

Trinity News



**July / August
2023**

Minsters Muse

Dear Friends

‘We're all in it together: this exhilarating, sometimes frustrating, sometimes inspiring, lifelong journey of following Jesus. Being the church means we have each other.’

Quote from The Evangelism and Growth Team

At our recent circuit meeting and our own church council we have been looking and having conversations about what it means to be a welcoming church.

The Circuit Vision statement says this

“Our vision is to be a Circuit of welcoming churches who look to: reach and serve our communities; foster values of inclusion and acceptance; nurture and equip our preachers, leaders of worship and lay leaders; and work in partnership with others to make God’s love tangible and accessible to all.”

We had a fruitful conversation celebrating the things we do now here at Trinity in our worship; learning and caring; service and evangelism but we also recognised that though we are relatively small in number and have not got huge resources that by making small changes we may become an even more welcoming church.

‘Through all the changing scenes of life’ says the hymn based on Psalm 34 as a church we cannot stand still in what is such a fast-pacing world but what we can do is be welcoming to our community and offer hope and enable more people to learn about what it means to have a relationship with God who knows us and loves us for who we are. God who is faithful and will journey with us through ‘all the changing scenes of life.’

It's a time of real celebration as we are so pleased and delighted that Jean Trewick has been awarded an MBE and Pamela Fender a Community Hero award. Jean and Pamela have served in Girls Brigade for years. This has entailed being there every week, participating in training on a regular basis. They also take the girls on a week’s camp every year. This year is no exception and we look forward to hearing all about their adventures. They have given their time and gifts to serve young people helping them explore and engage with life and Christian faith in fun, helpful and informative ways.

One of the ways we are learning is this Sunday 25th June is Sanctuary Sunday. We will be watching a video from the Newcastle Chinese Church and learning how they are welcoming new people from Hong Kong. Becoming a school of sanctuary is a journey Richardson Dees Primary School have embarked on this year and we will be hearing how they have welcomed children and their families. The service is recorded so you can watch it on our YouTube channel.

July and August are for many a time of holidays and rest in the rhythm of the year.

For young people at school, it’s a time of change some will be going to new schools, others waiting for exam results that will determine their next step maybe to university or an apprenticeship, teachers having worked so hard all year look forward to a time of restoration before a new year begins.

Some of you reading this may not be going anywhere but I hope you are enjoying the longer days and perhaps going for day trips or simply watching ‘the changing scenes of life from your window.’

May God richly bless you in these coming weeks as we continue ‘through all the changing scenes of life’ in our ‘lifelong journey of following Jesus.’

With love, prayers and blessings, Gail

Bible a Month: China

“Trust in God at all times, my people. Tell him all your troubles, for he is our refuge”.

Psalms 62, vs 8 (GNB)

China is a huge country covering 3.7 million sq miles and it is about 40 times bigger than the UK. It has borders with Russia, North Korea, Mongolia, Kazakhstan, Kyrgyzstan, Tajikistan, Pakistan, India, Nepal, Bhutan, Myanmar, Laos and Vietnam. It has a population of 1.411 billion, and languages include Standard Chinese or Mandarin plus many others. The literacy rate is 96%.

Ninety million Bibles have been printed and distributed in China since Bible Society helped establish Amity Printing Press to print Bibles in Nanjing in 1987. And although 46 million is the Chinese authorities' estimate of the number of Christians in China, the real figure is much higher.

China has one of the fastest growing Christian communities in the world. Many Christians live in rural areas, but now many young, urban professionals are also coming to faith. But because there are so many new believers, there are not enough pastors to guide them. There is an average of just one trained, ordained minister for every 6,700 Christians.

That is why, thanks to your support, we are now increasing our focus on providing theological training and study resources for thousands of preachers and Bible students in China every year.

Through Bible a Month, you are providing Scriptures to reach more people with the gospel in China. Thank you.

Prayers for China

- Pray for churches in China in the post-pandemic era when gatherings are normalised and activities resumed. Pray for wisdom and guidance for church leaders and their flocks.
- Pray for Chinese scholars in training overseas. May God help them complete their studies successfully.
- Pray for spiritual protection for the Bible Society teams that focus on China as there are ongoing spiritual battles
- Pray for unity among Chinese Christian communities in the UK.

Nicaragua News

This is an occasion that happened when I first went out to Bluefields in 2002 to work on a building site for three weeks, but I still remember it quite vividly.

The charity brought huge amounts of clothes and shoes and along with another two women, I was responsible for sorting and distributing these clothes. While we were working on site, 3 children used to come and hang around us. The youngest was 2 years old. Beautiful ringlets down to her shoulders and all she had on was a pair of boys underpants. We felt so sorry for the child and decided next day we would take a set of clothes for her - and so we did. Pretty white and pink gingham dress and pink jelly sandals.....she looked gorgeous until I realised that two of the Nicaraguans were sniggering. I asked what the issue was and they pointed down to the area of her crotch. I soon realised I had dressed this little girl, as beautiful as she looked with her new outfit and flowing ringlets, that she indeed wasn't a girl, but a boy called Luis!

The following day we made sure he had a set of boys clothes.

I have remained friends with that family all these years and watched how Louis's life deteriorated when at about five years old he was diagnosed with leukaemia. He has had to make regular trips to the capital over the years, sometimes having to have a complete blood change, but remained very brave throughout. It was thought he might not live beyond 12 years old, but it was decided to operate on him again and remove some of his spleen in the hope it gave him another few years. I met him at the airport after the surgery and straight away he lifted his tee shirt to show me his massive scar. He must have been in terrific pain, but he didn't show it. He was happy with the new car I had ready for him. He attended school, but obviously missed many classes because of his illness, but he fought hard to keep up with his studies.

When he was about sixteen, he fell over a dog and shattered his wrist, so ended up in hospital. His mum Nancy had to raise the \$250 to pay for the metal work to fix his wrist and she just didn't have it. She appealed to so many people, even on the radio, but nothing came. I went in to visit Luis and heard that if Nancy didn't come up with the money by the next day, then Luis would have to stay in hospital until the doctor came back from his Easter vacation. She asked me if I would speak with the doctor, so I did. He told me if I could have the money to him by that afternoon, he would be able to get the metalwork sterilised and operate on him that next day. So that's what happened and the operation was a success.

There are still times when Luis's blood count might drop or that he feels unwell, but he soldiers on, never complaining. He comes from a very poor family and it was their well that I was helping to dig when I fell down it. Sadly his older brother, about seven years ago, committed suicide - that really affected me, as I had always been close to Robert. Often Luis would ask me to buy him some cornflakes and milk powder or Nancy would ask if I could help with his medication, such was the relationship.

It was a lovely occasion to see Luis graduate from high school, something we never thought he would achieve. He was by far the oldest in the class, but that didn't matter to Luis.

More thrilling is to see him now in third year at university doing a degree in tourism.



He walks about 40 minutes each way to get to class in all weathers and I saw a few years ago that he was riding a bike, which helped him get to university quicker.

This year I noticed he wasn't riding any more and I discovered that the bike was so old, it had to be scrapped. Well, I got this voice inside me saying, 'buy him one, don't even think about it, just do it, you've got the funding.' So I did! And he is absolutely thrilled.



Now at twenty six, he is a fine young man, who has lived way beyond the years of the doctors expectation - and he has forgiven me for dressing him like a girl!!

Margaret Storey

Points to Ponder

- To that friend who has never been tired of listening to my dramas. Thank you. I owe you a lot !
Good Mental Health
- The God behind you is stronger than the enemy in front of you.
- Sometimes we just need to pause and appreciate all the good in our lives. *Being Better*
- One of the best lessons you can learn in life is to master how to remain calm. *Power of Thoughts*
- Its not important what other people believe about you. Its only important what you believe about yourself.
- Never judge people by their past. People learn. People change. People move on.
- The life in front of you is far more important than the life behind you. *Power of Thoughts*
- You must teach your heart to accept what cannot be changed. *Being Better*
- Be thankful for the difficult people in your life, for they have shown you who you do not want to be.
My positive outlooks
- When sadness fills your heart, when tears flow in your eyes, always remember three things: God is with you: Still with you: Always with you.
Mother Teresa.
- Dear Lord, You know best. I trust in You. Thank you for taking care of me and my loved ones. Amen
- I never cared about the material things someone could give me. I care about time, attention, honesty, loyalty, and effort. Those gifts mean more than anything money could buy.
Good Mental Health.
- Sometimes its better to just let things be, let people go, don't fight for closure, don't ask for explanation, don't chase answers and don't expect people to understand where you're coming from.
Good Mental Health
- Rise and Shine. Be grateful. Set intention. Radiate good vibes. Conquer the day.
- Sometimes we're tested, not to show our weakness, but to discover our strength.
- Sometimes the best place to be, is nowhere to be found.
- Being told you're appreciated is one of the simplest and most uplifting things you can hear.
Peaceful Mind Peaceful Life.

Mission Update from China

“Look, God loves me very much! I will treasure this Bible, I will read and keep it well” said 78 year old Zheng when she received a large-print Bible from her church with the support of Bible Society. “I don’t have to strain my eyes reading the Bible now”

Zheng was born into a poor family and her father died when she was two. To escape poverty, she moved far away. But life was still hard. Her husband had epilepsy and she ended up toiling in a brick factory. After giving birth to her child, she had even fewer meals.

Zheng hit rock bottom and even contemplated leaving her husband. But then a neighbour shared the gospel with her. In church, she didn’t fully understand the sermon, but the Holy Spirit worked in her heart. Her mind cleared and she felt her burdens lift. She began cycling for more than 40 minutes from home to attend both morning and evening services. “My heart had been captured tightly by God” Zheng said.

“Before knowing God, I was never satisfied. I wanted someone who could comfort me and earn money. I didn’t look up to my husband and often scolded him”

But Zheng learned from the Bible that it was important to respect one’s husband .

“Gradually, I discovered that my husband was actually very concerned about our family. He lived his life within his means, didn’t gamble, and remained faithful to me. I started to pray for him, asking God to heal his illness. I took care of him wholeheartedly, read the Bible to him and amazingly, his epilepsy was cured!”. When her husband saw the changes in Zheng he too became a believer.

Zheng uses her new Bible when she leads a daily worship group. “I will read the scriptures many times beforehand and ask my husband when I come across difficult words that I do not know. Thank you Bible Society supporters for making all of this possible!”

My first Bible, how marvellous!

Poverty meant 13 year old Victoire could never buy a Bible of her own. She lives in the West African country of Togo with her mum. Her father left when she was a baby. Each day is a desperate struggle to make ends meet. “Mum says she called me Victoire because my arrival in the world was a victory over evil” says Victoire.

Like every vulnerable community across Africa, Victoire and her mum have been hit hard by the global economic crisis. “Sometimes my mum says she has no money for me to take to school to buy lunch. I eat something small before leaving so I don’t go begging to my classmates”

But Victoire knew one thing would make a difference in her life: the Bible. And she prayed for one. “My friends at church who had Bibles seemed to be happier than those of us who didn’t have one” But now, Victoire has a Bible. She is overjoyed.

Thanks to your support, a total of 3,000 Bibles will be distributed in Togo through bible Society’s “I have my first Bible, how marvellous” project.

Make Way For Fairer Shea

Discover the benefits of shea butter. What it is, where it is from and how it can help lift women out of poverty? . Shea has been used to nourish our skin for hundreds of years. Gorgeous, golden shea butter is moisturising, anti-inflammatory and vitamin rich.

What is shea butter?

Shea butter (‘shea’ is pronounced ‘shay’ in the UK) is fat that’s extracted from the nut of the shea tree. Shea trees grow in the wild from west to east Africa, an area known as the shea belt.

How is shea harvested?

Shea nuts are harvested from the trees, then sorted, crushed, roasted and ground. Producers then whip and separate shea butter by hand. It is a long, difficult and skilled task, which is usually carried out by women producers. In fact, around **ten million women** today collect shea nuts for processing. Shea is often referred to as ‘women’s gold’, a nod to the luxurious, golden quality of the raw shea butter.

How Fairtrade shea supports women entrepreneurs

Yet the women who produce shea rarely reap a rich reward. It is hazardous work, with long days and risks to their health. And despite the demand for shea, the workers themselves often are unable to find a buyer for their shea.

The difference Fairtrade makes

Buying products containing Fairtrade shea butter means the women earn a fairer price for their product.

“We used to work individually at home and this way of working was exhausting. So that’s why we decided to get together and help each other here.”

Coulibaly Koundiana, member of the WOBIN Fairtrade Co-operative in Côte d’Ivoire

They can use the extra Fairtrade Premium they receive to support their communities to thrive by investing in areas such as education and harvesting the wild shea in a forest-friendly way.

Silue Matine’s story

Silue Matine is a shea nut producer and member of the WOBIN Fairtrade Cooperative in Côte d’Ivoire. She was first taught the trade by her mother, who was taught by her own mother. She encouraged her to harvest the shea nuts to sell when there was no food to eat.

When she got married, Silue realised that her husband couldn’t cover the family’s expenses by himself. She took up shea butter-making again: ‘My shea butter had a lot of success. [My husband] took care of school fees and supplies, and I took care of the food. We both provided for our house.’

Shea nut producer Silue Matine

Yet before joining the co-operative, Silue and the other women shea sellers used to work alone. They couldn’t produce enough shea to make a substantial profit. Many of the women are also illiterate. According to Silue: ‘WOBIN really united us by making us see and understand more things.’

Using the Fairtrade Premium, Silue was able to pay for her children’s school fees. Silue’s sister, the co-op secretary, was suffering leg pain from walking so far every day. WOBIN was able to buy her a bike, a real improvement to her life.

- *Blog by Mollie Letheren Smith, Media Officer, and Louisa Nicholson, Partner Marketing Manager at Fairtrade Foundation. Updated May 2023.*

A quiz to keep those brain cells going in the summer holidays!

1. What herb is the main constituent of the Italian sauce Pesto ?
2. What collective noun is used to describe a group of crows?
3. At which racecourse in England is the Derby run?
4. Which religion was founded by Charles Taze Russell in 1881?
5. Alphabetically, what is the last US state?
6. In which play does Titania appear?
7. Which bird lays the largest egg?
8. What was the Royal Navy's first iron hulled battleship which is now on display at Portsmouth?
9. What famous politician lived at Chartwell, Kent?
10. How many of Henry VIII's wives were called Catherine. Bonus points if you can name them!
11. Who directed the Terminator and Titanic films?
12. What chemical element is denoted by the symbol Sn in the Periodic Table?
13. Pret-a-Manger is a popular food outlet but what is the English translation of its French name?
14. What is the capital of Indonesia?
15. What year did Tony Blair become Prime Minister?
16. What was the old name of the Snickers bar?
17. Which non premiership English football team plays its home games at St James's Park?
18. The Olympic symbol is made up of 5 rings of different colours. Blue, yellow and black are 3. What are the other two colours?
19. In the film, "Finding Nemo", what type of fish was Nemo?
20. What is the only native venomous snake in the British Isles?

With thanks to LIVErNEWS, the Liver Patient Support Newsletter.

Answers near end of magazine.

Dreams

How many people can remember their dreams ? Sometimes people think they either don't dream (unlikely) or can never remember the dream (likely). Night-time dreams can be weird, or frightening or comforting, but they seem to be ways of sorting out our thoughts that are necessary to our brain health.

The Bible has many instances of God using dreams or visions to guide (eg. Joseph, **Matthew 1:19-25**, Joseph and the Wise Men, **Matthew 2:12-15**) and to challenge, Peter's dream and subsequent understanding that verified the Gentile Mission (**Acts 10:9-48**) is an example. And, of course, there is the Old Testament Joseph, there are the Prophets – so many dreamers, so many visionaries!

But in all of these instances, the vision or dream required to be acted upon.

We all have dreams, especially in our youth, then as we get older, we also have dreams for the young in our families. Most of us have dreams for society. The reality, of course, is that many of these dreams turn to dust and it's just as well that some of them do! The sadness lies in the dreams that do not match our capacities. Were I to dream of being a great mathematician, for example, I would be doomed to disappointment, even if I worked very hard. We need to be real!

Dangerous dreams are those of personal glory at all costs, and I leave you to provide your own examples of this from the world today. There are plenty to choose from.

But I go back to the fact that God uses our dreaming to share visions of what can be, but that dream, that vision requires action on our behalf. Fulfilment of the dream of using our natural abilities requires that we actually use them rather than just dreaming what could be 'if'. Fulfilment of the dream of a just world requires us to act justly in our own lives and to speak out against injustice, even when we're a bit scared to do so. And all of it needs a whole lot of prayer.

Iona Abbey (pictured), was restored following George MacLeod's vision of the ruin made new, but it took a great deal of faith and prayer and courage and sheer hard work before the dream became a reality, and has been needed subsequently to maintain the Community and seek further vision. But the result has been massive blessing for thousands who have travelled to the island, found a depth to their faith and new life. What are your deepest dreams? Will you work and pray to make them new?

Pray that we all dream dreams of hope for everyone and work to make the vision live.

Iona Abbey in June.

Photograph by Ruth Crofton, who loves skies!

A Prayer

Loving God, who weaves our dreams into things
of wonder,
through them calling us, guiding us, laughing
with us,
we praise and thank you for the gift of
imagination,
of daydreaming that leads to vision and hope,
and the playful dream that brings us peace.

We pray your Spirit's gentle guiding,
the breeze that blows our thoughts in right
directions and towards goals

that will liberate the earth and bring peace to all,
the breeze that blows through the dusty corridors of power
to bring a breath of life to stifling thoughts and decisions.

In this time when so many are afflicted by violence and fear all around them
we pray the healing touch of your Spirit,

within nations at war, within refugee camps, within ruined cities and devastated countryside,
bringing hope where there is despair, trust where it is broken,
healing where there is illness and pain and loss . . .

In this gentle, dreaming time,

we pray the discernment of your Spirit to see what is and what is not of you,
and to choose the right, the life-giving way forward.

Bring light, we pray, to churches emerging into new ways of worship,
bring true vision of what can be now and what could be in the future.

Lord, may we be people of hope,
showing the love that Christ brings to individuals as they reach out to him,
and to society as it does likewise.

***Loving God, Father, Son and Spirit, to you we offer our praying, our dreaming, our living,
that they may be used for the furtherance of your Kingdom of justice and of peace.***

We ask it in Jesus' name. Amen

Blessings, Ruth

(The late Rev'd Ruth Crofton)



Leprosy and mental health – shining light on a hidden issue

As the country marked Mental Health Awareness Month in the UK back in May, we're reflecting on how there are many parallels between leprosy and mental health conditions.

Both are stigmatised, with people experiencing them discriminated against and excluded by their communities. As low priorities on many national health agendas, access to specialist care is limited. Both are 'hidden' problems.

Across the world, too many people affected by leprosy face mental health conditions with little support. We're working for a world where people affected by leprosy can attain full healing. Shining a light on mental health conditions, tackling their causes, and supporting people to get the care they need is a vital part of this work. And we're uniting with people like you and our partners to do this.

Leprosy and mental health

Living with chronic pain, with little or no access to health care. Losing independence when leprosy causes disability. Deepening poverty and vulnerability. Facing stigma, discrimination, and exclusion. Feeling worthless or ashamed because of community attitudes.

These are just some of the ways leprosy can affect people's mental health. A 2020 World Health Organisation paper reported that many people affected by leprosy have experienced anxiety, depression, and psychological distress. Some people have even reported suicidal ideation because of leprosy.

But your support enables people to get the mental health support they need. People like Saraswati. Saraswati, lives in a rural community in eastern Sri Lanka. When leprosy began to affect her hand, she was in pain, anxious and sad. Scared, she had hidden herself away from her community.

Because of your support KKM, our partner organisation in Sri Lanka, got her access to counselling. She's learnt positive coping strategies, and has more courage and resilience for her future. She told us that she now lives "without fear in the community".

Saraswati's story of isolation is not unique among people affected by leprosy across Sri Lanka. What's more, the country is still reeling from economic crisis and political uncertainty, and health services have been disrupted since Covid. The challenge to make sure mental health is not forgotten is significant. But thanks to your generosity, KKM supported more than 300 people affected by leprosy to access specialist care for their mental health in 2022.

Priya's story

Your support is also enabling KKM to go further to tackle the causes of mental health conditions among people affected by leprosy in Sri Lanka.

Poverty, leprosy, and mental health problems can become vicious cycle that is hard to escape from. For people facing three crises at the same time, the situation can feel desperate.

When we first met Priya in Sri Lanka in 2019, she was struggling to make enough for her family to live on. During the rainy season her shack would flood – she and her children could rarely sleep. She didn't have enough to eat, and because of the stigma of leprosy, her neighbours cut her off from their communal water supply. Scared and anxious, she had isolated herself from her community. She felt like her life had been shattered

Thanks to your gifts, KKM supplied Priya with a well of her own and helped her a build a safer house. She has also learnt new gardening techniques, and has lifted herself out of extreme poverty by growing plenty of vegetables that provide a sustainable income. Now, her garden is green and thriving. She and her children have enough to eat and a regular monthly income.

“Today I am proud of my achievements, and living a healthy life”, Priya told us when we met her again recently. Her mental wellbeing has been completely transformed. Her garden has boosted her mind and soul. “Compassionate love made all the difference in my life. I cannot thank The Leprosy Mission and KKM enough for transforming my life”, she said.

The mental trauma that leprosy can cause is just as devastating as the bacteria that attacks people's nerves. But because of your compassion, people like Priya and Saraswati know they are not alone during the darkest moments of their lives. Amid multiple crises, you are helping people affected by leprosy get the mental health support they need. The impact is more than counselling or poverty alleviation – it's life without fear and in all its fullness.

From the Leprosy Mission website, May 23rd 2023.

A prayer of intercession for wisdom in exams and in decisions

Gracious God,

We pray for all those who are in the midst of exams at the present time.

For those who have finished, we pray for your peace in heart and mind.

For those who have some still to come, we pray for your wisdom that goes way beyond human knowledge.

We pray for those who have decisions to make about the future. For those making decisions that affect their own future, we pray for your courage.

For those making decisions that may affect the futures of others, we pray for your compassion.

We pray for those whose lives have been affected by the decisions of others.

For those who have benefited and have been blessed, we pray for your grace and a sense of gratitude.

For those who have been hurt and thwarted in their plans, we pray for your grace and healing.

Amen.

The Root



This week has seen the return of a TV programme that I really enjoy watching - 'Who Do You Think You Are?' For those who don't know, it traces the ancestry of celebrities and uncovers some very interesting and sometimes unusual and hitherto unknown facts. There are always surprises and often tears as the stories unfold about their forbears. Sometimes the celebrities begin to understand just why they are, feel and do as they do as they clarify some mystery from the past. A couple of years ago I decided to trace my ancestors on both sides

of the family, right back to the 1700s. I remember as a child that two of my uncles had a shoe repair shop in our local town and I used to love to go and watch them mend the shoes and breathe in the smell of fresh leather. I was told that the shop originally belonged to my paternal grandfather but looking further into the family history I discovered that there had been bootmakers in the family since the early 1800s, the business having been handed down from father to son over several generations. The roots of the shoemaking business lay way back in the roots of our family history.

When I am weeding in the garden, I prefer to dig the weeds up by the roots in order to get rid of them instead of spraying them with chemicals all the time. Occasionally though that is not so easy, on the paths and the front drive where you can't really dig them up. The alternative is to get some weedkiller and spray them and let the chemicals do their work. The best ones of course are the ones that you spray on the leaves of the weed and the chemicals go to work reaching right down to the roots underneath the ground. Otherwise the weed seems to die but then comes back again as the roots go on feeding the plant. To be effective, you have to get to the roots.



A close relative of mine has recently been in hospital and undergone quite a big operation. She had been in a great deal of pain for a long time, months becoming years. She has taken pain relief to relieve the symptoms until eventually the pain was becoming so bad she was sent to see a specialist at the hospital. Various tests and scans were done in order to look deeper and ascertain the real cause of the problem.

Eventually the day came and she went to the hospital, a bit nervous but really having reached the point of just wanting the pain to go away. After a time of recuperation she is now well on the mend but more importantly is without the constant pain that she had to put up with for so long before. Once the specialist was able to get to the root of her problem, then the situation could be dealt with effectively.

The trouble I find in life is that too often we concentrate all our efforts on the symptoms that a problem produces. A few decades ago, people weren't so eager to visit a psychiatrist or counsellor to talk through problems in case they were thought by others to be a little deranged. In fact such professionals were sometimes considered a bit suspect and often referred to in a rather derisory way as 'shrinks'. Nowadays we understand that they saw the importance of going back in order to dig deep and find the root cause of a problem. This often turned out to be not a physical problem at all but some hurt, fear or sense of inadequacy or exclusion or maybe loneliness, things that are hidden so deeply inside that others are not aware of their existence. We think that we are sorting out a problem when the real problem is something quite different, hidden and not obvious until we delve deeper.



I feel that so many problems in the world, on both an individual and group level, whether that be family, friends, tribes or nations, could be solved if only we really addressed the root of the problem. We waste so much time and effort

treating and reacting to the symptoms when the real problem is still there often festering underneath so that the problem we think we have dealt with crops up again and again. So often we ask the wrong questions! There is no point in doctoring and treating the hurt and pain if we don't deal with the root cause of that pain and hurt. Jesus knew that very well when he told the crippled man that his sins were forgiven. He then told him to get and walk. He knew that the man was concerned that his physical limitations were because of some sin. He needed to know that God had dealt with that problem. People are hurting and in pain and we waste time on superficial symptoms instead of really dealing with their root point of need and giving them the help they're silently crying out for. Let's not waste time looking at the outside, the symptoms, the appearance of a situation but go to the roots and see where the help is really needed.

Sunday Flower Rota

We need more people to supply flowers for our Communion Table. These flowers are then given to whoever needs our thoughts and prayers.

If you're not confident with picking and displaying flowers, Susan or Lorna will be happy to take donations for the flower fund and display or obtain and display flowers for you.

Although this seems a simple thing to do, it's really a very good mission of the church, looking after those who are ill or can't get to church for any reason. It's actually a very important part of our Christian calling.

Our rota for anyone willing to help with this is on the notice board in the lounge where you can pick a Sunday, or talk to Susan or Lorna.

A Brain Teaser. How well do you know these hymns?

Below are the SECOND lines of very familiar hymns. What are the first lines? The first one is done for you. *Answers later - no peeking till you've had a go!*

1. So loved he the world that he gave us His son.
A. To God be the Glory great things he has done.
2. An interest in the Saviours blood
3. Come bow before him now with reverence and fear.
4. Every tongue confess him King of Glory now.
5. Christ the head and cornerstone
6. Raise the song of harvest home.
7. Forgive our foolish ways.
8. Whose arm doth bind the restless wave.
9. He has called me and set me apart.
- 10.No more in condemnation.
11. Early in the morning our song shall rise to thee.
- 12.He makes me down to lie in pastures green
- 13.Endless is the victory thou o'er death hast won.
- 14.Outside a city wall
- 15.All our sins and griefs to bear.

N.B. All first lines are from Singing the Faith.

Prayers Of Intercession

Together we can make a difference

Living God, Father, Son and Holy Spirit,

we thank you that you are a 'can do' God of positivity and power, and entrust to you our fragmented world so vulnerable and so drained by negativity.

We pray for the people of Ukraine and of Russia; of Turkey and Syria; of Israel and Palestine; of Serbia and the Balkans; for the continent of Africa; for the people of our own nation and for all places in the world that are on our hearts where there is division, hardship, climatic challenges and suffering.

Empower the peace makers, resource the aid workers,

and unite us all with the courage to believe

that together we can make a difference. Amen.

We pray for young people sitting exams, and making career choices, that they might feel positive about their abilities and about themselves, and share their aspirations and creativity and beauty with their little corner of the world.

Empower their teachers and mentors, resource their schools and places of learning, and unite us all with the courage to believe

that together we can make a difference. Amen

We pray for one another, our families, our friends, our church, our community, as we live out the adventure you have called each of us on, with the challenges, the opportunities, the privileges and the responsibilities. We remember especially those who are ill, those who are grieving, those who have lost their homes, those who are struggling to fit in. Empower those who are in positions of influence, resource those who are carers, encouragers and providers,

and unite us all with the courage to believe

that together we can make a difference. Amen.

Sunday Rotas

Sunday	Door Steward	Flower Rota	Audio/Visual Desk
July 2 nd	Doreen Kirtley		Mark Burdon
July 9 th	Lorna Morgan		Mark Burdon
July 16 th	Maureen Mills		Alan Barker
July 23 rd	Howard Hedley	Allan & Pamela Fender	
July 30 th	Sylvia Aston	Bill & Shirley Filmer	
August 6 th	Mick Watson	Sylvia Aston	
August 13 th	Anne Humphrey	Jean Trewick	
August 20 th	Derek Ormston	Allan & Pamela Fender	
August 27 th	Sylvia Aston	Lorna Morgan	
September 3 rd	Mick Watson	David Ashley	

Sunday	Preachers	Church Steward
July 2 nd	Miss Sam Cree	Mark Burdon
July 9 th	Deacon Gail Morgan	Susan Bewley
July 16 th	Mr Michael Ball	Mark Burdon
July 23 rd	Rev Gavin Hume	Alan Barker
July 30 th	Deacon Gail Morgan	Susan Bewley
August 6 th	Rev Gavin Hume and Deacon Gail Morgan. Holy Communion	Alan Barker
August 13 th	Deacon Andrew Carter	Mark Burdon
August 20 th	Deacon Gail Morgan	Susan Bewley
August 27 th	Rev Derek Aldridge	Alan Barker
September 3 rd		Mark Burdon

Smile !

- Mr & Mrs Case are proud to announce the birth of their baby boy, Justin.
- I met this bloke with a didgeridoo and he was playing Dancing Queen on it. I thought, “That’s Abba-riginal”
Tim Vine
- Uncle Ben has died. No more Mr Rice Guy.
Tim Vine
- I didn’t know my dad was a construction site thief, but when I got home all the signs were there.
- When a woman says, “Correct me if I’m wrong”, do not under any, I mean ANY circumstances do it !
- Studies show that cows produce more milk when the farmer talks to them. It’s a case of in one ear and out the udder.
- Did you know in Hawaii it is illegal to laugh loudly? Yep, you have to keep it to a low ha.
- I’ve just accidentally spilled some glue on the first draft of my autobiography. that’s my story and I’m sticking to it.
- Pub and restaurant toilets are so weird and spooky. So many of my first dates have gone to use them and have just vanished!
- The good Lord didn’t create anything without a purpose. Mosquitoes come close, though.
- My mother made us eat all sorts of vitamins and supplements. One day I nearly choked on part of The Sunday Times.
- Exaggerations went up by a million percent last year.
- Sometimes the thoughts in my head get bored and take a stroll through my mouth. This is never a good thing.
- If you ever get cold, just stand in the corner of a room for a while. They’re normally 90 degrees.
- I’ve written a song about tortillas. Actually, its more of a rap.
- The person who invented the door knock won the Nobel Prize.
- My ex used to hit me with stringed instruments. She had a history of violins.
- My maths teacher called me average. How mean!
- My landlord says he needs to come and talk to me about how high my heating bill is. I told him, “My door is always open”
- I once had a teacher with a lazy eye. She couldn’t control her pupils.

Brain Teaser Answers

2. And can it be that I should gain
3. Be still for the presence of the Lord
4. At the name of Jesus every knee shall bow
5. Christ is made the sure foundation
6. Come, ye thankful people come
7. Dear Lord and Father of Mankind
8. Eternal Father strong to save
9. Gods spirit is in my heart
10. I am a new creation
11. Holy, Holy, Holy, Lord God almighty
12. The Lord's my shepherd, I'll not want
13. Thine be the glory
14. There is a green hill far away
15. What a friend we have in Jesus.

Quiz Answers.

1. Basil
2. A murder
3. Epsom
4. Jehovah's Witnesses
5. Wyoming
6. A Midsummer Nights Dream.
7. Mute Swan
8. The Warrior
9. Winston Churchill
10. 3- Catherine of Aragon; Catherine Parr; and Catherine Howard
11. James Cameron
12. Tin
13. "Ready to Eat"
14. Jakarta
15. 1997
16. Marathon- they changed it in 1990.
17. Exeter City
18. Green and Red
19. Clownfish
20. adder or viper

Thank You.

On behalf of the church, the treasurer would like to give a big thank you for the anonymous gift received through the post recently. This is very much appreciated.

Blue Door

The Blue Door coffee morning is closed for July and August. Back again on Saturday 2nd September at 10 a.m.

Money Jars.

If you're donating money by using the little glass jars and you pay tax and have an envelope number, please put your number inside the jar. This allows the church to claim 25% grant aid.

A Kings Birthday Honour

For her works in charity and in the Girls Brigade, Jean Trewick has received the honour of being awarded the MBE in the Kings Birthday list. This is a great and well-deserved honour.

Songs of
Praise
Sunday 30th
July

10.45am

