

BRISTOL CENTRAL NEWS



COMMUNITY HEALTH CORNER

March WELCOME

Welcome to the latest edition of Central News, the newsletter for Bristol Central Seventh-day Adventist Church.

Please join us for a spiritually enriched line up of programmes and initiatives.

VIRTUAL CHURCH

Services continue on Zoom:

Sunday: Pathfinder Club – 11:00

Sunday: Cuppa with Jesus – 16:00

Monday: Monday Night Live – 19:30

Wednesday: Pastor's Surgery – 10:00

Wednesday: Food Share – 16:00

Wednesday: Prayer Meeting – 19:30

Thursday: Community Tuition – 17:30

Friday: Vespers – 19:30

Saturday (Sabbath)

Sabbath School – 10:00

Classes for (0 – 14's)

Notices/Community Health – 11:00

Worship Service – 11:15

Youth Bible Study – 15:00

Pathfinder Club (Weeks 1 & 3) – 16:00

Adventurer Club (Weeks 2 & 4) – 16:00

ZOOM ID 289 981 1637



Most of us have heard that 'Health is Wealth' and we are sure that at some point we have used it on a personal level. MAINTAINING our health during the various seasons of the year can be a challenge due to various reasons, such as; the changing weather, priorities and our own health constraints. The COVID 19 Pandemic has made these challenges even more obvious and forced some of us to be even more conscious of how we manage our health.

" Beloved I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth" (3 John 2.) It is with this in mind that the team are committed to support and guide you through every season of the year, ensuring that with the right advice, you can be in the best possible health. Theme for 2021 - **SELF CARE FOR TIMES AND SEASONS**

January marked the beginning of this new venture, with the Winter Season. It is understood that winter is from 21st December 2020 (Northern Hampshire) to 20th March 2021 and although it might be cold on the outside, we must find ways to always keep warm and stay connected on the inside. This is the session where many are more susceptible/vulnerable to colds/ flus, viruses and bacteria due to the cold spells that are experienced. Many also face the gloom and doom time as depression hits harder.

Throughout January, the team provided weekly 7 minutes virtual health sessions on: Vitamin A, Vitamin B12 and Zinc, Vitamin C and Iron, Water, Soup of Choice.

COMING SOON: Look out for more health tips on the following: Vitamin D, Health Benefits of Herbs, Health Benefits of Spices, Hyperthermia, Recipes

Planned Activities: Health Day on 8th May 2021. Teaming with Dementia & Alzheimer's Association to support a project called - "Singing for the Brain" Everyone is welcome to join. Details can be found on our Instagram page. To learn more about health in the winter season, please visit our Instagram Page @bristolcentralhealthteam

Stay WELL, Stay SAFE, Stay CONNECTED!

Tune into the COMMUNITY HEALTH SPOT every SABBATH at 11:00am.

DIARY DATES DIARY DATES DIARY DATES

MARCH

- 06th International Women's Day
- 13th Speaker: Pastor Namuchana
- 13th Pathfinder Bible Experience
- 14th Church Board Meeting – 10am
- 13 – 20 Global Youth Week of Prayer
- 20th Speaker: Elder William Campbell
- 27th Speaker: Pastor Namuchana
- 27th Church Members Meeting – 11:00
- 28th CLOCKS GO FORWARD

APRIL

- 03rd Speaker: Elder Donald Yearwood
- 10th Speaker: Pastor John Surridge
- 11th Church Board Meeting – 10am
- 17th Speaker: Pastor Patrick Carlos
- 24th Speaker: Pastor Namuchana
- 24th District Virtual Communion
- 25th Area Lay Advisory – 10:30

CHURCH BOARD



IN THE COMMUNITY

Do you have any concerns or issues that you want to talk to our Pastor about?

Do you want prayer or want to pray for pastor?

If so, why not come to an open:

'Virtual Pastor's Surgery'

Wednesday's, 10:00 – 14:00

ZOOM ID: 289 981 1637

Pastor Namushi Namuchana

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Email: nnamuchana@secaadventist.org.uk



Keep updated on what is happening:
Email: centralsda@gmail.co.uk or
bristolcentral.adventistchurch.org.uk



FREE BRISTOL COMMUNITY ONLINE

Tuition

Begins 19th November For Year 2 to Year 5 Thursdays only

Supplementary Classes taught by Qualified Teachers and Instructors.

Max of 10 per class. First come, First serve.

Contact us on
bristolcommunitytuition@gmail.com or
07851 369 414 for further info.

SEVENTH-DAY ADVENTIST CHURCH
BRISTOL CENTRAL SEVENTH-DAY ADVENTIST CHURCH

THOUGHT FOR THE DAY

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

John 3: 16

NEWS IN BRIEF

Birthday Blessings: to all those who celebrated birthdays in February and those who will celebrate in March.

Congratulations to: Dale and Kamila Grandison on the birth of their son, Kamari.

Congratulations to: Angela and Pretesh Pawar on the birth of their daughter, Aria.

Congratulations and Good luck to: Bristol Beacons Pathfinder Club who will compete in the British Union Conference level of the Pathfinder Bible Experience in March.



**DO YOU NEED PRAYER, IF SO,
SPEAK TO A MEMBER OF THE LEADERSHIP TEAM**



SERVING OUR COMMUNITY

Big or small, every gift you give helps transform lives. We could not do what we do without your support. The St Paul's Food hub provides nutritious food and other emergency items for the most vulnerable people and families living on the streets as well as others in need in St Pauls and the surrounding areas. With a steady rise in the number of people relying on our services, we are committed to ensuring that we can continue to meet their needs. This can only be done with your continued support in both donations and volunteering. If you would like to get involved, please contact Claudette Brown, to see how you can help?



Thank you women and church sisters for all you do and have done. Your ministry and service to the church, the community and society has a huge positive impact beyond measure and we say **THANK YOU**, may God continue to **BLESS YOU!**

BRISTOL CENTRAL SEVENTH-DAY ADVENTIST CHURCH 31–35 Ashley Road, Bristol BS6 5NJ
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