

# Stalham Baptist Church

Sunday 18th October SBC News

This Week's Online Service

"Blessed are the Meek"

**Pastor:** Rev. Ron Skivington 01692 582731  
**Assistant Pastor:** Jerry Otieno 07733837687  
**Secretary:** Diana Gordon 07951949128  
**Ministry Team:** The Whole Fellowship

## Welcome to this Sunday's Online Service

Maggie is leading and Ron is preaching, from Matthew 5: 5  
"Blessed are the meek"

You can follow the service on the SBC website on Sunday

[www.stalhambaptist.org.uk/](http://www.stalhambaptist.org.uk/) Then click on the icon pictured left.

### Ron's Reads

Gn 13:2f, Dt 34:10, Phil 2:6, Ps 37:11

### For Your Prayers

Please pray that as a fellowship we can open the Church safely and bring the word of Jesus to people in the community in creative ways that fit the current guidelines. North Norfolk has one of the lowest infection rates in the UK but cases are rising, in the week ending 11th October there were 36 cases compared to 21 the week before, please pray for those who are vulnerable and those suffering from anxiety in our community.

Please also pray for teachers and school workers who are keeping schools open.

Pray for those who are facing the loss of their jobs and worrying about the impact on their families.

As we pray through the new Church Directory, please remember **Anne West**.

### Virtual Prayer Room

On Saturday 10th Elaine posted "Please pray for my friend Maggie Patterson who was taken into hospital last night with a suspected bleed on the brain. Today they are going to do a lumbar puncture. Due to the virus she can't have anyone with her." On Monday Jane posted "Maggie is home now and feeling well. Thanks for the prayers."

## CAFOD Prayers in a time of Coronavirus

### We lift up our voices

Merciful God, We place into your care all the refugees and migrants, especially the Rohingya. God who hurts with humanity, we lift up our voices and pour out our hearts to you, in sadness and grief, for those who don't have anyone to hear their suffering and pain, for those who don't have anyone to love and care, for those who don't have anyone to tell their stories and especially for those who have been suffering due to this pandemic and struggling with coronavirus to see another day in their life. We pray for their courage of heart and strength of mind and body. Keep them safe from harm. Amen.

*Prayer: Inmanuel Chayan Biswas, who works for Caritas Bangladesh in Cox's Bazaar refugee camp.*

The **Rohingya** people are a stateless Indo-Aryan ethnic group who predominantly follow Islam and reside in Rakhine State, Myanmar (previously known as Burma). There were an estimated 1 million **Rohingya** living in Myanmar before the **Rohingya** genocide in 2017.

### Prayer of a health worker

Lord, we pray for those who need ongoing medical treatment who are forced to wait at this time.

God, please watch over their health and help them to stay positive and patient. We pray that we overcome this global crisis and that after this pandemic, we build a more just and humane world. Amen.

*Prayer: Marlene Cruz who leads a community health team at the Guarjila Health Clinic in El Salvador refugee camp*

### We cry out to you

God of all, we cry out to you for help. In your mercy, hear our prayer. Protect us, Lord, and be with us especially those of us most vulnerable during this coronavirus crisis. Move us to reach out in love to our neighbours near and far. So that the humble may be exalted, the hungry filled with good things. Grant us the courage not to rush back to our old ways, but to rebuild our world together, creating foundations of justice, with equality and peace for all. Amen.

*Prayer: Catherine Gorman/CAFOD*

Prayers from Catholic Agency for Overseas Development see more [here](#).



If you are reading this newsletter as a PDF you can click on the red highlighted links and you will be taken to the relevant websites.

Don't forget you can also follow what's happening at SBC on twitter <https://twitter.com/StalhamChurch> and on Facebook [www.facebook.com/stalhambaptist](http://www.facebook.com/stalhambaptist)

## FOOD BANK & OPEN FOR PRAYER

SBC is open Monday to Friday from 10.00am to 12 noon to receive donations for the food bank and for personal prayer.

Since June 15th people have been welcome to pray quietly in the church at the time that the Food Bank donations are being received. Jerry or Ron will be on hand to ensure all safety measures are met.

The **Food Bank** is open on Fridays in the Stables from 1.15 to 3.00pm. If you need help, or know someone in difficulty, either contact the Citizens Advice Service 0344 411 1444, the Food Bank on 07826376343, or contact Ron Skivington at [minister@stalhambaptist.org.uk](mailto:minister@stalhambaptist.org.uk).

### This Week

**Wednesday 21st 7.00pm**

Zoom Bible Study

Contact Diana for a link



Watch YouTube At The Cross

## Reopening the Church

Unless the guidelines change we intend holding our first service on the 1st of November. We recognise that for a variety of reasons some will be unable or unwilling to attend a physical service and so we will continue producing the weekly service in the formats we have been doing. The physical church service will be shorter and contain some live music, prayers, readings etc. Masks will need to be worn and congregational singing is still a no no!. Arrangements are being put in place to alter seating and have sanitisers available etc. As numbers will need to be restricted sadly we will need to operate a booking system, so if you would like to come to a service please contact Diana by email

[[secretary@stalhambaptist.org.uk](mailto:secretary@stalhambaptist.org.uk)] WhatsApp, phone or text [07951949128] Further details will be given next week.

As we prepare to open please continue to pray for the life and witness of our church both locally and now around the world via the internet.

Pastors and Deacons

## Christmas Community Scene

We have had a good response from volunteers to deliver the Christmas Community Scene but a few more people would be really helpful. If you could help by just delivering just a small number of the magazines around where you live, please contact Ron or David Child.

## News from Cromer Food Bank

Thank you for your support and generosity without which the foodbank work would not be possible.

During October, the following items would be particularly welcome:

**Deodorant – male and female, Shower Gel, Shampoo, Toothbrushes – adult and child, Shaving foam and razors, Washing Powder/Liquid, Household Cleaning Products, Bin liners.**

Please note that we cannot accept any fresh food or items that contain alcohol.

Financial donations are always welcome. Please see our website for details.

Kind regards,

Tim Project Manager

The [Food Bank](#) is open on Fridays in the Stables from 1.15 to 3.00pm. If you need help, or know someone in difficulty, either contact the Citizens Advice Service 0344 411 1444, the Food Bank on 07826376343, or contact Ron Skivington at [minister@stalhambaptist.org.uk](mailto:minister@stalhambaptist.org.uk).

## Testimony Tuesday

Would you like to contribute a testimony for our new slot Testament Tuesday you can still watch Jane Skivington's YouTube testimony which can be found on the public area of SBC forum by clicking [here](#).

If you would like to take part contact Ron or Diana.

## Church Reading Plan

This week we are looking at 1 Corinthians chapter 13

How does chapter 13 link with 12 and 14 and is there a contradiction with chapter 11? If you would like to suggest a reading or take part in "Testimony Tuesday" contact Diana, Jerry or Ron.

## Baptist Times News Round-up - September 2020

Welcome to the September edition of the Baptist Times News Round-up. Responding to feedback, this is a much shorter email than previously - we are aware there is so much material out there, and want to get the balance right! What you'll find below is links to a small number of news items and longer pieces alongside the baptism/death/obituaries section.

There are more stories and reflections over on the website, particularly in the [regional news](#), [opinions](#) and [features](#) sections (many of these are drawn from the just released Baptists Together Magazine). Our monthly resources and events email can also be accessed from the website, while our [Youtube channel](#) has much of interest, including webinars, prayer broadcasts and interviews. Thank you for reading,  
**Paul Hobson Faith and Society Editor/Writer**

## Quotes of the Week

Humility is not cowardice. Meekness is not weakness. Humility and meekness are indeed spiritual powers.

**Sivananda**

There is one vice of which no man in the world is free; which every one in the world loathes when he sees it in someone else; and of which hardly any people, except Christians, ever imagine that they are guilty themselves. [...] There is no fault which makes a man more unpopular, and no fault which we are more unconscious of in ourselves.[...]The vice I am talking of is Pride or Self-Conceit: and the virtue opposite to it, in Christian morals, is called Humility."

— **C.S. Lewis**, [Mere Christianity](#)

"Spiritual pride tends to speak of other persons' sins with bitterness or with laughter and levity and an air of contempt. But pure Christian humility rather tends either to be silent about these problems or to speak of them with grief and pity. Spiritual pride is very apt to suspect others, but a humble Christian is most guarded about himself. He is as suspicious of nothing in the world as he is of his own heart. The proud person is apt to find fault with other believers, that they are low in grace, and to be much in observing how cold and dead they are and to be quick to note their deficiencies. But the humble Christian has so much to do at home and sees so much evil in his own heart and is so concerned about it that he is not apt to be very busy with other hearts. He is apt to esteem others better than himself."

— **Jonathan Edwards**

"You must know nothing before you can learn something, and be empty before you can be filled. Is not the emptiness of the bowl what makes it useful? As for laws, a parrot can repeat them word for word. Their spirit is something else again. As for governing, one must first be lowest before being highest."

— **Lloyd Alexander**,

"To share your weakness is to make yourself vulnerable; to make yourself vulnerable is to show your strength."

— **Criss Jami**

# 'I believe we can make our churches true sanctuaries for everyone'

**Founder Rachael Newham shares the story of Christian mental health charity Think Twice - and the three things every church can do to support the mental wellbeing of their congregations.**

When I scribbled a name and a very badly drawn butterfly in a notebook ten years ago, I could never have imagined what it would lead to.

I wanted to see a change in the way people with mental illnesses were treated; and I wanted to see the gospel shared in a way that would bring a balm to pain, rather than another expectation to lay upon already weary and laden shoulders.

So I started a blog and a Facebook page for something that didn't exist – but something that I hoped would provide a way to explore where God could be found in the midst of mental health issues and equip churches to help those within their communities to care in the most helpful way.

Back at university, I began to hold 'Mental Health Prayer' every Monday evening. A few of us gathered in the student centre on squeaky blue leather sofas and began to explore a different mental health condition each week before praying for those living with it, the mental health services which sought to provide help and those who were loving them.

When I finished my undergraduate degree, ThinkTwice began to expand a little. We got a bank account, I spoke at a national youth conference and then finally in 2014 I ran our first ever ThinkTwice course! We got trustees, led more courses, spoke at more events and provided resources online. In 2015 I went freelance and began to dedicate more time to ThinkTwice and in 2016 we were registered with the charity commission! It's not always been fun or easy, but I've always known it's important.

Every time I've felt discouraged; I've been reminded why it is I run ThinkTwice; it's to change the conversation around mental health. To raise awareness, provide training and enable people to care for those living with mental illness in the best way possible.

For too long the church has been the last place people

want to go when they're struggling with their mental health; they've been told it's because of a lack of faith or worse, they've been blocked from ministry roles or felt belittled by the language used.

It doesn't have to be this way – and it shouldn't. The gospel speaks of Jesus reaching out to those society neglected, of him bringing difficult emotions to God in prayer and offering healing with his presence.

I believe there are three things every church can do to support the mental wellbeing of their congregations:

Think about the language used; name the difficult emotions presented in scripture, don't dismiss the experience of this with mental illness as being 'crazy' or criminalise those who struggle with suicidal thoughts by using language like 'failed suicide attempt' or 'committed suicide'.

Connect with the emotions in the passage your preaching on; we don't want to diagnose ancient biblical characters with mental health problems, but we can see clearly that David struggled with his sadness and despair, that Jesus experienced extreme anxiety the night before he was crucified and wept at the death of his friend Lazarus.

Get training; for your clergy, pastoral care team and prayer ministry teams. It can be as simple as reading a book together, going to a seminar at a Christian festival or more comprehensive by booking a whole training day. The first step to ending stigma is to get educated.



We are so grateful now to be amongst a community of organisations trying to change the narrative around mental health in churches; along with the [Mind and Soul Foundation](#), [Kintsugi Hope](#), [Sanctuary Mental Health Ministries](#) and [Renew Wellbeing](#) I believe we can make our churches true sanctuaries for everyone.

We've had ten amazing years so far – but there's still work to do – so let's get going!

**Rachael Newham is the founder of ThinkTwice. ThinkTwice is a Christian mental health charity which aims to raise awareness of mental health issues in the church and provides training for churches, charities and youth groups to help them to respond to mental health issues and reflect theologically on mental health.**

**To find out more, visit the [ThinkTwice website](#). This blog first appeared on [ThinkTwice](#) and is republished with permission.**

[Baptist Times, 12/10/2020](#)

## Dangerous Faith at Christ Church, Winchester

In this guest post, Simon Cansdale of Christ Church, Winchester, explains how the church used Open Doors' *Dangerous Faith* resource during 2020 to help the church better connect with their persecuted family.



Christ Church, Winchester (photo taken before pandemic)

Like all churches in the UK, we've had to look at doing things differently this year at Christ Church, Winchester. Our services have been livestreamed, and members of the church have only recently been able to start meeting with each other again at all. Things are still far from normal.

In this season, we've been using Open Doors' *Dangerous Faith* resource to help our church better connect with the persecuted church – in many places in the world, of course, believers are never able to meet together. Lockdown isn't persecution for Christ Church, but perhaps it makes us better understand the experiences of our brothers and sisters around the world.

### Using Dangerous Faith

Each week, for six weeks during the summer, we used *Dangerous Faith* as a central part of our online Sunday service. It can be used as a small group resource, but we wanted to make sure everybody felt able to engage together with it.

Every week, we played the relevant Open Doors video, followed by a reflection from one of the staff team of the church. Then we picked up the themes in an online Q&A, after the service. That meant everybody could contribute, and we didn't feel too separated from each other.

*Dangerous Faith* uses Acts to connect the courageous faith of the early church with the sisters and brothers today who are standing tall for their faith in places like North Korea, China, Nigeria and many other places. The videos really helped us see the book and the situation more clearly – it's fresh and engaging preaching and interaction on parts of Acts, helping us to see how the persecuted church is thriving in other parts of the world.

### Learning from the persecuted church

As I said in my reflection on the first of the six weeks: here's what I learn

**"If the persecuted church can thrive and grow [...] what's stopping us growing and thriving during lockdown?" SIMON CANSDALE**

from the persecuted church. In Acts and across the world. The persecuted church often thrives and grows with far more taken away from them than is taken away from us right now. With greater risks, greater uncertainty, greater hostility, greater personal jeopardy, than any of us can imagine.

If the persecuted church can thrive and grow and be faithful to Jesus, with lots more taken away than access to a building and the permission to meet in large groups, then what's stopping us growing and thriving during this lockdown?

In a later week, when we looked at Acts 8, we read about a scattered church – but one which knew what they stood for. This community of faith were captivated by the mission and ministry of Jesus. A ministry that was so good, it had to be shared regardless of the cost. And that's what we see from our persecuted church family every day.

Maybe the key thing that we have realised and taken home over the summer is that, even during lockdown, we have more freedom to

share and practise our faith than many of our sisters and our brothers who are disciples of Jesus across the world. It's helped to lift our eyes and give us a bit more hope and confidence as we go into autumn.

You can watch a range of videos by clicking [here](#).

Or download a Discussion Guide by clicking [here](#).

You will find the Open Door site at [www.opendoorsuk.org/](http://www.opendoorsuk.org/)

**Dangerous Faith**  
Download or order the resource today  
[GET YOURS](#)

