

Good[★]NEWS

LINDFIELD URC'S VILLAGE MAGAZINE

SUMMER 2008



PLUS...

- Martin Hall lifts the lid on some holiday destinations
 - Stuart Marsh writes about his trip of a life time
 - Ever wanted to go on a Bug hunt?
-

Holiday – heaven or hell?





Stuart Marsh on his balloon trip, see inside for the full story.





June is the month of the Queen's official birthday, when Trooping the Colour takes place on Horse Guards Parade.

It's a strange phrase "Trooping the Colour", but it describes exactly what's going on. The Colour of the chosen regiment is "trooped" – that is it is carried up and down the ranks of soldiers with a specific aim – so that they will know what it looks like. The idea comes from the days when battles were fought hand to hand and in the mêlée, the men might become separated from their comrades. So, they were shown the regimental Colour, to make sure that when it was lifted in the heat of battle, they would recognise and rally to it.

This set me thinking. What is the Colour to which we rally? After all, we are fighting a spiritual battle. Some of us know only too well, what havoc our spiritual foe has made of God's family in the past, both here and elsewhere. The Apostle Peter was not exaggerating when he said that the Devil, like a roaring lion, prowls about, looking for someone to devour.

So, what is our Colour? The cross? In one sense, certainly, but it seems to me that we need to be more specific. I want to encourage you to consider this. The Colour to which we rally is the purpose – the necessity – of sharing the Christian Faith in an increasingly godless world.

There is so much going on at Lindfield URC and even after nine weeks of being your minister, I'm still in a fog of confusion about so many things (and that doesn't include remembering, or failing to remember names!) One of the dangers of a busy church is that because we are busy, we think we are being effective and in a lot of ways, I am sure we are. Even so, our energies easily get

dispersed and instead of doing a few things well, we end up doing too many things badly. We need to be more focussed and everything, without exception, must have an evangelistic edge.

A more serious danger however, is that in a busy church, people can begin to build empires and that is a process which often begins from the right motives. After all, if something needs doing, the best person to do it is the one who has time and expertise. Nothing could be simpler or more sensible, but what the Devil wants to do most of all, is to set us against one another and one of the best ways of doing that, is to encourage us to defend our own little piece of church life – the thing we are really good at – from the marauding hordes of our fellow Christians who want to come and take over. It may sound crazy, indeed it is crazy, but it happens.

The way to stop it happening is to work as a team. No one must plough their own furrow. We must work together. Sometimes that will mean not getting our own way. Even the minister mustn't be allowed to get his own way all the time – just most of the time! Seriously, when Christians vie with one another and try to score points off one another, terrible damage can result and we must avoid it at all costs. Let's rally to the Colour – the joint endeavour to do all we can to share the Good News. Hoist it up, so that everyone will see it and in the heat of the battle, we can surge around it and lift Jesus high so that everyone will see Him.

Love to you all,
your friend and minister,
Charles Martin

GoodNEWS

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A list of serving Elders can be found in Who's Who?

Editorial



I know I'm going to regret saying this but I do believe summer is upon us! O.K. it's cloudy right now but I have the window and French doors open, the birds are complaining at the cats, my plants are growing and beginning to bear fruit, Wimbeldon is about to start and so is the rainy season!

Martin has written a very thought provoking article on what may lie behind some of our holiday destinations. It is a very balanced article and what I came away with is the need to be aware and to pray for the people of the countries we visit. Thank you, Martin.

Stuart gives some more tips about making the most of our gardens. As well as telling us about his ballooning trip and Martin writes to encourage us to look for bugs!

After many years, **Hilary Shepherd** is stepping down from being our proof-Reader. I would just like to say how much I personally have appreciated Hilary's support and time which he has given to the magazine. He will be greatly missed from the Editorial Team. Thank you Hilary.

All that is left for me to say is have a great summer!

Val, editor

Prayer Diary



SUN

Zimbabwe following the re-elections held last week.

MON

For all those who are now facing financial difficulties in this current financial situation.

TUE

The Government, pray for integrity and wisdom and the courage to do what is right not what is popular.

WED

For all those receiving exam results over the next few weeks.

THUR

For church family who are finding life difficult; because of health difficulties, bereavement, pressures from work and relationships.

FRI

For our neighbours and friends

SAT

For the Soldiers in Afghanistan and Iraq and for their families back home.

Prayer FOCUS



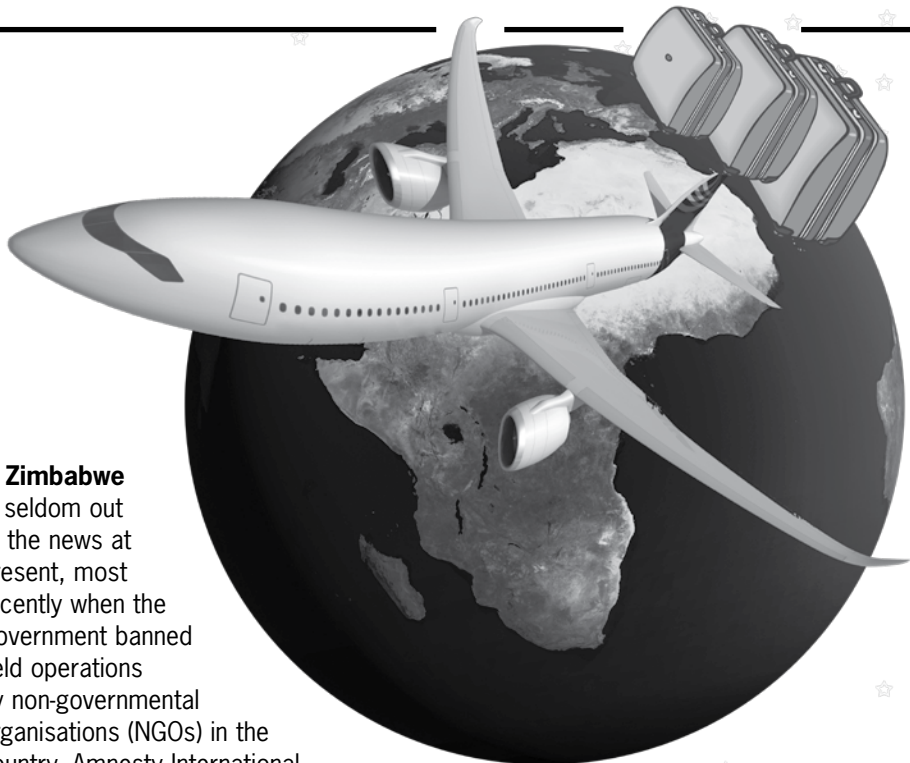
Over the next few months it would be good to focus our praying on our Services. There are many aspects to each service and maybe a list would be helpful as a guide and spring board for our praying.

- Our personal anticipation and preparation before each service
- Our Welcome to all who would join us
- The Worship Leaders and the Musicians
- Those who do the sound & computer flowers
- Those who help arrange and distribute the flowers
- Our Worship and our praying
- The Children's talk and participation
- The Preachers, especially over these 2 months for Charles Martin, Mike Gardiner, David Jones and Ron Goodenough
- Our ability to listen and to respond
- Communion

Holiday – Heaven or Hell?

As many of us prepare to head off around the world on well earned summer holidays, the GoodNEWS team thought that it would be worthwhile taking a look behind the brochures, not to make anyone feel guilty about taking a break, but just to raise awareness of issues that are sometimes swept under the carpet.

I recall going on holiday from Sudan to Kenya in the early 80's and having to stay overnight in Addis Ababa courtesy of Ethiopian Airlines. It was a real treat after the hardships of living in Darfur to be put up in a Hilton hotel in the capital city of beautiful Ethiopia. However, leaning out over the balcony of our room I was soon aware of the tumbledown shacks in a virtual shanty town spreading out from the edge of the hotel, with goats and even cattle grazing in areas where the gardens should be. Did I vacate the hotel in outrage at this very clear evidence of the difference between the "haves" and "have nots" of this world? Well no, but it did make me think much more about how some people suffer when others, i.e. me in this case, enjoy the fine life just a stone's throw away. I noticed this again later on the Kenyan coast, when coming across wood carvers forced to sell their wares at ridiculously low prices just to get a sale. It is great that Fair Trade products are so much in evidence nowadays – they could certainly have done with them 25 years ago. It surprised me when wealthy tourists gathered to discuss the day's purchases and some would feel cheated if they had paid 20 shillings for an object that another tourist had bought for 15 shillings – both trivial amounts in western currencies. To me, if the price seems fair at the time then pay it and be happy and don't worry about what anyone else has paid – most African craftsmen need the potential savings we could make by paying a lower price much more than we do!



Zimbabwe

is seldom out of the news at present, most recently when the Government banned field operations by non-governmental organisations (NGOs) in the country. Amnesty International has accused the government of using food for political ends and called on them to immediately lift the ban – how soon they will is anyone's guess. Having lived there for four years I know that Zimbabwe is a fantastic holiday destination, but the actions of the present government hardly encourage tourists. On one holiday company web site I was surprised to read, "Zimbabwe, formerly known as Rhodesia, is largely overlooked as a holiday destination. It is hard to see why." I should have thought it was hard not to see why. However, if you do go there I am sure that you can have a great

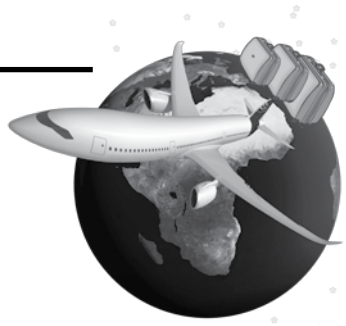
time and perhaps your spending can help the local economy, that's if the money finds its way to local people.

Caribbean writer V. S. Naipaul wrote: "Every poor country accepts tourism as an unavoidable degradation. None of these has gone so far as some of these West Indian islands which, in the name of tourism, have sold themselves into a new slavery". On the other side of the world, **Dubai** in the United Arab Emirates might seem a wonderful place for a holiday with its phenomenal development of towering hotels.

However, the hotels rise from the sand at great personal cost to the migrant workers, who make up 95% of the countries workforce. These workers are paid on average less than one tenth of the average per capita income of the UAE, and are subjected to brutal exploitation and political repression. The UAE's regime outlaws both strikes and unions, leaving the workers to the mercy of labour contractors, who often seize their passports and impose lower wages and far worse conditions than they are originally promised in their home countries.

Anyone with half an interest in the Beijing Olympics might have mixed feelings about having a sports spectator's holiday there this year, but it's not just human rights issues in Tibet that are a concern. **China** has a poor record on its treatment of Christians. In 2007, the country was ranked 12th in a list of 50 of the hardest countries in

which to be a Christian, where risk of persecution is high. The number 1 ranked country was North Korea where some 50,000 to 70,000 Christians are in prison camps for their faith. Probably not many of us think of having a holiday in North Korea but, perhaps surprisingly, the seemingly idyllic holiday destination of the Maldives is ranked 5th on the list, well above China. While tourists are allowed to bring in a Bible and practice their religion in private they must not encourage citizens to participate. All Maldives citizens must be Muslim and conversion from Islam is prohibited. Converts can lose their citizenship, which is at least better than in Saudi Arabia where they can lose their life! "The first thing persecuted Christians ask me for is prayer", so says Brother Andrew. If you want to get a free handbook with prayer guidelines for the top 50 persecuting countries contact



Open Doors (web site below).

And remember – we don't need to go to developing countries to see evidence of great differences in the standard of living. A new report by the London Child Poverty Commission found that 41% of Children in Greater London – and half the children in inner **London** – live in what is defined as “poverty”. The definition of poverty is living in a household whose income is less than 60% of the average household income. This is not the “absolute poverty” of developing countries, but “relative deprivation”. However, it can still have a huge impact on families as they can become excluded from ordinary living patterns, customs and activities and enter a cycle from which it is difficult to escape. In relative terms, child poverty in the UK is higher than in all but 3 of the other 24 EU countries, e.g., in 2005-2006, 30% of all children in UK lived in poverty compared to just 5% in Denmark, which has the best record in the EU.

So, do have a great summer holiday wherever you go – I am a real enthusiast for travel to all corners of the world. But, in situations that might seem like holiday heaven, do keep your eyes open to what might be hell for the locals – and as Brother Andrew says, if you do nothing else you can pray for those people.

Martin Hall

Sources:

Open Doors (www.opendoorsuk.org)

Human Rights Watch (www.hrw.org)

Amnesty International (www.amnesty.org.uk)

“Britain's impoverished children”, Briefing in The Week (31/05/2008)

Polly Pattullo, Last Resorts: The Cost of Tourism in the Caribbean.

Beetroot Chutney



Ingredients

2lb Uncooked Beetroot
1.5lb Cooking Apples
1lb Onions
1lb Seedless Raisins (or similar)
3 **Table** spoons Ground Ginger
2lb Granulated Sugar
2pts Vinegar

Method

Peel and grate the beetroot. Peel onions and chop finely. Peel core and chop apples. Put altogether in the pan with ginger, fruit, sugar and vinegar.

Cook slowly until thick (It may sound a lot of ginger but that is the amount to use).

Gwen Hillman

***Good*NEWS Online**

Don't forget that you can view this and past editions of GoodNEWS at the Lindfield URC website:

www.lindfieldurc.org.uk

Keeping your fingers green this summer

Hopefully by now, its high summer and most of the seasonal work is finished in the garden – time to relax and enjoy it! Many gardeners are so obsessive that they don't take a holiday until November; ridiculous, never become a slave to your garden. Try reducing the amount of maintenance as you get older by using ground cover and easy care plants like ornamental grasses.

Thanks to modern nursery production methods, all types of plants, shrubs and trees are grown in pots and so can be transferred at any time of year except in periods of extreme drought or freezing temperatures. Just a few thoughts on what can be chosen and planted:

Roses – the best time to make the perfect choice is to see (and smell) them when in flower.

Fill in the remaining colour gaps with summer highlight plants such as **Abutilons**, standard **Fuchsias** or **Marguerites**.

An important job to do now is to keep an eye on pests and diseases especially on fruit or roses and spray with an organic combined fungicide and insecticidethen finally relax, have a barbecue and enjoy the long, hot summer days (we hope).

Stuart Marsh



tearfund

For the next two months we will be supporting the work of Tearfund. Gifts will be designated to go to the tremendous need there is for food in the Horn of Africa. Tearfund is working with church partners to address an escalating food crisis that is affecting millions of people.

Ethiopia, Somalia and Northern Kenya are the worst hit areas with more than 16 million people in need of emergency food aid and the numbers are rising with alarming speed.

Inadequate rains causing poor harvests and the continuing rises in food prices are the main factors driving a worsening humanitarian situation.

Tearfund is working through its partners, including churches, to step up food relief projects and to assess the areas of greatest need.

In Ethiopia, Tearfund has released £100,000 to the Wolaitta Kale Heywet Church.

The church, which has one million members, is running food-for-work schemes to help people, living in Kindo Koyscha district in the south of Ethiopia.

In Northern Kenya it's predicted that the situation will deteriorate over the next few months significantly.

A complete failure of the maize harvest is expected. At the moment more than 800,000 people require emergency assistance but that figure could jump to 2.4 million.

Tearfund partner Christian Community Services of Mount Kenya East (CCSMKE) says some food items have already doubled in price

Somalia is experiencing a drought in south and central areas affecting 60,000 pastoralists.

But there are fears that if rains due now fail up to 3.5 million could need aid, half the population.



Country profiles are as follows:

Ethiopia Population: 83 million
Life expectancy: 52 years
Religion: Christian, Muslim, Animist, Ethiopian Orthodox
GDP per head of population: \$164 US

Kenya Population: 37 million
Life expectancy: 53 years
Religion: Christian, Muslim, indigenous beliefs
GDP per head of population: \$650 US

Somalia Population: 8 million
Life expectancy: 47 years
Religion: Muslim, Christian
GDP per head of population: \$283 US

More Tearfund information is available at the mission display area.
If you would like to give please use the special envelopes and place
your gift in the offertory at any Sunday service.

Thank you

Thank God For Answered Prayer

Many thanks to all, who have been praying, for my back compliant over the last fifteen months or so. Although not 100%, it does feel so much better and wonderful not to have constant pain. It is also good to be able to do a few more hours at work. God does indeed answer prayer in His time.

Please continue to pray for ongoing healing.

Terry Ward

Thank you

Andrew and **Gladys Muir** would like to send thanks to all our friends at URC who prayed for us and sent gifts of cards and flowers etc. during 9 weeks of Andrew's illness. We feel they have helped to pull him through. Thanks

Bereavements

Please continue to pray for **Andrew** and **Gladys Muir** now mourning the death of a greatly loved sister **Connie** in Barnet General Hospital just a week ago.

Sadly two of our more elderly friends have journeyed on to be with the Lord in recent weeks. We praise God that they have both been part of our Church family at Lindfield.

Eileen West, who had lived in a number of Care Homes locally and was a Church member here for 8 years, has died at the age of 95. When she was well enough Eileen was

a regular member of the 11o'clock congregation.

Joan Boston (almost 92) died on June 8th following a stroke. Many will remember Joan who lived in Lindfield practically all her life until she needed Residential care. She too had attended the 11 o'clock service, and was a member of the Fellowship and came to the Lunches.

FlowerRota



Arranging

Distribution

July

6	Winifrid Scopes	Kay Phillpot
13	Heather Swann	Jo Bloxham
20	Janet Wade	Iris Bingham
27	Fiona Tingley	Heather Swann

August

3	Lucy Thom	Sue Tester
10	Anne Parker	Jacqueline Wood
17	Carol Walters	Barbara Shepherd
24	Mies Campling	Margaret Gomme
31	Chris Coswell	Kay Phillpot

September

7	Joan Durrant	Jo Bloxham
14	Dorothy Foster	Iris Bingham
21	Carol Marsh	Heather Swann
28	Harvest Festival	Sue Tester

'Heart of Sussex'

Walk across the South Downs on June 29th

For the third year running Helen and Carol Merrett are putting on their walking boots to take part in the 'Heart of Sussex' Walk across the South Downs on June 29th. As before this beautiful, invigorating walk is to raise money for the British Heart Foundation, which supports vital research into heart disease.

If anybody would like to contribute to this worthwhile cause, please either 'phone or e-mail Carol (bonjour99@aol.com).

Many thanks, Carol and Helen Merrett

In Touch

July 22nd

In Touch Ladies are looking forward to guided walk round the **Blunts Wood Nature Reserve**, followed by a Supper back at the church.

There will be a notice on the hall Notice Board – please add your name and contribution to the Supper.

Transport details will be advised nearer the event.

August 22nd at 7.30pm

Any ladies, whatever age, are welcome to 1, Cripland Close for an informal evening with refreshments.

Do join us for a chat.

The Fellowship

The meeting this month is the last in the present session and will be on **Wednesday July 23rd at 2.45pm.**

We welcome again our old friend, **Barry Turnwell**, his talk is entitled, **"The Things People Say"**.

There will be our usual Bring and Buy Stall, and we extend a warm welcome to all.

July & August church diary

5th

Saturday 8.45am Prayer Meeting
–9.30am at URC

6th

Sunday Away Day at Great Walstead
Charles Martin & Communion

12th

Saturday 8.45am Prayer Meeting
–9.30am at URC

13th

Sunday 9.30am Mike Gardiner
11.00am Mike Gardiner
6.30am Communion
in the round
– David Jones

19th

Saturday 8.45am Prayer Meeting
–9.30am at URC

20th

Sunday 9.30am Ron Goodenough
11.00am Ron Goodenough
6.30pm Mike Gardiner

22nd

Tuesday 6.30pm In Touch Walk
and Supper

23rd

Wednesday 2.45pm Afternoon
Fellowship
7.30pm Elders Meeting

26th

Saturday 8.45am Prayer Meeting
–9.30am at URC

29th

Sunday 10.30am Charles Martin
6.30pm Charles Martin

August

2nd

Saturday 8.45am Prayer Meeting
–9.30am at Evangelical Free

3rd

Sunday 10.30am Charles Martin &
Communion
6.30pm Charles Martin

9th

Saturday 8.45am Prayer Meeting
–9.30am at Evangelical Free

10th

Sunday 10.30am Charles Martin
6.30pm Charles Martin

16th

Saturday 8.45am Prayer Meeting
–9.30am at Evangelical Free

17th

Sunday 10.30am Jigsaw Team
6.30pm Charles Martin

23th

Saturday 8.45am Prayer Meeting
–9.30am at Evangelical Free

24th

Sunday 10.30am Charles Martin &
Communion
6.30pm Charles Martin

27th

Wednesday 3.00pm Car outing and Tea
7.30pm Elders Meeting

30th

Saturday 8.45am Prayer Meeting
-9.30am at Evangelical Free

31st

Sunday 10.30am Charles Martin
6.30pm Charles Martin

Balcombe United Reformed Church



Bramble Hill, Balcombe, RH17 6HR.

Contact: Mrs Leonie Wren (01444 811253)

Our services are held weekly at 10.30am.
Visitors are always welcome to join us.

Speakers for July and August are as follows:-

July	6th	No Service
July	13th	David Jones
July	20th	Michael Davies
July	27th	Philip Wren

August	3rd	(to be arranged)
August	10th	Philip Wren
August	17th	Charles Martin – COMMUNION SERVICE

August	24th	No Service
August	31st	Philip Wren

Sunday services explained...

The **9.30am service** is an opportunity for all age groups to join in a relaxed informal time. There is a crèche, and after about 20 minutes children and young people up to age 14 go out to their own groups on most Sundays.

Coffee is normally served between the morning services and after the evening one.

The **11.00am service** is usually more set and formal.

At **6.30pm** it is sometimes a celebration, sometimes a quieter ministry time and sometimes an open communion service or something quite different!

Personal prayer is available after every service. Prayer requests and brief statements of praise for answered prayer can be put in the red book on the concourse table. We can also offer personal prayer ministry at home or in hospital.

We **do not take up an offering** during the services, but all those wishing to give are invited to place a gift in one of the bowls at the doors before or after the service. Thank you.

Cassette **recordings of services** can be borrowed free from the church.

Experience the great with its smallest inhabitants!

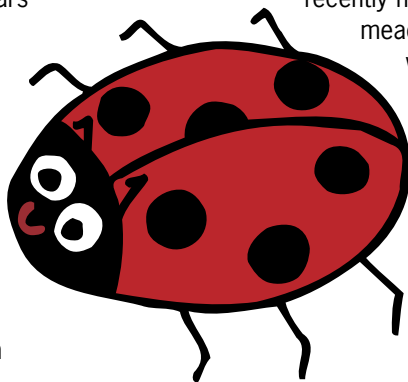
If you are a regular attendee at the 9.30am service, why not try the 6.30pm service instead on Sunday 27th July and come along at 10.00am to Ashenground Bridge and join the Friends of Ashenground and Bolnore Woods to experience the great outdoors on a Bug Hunt with Martin Hall.

As in the past two years we'll be looking for the arthropod fauna of meadows and woods. They may be small but they are vital to Planet Earth and its proper functioning. Springtails, for example, are only 1-6 mm in size, but they play an important role in

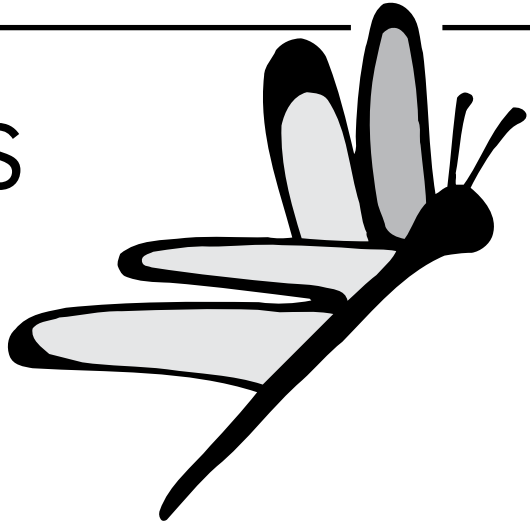
decomposing leaf litter and there can be up to 7,000 per square metre of the woodland floor!

Although some insects have adapted well to human society (houseflies, cockroaches and clothes moths to name a few) many are very vulnerable to the impact of humans in nature. To demonstrate this, last year we compared the numbers in a

recently mown
meadow
with
those
in a



outdoors



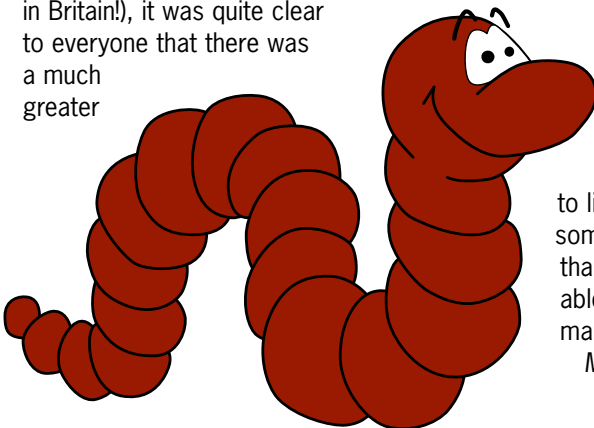
neighbouring untended meadow of long grasses and wild flowers. We spent about 15-20 minutes in each environment hunting for insects with hand-held nets and beating trays. Although we couldn't identify and count every insect caught (there are well over 20,000 insect species recorded in Britain!), it was quite clear to everyone that there was a much greater

abundance and diversity of insects in the untended meadow. Everyone was able to come away with an appreciation of the wonderful variety of nature around us and of the value of conserving it. We can all play our part by having a "wild" area in our gardens in

which many more creatures will be able to find somewhere

to live and something to eat than would be able to on our manicured lawns.

Martin Hall



Up. Up and Away!

What a lovely surprise to celebrate my 65th birthday and, at last, retirement: a ride in a Hot-air balloon!

Being fairly fearless (!), and taking no notice of adverse comments about bumpy landings, I was really looking forward to the ride.

The first two dates were postponed - too windy for the first, too wet for the second.

But just the job for the third attempt — a calm, sunny evening in May with a beautiful blue sky.

The departure location was Buxted Park near Uckfield as what little wind there was, was blowing from the South-east, therefore making the alternative location, Borde Hill, out of the question as the balloon might have headed towards Gatwick-unfair competition!

After inflating the multicoloured balloon, we clambered into the basket, and up we gently rose, just skimming the nearby treetops, the people below us gently diminishing in size. Eventually we ascended

to nearly 2,500ft, higher than I thought we would fly.

My impressions? The peace and beauty of the countryside below me, the number of grand houses with tennis courts and swimming pools, and the huge number of wild deer in the countryside. We flew mainly over the Ashdown Forest and after about an hour landed safely (if somewhat bumpily) near Sharpthorne.

Most farmers seem quite happy to receive unexpected visitors from the skies (unless they have livestock in the field), especially when they are invited to join in the Champagne celebration and an offer of a free flight for themselves!

Would I do it again and recommend it to others? Certainly I would as it makes you realise just how beautiful a world God has created for us.

Stuart Marsh



Olympic determination

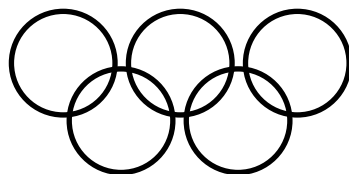
The Olympics, Mexico, 1968: a ground of die-hard spectators lingered in the Olympic stadium, watching the last finishers of the marathon. An hour before, Mamo Wolde of Ethiopia had won. It was getting cold and dark and the remaining spectators were beginning to leave when suddenly they heard the sound of sirens and police whistles coming into the stadium. As they watched in amazement, one last runner made his way onto the track for the last lap of the 26 mile race. It was John Stephen Akhwari of Tanzania.

As he ran the 400-metre circuit, people saw that his leg was bandaged and bleeding. He had fallen and injured it during the race, but he refused to let it stop him completely. Suddenly the people remaining in the stadium rose (some in tears) and applauded him until he crossed the finishing line. As he finally hobbled away, he was asked why he had not quit since he had no chance of winning a medal.

He said simply: "My country did not send me to Mexico City to start the race, they sent me here to finish it!" What an attitude! He looked beyond the pain of the moment and kept his eye on the purpose for which he was there.

Next month at the Olympics, China will be full of athletes, all determined to finish their race. As Christians, we are also called to finish the race before us. To fulfil God's particular calling for us.

Source: Parish Pump



Tell everyone about it!

If you run a club or group in the local community that you would like to talk more about, submit an article/information to the editor – it would be great to see more of what is going on in/around the village. **Contact details on page 2.**

† word

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24												
								25				

The Bible version used in this crossword is the NIV.
Source: Parish Pump

Across

- 1 Abram's home during the famine in Genesis ch. 12 (5)
- 7 Bull fighters (8)
- 8 Into which Chemosh, in Jeremiah ch. 48, was to go (5)
- 10 Fourth in command of the Gadites in 1 Chronicles ch. 12 (10)
- 12 Proverbs ch. 12 says that such lips endure for ever (8)
- 14 Moses, in Leviticus ch. 10, told Aaron not to let his become unkempt (4)
- 16 Fortified city in Joshua ch. 19 (4)
- 17 _____ were Kattath, Hahalal, Shimron (Jos 19.15) (8)
- 20 Guiltlessly (10)
- 23 Unleavened bread would not contain this (5)
- 24 What Gideon did to the fleece in Judges ch. 6 (8)
- 25 Mistake (5)

Down

- 1 Then the sons are ____ (Mat 17.26) (6)
- 2 Psalm 92 predicts that the righteous shall flourish like this tree (4)
- 3 Measure equal to an ephah in Ezekiel ch. 45 (4)
- 4 The Devil (5)
- 5 Towards the ground (9)
- 6 OT book named after a woman (6)
- 9 Number of chapters in Song of Songs (5)
- 11 Governor of Syria in Luke ch. 2 (9)
- 13 Funerary receptacle (3)
- 15 In a surreptitious manner (5)
- 16 Of which the fish in Isaiah ch. 50 die (6)
- 18 Cleaning cloth (6)
- 19 Threaded fastener (5)
- 21 Require (4)
- 22 Time taken for the Earth to orbit the Sun (4)

How to fight those rising prices

Petrol prices soaring, food prices up, and education costs spiralling out of sight... while incomes are growing at the slowest rate for a quarter of a century.

No wonder we are all feeling the pinch. So here are ten ways to save some money:

1. Switch to supermarket own brands... it could reduce your bills by a third over four months.
2. Buy your fruit and veg at your local market... where prices are about 30 per cent cheaper than a supermarket.
3. Switch off your TV set at night, and lights when you leave a room. You could cut your electricity bill by 19 per cent.
4. Go shopping for food after 7pm, when you will find that perishable goods are cut by as much as 70 per cent. Buy them - and freeze them until needed.
5. Beware expensive branded medication. For example, own brand paracetamol costs 39p, as opposed to the cheapest branded alternative - at £1.59.
6. Change all your light bulbs to energy-efficient ones. Each one reduces your electricity by £7 over a year. So ten bulbs could save you £20 in four months.
7. Only EVER boil as much water in the kettle as you will need. Kettles use a large amount of electricity.
8. Never buy your favourite magazine off the shelf. Take out a subscription - and save up to 80%!
9. Cancel your credit card's payment protection plan, and take out cheaper protection, which you can find on paymentcentre.co.uk
10. Keep your tyres properly inflated. Lower tyre pressure means higher petrol consumption.

Source: Parish Pump

Bibles

– made in China!

A new, expanded printing facility seems set to make China's ancient capital, Nanjing, the Bible centre of the world.

The Amity Printing Company - a joint venture with the Bible Societies - can now produce 23 Bibles every minute to keep up with growing demand for the Bible in China. In 2007 it printed six million Bibles. With the new press, the potential will be 12 million - most of which will be distributed throughout mainland China.

About 55,000 churches distribute the Bibles. According to experts, there is a real increase of interest in Christianity in China, where now an estimated seven per cent of the one billion population are believers.

A pocket edition of the Bible costs about 68p and Chinese Christians can receive the full-size Bible at a subsidised cost of £1.16.

If you would like to help fund this effort, visit:

www.biblesociety.org.uk/china

How smart is your right foot?



Next time you get bored at your desk, just try this. It was discovered by an orthopedic surgeon, and will prove that your right foot isn't as smart as you thought it was.

1. While sitting, lift your right foot off the floor and make clockwise circles.
2. Now, while doing this, draw the number '6' in the air with your right hand. Your foot will change direction.

Told you so! There seems to be nothing you can do about it. It's silly, trivial... but chances are, you'll attempt it again in a minute or two!

Source: Parish Pump

Five tomatoes a day helps keep the sunburn away

Eating five tomatoes a day can help prevent sunburn and even premature ageing. It seems to provide a 'sunscreen factor' of 1.3 for your skin.

Although of course it is still vital to use sunscreens, shade and protective clothing, tomatoes do seem to improve the skin's ability to protect itself against ultraviolet light.

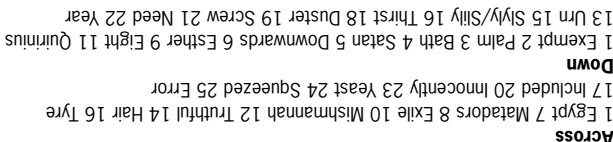
Experts at Manchester and Newcastle universities also found that tomatoes can boost the skin's procollagen levels, a molecule which gives skin its structure and elasticity.

SOURCE: PARISH PUMP

Triplets – A mini prayer group where three people meet together on a regular basis and each prays for the three people. Often the people chosen to be prayed for are family.

The trios prayed for have invariably been the base prayers and other issues, especially emergencies, are added on.

Dennis Rowell



Church activities

SUNDAY WORSHIP:

9.30am	Service for all the family, including crèche and Powersource (Most weeks, children leave after 20 minutes for their own activities) Holy Communion (1st Sunday)
11.00am	Morning Worship Holy Communion (4th Sunday)
6.30pm	Evening Service Holy Communion (2nd Sunday)
<i>Healing services as announced</i>	

PRAYER MEETINGS:

Mon	9.30am	An Hour of Prayer
Wed	9.45am	Short Service of Intercession
Thur	8.00pm	Church Prayer Evening (As announced)
Sat	8.45 – 9.30am	Three Churches Prayer Meeting. Venue rotates between the three churches.

REGULAR ACTIVITIES:

Mon	10.00am	Art Group
	6.30pm	Boys' Brigade – Junior Section (8–11 years)
	7.45pm	Boys' Brigade – Company Section (11+ years)
Tue	10.00am	Stepping Stones (Parents and toddlers)
	7.45pm	In Touch (4th Tuesday)
Wed	2.45pm	The Fellowship (4th Wed.)
	5.30pm	Zest 1:2:3
	6.45pm	Zest 4:5:6
Thur	10.00am	Pop-In (for coffee and a chat)
	8.00pm	Church Meeting (2nd Thur.)
Fri	5.30pm	Boys' Brigade – Anchor Boys (5–7 years)
	7.30pm	Zest Plus (Years 7–10)

House Groups normally meet 1st and 3rd Thursday

**The church is open Monday to Saturday
from 10.00am to 12.30pm**

Phonebook



Church (payphone):

01444 484620

Boys' Brigade:

Geoffrey Cocksedge
01444 474007

Cradle Roll:

Sue Tester 01444 482810

Flowers:

Betty Billins 01444 484494

Hall Booking Secretary:

Carol Walters 01444 457938

In Touch:

Sue Waller 01444 455047

Lunch Fellowship:

Wednesday:
Janet Drayton 01444 483621

Friday:

Gwen Hillman 01444 456963
Anne Parker 01444 473519

Magazine: Editor:

Val Cookney 01444 440029

The Fellowship:

Jessie Green 01444 452708
Roy Billins 01444 484494

Stepping Stones:

Janet Goodenough
01444 417002

Transport:

Tina Elphick 01444 484440

Zest Co-ordinator:

Clare Nibloe 01444 484683

Powersource Co-ordinator:

Dawn Walters 01444 441601

