

# *Kings Heath BluePrint*

Newsletter of the Kings Heath  
Seventh-day Adventist Church (Group)

## CELEBRATIONS by Grace Walsh

Celebrations! They mark the high points of your life—birthdays, graduations, marriage, anniversaries, and holidays. Special occasions are marked with delicious food, entertainment, and gifts. But why wait? Fill everyday with the gifts and CELEBRATIONS!® that are always available to you.

This we month we celebrate the launch of the King Heath BLUEPRINT, a Christian newsletter.

Have you ever made a list of the gifts you receive daily that deserve to be celebrated? No doubt you would include the people you love most. But what about the good health that empowers you to live and enjoy life? If lost, you would have a new appreciation of its value. Most people recognize eye sight as a marvellous gift, but what about the ability to breathe in air and digest food? Life depends on millions of unseen chemical and physical interactions that can malfunction.

But you can enjoy maximum benefit from a gift when you acknowledge it with thanks and appropriate it to your life. The acronym CELEBRATIONS! can help you remember the gifts of health that support vitality, energy, and abundant life and guard against malfunction.

C is for CHOICES—the cradle of your destiny.

You may not always see the end from the beginning, but your choices always determine your destiny. Healthy choices bring positive effects to the individual, family, and community.

Unhealthy choices drain vitality from the entire body. Celebrate the freedom to make healthy choices—it is your tool to open all the other good gifts of health.



Do YOU need to Take Charge of Your Life? These free study courses are offered to the community, and you may find one pushed through your letterbox. You may send off for a correspondence course or register for online study at ADC.

Why not do a free study course now and Take Charge of Your Life?

HARVEST or AUTUMN POEM  
Send your poems to: . Poems will be judged by a panel, prize is: book of Poetry in the Psalms?

[www.tinyurl.com/KingsHeathSDA](http://www.tinyurl.com/KingsHeathSDA)  
Email:

0121 443 4289

## Variety, does it help us? by Martin Mutemwa

Sometime ago a group of Christian friends were sharing experiences. The group was in a beautiful setting of a banana plantation which was blessed with a calm flowing river on one side and an escarpment on the other. As the discussions went on, one of the boys felt left out as he had never seen a baboon while everyone else narrated their baboon experiences. How he wished he could see a baboon. Many baboons came to steal bananas from the banana orchard but still had not had a chance to see one.

One Friday afternoon, this boy (who never saw baboons) climbed the winding snake path that led up to the top of the escarpment to enjoy the beautiful river sunset from a vantage point on top of the escarpment. He had never been there before.

The breeze was so refreshing. The birds were criss-crossing each other as they flew from one side of the river to another and from tree to tree. The music was absorbing and it didn't take long before the boy was oblivious to all what was around him. This deceptive serenity didn't last very long. A deep, low granting sound came from behind him. He turned around but could not see anything. Another high pitched sound came from up a tree. He stood up to investigate when he saw something that looked like a monkey but had a much bigger body, longer tail and a much, much longer face. Some bushes nearby moved and a big brown animal similar to the one in the tree yawned revealing canines as big as middle fingers of a six foot giant.

What happened next was just a reflex action. The boy turned around and adrenaline took over and ran in the direction of the tree where the other animal was descending. Surprisingly, the descending animal took off and quickly jumped into another tree while the boy sped downwards like lightening. The experience was so shocking that it took a week before the whole experience could be narrated to anyone.

In reflection, the boy said that he realised that God provided him with a baboon experience like his friends, but all the boys' experiences were unique and different. Why does God always vary our experiences, environment, friends etc. Does it say something about him? Do we like it or would we rather be left alone with what we already know and feel comfortable with? I would like to explore a bit about this issue next time.

### RECIPES for Healthy Eating

#### Carrot Rice Loaf

Olwyn McIntyre

1 1/2 grated carrot

1 diced onion

1C cooked rice

1/2 cup ground nuts

1T margarine

1t soy sauce

1t celery salt

3/4 C milk (optional)

Mix all the ingredients together. Place in a greased casserole. Bake for 1 hour (approx) or 160 degrees.

nuts, brazil, cashew nuts

LOVE. There's something about that word love. What wouldn't you give for love; to love and be loved? There are people today who live in breath taking mansions; they have all that you could possibly desire, but what purpose does it serve without love?

It's love that transforms a house into a home; it's love that gives security; real love gives peace; real love keeps you holding on in the face of adversity. Real love transforms each day from something that's mundane into something that's special.

In first Corinthians 13 the Apostle Paul presents us with the characteristics of real love. Real love lasts the test of time. When so many turn their backs, real love keeps holding on; for real love never gives up.

Real love cares, considering others to the extent of self-sacrifice. In the face of suffering, grief and pain, real love stands firm.

Real love is the source of true contentment for it helps us to understand who we really are.

It is not given to outward show or self exaltation. Real love does not seek to coerce or manipulate others. Real love is sober, self-controlled and gracious, patient and forgiving. It is not easily angered and takes no delight in the suffering of others. Real love is anchored in truth. Seasons come and seasons go but real love never dies!

In a world where imitations abound, wouldn't you much rather experience the genuine article? It's so easy to become egoistic\*\*, thinking only of your own needs and desires, but think of how fulfilling it would be to both receive and share this type of love. Consider how we would enjoy life to the full if we were to experience the presence of real love in our daily lives? The joy of unconditional love, of acceptance and good will.

God is love. He defines what love is. As you receive His love you will be amazed at your ability to share this love with others. Real love.

## A BIBLE TOWN

CAN YOU MAKE UP A BIBLE TOWN FROM BUILDING MENTIONED IN THE BIBLE?

LOOK UP THE FOLLOWING VERSES, AND IN THE SPACES PROVIDED WRITE THE THINGS MENTIONED IN EACH VERSE THAT YOU WOULD FIND IN A TOWN.

LUKE 14: 21

DEUTERONOMY 8:12

ACTS 19:9

MATT 11:16

LUK 4:14

ACTS 13:1

JER 18:3

JOHN 5:2

JUDG 16:21

JOSH 21:3

2 KINGS 22:14

2 CHRON 14:7

JOSH 2:15

JOHN 4:12

CELEBRATIONS by Grace Walsh (Director Director for Community Services, Health Ministries and Disability Ministries, North England Conference of Seventh-day Adventists)

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PLANT FOUR ROWS OF LETTUCE:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

NO GARDEN IS WITHOUT TURNIPS:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

TO CONCLUDE OUR GARDEN WE MUST HAVE THYME:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

WATER FREELY WITH PATIENCE AND CULTIVATE WITH LOVE. THERE IS MUCH FRUIT IN YOUR GARDEN BECAUSE YOU REAP WHAT YOU SOW.

DATES FOR YOUR DIARY

Sept 24th - Harvest Thanksgiving  
October 22nd Fellowship Lunch  
October 29th Fellowship Lunch  
November 5th Day of Celebration