

- FEATURE: God and careers.
- NEWS: Marriage seminar to be held locally.
- What's on diary listings for February.



# Great followers needed

"Are all apostles? Are all prophets? Are all teachers? Do all work miracles? Do all have gifts of healing? Do all speak in tongues? Do all interpret? (1 Corinthians 12: 29–30, NIV)

The obvious answer is: "Of course not!"

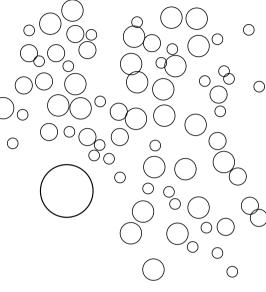
As an interesting interpretation on the above verses, I recently came across a story from Africa that I think is worth sharing:

A young woman wanted to go to college to train for Christian ministry. But her heart sank when she read the application that asked, "Are you a leader?"

Being both honest and conscientious, she wrote 'no' and returned the application, expecting to be rejected.

To her surprise, she received this reply from the college, "Dear Applicant: A study of the application forms reveals that this year our college will have 1,452 new leaders. We are accepting you because we feel it is imperative that they have at least one follower!"

True, the church today needs great leaders, but of equal importance is the need for great followers; and that each of us uses our God–given gifts for the good of all. We will each be



rewarded, not according to the gifts we have been given, but according to our faithfulness in using what we have been given for the work and glory of God.

The above story (found on the internet) was contained in an article which ended with a helpful prayer:

"Dear God, thank you for the gifting you have given to me. Please help me to dedicate this in loving service to you (no matter how small my gift may seem) and thereby help make my world a better place in which to live. Gratefully in Jesus' name. Amen"

Colin Bones, minister

# GoodNEWS

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





**O**ne of the great strengths of the Church, I have always said, is the variety of people of which it is made up.

Within our pages (beginning at page 4) this month, we take a cross-section of those in our church, and ask them to talk about their work, be it Christian or secular. This ties up with Vocations Sunday within the URC on 8th February.

I should note thanks to all those who contributed to this feature, but especially Jean Gardiner, whose name I omitted from the picture pages credits! Sorry, Jean.

The heart-felt messages of thanks are also indicative of the kind of church/people we are too: another generous helping is served in *Family News* on page 8.

Mike Gardiner keeps us on track through the book of John – our contribution to your range of Bible study materials (p.15)

Other 'usuals' include Nikki Taylor's news (p. 17) and the prayer diary (p. 3). Away from the 'norm' is exciting news of a marriage seminar in Crawley by Rob Parsons: see page 11. David Tingley, editor

PS: You *may* have received a Reader Survey with this magazine – if you did, please assist us by coompleting it and returning it to the church by 12th Feb.Thanks.

## Prayer Diary \_\_\_\_\_

	/ 57
SUN	<ul> <li>Pray for our children and young people.</li> <li>Remember their teachers and leaders, the Brigade officers/helpers and those who staff the creche on Sunday.</li> <li>All those who work 'behind the scenes' at LURC.</li> </ul>
NON	<ul> <li>Pray for Balcombe URC: the secretary, Leonie Wren, and elders.</li> <li>Uphold those working within the URC Southern Province: the moderator, Nigel Uden, and commissioners.</li> </ul>
TUE	<ul> <li>Week of Prayer for Christian Unity – 18th-25th January.</li> <li>Pray for the clergy and members of All Saints Church in the village.</li> <li>Also for Trevor Lewis and members at the Evangelical Free Church.</li> <li>The work of Haywards Heath Churches Together.</li> </ul>
WED	<ul> <li>Remember those who go into local schools to take assemblies.</li> <li>Pray for all teachers and staff at schools and colleges in this area.</li> <li>Especially uphold those church members who are teachers.</li> </ul>
THUR	<ul> <li>Pray for the work of Prison Fellowship; our mission focus this month.</li> <li>Remember those attending and running the ALPHA Course here and at All Saints; that we may see lives changed by Jesus.</li> </ul>
FRI	<ul> <li>Uphold the visit of lan Cole for a weekend focussed on Prayer; 28th &amp; 29th February.</li> <li>St Luke's URC, Silverhill, would value our prayers.</li> <li>Meeting of District Council (URC), 25th January.</li> </ul>
SAT	<ul> <li>Pray for the homeless; Sunday 25th January is <i>Homeless Sunday</i>.</li> <li>Remember the work of Tearfund in Latin America/Caribbean.</li> <li>Those working to relieve suffering from HIV/Aids.</li> <li>Pray for all those working in medical research.</li> </ul>

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# Job descriptions

The dictionary defines vocation as: "a strong feeling of fitness for a particular career or occupation". It also, in religious contexts, calls a vocation a divine call. In our magazine feature this month, we ask five church members to say why they are doing what they are doing. For some they heard a definite 'call' from God, as they made their ocupational choices. Others felt more of a natural affinity to their particular line of work. Either way, they are real people doing real jobs.

## **Retrospective: Called to work overseas**

When God called us to leave our professions of insurance underwriter and teacher and enter full-time Christian service, some people thought it strange that we should be leaving family and friends and going overseas.

"There's so much need in this country," they said. But God had been speaking to us for several years. We had for some time been enjoying an annual missionary houseparty, where, by the swimming pool and tennis courts, we rubbed shoulders with Christian workers on home leave and heard about the blessings and challenges of Christian witness in distant places. It was natural that we should commit ourselves to pray regularly for missionaries we'd met and situations we'd heard about. We read books like "God, That's Not Fair!" by Dick Dowsett of OMF, in which he grieved to see gifted Christians stockpiled in British churches, whilst those gifts were so desperately needed elsewhere. And we couldn't avoid texts that jumped out at us from our daily Bible readings, like 2 Cor 5v14–15 (which eventually went on to our prayer card).

We were challenged by the need for mature Bible teachers in Brazil (we were in our 40s), and we spent ten very satisfying years there. There was a cost, of course. The frustratingly slow process of stumbling through language learning is especially hard for mature people, who are used to being respected rather than pitied. The homesickness for all things British hit us at certain times (how we longed for a crisp frosty morning!). And parting from our three children aged 16 to 24 was the most painful experience of all.

But there were compensations, as Jesus promised (Mark 10v29–30). We became better people for being immersed in a culture where human warmth is valued more than correctness and timekeeping. Our family enjoyed several wonderful visits to us. Our lives were enriched by the development of our gifts (including some we didn't know we had) and by Brazilian friendships which, thanks to email, are still strong after seven years. And it humbles us to know that there are Christians in Brazil who thank God that we obeyed His call.

Lots of things have changed in the last twenty years, but the imbalance between Christian workers in the West and in the Third World is still a reproach to our complacency. Could God be calling you to do something to make the situation just a little less unfair?

Jean and Mike Gardiner

## Martin Hall: My "calling" as an entomologist!

#### I grew up as a child in East Africa and, therefore, it seemed natural to take a great interest in 'all creatures great and small'.

My brothers and I used to have praying mantids, beetles and bats flying around inside our mosquito nets! Those early seeds of fascination took root and my working life has been spent studying all creatures, with an emphasis on the small ones – bugs to most people!

So, my 'calling' to my profession seems to be on the surface a case of following my own selfish interests rather than following a calling from God. However, God works in mysterious ways and who knows exactly what God has planned for me in the work I do, today and in the future. The thing I do know and appreciate is what a tremendous privilege it is 0 for me to study some of God's products close-up and attempt to understand how just a small part of them works: whether it's looking at the mating behaviour of tsetse flies or discovering how blowflies sayour their food with their tiny feet on the ends of which are their even tinier taste receptors! Sounds esoteric, but some of this work does have practical benefits – such as in medicine (maggot therapy). helping farmers combat pests and aiding the police in criminal investigations. Martin Hall

# Getting my hands dirty

The school careers adviser asked the question: "What am I going to do for my work experience?" I explained I didn't have a clue, but that I was 'practically minded'.

She organised for me to go to a local garage and try out the mechanic 'thing'. It was long days but I loved it! After school I managed to get a job in another dealership, where I did my apprenticeship, going one day a week to college to do the theory.

I still enjoy my job and that's why I think this is my vocation. I am also sure God is with me in my job as I get a voice in my head, from time to time, which tells me to check something ... and sure enough I find something wrong with that particular part! He, too, is a mechanic! It's good not to be alone.

Charles Tingley

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# "You must preach!"

It was late 1978 and I was being interviewed by Godfrey Chiluba, Head of a Theological College, as to whether I was suitable to be a deacon in the United Church of Zambia. The interview was tough and longer than expected. Suddenly Godfrey pointed at me and said, "You must preach!" He believed that the Holy Spirit had said to him that I should preach and, what is more, Godfrey had the clout to make it happen. About 3 months later I was on the preaching rota!

This was amazing because I had been a committed Christian for only one year. Things like the above experience shape our lives in terms of vocation. From that point on I had to face up to what God wanted me to do with my life. It was a cautious path.

I am of the belief that too many people who feel a call of God in their life believe that it should be to some 'full-time' work for Him. I was an industrial chemist, so surely God's vocation for me was to be the best chemist I can be; being salt and light in the world.

I wrestled with this. Although I felt a call to preach, wasn't it important to be a Christian witness here, at the cutting edge? However, I became a leader, teacher and lay preacher in the vibrant and growing United Church of Zambia. After a trip home, I contrasted the comparative lack of 'life' in the church in the UK. I believe God said, "Take home to England what you have learned in Africa; Bible-believing faith in the power of the Holy Spirit".

This was affirmed by elders in Zambia and I returned to England in 1980 to test out the call with the sister denomination; the United Reformed Church. A two and a half year period ended with myself, Catherine and others realising that I was indeed called to the ministry that I now exercise in obedience to God. Trying to exercise lay ministry whilst working in the oil industry did not work out – this was one of many steps that God led me through to get to the right place.

It is important to take time and test out your vocation from God and to be sure of your call. In any vocation and service for God there will be joys, but testing times as well. In the hard times it is our sense of knowing we are called that will see us through. It is knowing our sense of vocation that will give us fulfilment in life. *Colin Bones* 

## **Family News**

#### Membership

A number of folk have been welcomed into membership recently. They are:-

Arthur & Dorothy Brown, Vera Hoad, Owen Broughton, Derrick & Catherine Roberts, and Ray Smith.

Please add Arthur and Dorothy's address to your Who's Who: 32 Harvest Close, Lindfield RH16 2LW. Tel 01444 482169

### Congratulations to Margaret

**and Alan Gomme** on the birth of a grandaughter, Hannah Ruby; daughter of Stephen & Cathryn Gilbert and brother to Adam. She was born on 6th January weighing 9lbs.

### Bereavement

We offer our love and sympathy to **Kitty Wood** and her family on the recent death of her brother Stan.

### Thanks

My thanks to you all for the lovely flowers, cards, visits and support for Betty, but most of all for your prayers during my recent health problems. How blessed we are to belong to such a caring church family. *Rov Billins* 

#### Thanks

Audrey & Ray Saunders would very much like to thank everyone for their prayers, cards, flowers and lifts to the Princess Royal for the duration of Ray's stay in hospital. You are all very kind.

### The Fellowship

We next meet on Wednesday 25th January at 2.45pm when our speaker will be Mr Barry Turnwell; giving us a light hearted look at money over the years. His talk is entitled 'The currency of the Kingdom'.

Do come and join in the fellowship and meet Barry, who comes to us from Bexhill-on-sea.

There will be a bring and buy stall, and tea and biscuits at the end of the meeting.

## Could you do a cuppa?

There is a need for people to help with the Teas on Sunday afternoon at Compton House Christian Care Home.

Could you help?

Please call Lesley Sparks for more information: 01444 459466

### A note from Mies Brock:

Looking back to December 2003, I praise God for his goodness and provision for us to be able to come 'home' to Lindfield.

Lawrence is now being cared for in Compton House Nursing Home and I have moved into Harvest Close. I take this opportunity to say a most heartfelt 'thank you' to everyone for the lovely cards, messages, phone calls, flowers, plants and offers of practical help and hospitality (I could not accept these at the time as 'the children were in charge'!).

Last, but not least, the faithful prayers of many during the 'waiting time' in Bolney. It is only when we go through these experiences that we realise the Lord is in control. Trusting in God's timing is not easy, but God is faithful and His love for us never fails.

Mies Brock

## **Balcombe United Reformed Church**

Bramble Hill, Balcombe, RH17 6HR Contact: Mrs Leonie Wren (01444 811253)

Our main services are held at 11am on the first and third Sunday of each month and the children usually go out to Sunday School during the second part of the service. Visitors are always welcome.



#### Speakers for this month are as follows:

- 1st Hymn Choice Donald Nisbet
- 15th Rev Colin Bones

1st Sunday	9.30am	Communion	19th Thursday		House Groups
	11.0am 6.30pm	Adrian Cookney & Colin Bones Healing Service Colin Bones David Nibloe & Colin Bones	22n( Sunday	9.30am 11.0am	David Goodchild & Colin Bones Communion Colin Bones
5th				6.30pm	Adrian Cookney & Colin Bones
Thursday 8th		House Groups	24th Tuesday	7.45pm	Ladies 'In Touch'
Sunday	9.30am 11.0am 6.30pm	David Goodchild & Colin Bones Colin Bones Communion	25th Wedness		The Fellowship Elders' Meeting
11th		David Nibloe & Dick French	26th Thursday		Monthly Prayer Meeting
Wednesday	12.30pm	Lunch Fellowship	PF	RAYER WE	0
12th <sup>Thursday</sup>	5.0pm 8.00pm	Copy Date for March GoodNEWS Church Meeting	28th Saturday	/ 8.0am 2.0 –	Men's Breakfast Prayer Seminar with Ian Cole
13th <sub>Friday</sub>	12.30pm	Lunch Fellowship		7.0 – 9.30pm	(repeat of above)
15th Sunday	9.30am <b>FAIRTRA</b> 11.0am 6.30pm	Adrian Cookney & House Group <b>DE STALL</b> Michael Davies David Nibloe &	29th Sunday		David Goodchild & lan Cole lan Cole David Nibloe & lan Cole
10 Fohmean	CoodNEW	Colin Bones	* denotes	event not taking p	blace at Lindfield URC

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# Maintaining a healthy marriage

## FIVE PRINCIPLES TO LAST A LIFETIME

An evening with Rob Parsons in person at St Mary's Church, Wakehurst Drive, Southgate, Crawley.

## Monday 9th February 7.30pm – 10pm

Rob Parsons has addressed over 200,000 people on the subject of relationships and marriage over the past 15 years. He is executive director of Care for the Family and is a best-selling author.

Join Rob Parsons for an evening out together and do what many couples don't do in a lifetime of marriage: give your relationship a 'health check'.

The evening is suitable for anyone over the age of 16 – whether you're thinking of getting engaged, have been married for fifty years, or somewhere in between!

Tickets £5 per person From: Booking Hotline 029 2081 0800



# 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.

## Soccer cash boost

A grant from the Football Foundation, the UK's largest sports charity, will provide training and coaching to teenagers in Kingston-upon-Thames through a project run by Youth for Christ's local centre, Oxygen. The  $\pounds$ 6,700 cash fillip will provide a programme of football training for three years.

Source: Christian Herald - the UK's only inter-church weekly. Subscribe on 01903 602100

## Christians raise concerns over gambling

Christian groups appeared before the Joint Committee on the Draft Gambling Bill on 8th January to highlight concerns about the potential harm that could be caused by government proposals.

The Quaker Action on Alcohol and Drugs (QAAD), the Evangelical Alliance, the Methodist Church and the Salvation Army have teamed up to be heard by the cross–party group of MPs and Lords.

The Christian groups were highlighting concerns surrounding the protection of children and the importance of social responsibility practices in the gambling industry. Attention was also drawn to an NOP poll commissioned by The Salvation Army which showed that 93% of the population think that there are already enough opportunities to gamble, a statistic that appears to undermine the need for extensive deregulation.

The Draft Gambling Bill could

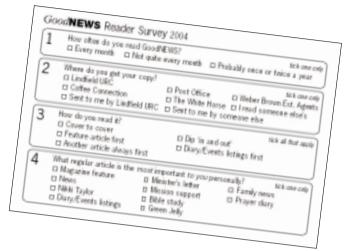
see a dramatic increase in the number of gambling opportunities in the UK and could lead to the development of 'mega–casinos' in towns such as Blackpool. In their evidence the Christian groups called for local people to be given a strong voice in local planning applications.

"Churches in Guildford, where I live, have discovered how difficult it is for local communities to resist applications for new gambling premises, and this will only be made harder after deregulation," said Jennifer Hogg who has campaigned against the construction of a 9–floor casino in Guildford.

The panel raised concerns that problems with debt caused by problem gambling would hit those on low incomes hardest, particularly if the proposed extension of gambling with credit cards goes ahead.

www.eauk.org

# GoodNEWS Reader Survey 2004



#### have been editor of this magazine for over 18 months now, and, to be honest, I am not sure where to go next with GoodNEWS.

I receive many kind remarks about it, but what do you all *really* think? Well, now is your opportunity to say in our anonymous Reader Survey.

We have randomly sent or given out a good number of these surveys because we genuinely want to hear what you, church-goer or not; local or otherwise, the reader, have to say about GoodNEWS.

It is my desire that this magazine, which comes from a local Christian community, speaks clearly of God too. So, please do some 'soul-searching', pray about the magazine and let me know what comes to mind.

Above all, if you have been given a survey, please take five minutes to complete it and let me have it back (by 12th Feb) to the GoodNEWS pigeon hole at the rear of the church, or post it to: Lindfield URC, GoodNEWS Editor, 50 High Street, Lindfield RH16 2HL

Very many thanks, in anticipation for your help. Watch this space for some write-up of the results in the future.

David Tingley. editor

## John 15 v1-17

## The Vine and the Branches

<sup>1</sup>"I am the true vine, and my Father is the gardener. <sup>2</sup>He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. <sup>3</sup>You are already clean because of the word I have spoken to you. 4Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit 5"] am the vine; you are the branches. If a man remains in me unless you remain in me. and I in him, he will bear much fruit; apart from me you can do nothing. <sup>6</sup>If anyone does not remain in me, he is like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. <sup>7</sup>If you remain in me and my words remain in you, ask whatever you wish, and it will be given you. <sup>8</sup>This is to my Father's glory, that you bear much fruit, showing yourselves to 9"As the Father has loved me, so have I loved you. Now remain in my love. <sup>10</sup>If you obey my commands, you will remain in my love, just be my disciples. as I have obeyed my Father's commands and remain in his love. <sup>11</sup> have told you this so that my joy may be in you and that your joy may be complete. <sup>12</sup>My command is this: Love each other as I have loved you. <sup>13</sup>Greater love has no one than this, that he lay down his life for his friends. <sup>14</sup>You are my friends if you do what I command. <sup>15</sup>I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. <sup>16</sup>You did not choose me, but I chose you and appointed you to go and bear fruitfruit that will last. Then the Father will give you whatever you ask in my name.<sup>17</sup>This is my command: Love each other.

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## Here is the last of the seven "I am" sayings of Jesus that John records for us: "I am the true vine".

The illustration of the vine is a familiar one in the Middle Fast. doubly so to Jesus' original hearers, because of its use by the Old Testament prophets. God's people were often pictured as a vine, but sadly always in a negative context, highlighting Israel's failure to bear good fruit (see Isaiah 5v1-7, for example). Jesus, by contrast, declares himself to be the true vine. whose followers (branches of the vine) would bear "much fruit" (v5. 8): "fruit that will last" (v16). In fact, their fruit would be the evidence that they are Jesus' disciples (v8) and that Jesus' costly mission has itself borne fruit.

If we consider ourselves as Jesus' followers, it is important that we know what this "fruit" is. There are clues in other New Testament texts: in Matt 3v8 fruit is evidence of a change of heart, whilst in Matt 7 v17-21 those who bear good fruit are those who not only know Jesus' teaching but put it into practice.

Col 1v10 mentions the fruit of good works, and in Gal 5v22-23, fruit is seen as Christian character.

We achieve all this, says Jesus, by "remaining," or as the older translations have it. by "abiding" in Jesus (v4). Living as close to him as the branch is to the vine, so that the life that is in Jesus becomes our life, his jov our joy (v11), his love our love (v12). In this way, it becomes a delight to obey his commands. People who live like this Jesus is happy to call his friends (v15): they obey God's will not as a grudging duty but because they know him and love him, and are given an insight into God's love for a world that is lost (see 3v16). Our closeness to Jesus will unlock wonderful possibilities in our prayer-life (v7, 16). At times, pruning may be necessarv (v2) but it is administered in love by one who cares for us and wants to make our lives more fruitful.

Remember John's purpose in writing his story of Jesus? Look it up again in 20v30-31. That life comes from abiding in Jesus. And don't be discouraged if you think you haven't got there yet. Remember that the Greek word translated "disciple" simply means "learner". The time to get worried is when you think you've arrived!

Mike Gardiner

# Prison Fellowship

## HOW MANY SHOPPING DAYS TO CHRISTMAS?

I hope the above heading has not put you off reading this because in England and Wales there over 100,000 children with a parent in prison and this month we are supporting Prison Fellowship (PF). One of the schemes PF runs is the "Angel Tree".

The children of prisoners are possibly among the most lonely children in our country. particularly at Christmas. Angel Tree is a project which remembers the children of prisoners at Christmas. Not to replace an absent parent in prison, but to give a Christmas present on their behalf. All prisoners are eligible – not just those who are Christians. Prison Fellowship collects donations throughout the year so that they can purchase and distribute the presents in time for Christmas.

Prison Fellowship also runs a scheme called *Sycamore Tree*. The scheme is based on the Bible story of Zacchaeus. It challenges offenders to consider the effects of their crimes on their victims and how this will effect their future behaviour. Victims attend part of the course to tell their stories and the impact of crime on them and their families. Last year PF ran 74 courses in 34 prisons, one-quarter of the prisons in England and Wales and 891 prisoners took part. This is great news but with your help even more courses could be run.

#### How can you help?

- You can pray see the Mission Notice Board – take away and use the Prayer Guides.
- You can find out more see Prison Fellowship News – take away and read.
- You can get involved Lewes Prison is not far away – see the web site: www.prisonfellowship.org.uk
- You can support financially use the special envelopes on the Mission Table and complete a Gift Aid Form, if appropriate.

"[this course] has truly opened my eyes to a change deep inside my heart. I am truly grateful from the bottom of my heart. I've strengthened my relationship with God" A prisoner

Bill Green for the Missions Group

# Maintaining a healthy marriage

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Monday 9th February 7.30pm - 10pm

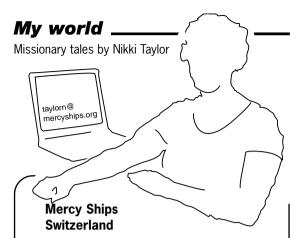
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Wow! 2004 has arrived already! I spent Christmas & New year with my family, which was great. My sister is beautifully round: we are all excited about the baby, due in May this year. Grandad has recovered enough to return home with a little assistance to get up in the morning and his meals brought for him. At 95 | hope | am as independent as he is. We have so much social assistance available to us here. I wonder how often we appreciate our free medical care and available assistance when we are complaining about paying for prescriptions or on a 2 year waiting list for an operation. Well I know it isn't easy, but I am glad there is a waiting list and hope of an operation.

The M/V Anastasis is in the middle of the surgical outreach now in Sierra Leone. Many people have received operations. The new Centre for the New Steps programme is well underway and moving forward at a rapid rate.

However, the finances aren't coming in to keep up with expenditure. We are trusting God will provide for the needs and working to find funds, but it is hard to know where the balance of stepping out in faith is and where we need to be good stewards. Still, I am excited about what 2004 will bring.



## THE BOYS' BRIGADE Brighton Hove & District Battalion

Registered Charity Number 1071122

## Is seeking a

## Part-time Battalion and Company Worker

To support and encourage its very important

Christian ministry to boys and young men in local

**Companies and at Battalion level** 

The successful candidate will have

- A commitment to the Lord Jesus Christ `
- A vision for the work of the Boys' Brigade
- Experience of working with young people
- Good team working skills and a flexible approach
- Good communication and organisational skills
- A willingness to undertake training

It is expected that the appointee will work for an average minimum of 9 hours a week for an honorarium of £1800 pa. with 4 weeks holiday pa. The appointment would be for an initial 3 year period subject to review.

For further details and an application form please contact: Brian Stone tel: 01273 594012 e-mail: bbbrighton@boys-brigade.org.uk Address: Rydal 36 Southwick Street Southwick West Sussex BN42 4TG Completed applications should be received by 31 January 2004.



# DIETS!

The Japenese eat very little fat and suffer few heart attacks than the British or Americans.

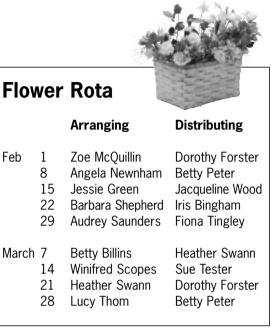
The Mexicans eat a lot of fat and suffer fewer heart attacks than the British or Americans.

The Japanese drink very little red wine and suffer fewer heart attacks than the British or Americans.

The Italians drink excessive amounts of red wine and suffer fewer heart attacks than the British or Americans.

The Germans drink a lot of beers and eat lots of sausages and fats and suffer fewer heart attacks than the British or Americans.

Conclusion: Eat and drink what you like; speaking English is apparently what kills you!



## Church activities\_\_\_\_\_

## SUNDAY WORSHIP:

9.30am	Service for all the family, including crèche and Junior Church		
	(Most weeks, children leave after		
	20 minutes for their own activities)		
	Holy Communion (1st Sunday)		
11.0am	Morning Worship		
	Holy Communion (4th Sunday)		
6.30pm	Evening Service		
	Holy Communion (2nd Sunday)		
Healing services as announced			

### **PRAYER MEETINGS:**

Mon	9.15am	An Hour of Prayer
Wed	9.45am	Short Service of Intercession
Thur	8.00pm	Church Prayer Evening
		(4th Thursday)
Fri	7.30am	Prayer Meeting in the Lounge
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## **REGULAR ACTIVITIES:**

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Sun	6.30pm	Sunday Evening Youth Group
Mon	6.30pm	Boys' Brigade – Junior
		Section (8–11 years)
Tue	10.00am	Stepping Stones
		(Parents and toddlers)
	6.15pm	Girls' Brigade – Juniors,
		Seniors & Brigaders
	7.45pm	In Touch (4th Tuesday)
Wed	2.45pm	The Fellowship (4th Wed.)
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	Boys' Brigade – Company
		Section (11+ years)

House Groups normally meet 1st and 3rd Thursday

## The church is open Monday to Saturday from 10.00am to 1.00pm

20 – February GoodNEWS



Church (payphone):		
	01444 484620	
Minister's office	number:	
	01444 487607	
Boys' Brigade:		
Geoffrey Cocksee		
	01444 474007	
Cradle Roll:		
Sue Tester	01444 482810	
Flowers:		
Betty Billins	01444 484494	
Girls' Brigade:		
Margaret Luscom		
	01444 412156	
Hall Letting Sec		
,	01444 415031	
In Touch:		
Sue Waller	01444 455047	
Lunch Fellowsh	ip:	
Wednesday:		
Iris Green	01444 484117	
Friday: Gwen and		
Derrick Hillman	01444 456963	
Magazine: Edito		
David Tingley	01444 451024	
The Fellowship:	01444 450700	
Jessie Green	01444 452708 01444 484494	
Roy Billins		
Stepping Stone		
Janet Goodenoug	n 01825 740351	
<b>T</b>	01625 740551	
Transport: Tina Elphick	01444 484440	
•		
Youth and Children's Work Co-ordinator:		
Rob Biersteker	01444 440835	
Junior Church (		
Clare Nibloe	01444 484683	
	01444 404000	