RAAMAH HADAD HOODS SODI SLOW ARMY RARE DENY SERED RUDE LOT ELI REEL SORE REACH ONAN ANTS SPED ANISE EAT ARAN DOVE MARY SAP RASE EWE ADER SAID HOD SEW DROP ASIA SOP ATE WISE

1. Four days late but it still made this chaps day.
2. What nothing to say should have believed
3. Had a cross to bear and it wasn't even his
4. Didn't let his height stop him from seeing
5. Had five daughters
6. Proud king covering was likened to this
7. And his nails like these

Answers to types of Travel

John 6:22-Boat 2 Samuel 19:18-Ferry Matthew 9:1-Ship Mark 11:7-Colt Acts 27:1-Sail 1 Chronicles 13:7-Cart Genesis 24:61-Camels Exodus 15:3-Horse Jeremiah 22:4-Riding 1 Kings 10:2-Train 2 Samuel 18:26-Running Deuteronomy 2:7-Walking Genesis 22:3-Ass Genesis 46:29-Chariot Nehemiah 7:68-Mules Genesis 45:27-Wagons

Hymns hidden in the last word search & 12 seasonal words

God will take care of you Hold fast till I come Blessed Assurance Moment by Moment Resurrection Judgement Hall Garden of Gethsemane Crucified Vinegar Sepulchre Robe Cross Last Supper Pilate Cup Risen

CONNECT

Oldham Seventh-Day Adventist Church

Filling The Gap

May 2020



When I Was Young

Come and fly with me and I will take you to wonderful places the likes of which you have never seen before. I will tell you stories about rats and cats and dogs and bats, of Billy goats and silly cows, of flying fishes and of naughty boys and cunning girls, of wise and wicked men, of rivers standing calm and deep and still and blue and of dried up river beds which once rapidly ran and flowed like white horses when torrential rain descends.

I will show you the places where I was planted in my grandmothers houses between the hills and the meadows, the rivers and the gullies, and I will show you my favourite places, even the hilltops where my favourite mango trees grew.

I will tell you at least one story of stinging bees and wasps and of a bottle of honey, and of a time when we did not have or cared for money. Come see me walking miles to school, nay running, without shoes on my feet, bucking my toes on the rocks, look at my toenails they too tells the story of throbbing pains and bleeding toes by the way they have grown.

Then let me tell you of boys and girls singing, skipping while passing the time of the day away near the set of sun, hear and see them praising through their songs, feel the air of love shared by brothers, sisters, their mothers and fathers and their myriads of uncles and aunties and cousins and closely knitted friends.

Feel the time and breathe the essence from the air and take a breath and sink it deep, let it not escape from your inner core, for such joys and innocent pleasures have vastly diminished from the earth, one might say that they have sprouted evil wings and have sped rapidly away.

Come, see me sneak and dodge away on the Sabbath day to swim and fish and catch some licks when Gran raised her sticks, just about when I was about to pray, 'dear God thank you that Gran did not catch me out today!'

But if ye will not do so, behold, ye have sinned against the LORD: and be sure your sin will find you out. Numbers 32:23 King James Version (KJV)

Hugs and Stuff

It's that time again! Time to look at what we are doing to keep healthy. I hope everyone is moving around in some way to get some form of exercise, to keep muscles toned and the whole system in good working order, but what about diet? While we are under lockdown and perhaps not moving around as much as we used to, we may not feel like eating the same or may find that we are gaining weight.

What is the answer? Maybe we need to look at what we are eating. We need to eat right to keep healthy too. As the weather improves, we have already had some nice bright sunny days, maybe we need to move away from hearty warming winter meals. It could be that we might need to cut down on carbohydrates, things like potatoes, pasta, rice and bread and eat more salads and fresh fruit. These are the essentials for good health. We need to make sure that whatever else we skip or cut down on its not fresh fruit and salads.

What about the feel-good factor? For some people, the lock down might be beginning to take its toll. I was speaking on the phone to an elderly lady the other day and she said that her family visited, and they chatted through a single glazed window, so it was easy to see and hear them well.

That was good she said, but what she really missed was the hugs, she missed the personal contact. She went on to say that her hairdresser had suggested she gave herself a hug every day and that is what she did every morning.

So, if you are feeling a little lonesome too why don't you try it? Give yourself a hug. I tried it to see how it would work but I don't think my arms are long enough, but your arms might be longer than mine. Give it a try anyway, you have nothing to lose.

Seriously though remember Deuteronomy 31:6 Where Moses was encouraging the children of Israel to be strong and of good cheer saying that God would go with them and would not fail or forsake them. We can claim that same promise too.

So be of good cheer and *Happy hugging.*

Jesus Cares

Written by: Nomagugu.C.Vundla - Age: 9

(This is not a true story)

Have you ever wondered what it will be like in heaven? Will we sing with the angels or will we sit beside Jesus? I always imagine what it will be like in heaven. So if you haven't tried yet maybe this story will get you thinking about heaven.

Diana was nine years old, she and her family are Seventh-Day Adventists. Every Friday she was very excited because she the next day would be Sabbath. Everything at school was going well because Diana had lots of friends and all their parties were on Sunday. But even though she really loved going to church she had never told anyone she was a Seventh-Day Adventist.

One day, she got invited to a birthday party on a Saturday. Even though she loved Jesus as she was growing older she cared more about what people thought. She did not know what to do, should she tell her friends and maybe they would understand or should she lie. She didn't tell her parents about the invitation, but instead, when she got back from school she ran to her room, knelt and prayed:

Our Father who art in heaven, Lord I know you are all-knowing and can see everything but, I have got a problem and I am going to need your advice. I have been invited to a birthday party which is on a Saturday. I have not told my friends that I am a Seventh-Day Adventist should I tell them or not? Lord, I trust that you will give me the right answer whether I like it or not. Amen”

When she prayed, she felt a lot better and felt like she had let a big weight off her incapable shoulders and left it in God's capable hands.

In Family Worship that evening they read 1 Peter 5:7 and as her father read the verse she smiled to herself knowing God will take care of it.

The next day during the English lesson, Diana was asked to write about a place she wanted to visit. Her friends were all thinking about places like LA, Cyprus, and Australia. But Diana thought of a place she had never thought about before, Heaven. She dreamed about walking down the street made of pure gold. She also thought about how she

was going to build a mansion prettier than any house she had ever seen, flying to other universes, NEVER, EVER sleeping, and playing with lions.

Suddenly, her thought track was disturbed by her teacher, Miss Conner, “Diana, be quick you have not written any work and it is home time now. You are going to have to do it as homework. I am very disappointed in you.” Then she walked away. “Ugh, I'd better get home. Or I will never finish this homework,” sighed Diana. Ring ring.

The next day, she handed in her homework with a smile.

”Here you go, Miss Conner,” she exclaimed.

“Thank you, Diana. You look happier today,” smiled Miss Conner.

When the lesson started, Miss Conner said, “Get yourselves into groups of four, read each other stories and choose the best.”

Diana and her three friends got into a group. After all the girls had read each others, they all voted for Diana's. But they all asked her “Where did you get the idea from?”

“The Bible! As Seventh-day Adventists, we believe that one day we will be able to do all these things and because I am a Seventh-Day Adventist I cannot go to any parties which are on Friday after sunset or on Saturday before sunset because they are Holy hours of rest,” said Diana. “Oh! I did not know that, if I did I would have asked my parents to change the date of my party! You should have told us sooner Diana,” said Layla (The girl who invited Diana to a party on Saturday).

“I know,” said Diana in a small voice. “Friends,” said Diana.

“Forever Friends,” replied Layla, Suzie, and Emma.

When school ended Diana ran up to her room, knelt and started to pray, “Our father who art in heaven, I thank you for everything you have done in my life. Thank you for giving me the opportunity to introduce You to my friends. I pray this in your holy name. Amen”



Darren

My name is Darren. I want to go to heaven because I would love to see Jesus and God's faces and also tell them a joke. I would like to fly to heaven and play with animals that I am scared off now. I want to see angels and how they patrol heaven. I also want to see Samson because he was one of the strongest people in the Bible and touch his muscles.

Gabby

Hello if there is a person who wants to go to heaven it is me and my name is Gabby. In heaven I would like to see God on His throne made out of gold. I would like to see my guardian angel and I want to go to heaven because I would want to see beautiful clothes on me. I would like to see my favourite animal, a lion. The end.

Jude

I want my family to go to heaven because it is a wonderful place to be where there will be no more sickness and no more isolation. Jude

Quiz

The word Dungeon is the answer to one of the questions below. The letters to make up the words that answers all the other questions can be found in the word dungeon.

- 1.Strange meal during famine in Samaria
- 2.Number that showed gratitude
- 3.Joseph's father in law was Priest here
- 4.Alpha & Omega beginning & ___
- 5.Eunuch rescued Jeremiah from here
- 6.Prayed 3 times and ended up here
- 7.How many of Pharaoh's wise men could interpret his dream
- 8.Giant king
- 9.Goliath asked if David thought he was this animal
- 10.Joshua's father
- 11.Isaiah felt he was this because of unclean lips
- 12.___astray like sheep

Did You Know

When you start to gossip about someone's background and where they've come from, consider some of these branches on our family tree

- Daniel. - Slave
- Mary. - Unmarried teenage pregnancy
- Paul. - Torturer and murderer
- Jesus. - Homeless itinerant

Donkey Sermon

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out a way to get him out. Finally, he decided it was probably impossible, the animal was old and the well was dry, so it wasn't worth the effort to try and retrieve the donkey. The farmer asked his neighbours to come and help him cover up the well. The neighbours came and all grabbed shovels and began to shovel dirt into the well.

When the donkey realised what was happening, he cried horribly. Then to everyone's amazement, he quieted down and let out some happy brays. A few shovel loads later, the farmer looked down the well and was astonished at what he saw. Every shovel of dirt that hit his back, the donkey was shaking it off and taking a step up. As the people shovelled dirt on top of him the donkey continued to shake it off and step up. Pretty soon, to everyone's amazement the donkey stepped up over the edge of the well and trotted off.

You could consider that the moral of this story is: life is going to shovel dirt on you. The trick to getting out of the well is to shake it off and take a step up. Through applying wisdom every adversity can be turned into a steppingstone. The way to get out of the deepest well is by never giving up but by shaking yourself off and taking a step up.

The other moral is: what happens to you isn't nearly as important as how you react to/deal with it.

In the smallest as well as the largest matters. The first great question is; What is God's will in this? Because His will is my will.

To obey is better than sacrifice, and to hearken than the fat of rams. 1 Samuel 15:22

The Numbers Game

Bored, tired, fed-up being in lockdown! Want to go to church, go out, see friends, shop without queuing up, go to work, go on holiday! Wish you could shake hands, hug your family, pat friends on the back etcetera... Well I have the solution to your problem, play the numbers game. You may ask what the numbers game is, well I can put it another way count your blessing. Here are seven reasons why.

1. Put God first – We know God and if we put Him first, we will be blessed. (Matthew 6:33)
2. Learn to be content – Once we learn to be content, we will be able to see the many blessings in our life. (Philippians 4:11)
3. Do everything to God's glory – When we try to please God, everything else will fall in to place and we will be blessed. (1 Corinthians 10:31)
4. Make time for others – God created us to be social beings looking out for our brothers and sisters. (Genesis 4:9)
5. Enjoy simple pleasures – God has created this world for our benefit. Just look outside at the trees, flowers or even the sky and we can see the many blessings placed there just for us. (Genesis 1:1)
6. Do not wish your time away – God has given us this life and time to live and to come to repentance, so that when Jesus comes, we can go home with Him. (Ecclesiastes 3:1-8) (2 Peter 3:9)
7. Fix your eyes on the goal, heaven – If we spend time thinking about our ultimate eternal goal heaven, we will feel joyful. (John 14:1-3)

In conclusion I want to suggest that instead of thinking about the things that went wrong or that we cannot do, let us count our blessing and as the saying goes turn that frown upside down.

Smile God loves you, be happy and count your blessings.

Prayer Corner

Focus: Psalm 46

Brethren, may we get encouragement by these words.

As we are still not in a clear vision of when we are going to fellowship in the fashion we are accustomed, we ought to bear in mind that the "God of Jacob is our refuge."

Let us smile a while so that we can give our faces some rest



!! Smile!!

Jesus loves you

Hummus - Simple Suppers (or dinner!)

- 1 Can Chickpeas drained and water saved and set aside
- 1tbs Tahini Or 1 TBS Sesame seeds
- 1-2tbs Fresh lemon juice
- 1 small Clove of garlic – grated or minced finely
- 1-2 TBS Oil
- Salt and cayenne pepper to taste
- Food processor or Stick blender or Mini chopper

Place all the ingredients in your machine and blend until they are the desired texture. Add the water from the chickpeas if the ingredients are too thick or consider the variations suggested below before adding chickpea water. The hummus can be smooth or course depending upon how you prefer it.

Variations - You may also add one of the following:

- A handful of washed spinach to the hummus before adding water
- 3 or 4 Sundried tomatoes added at the blending stage
- 75 – 100 g of grated cheese added at the blending stage
- 50g olives added at the blending stage *Enjoy*

Children's page

Pancakes

Six-year-old Dan decided one Saturday morning to fix his parents pancakes. He found a big bowl and spoon, pulled a chair to the counter, opened the cupboard and pulled out the heavy flour canister, spilling it on the floor.

He scooped some of the flour into the bowl with his hands, mixed in most of a cup of milk and added some sugar, leaving a floury trail on the floor which by now had a few tracks left by his kitten.

Dan was covered with flour and getting frustrated. He wanted this to be something good for Mom and Dad, but it was getting very bad.

He didn't know what to do next, whether to put it all into the oven or on the stove, and he didn't know how the stove worked! Suddenly, he saw his kitten licking from the bowl of mix and reached to push her away, knocking the egg carton to the floor. Frantically, he tried to clean up this monumental mess but slipped on the eggs, getting his pyjamas white and sticky.

Just then he saw Dad standing at the door. Big crocodile tears welled up in Dan's eyes. All he'd wanted to do was something good, but he'd made a terrible mess. He was sure a scolding was coming, maybe even a spanking. But his father just watched him.

Then, walking through the mess, he picked up his crying son, hugged him and loved him, getting his own pyjamas white and sticky in the process. That's how God deals with us. We try to do something good in life, but it turns into a mess. We insult a friend or our health goes sour.

Sometimes, we just stand there in tears because we can't think of anything else to do. That's when God picks us up and hugs us and forgives us, even though some of our mess gets all over Him.

But just because we might mess up, we can't stop trying for God or for others. Sooner or later, we'll get it right, and then they'll be glad we tried.

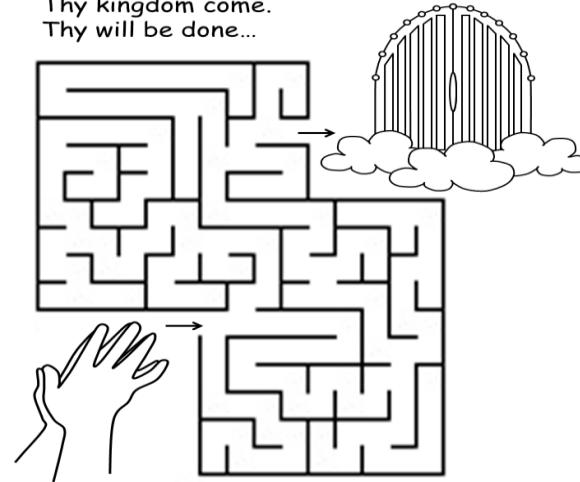
Things to discuss and do

When you are feeling sad what makes you feel better? Your challenge is to try out the thing that makes you feel better on someone who feels sad.

An Amazing Maze

Lord's Prayer Maze

Our Father who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done...



Things to do

Did you know that the Lord's prayer is in the Bible?

Write out the Lord's prayer in your best handwriting

Practice saying the Lord's prayer until you are word perfect.

You can even practice singing it – remember VBX 2018.

Have fun