

Stalham Baptist Church Weekly News

Sunday 12th June 2022

Sunday's "Live" Service:

Pat is leading and Ron is preaching from John 15: 26 - 16: 15

"The Holy Spirit"

Sunday's online service: Maggie is leading and Jerry is preaching from

Ruth 4:1-6 "May The Real Redeemer Stand Up Please?"

After the service tea and Coffee will be available in the Stables

You can watch the online service on the SBC website from Sunday morning, go to www.stalhambaptist.org.uk/ Then click on the icon pictured.



The Structure of Jerry's online talk:

(1) The Redeemer Law (2) The Redeemer who Can't Redeem (3) The Real Redeemer.

Jerry's Reads

Leviticus 25:23-34, Num 27:1-11; 36:1-13, Deut 25:5-10, Gal 1:3-5, Eph 1:7-14 & 1 Peter 18-19.

For Your Prayers

During June please pray for the residents of St Mary's Road and Brecklands. Please pray for the family and friends of Geoff Gales whose funeral is on Wednesday 15th at 1.00pm.

Also pray for the Messy Church that starts on Thursday, that it will successfully reach out to families in the community and pray for the volunteers who are supporting the project..

On Sunday 5th June at least 50 people died including many children as attackers targeted the St Francis Catholic Church in southwestern Ondo state in Nigeria as worshippers gathered. Please pray for the families who lost loved ones and thank the Lord for our blessings as we can come to Him each Sunday safely, something we can easily take for granted.

As we pray through the Church Directory, please remember **Pam De'ath**.

Virtual Prayer Room

On Saturday 4th June David posted "Please pray for Kjell who we have prayed for when he was having tumours removed from his brain and was progressing. Last night he was rushed to hospital, had a tumour removed from his head and is in a lot of pain."

Also on Saturday Maria Marsh posted "Can I please ask you to pray for our friend Jess who is seeing a consultant tomorrow please also pray for her husband and two young boys who are feeling pretty worried. Thank you x"

On Monday 6th Lorraine Stuart posted "Mum has had another fall last night...she finds it very difficult to sleep now because she worries about falling out of bed...My sister is having a meeting with mum's social worker today at 1pm...Can you pray for the meeting and a way forward plan."

On Wednesday 8th Doreen posted "Please could you pray for me as I am having an operation on Friday to remove my gallbladder xx"

On Thursday 9th Lorraine posted "Thank you for your praying mum was 91 yesterday and she is sleeping better...My sister is looking at nursing homes...Mum has been in hospital twelve weeks so it would be good if she could get out soon."

To join the WhatsApp Virtual Prayer Room that gives support with the power of prayer text Jerry on 07733837687. You will need a smart phone.

Romans 7: 21 - 25 (MSG) The War Inside Us

²¹⁻²³ It happens so regularly that it's predictable. The moment I decide to do good, sin is there to trip me up. I truly delight in God's commands, but it's pretty obvious that not all of me joins in that delight. Parts of me covertly rebel, and just when I least expect it, they take charge. ²⁴ I've tried everything and nothing helps. I'm at the end of my rope. Is there no one who can do anything for me? Isn't that the real question? ²⁵ The answer, thank God, is that Jesus Christ can and does. He acted to set things right in this life of contradictions where I want to serve God with all my heart and mind, but am pulled by the influence of sin to do something totally different.

Sitting Bull, a chief of the North American Sioux, who in 1883, had been baptised into the Catholic Church, once described his own inner struggles in this manner: "Inside of me there are two dogs. One of the dogs is mean and evil. The other dog is good. The mean dog fights the good dog all the time. When asked which dog wins, he reflected for a moment and replied, the one I feed the most." As Christians even with Jesus alongside us, how easy is it to feed the right dog all the time?



Pastor: Rev. Ron Skivington

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Assistant Pastor: Jerry Otieno

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Secretary: Diana Gordon

07951949128

Ministry Team:

The Whole Fellowship

For your Diary

Monday 13th June

9.00am Deacons Prayer Meeting

Tuesday 14th June

9.30am -12 in the Stables

Coffee and Chat

Wednesday 15th June

9.30am -12 in the School Room

Table Tennis

1.00pm Funeral of Geoff Gales

7.00pm Zoom Bible study

Details in online Diary

Thursday 16th June

3.15pm Messy Church meeting

In the Church

Helpers from 2.00pm

Friday 17th June

10.15 Prayer for Revival

Three Windows, Brumstead Road

1.15-3pm Foodbank in Stables

Sunday 19th June

10.45am Sunday Service

Flowers: Barbara Mixer

Food Bank & Personal Prayer

SBC is open Monday to Friday from 10.00am to 12 noon to receive donations for the food bank and for personal prayer. Jerry or Ron is always in attendance.

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 minister @stalhambaptist.org.uk

Community Fridge in the Stables

Open Mondays 2.00 pm - 4.00pm

Tuesday to Friday 10.00am to 12 noon

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

First Messy Church

Our first Messy Church "Lost and found" will take place next Thursday, 16th June, from 3.15 to 5pm in the church. It's free family fun [children need to be accompanied by an adult] and finishes with a barbeque in the car park.

Through Facebook and flyers including those given out at the "picnic in the park" last weekend over 40 people have shown interest in coming so far. Various congregation members of SBC and St. Mary's have planned activities and a short "celebration" [15 mins tops!] before we munch on burgers and hot dogs...

Please pray for Messy Church and, maybe, come along to join in. For more information speak to Barbara R, email barbarageoff@gmail.com or phone 01692672120

Jubilee Lunch

The Jubilee Lunch last Thursday, organised by Elaine, was a huge success. The donations for the lovely meal and the auction amounted to £586 for the Building Fund.

A big thank you to Elaine, Maggie P, and Fran, not forgetting Steve and his Marigold gloves, for all their work in creating a brilliant meal and to David for organising the quiz and auction.

A big thank you to Tesco's manager Stuart for donating two £50 vouchers that raised £130 and also for joining in with the quiz and auction.

Jubilee Celebration Service

Ron and the musicians put together a brilliant celebration service for Queen Elizabeth with fitting songs for the monarch finishing with Amazing Grace sung to the music of the Animals "There is a house in New Orleans" Ron's talk and prayers were a fitting thank you to the Lord and a monarch that has demonstrated her faith in the Lord throughout her 70 years.

Foodbank

The following would be much appreciated:

Cereal, Long Life Milk – full fat or semi-skimmed, Tinned Tomatoes, Tinned Vegetables, Tinned Fruit, Pasta Sauce, Squash/Fruit Juice, Rice Pudding, Custard, Tea, Laundry Liquid/Powder.

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

Amazon Smile

Stalham Baptist Church is enrolled with the Amazon Smile Programme and can receive donations of 0.5% of any of your eligible purchases at no cost to you.

All you need to do is ensure you order through Amazon Smile. You can access Amazon Smile through your regular Amazon Account and

you will find Stalham Baptist Church on the drop down link of enrolled charities, or you can go direct through the following link: <https://smile.amazon.co.uk/ch/1192914-0>

For more information have a chat with Diana or Greg.

EBA Prayer Focus 12th June 2022

Melbourn Baptist Church

Melbourn is a popular, lively and thriving village located just ten miles south of Cambridge and where you will find Melbourn Baptist Church which traces its roots back to 1667. This active church is made up of people from all walks of life, a good spread of ages and from many different nations. On Sundays over one hundred people gather for worship together. There is a good children's and youth work. The

church has a strong diaconate and leadership team and the pastor for the past sixteen years has been Rev Stuart Clarke. During covid the church went online and benefitted from the technical skills of those in the fellowship. Now things are back to normal and the church programme has resumed in person. There is a full programme of weekly activities including Foodbank, homegroups, youth activities and other community engagement.

The church has planning permission to build a new hall replacing a 1950's "temporary" structure. Building work will begin in August and be completed in 2023. There is a project team leading this and the ongoing fundraising activities to meet the costs.

This summer there are big changes ahead. Pastor Stuart is leaving to lead Brunswick Baptist Church in Gloucester. Youth worker Jason Allison is taking up a new role at Holy Trinity, Cambridge. And the church's key worship leader is moving away to the West Country. So the church is looking at a time of prayer and reflection as it considers the way forward and what is next.

Please pray:

- For the building project, the work starting in August and the ongoing fundraising activity.
- For a fresh vision for the future of the church and God's leading through the upcoming period of pastoral vacancy.
- For unity and strength for the leadership team and the whole fellowship at this time of change.

Has baptism been on your mind?

Believer's baptism is a very special moment on the journey of faith. It is a moment when God's presence and blessing meets us, and when we make our personal commitment of faith in Jesus as Lord.

It signifies the end of our old life and of being born again to new life in Christ. It speaks of repentance and cleansing, of being united with Christ in his death and resurrection, and of witnessing to the call of God upon our lives. Baptism is also about receiving God's Spirit for service in the church and in the world.

Please speak to Ron if baptism is on your mind.

Jerry's Quotes of the Week

"Christ, like Boaz, is not free to move in your behalf until you claim Him as your Kinsman-Redeemer. Boaz is ready to act in the capacity of kinsman-redeemer. Ruth is to wait and let him be the one to make all the arrangements. He is the one now who will step out into the open and claim her, actually jeopardizing everything that he has and everything that he is. But he wants her; he loves her. This is the great message of this book: **redemption is a romance; because God loves us He redeemed us.** You will have to invite Him in. God offers the gift of eternal life in Christ Jesus, but you have to reach out your hand and take it by faith. By faith you receive Christ." --J Vernon McGee.

"The emphasis of the Bible is on the work of the Redeemer, not on the work of the redeemed."--Tullian Tchividjian.

"Let us serve Him faithfully as our Master. Let us obey Him loyally as our King. Let us study His teachings as our Prophet. Let us work diligently after Him as our Example. Let us look anxiously for Him as our coming redeemer of the body as well as the soul. But above all let us prize Him as our Sacrifice and rest our whole weight on His death as atonement for sin. Let His blood be more precious in our eyes every year we live. Whatever else we glory in about Christ, let us glory above all things in His cross."-- J. C. Ryle.

"The good news of the kingdom is not freedom from hardship, suffering, and loss. It is the news of a Redeemer who has come to rescue me from myself." --Paul David Tripp.



smile.amazon.co.uk

Dementia, and the power of community

Making simple life-changes is reducing dementia – and friendship is playing a key role, writes Louise Morse of Pilgrim Friends' Society

Health Minister Sayid Javid promised delegates at the latest Alzheimer's conference a new government strategy plan for dementia. He said it will have a major focus on prevention and research, noting that as much as 40 per cent of dementia is potentially preventable.

It's a wise move, as preventative measures are already resulting in a decline in new cases of dementia over the past 25 years. A recent study by the Alzheimer's Cohort Consortium shows that Alzheimer's disease has fallen by 16 per cent and other dementias by 13 per cent in Europe, the UK, America and Canada. If it continues, by 2040 15 million fewer people will have developed dementia.

This is happening without pharmaceutical intervention. Five clinical trials of monoclonal antibodies to clear protein deposits on the brain have failed. A monoclonal antibody is a type of protein that is made in the laboratory and can bind to certain targets in the body, such as antigens on the surface of cancer cells, or protein deposits in the brain. The most recent, Aduhelm, removed the plaques but failed to improve cognition. It also had significant side effects and has now been shelved. Many scientists [believe](#) that influential researchers have long believed so dogmatically in one theory of Alzheimer's that they have systematically thwarted alternative approaches.*

But the good news is that making simple life-changes is bringing significant results. Even people at the highest genetic risk living a healthier lifestyle are likely to have a lower risk of dementia. A striking example is the 'Caerphilly Study,' a 35 year study of middle-aged men in a Welsh valley where those who stuck to healthy lifestyles [saw a 60 per cent reduction in dementia](#).

The Caerphilly study also showed the power of friendship. The regular meet ups for tests brought a sense of community which some likened to attending school reunions. The valley has always had a strong community ethos, a known antidote for loneliness.

Feelings of loneliness double the risk of developing dementia. Loneliness is said to be as bad for the brain as smoking 15 cigarettes a day. It's not



surprising that in some countries solitary isolation is still used as torture.

Research suggests that loneliness is associated with an increased risk of mental health problems, including depression, anxiety, low self esteem, sleep problems and increased stress. In a 30 year study of over 4 million people in New Zealand, over 6 per cent of those with mental health conditions developed dementia during the observation period, compared with 1.8 percent of those without the conditions. Loneliness not only predicated dementia but exacerbates its progress.

People need people

Loneliness is the opposite of God's plan for us: He designed us to live and develop in relationship with one another. Our brains are firing more neurons when we interact with each other than at any other time. The Scripture 1 Thessalonians 5:11 tells us to build one another up, and Hebrews 10:15 tells us to encourage each other to love each other and to meet together for worship. People who regularly attend church have lower stress levels and tend to live longer than others, several studies have found. One professor found the results are so impressive that although he was an atheist he was considering joining a church.

Church members work hard to mitigate loneliness in their communities. When members couldn't visit during the Covid lockdown, the effect on older people was devastating. Last September the Office for National Statistics published data revealing a 65 per cent increase in extra dementias and Alzheimer's death at home during the pandemic.

One of the dementia statistics is a 90-year old former pastor. He had cardiovascular problems and mild cognitive impairment before the pandemic. Isolated from church and visitors, he was diagnosed with dementia a few months before lockdown ended.

His life had been books and people. He had been a spiritual father to hundreds in his time and during lockdown he badly missed the stimulus of visits and

Prayer Week 2022

Monday 13th –
Sunday 19th June

Join us as we pray for older people and for connections between the generations as part of our Friendship Is Ageless campaign



conversations. Now, in his Friday Day Centre, a carer encourages him to talk about the countries he has visited looking at photographs and maps that his wife has provided. He comes to life and talks openly, and I'm sure also gently witnesses of Christ. His brain is stimulated and he enjoys the sessions. Times like these can slow the progression of dementia.

Social contact and communal activities are better than antipsychotic drugs for treating agitation and aggression, says a team led by Dr Schneider at University of California Los Angeles. Feedback to our group cognitive and spiritual stimulation programs called '[Brain and Soul Boosting](#)' (BSP) confirms they contribute to well-being, improved cognition, and faith. A hospital chaplain told us that the psychiatrist, intrigued with the improved mood of patients with dementia, came into the Day Room to see 'what was going on'. BSP is being used in churches and faith groups.

Bringing friendship to people with dementia is rewarding. I will be looking more at this as part of [a special online event](#) for Pilgrims' Friend Society's Prayer Week (13-19 June) including some of the challenges involved on 15 June, at 7:30. For details of how to sign up for this (and two other events we are running, visit: pilgrimsfriend.org.uk/prayerweek2022

Louise Morse is a speaker and author of several books on issues of old age, including dementia. She is also external relations manager with the Pilgrims' Friend Society, a Christian charity founded in 1807 to help support needy elderly Christians.

For more information, email info@pilgrimsfriend.org.uk

[Source Baptist Times](#)

Zac Williams Song "Rescue Story"

Crying out from the pit of my despair
There You were in the shadows
Holding out Your hand You met me there

And now where would I be without You?

Where would I be, Jesus?

You were the voice in the desert
Calling me out in the dead of night
Fighting my battles for me
You are my rescue story
Lifted me up from the ashes
Carried my soul from death to life
Bringing me from glory to glory
You are my rescue story

You are, You are
You are my rescue story
You are, You are

You were writing the pages
Before I had a name
Before I needed grace, oh
Singing songs of redemption
'Cause every time I ran away
You were louder than my shame

And now where would I be without You?
Where would I be, Jesus?

You were the voice in the desert
Calling me out in the dead of night
Fighting my battles for me
You are my rescue story
Lifted me up from the ashes
Carried my soul from death to life
Bringing me from glory to glory
You are my rescue story

You never gave up on me
You never gave up on me
You are my testimony, ooh...
You never gave up on me
You never gave up on me
You are my testimony, ooh...
You never give up on me
Oh, You never give up on me
Oh, this is my testimony

Oh, You were the voice in the desert
Calling me out in the dead of night
Fighting my battles for me
You are my rescue story
Lifted me up from the ashes
Carried my soul from death to life
Bringing me from glory to glory
'Cause You are my rescue story

You are, You are (You are my
rescue story)
Oh, You never gave up on me,
never gave up on me
You are, You are
Yeah, You are my rescue story

[Click on below to watch the song](#)

<https://www.youtube.com/watch?v=zLCigJQ8Vg8>

