

Stalham Baptist Church Weekly News

Sunday 21st February 2021

This Sunday's online service "The Launch of the Church"

Jerry is leading and preaching from Acts 2: 14 - 41

What the Launched church was all about: They were

1. **An Empowered Community v 14-21**
2. **Believers in Jesus as Christ and Lord v 22-36**
3. **Transformed by the Power of the Holy Spirit v 37-41**

You can follow the service on the SBC website from Sunday morning.

go to www.stalhambaptist.org.uk/ Then click on the icon pictured right.



Jerry's Reads

**2 Sam 7:6-16, Psalms 16:8-11; 110:1; 132:10, Joel 2:28-32,
Luke 22:54-62.**

For Your Prayers

Please pray for the people still struggling with the effects of COVID-19 weeks after they contracted it.

Pray also for those who are regularly attending hospitals for treatment.

Pray for all members of the fellowship that are currently in hospital awaiting treatment or surgery.

Remember also those who have lost love ones during the pandemic.

As we pray through the Church Directory, please remember **Esther Curson.**

Virtual Prayer Room

On Saturday 13th Jerry posted. From Henry and Jan: Roger, Henry's brother, died last night following a haemorrhage, please pray for Anne and family thank you.

On Sunday Jane posted "Please pray for Bee and David as Bee is going into hospital at 2pm to be induced. Prayer for me too would be appreciated for energy etc to look after Ezra. Will keep you updated thank you."

On Monday Jane said "Thank you for all your prayers baby Skivington was born last night. Your prayers made a big difference really appreciated them."

On Tuesday Jerry posted on behalf of Robert "Ruth is in hospital in considerable pain. She was scheduled for surgery Saturday, it was postponed to Sunday, then Monday, then tomorrow. It might now be Wednesday. She keeps getting bumped off the list presumably for higher status emergencies. However, her case is categorised as urgent, and she really needs this ASAP. Thanks Robert."

On the same day June White posted "Praying is something we can all do reading the messages each morning gives a focus to my prayers. Could we add my daughter Charlotte who has ongoing health issues Covid 19 is making it harder to resolve them, many thanks June."

Later Jerry updated posted "An update from Robert. Ruth is very poorly today and cannot keep anything down. They are talking of doing the surgery on Thursday. Please pray that this time it doesn't change. Thanks."

On Thursday DJ Steve posted "Morning everyone may the Lord be with you."

To join the ever-growing WhatsApp Virtual Prayer Room and Devotion WhatsApp site text Jerry on 07733837687. You will need a smart phone

Prayer's For The Week

Forgive us, Lord, that we often get overtaken by our self-importance, and rely on our own strength to live each day. Forgive us for losing sight of you at work in our lives, for taking each kind gesture or word for granted, for every meal we eat without giving thanks. Fill us with a sense of your beauty and renew our souls. Amen

We give you praise, Lord, for the rhythm and beauty of your creation around us. We marvel at your greatness and glory revealed in the winter flowers and skies. We ask that you grant your peace to those living in situations of upheaval and chaos, and that you give us voices to speak out against the injustice and prejudice which often permeate the stories shared. Make us bearers of peace, your deepest peace. Amen

[Taken from Christian Aid](#)



Pastor: Rev. Ron Skivington
01692 582731

Assistant Pastor: Jerry Otieno
07733837687

Secretary: Diana Gordon
07951949128

Ministry Team: The Whole
Fellowship

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

Food Bank & Personal Prayer

SBC is open Monday to Friday from 10.00am to 12 noon to receive donations for the food bank and personal prayer. Jerry or Ron will be on hand to ensure all safety measures are met.

The Food Bank is open on Fridays in the Stables, 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 miniister@stalhambaptist.org.uk

For your Diary

Monday Feb 22nd 9.00am
Deacons Zoom Prayer Meeting
Wed Feb. 24th 7.00pm
Zoom Bible Study.
Contact Diana for link.

"But if you find yourself experiencing a desire to seek God, we have great news for you: God is already at work in you."
— Henry T. Blackaby

SBC AGM 18th April

The church meeting will be held via Zoom on Sunday 18th April 2021 at 12.00midday.

There will be a strict time limit of 1 hour. Agenda and Reports will be sent out nearer the time.

Deacons Elections:

1. We have 3 deacons who were due to be re-elected at the 2020 AGM. This couldn't go ahead because of the first lockdown. All 3 were willing to stand and the diaconate proposed that their term be extended by a further year, which proposal received no objections. The deacons now propose that these 3, namely Diana Gordon, Henry Nicholson and David Child complete their further 2 years in office and this will be put to the vote at the AGM.

2. Maggie Harpur's term of office expires this year and Maggie has agreed to stand again. I am therefore nominating Maggie to be a candidate and require 2 people to support that nomination. Can you please contact me no later than 21st March if you would like to support this nomination. I will then arrange for the requisite slip to be signed by the first two people responding.

3. We have no limit on the number of deacons able to be appointed therefore if there is anyone else you feel would be suitable for office and agrees to stand please find 2 people to support your nomination and provide me with those details no later than 21st March. I will then ensure you have the requisite slip to sign and return by 28th March. I would remind you that to be eligible to stand for election the person must have been a church member for at least 52 weeks and have been baptised by full immersion. I would be grateful if you could confirm your attendance at the meeting as soon as possible in order that I can be sure we have a quorum. Thank you for your support at this difficult time Diana.

Church Reading Plan

This week we are looking at Isaiah 58:1-12. How easy is it as an individual to achieve all that is laid out in this reading? How easy is it to encourage those in power to follow the same pathway? If you would like to suggest a reading or take part in "Testimony Tuesday" contact Diana, Jerry or Ron.

EBA Prayer Focus 21st February 2021 Colchester Road Baptist Church

Colchester Road Baptist Church is located in the suburbs of Ipswich and draws its congregation from right across the town and beyond. Revd Jerry Brown is the Lead Minister at this vibrant church which has strong youth and children's work together with a full programme of activities and social outreach in usual times.

However since the lockdowns began many activities have ceased and some have moved online.

The church has a vision that "Everything we do is either a gateway or pathway to Jesus and every one of us seeks to be a **gateway** or **pathway** to Jesus".

CRBC has a good pastoral team who phone each week and have been visiting when possible. It is important that older people and those less able to get out are contacted so they can feel they are an ongoing part of the fellowship.

In common with many other churches Sunday services and some other activities have moved online. In the autumn socially-distanced services with up to 60 people present were held and streamed live, including three Carol Services in December, but since the latest lockdown began the team of musicians, hosts, minister and technicians put together a pre-recorded service for each Sunday.

Just before Christmas a community event called "Follow that Star" was held outdoors following a trail around the area and over 100 adults and children participated in this witness (see photos).

Please pray:

- For people in the local community to become engaged with the Gospel
- For the online activities and new people who have connected online during lockdown
- To continue to care for people well and ensure everyone is included

Leprosy Mission

The **leprosy Mission Spring 2021 catalogues** are now available at the back of the church (open Mon to Fri 10 a.m. to 12 noon.) They include the Fairtrade Easter eggs with Easter activity book.

Orders sent via Barbara Reynolds (Stalham Baptist's "trading partner") will save you postage, make a donation towards church funds (in many cases 20% of your order) and enable the leprosy mission to assist folk with this awful disease. You pay the same prices seen in the catalogue and can also order anything you see on their website www.tlmtrading.com

Jerry's Quotes of the Week

"One of the main points we can learn from Pentecost, then, is that God's Spirit fuels God's mission by empowering weak people. The Spirit creates the church and, in turn, the church proclaims the gospel to the world by the power of that same Spirit. The Spirit then adds more people to the church through the preached word (Acts 2:41)."

R. Albert Mohler, Acts 1-12 For You

"Peter specifies two things his listeners must do (repent and be baptized) and makes two promises concerning what they will receive (forgiveness and the gift of the Holy Spirit). We may speak of these four elements as the Pentecostal package because they are considered as a unit, here and throughout most of the New Testament."

Craig L. Blomberg

"Before we can acknowledge the Saviour, we must believe and feel the offence of our sins against God. To receive Jesus, we must know that without him we will perish forever, for lost people are the only ones that Jesus came to save (Matt. 18:11; Luke 19:10)." **William Perkins**

"In many ways, one's Christology is a test case for one's entire theology. The more our Christology is off, especially in terms of the Son's unique, exclusive identity and all-sufficient work, the more our theology will be wrong in other areas. "Ideas have consequences," and the most central "idea" to get right is who Jesus is vis-à-vis the triune God. There are many beliefs that distinguish Christianity from other worldviews but none as central and significant as who Jesus is." **Stephen J. Wellum**

"Sin demands repentance because sin is a violation of God's commandments. Mentally assenting to the wrongness of sin is not enough. That is not repentance. Feeling sad about the consequences of sin is not sufficient. That is mere regret. We demonstrate true repentance by a genuine hatred of sin with a Spirit-empowered desire to never engage in that sin again and a Spirit-driven determination to obey Jesus instead."

R. Albert Mohler, Acts 1-12 For You

"The point of biblical evangelism is not to make people feel good about who they are or to feel that God loves them just as they are. Rather, it is to show them who Jesus Christ truly is, the Lord of the universe, the Christ of God who offered Himself for our sins and who was raised from the dead. It should show them who they are, sinners who crucified the Son of God, who are in danger of His impending judgment. It should show them God's great mercy, that if they will repent and call on the name of the Lord, He will save them from His judgment. It should show them the need to live in obedience to Him, no matter what the cost."-**Steven J. Cole**

Christian charity offers advice on supporting adolescents in lockdown

Fegans counsellor Louise Tantom shares some advice for families with teenagers struggling at this time - and reassures parents that they needn't feel endlessly guilty about relaxing the rules around lie ins and screen time.

At a time when they would naturally be taking their first steps to independence and enjoying greater freedom, life for teenagers has currently shrunk to the size of their living space and the people within it. So how can parents support their teenagers in this difficult time - and find ways to cope themselves?

Christian charity Fegans provides professional children's counselling and parenting support services. Having run hundreds of Zoom counselling sessions for secondary school children in lockdown, as well as online support for parents, the charity's therapists have first-hand experience of the day-to-day strategies that can make a real difference.

Top 10 Tips for Teenagers:

1 Take the opportunity to try a new structure to the day, allowing teenagers to get up a bit later, which studies have shown suits the adolescent brain.

2 Acknowledge the benefits of gaming and social media as a lifeline to the outside world, whilst maintaining some healthy boundaries as a family and being curious about how they remain safe on social media.

'Gaming (when used in moderation) can bring some benefits. Cognitive skills are developed through visual processing, problem solving, analysing information and making decisions. In a time when there is so little opportunity for social contacts it offers a way to connect with others and develop social skills.'

3 Plan for the future and talk about what your teenager would like to do when lockdown is lifted. Be imaginative and collaborative about alternative ways they can mark rites of passage in the meantime.

'Think with your teenager about important rites of passage they are missing, help them to acknowledge disappointment but think with them about an alternative way they can mark the occasion. If lockdown restrictions allow, could a meal with important friends take the place of a school prom? Or a camping trip replace a school residential trip?'

4 Look for emotions behind their behaviour and show empathy and patience. Do not attempt to have conversations when they are at the height of distress when their brains are incapable of rational thinking.

'Lockdown is bringing teenagers a whole new set of feelings that may include frustration, anxiety, isolation, loneliness and anger. Feelings are most likely to come out in behaviour. So look for the emotions that are behind behaviour. As a parent, empathy, understanding and patience is going to make all the difference. Validate their feelings and let them know that even if their behaviour is not acceptable, their feelings are.'



'And don't take things too personally. Remember that children will bring their most hateful and difficult feelings to the people they love most and feel secure with.'

5 Be aware of negative coping strategies in teens for example, use of drugs and alcohol, self-harm or eating problems. Let your child know that there are adults around especially trained to support young people if they feel unable to talk to you. Fegans counsellors for example are supporting teenagers via Zoom sessions and there are lots of free resources on the internet via organisations like www.youngminds.org.uk

6 Encourage exercise and time outdoors.

'Exercise promotes chemical change in the brain that reduces anxiety, improves mood and makes you relaxed. Encourage time outside which increases serotonin (a mood stabiliser) and brings feelings of well-being and happiness. Sun helps our body create vitamin D levels which keep bones, teeth and muscles healthy.'

7 Talk to teenagers about the news, and have adult conversations about the decisions politicians are making.

'News close to home - which used to be their safe place - has been frightening and relentless over the past year. Talking together about the news and thinking through decisions politicians and health experts are making can help them to process thoughts and talk through anxieties.'

8 Encourage mindful activities such as meditation and journaling.

'Mindfulness exercises and breathing can help young people centre themselves and feel a sense of calm. Journaling is becoming a popular way for teenagers to process feelings.'

9 Put some fun things in the diary to do during lockdown such as movie night, virtual parties, exercising together or special meals. Find something that makes all of the family laugh together.

'Laughter is the best medicine.'

10 Finally, look after yourself. Remember that when you are supporting others it is even more important to look after yourself.

'As the saying goes, put on your own oxygen mask first. This stage too will pass.'

A wealth of free parenting and mental health advice is available from Fegans via its website and a free 'Parenting in a Pandemic' e-newsletter. **To sign up visit www.fegans.org.uk/parenting-in-a-pandemic**

If you would like to refer a teenager for counselling visit www.fegans.org.uk/referrals or call 01892

538288. Bursaries are available for those who are unable to meet the full cost of therapy.

Fegans is a 150-year-old Christian charity that has continually delivered care to children and families according to the needs of each succeeding generation. Today, we counsel children and provide parent support, intervention and training. Combining these disciplines gives Fegans the opportunity to work with families holistically... counselling the child, supporting the parent.

For more articles from Baptist Times click [here](#).

Image by [StockSnap](#) from [Pixabay](#)

Neighbours, close and far away.

Something to read

See, I have set before you today life and prosperity, death and adversity

- Deuteronomy 30:15 from full reading Deuteronomy 30: 15-20.

'If any want to become my followers, let them deny themselves and take up their cross daily and follow me'

- Luke 9:23 from full reading Luke 9: 22-25.

Something to think about

In our reading from Deuteronomy (verse 15) God promised His people in the wilderness that if they obeyed His commandments and followed His ways then they would have 'life and prosperity' in the land to which He was soon going to lead them. On the other hand they were warned that 'if your heart turns away... you shall perish you shall not live long in the land' (verse 17).

Today we need to be careful with this promise, remembering that it was given at a specific time to a particular people whom God had chosen to be his people so as to bring light to the nations and from whom, ultimately, the Messiah would come. So it is quite mistaken when promises such as this are used today to say that if you just follow God then life will go well for you and you will prosper. When I think of the very many godly but materially poor people whom I've had the privilege to meet around the world it keeps my thinking straight on this.

For example, on the 1st anniversary of the terrible earthquake which hit Haiti on January 2010, I had the privilege of addressing a crowd of perhaps 50,000 people in the centre of Port-au Prince. It was one year since over 200,000 people had died and a million people were still homeless but Christians gathered amidst the destruction around a huge stage which held a banner declaring (in French) 'Let's celebrate life.'

For many hours people stood in the hot sun worshipping God, praying and listening to speakers. There was a very real recognition of the pain that they still experienced but an absolute determination to celebrate life, to trust in God, and to recommit to following Him. I spent the first hour or two of this incredible gathering weeping with a combination of joy and shame.

Turning back to God's people in Deuteronomy, we see that they were given a choice, 'choose life so that you and your descendants may live (verse 9). As I read that verse today it strikes me that we in the richest part of the world have a choice to make and our choices will affect how others in the poorer parts of the world will live. This is particularly true with regard to climate justice, and the distribution of the Covid-19 vaccine – what we choose will decide whether or not people in the poorest parts of the world prosper or face destruction.

In our Gospel reading Jesus said: 'If any want to become my followers, let them deny themselves and take up their cross daily and follow me' (verse 23). I would suggest that for us in



more developed countries today a part of what it means to take up our cross is to reduce our consumption, our pollution and our level of development for the sake of those who will perish if we don't.

Something to pray

Lord help us never to forget that the way we live doesn't just affect us but affects others. Let us never forget that part of following you is to constantly ask ourselves how the way we live impacts on our neighbours both close and far away. In our daily lifestyle help us to choose life so that we and others may live.

Amen.

Something to do

If you have already received your Coronavirus vaccination take time to give thanks here.

If you have already received your Coronavirus vaccination [take time to give thanks](#).

Today's contribution is a slightly amended version of the reflection shared by Rev Dr Laurence Graham, a former President of the Methodist Church in Ireland for last year's lent journey. He was, at the time of writing, Superintendent Minister of Dublin Central Mission and General Secretary of Irish Methodist World Mission Partnership.

Taken from Christian Aid for more information or to make a donation click on. <https://www.christianaid.org.uk/>