

# Stalham Baptist Church Weekly News

Sunday 31st July 2022 Service

This Sunday Pat is leading and our guest speaker, David Osborne, is preaching from Luke 11: 1-13. "Why Doesn't God Answer My Prayers"

The online service will also be available from Sunday. Go to [www.stalhambaptist.org.uk/](http://www.stalhambaptist.org.uk/)

Then click on "Join Our Online Service"

## David's Reads

Luke 11: 1-13 (NIV) Luke 11: 1-13 (MSG)

## For Your Prayers

During August please pray for the residents of Teresa Road and Campingfield Lane. Father God, we bring before you all who have fled persecution and conflict searching for safety in different countries. May they find loving communities, be able to settle well and find healing for their experiences. May they find your peace. Lord, may those they meet be kind and compassionate to them. May they be welcoming and understanding. We lift them to you, Father God, and ask for your protection over them. Amen.

### Give Us Hope

When evil darkens our world, give us light. When despair numbs our souls, give us hope. When we stumble and fall, lift us up. When doubts assail us, give us faith. When nothing seems sure, give us trust. When ideals fade, give us vision. When we lose our way, be our guide! That we may find serenity in Your presence, and purpose in doing Your will. *John D. Rayner*

As we pray through the Church Directory, please remember **Margaret Fisher.**

## Something to think about from Christian Aid

I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God - **Ephesians 3:18-19** from full reading **Ephesians 3:14-19.**

God is the Father of every human being on earth; so however different we may be, we are all brothers and sisters to one another, owing each other not only love and concern but practical and effective support.

Caucasian or Chinese, Indo-European or African, we belong to one another as God's family. So we pray for the love of Christ in our hearts and the strength of the Almighty in our spirits, that we may experience and share the fullness of God's love with all God's people, near and far, especially those in greatest need.

Christian Aid helps us to express this love in action; and this is important because love that is expressed only in words may be little more than sentimental.

Real love, God's love, only lives by sharing - and sharing at the expense of the giver.

If I say that I love you, but refuse to be generous and open-handed, "storing up treasures for myself", I am little but a hypocrite, even a liar, as implied by Luke's Parable of the Rich Fool (Luke 12: 13-22) and James 2.17: "Faith by itself, if it has no works, is dead." **Source Christian Aid**

## Mark 4: 13-20 (MSG) Parable of the Sower

<sup>13</sup> He continued, "Do you see how this story works? All my stories work this way.

<sup>14-15</sup> "The farmer plants the Word. Some people are like the seed that falls on the hardened soil of the road. No sooner do they hear the Word than Satan snatches away what has been planted in them.

<sup>16-17</sup> "And some are like the seed that lands in the gravel. When they first hear the Word, they respond with great enthusiasm. But there is such shallow soil of character that when the emotions wear off and some difficulty arrives, there is nothing to show for it.

<sup>18-19</sup> "The seed cast in the weeds represents the ones who hear the kingdom news but are overwhelmed with worries about all the things they have to do and all the things they want to get. The stress strangles what they heard, and nothing comes of it.

<sup>20</sup> "But the seed planted in the good earth represents those who hear the Word, embrace it, and produce a harvest beyond their wildest dreams."

*As Christians how easy is it to sow God's word and when it ends up in the way that Jesus paints just shrug your shoulders and leave the people back in the mess that they were in before you spoke to them, thinking I did my best, they didn't really listen?*

To help you engage with the passage you can listen to Ron's short audio recording (less than 5 minutes) by visiting our [Scripture Reading Plan](#)



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Ministry Team:

The Whole Fellowship

## For your Diary

### Monday 1st August

7.00pm Deacons Meeting  
10.30 to 11.30am in the Church  
Morning Prayers with Janet Nicholson

### Tuesday 2nd August

9.30am -12 in the Stables  
Coffee and Chat

### Wednesday 3rd August

9.30am -12 in the School Room  
Table Tennis

### Thursday 4th August

7.00pm Zoom Prayer Meeting  
Details in online Diary

### Friday 5th August

10.15 Prayer for Revival  
Three Windows, Brumstead Road  
1.15-3pm Foodbank in Stables

### Sunday 7th August

10.45 Sunday Service  
Flowers: Edna Woolsey

### 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](mailto:@stalhambaptist.org.uk)

### Community Fridge 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.

## Dave and Michele Mahon Link Missionaries from Peru

On Wednesday 20<sup>th</sup> July Dave and Michele Mahon our link missionaries visited SBC. Michele came to the UK from Nigeria and Dave is from London the UK from Nigeria and Dave is from London. They have three lovely children Jonathan, Ruth and Phoebe (pictured enjoying their time in Norfolk) who took part in the evening.

The Mahon family are serving in Peru, based in Iquitos, which is in the northern region of Peru, east of the Andes mountain range. It is the only city in the world that cannot be reached by road, only by air and river. They are working alongside the Loreto Association of Baptist Churches as they look to implement a sustainability plan over the coming years. They are involved in teaching and curriculum development at the Nauta Integral Mission Training Centre, and also support the running of the centre. Dave and Michele are both Baptist ministers, and served at Brockley Baptist Church in south-east London for four years. Their talk was passionate explaining the cultural differences between the Peruvians and western thinking and how they had learnt so much from the people they were supporting.

They are totally committed to improving the lives of the local people by working within the cultural structure but enabling them to make decisions and be able to change many of the negatives blocking improvements to their everyday lives while always keeping Jesus at the centre.

### North Norfolk Foodbank

During July, the following would be much appreciated:  
**Cereal, Long Life Milk – full fat or semi-skimmed, Tinned Fruit, Tinned Tomatoes, Tinned Vegetables, Rice Pudding, Squash/Fruit Juice, Laundry Liquid, Shampoo & Conditioner, Deodorant, Baby Wipes**

### Scripture Reading

For some time we have included a scripture reading in the newsletter which seemed to be well received, Ron and Jerry are now recording a short 5 minute talk about each week's reading. Last week Ron talked about 1 Samuel 15: 22-31 The Lord Rejects Saul as King. Speaking about an event from the late bronze age c.1021–1000 BC [I Googled 1 Samuel 15 and it came up as 630 to 540BC] and drawing comparisons with recent events in our Government in 2022.

Listen to Jerry's talk this Sunday click [Scripture Reading Plan](#)

### Music: Music:

'Out of Egypt' will be getting together for the first time in over 2 years to do an evening of Gospel songs, chat and testimonies. This will be in September. The final event is planned for October and is Greg's band 'Bar Room Blues'. So make sure you don't miss out and watch this space for more information!

### EBA Prayer Focus 29th July 2022 Witard Road Baptist Church

Witard Road Baptist Church is a modern and well-equipped church located in the eastern suburbs of Norwich and drawing people together from across a wide area. The minister is Rev Steve Thomasson who is currently on sabbatical until the end of July.



During lockdown the church was not meeting in-person but had pre-recorded services online. The church is slowly coming out of covid and are meeting in-person once again with about 80 present on Sundays plus a further 60 watching on livestream. The Kids Church now meets on alternate Sunday mornings. There are new people coming along on Sundays and overall there is a new buzz of excitement and anticipation as the church is expecting God to

do new things.

The church has a mainly older profile but has a very busy programme of activities. There is a weekly prayer meeting on Sunday evenings held on Zoom, and a monthly praise and worship evening.

There is a very popular toddler group each week, a regular coffee morning for friendship and fellowship, and a monthly Disabled Christian Fellowship meeting. The church is also a busy Foodbank distribution centre.

The church at Witard Road is in transition since covid restrictions ended and knows that it won't be the same as it was. They seek understanding and patience with the changes and guidance to know and discern God's will for the future.

Please pray:

- For more helpers and volunteers to come forward to help with all the outreach activities.
- That the pastor will return from his sabbatical in August feeling refreshed and recharged.
- That the café ministry will start up again post-covid and people will come forward to run it.
- For wisdom and guidance to develop outreach to the area surrounding the church.

### Quotes of the Week

"The challenge with hidden racism in the shape of discrimination is that although it exists in most countries and within humanity at large, it is not a normal state of being. Do you ever see young children and babies of various skin colours and cultures rejecting each other on the playground? If anything, they tend to get curious and come close to discover their differences, or they simply don't notice any. If a child ever does discriminate or reject another child because of her or his colour or cultural origin, it is always due to a learned behaviour. Racism is an insidious cultural disease. We take it in, like air based on our environment. All types of racism are taught. None of us are born judging each other. Judgement is a taught behaviour."

— Sarah Dakhili

"When we can step back even briefly from our hurt, sorrow, and anger, when we put our faith in the possibility of change, we create the possibility for non-judgmental inquiry that aims for healing rather than victory."

— Sharon Salzberg,

<sup>3</sup> "Why do you notice the small piece of dust that is in your friend's eye, but you don't notice the big piece of wood that is in your own?" <sup>4</sup> Why do you say to your friend, 'Let me take that piece of dust out of your eye'? Look at yourself first! You still have that big piece of wood in your own eye. <sup>5</sup> You are a hypocrite! First, take the wood out of your own eye. Then you



# Your age is mostly in your mind

“Your age is mostly in your mind” the Camino website advised the over 60s walkers. At 70 Fran Lenehan, a member of SBC, was to discover whether there was any truth in that statement. She was preparing to walk over 100 miles along Camino de Santiago pilgrimage.

Source *Community Scene Christmas 2018*

The pilgrimage way has been followed from the 9<sup>th</sup> Century and ends at the Santiago de Compostela cathedral in Santiago that contains the remains of St James. The route is famed for its steep ascents and descents often along rough stony paths comprising of loose stones and cobbles. A number of local people have taken on the Camino over the years. Over 300,000 people a year walk from village to village, town to town, staying in hostels and sleeping in dormitories or smaller rooms - none of which are designated male or female, carrying all they need in a rucksack.

Fran's chosen course would start in France and cross the Pyrenees into Spain and follow the mountainous route for 14 days to Logrono, known as the French way. (Pictured right) She wrote a journal as she followed the Camino pilgrimage route.

Starting at St John Pied de Port in France on Wednesday October 10<sup>th</sup> her first day's walking was one of toughest walks on the pilgrimage, the beginning of the crossing of the Pyrenees mountain range which would take a couple of days. Heading for Valcarlos, Fran, was walking alone and was faced for the greater part of the day with steep uphill sections. Late on she started to feel she had taken on something that couldn't be achieved, she said “the last uphill climb into the village was brutal. I had to stop every few steps and rest. I prayed that Jesus would give me a shove up the steep pathway and He did.” She wrote in her journal “all the training I did beforehand never really prepared me for this.”

She then had her first taste of the Camino's camaraderie when Alex, a Canadian walker, bought ingredients and cooked a delicious meal for everyone.

The next day the camaraderie was there again when Fran left her 2 half litres of water at the hostel and was well into the walk before she realised. Barbara, an American that she had met at the hostel, would walk on, stop and wait and share her water with her. That night Fran wrote in her journal, “already the peacefulness of the walk is having an effect on me and I love walking alone. Saying prayers and thanking Jesus for helping when I had no water. Also keeping me safe in places that I could have easily slipped and been injured.” On the third day she 'hit the wall'. She wrote

“making it to Espinal I was exhausted from the first two days and probably also dehydrated. As all the hostels were full I was feeling quite emotional and a barman kindly called a taxi to take me the last few kilometres to the next town Zubiri.” The Friday was part of a three day Spanish holiday and many Spaniards were walking the Camino. Again she had a helping hand - by arriving early she found a bed in a good hostel. Within a few hours walkers were being turned away as the hostels in the town rapidly filled. By Sunday she had reached the city of Pamplona, famous for its bull runs, staying in a modern hostel close to the Cathedral. Fran recorded. “just after I settled in there was a thunderstorm. Doing a lot of thanking the Lord as I could have been caught in the storm. I feel uncomfortable in the City I just love the long walks alone.”

The following day Fran wrote, “coming out of Pamplona a Brazilian girl walked with me for a while, then another Brazilian girl offered to carry my rucksack even though she had her own and a damaged knee I thanked her but said no. Fell twice today going uphill. I shouted at Jesus that he wasn't looking after me and then said sorry and thanked Him when I realised I wasn't hurt just a few bruises on my bottom, arms and hips.”

Discovering when staying in a hostel Zariquiegui that you could send your rucksack on to your next destination for 5 euros. This was going to save carrying the 6 kilo sack up and down slopes. The problem was Fran needed a small rucksack to carry drinks and snacks and the only one available in the town had Minnie Mouse on it. Fran said “but it did make people smile.”

On Thursday 18<sup>th</sup> October Fran wrote “Arrived at Lorca albergue (hostel) and instantly given cold water and told to rest by the owner Carmelito. Had an incredible meal of homemade lentil soup and homemade Spaghetti Bolognese also some gorgeous red wine. Carmelito loves opera and a recording of the 3 tenors in Paris was constantly playing on his laptop. Watched for ages with a Japanese couple whose wife hummed along. I welled up when they sang 'You 'll Never Walk Alone'. Carmelito says the music always makes him cry.”

Fran continued to follow the Camino for the next five days. Reaching her destination of Logrono a day earlier than planned and finished her journal.

## Looking back over past 14 days walking

There were times when I thought I had taken on too much and that I would have to give in but I found strength in body, also huge strength inwardly. I could not cope without walking poles, transportation of my rucksack and encouragement from home. The most important was my belief that I was being constantly watched over and helped in difficult times. For certain I “was never walking alone”

I prayed a lot and that was a huge comfort. Praying



is not about closing your eyes and putting your hands together. It is that constant dialogue with God; talking to a friend. Walking alone gave me a big sense of peace to the extent I love the quiet of no radio or TV when I am home. I love the feeling of calm. I can easily forget the pain of climbing steep paths and the descents and just remember the beauty and thank the Lord for it. I wanted to carry on walking but had booked a plane back to the UK. The fellow pilgrims were all friendly and supportive and remain with me in my mind. The sense of achievement at having arrived where I wanted is something I will never ever forget.

Perhaps the quote was right. **“Your age is mostly in your mind” but at times it was in my back and my legs!!! But what was in my mind and my heart was my faith.** I couldn't have done this without God.

## Fear is something that can affect all of us

**No-one could have failed to notice just how badly the storms Ciara and Dennis hit parts of UK in February leaving a trail of floods, damage, disruption and untold misery to the lives of so many. Wrote Ron Skivington for the Easter Community Scene 2020.**

It seems increasing numbers of people are now seeking help for what is called "Eco-anxiety" [a chronic fear of environmental doom], symptoms include grief, despair, hopelessness leading to parents contacting psychotherapists because they are so concerned about the impact of environmental issues on their children, while teens and young adults are finding it difficult to make decisions about their futures in such a rapidly changing world.

Fear is something that can affect all of us, at any time and about anything.

Fear is a natural, internal warning system that produces our fight or flight reactions. It can stop us doing so much in life as it is a thief and a robber stealing hopes and dreams, holding us back from doing things, can take joy and happiness out of life and can prevent people from making close friendships or stop us being able to accept compliments and kind deeds of others without thinking "What is the catch?"

We have all felt, and will at times experience, fear so how will we respond - give in or find ways of facing it?

Did you know courage isn't the absence of feeling fearful or anxious, it is realising what we are feeling

and still going on anyway.

Something else we often don't like admitting to is the fact we are designed to be dependent beings and therefore not independent and totally in control of our own destinies, by that I mean dependent upon God.



We sometimes hear the expression "God won't give us more than we can cope with." Is that true? What would those flooded out, or diagnosed with an incurable illness, or struggling with heavy depression and can't see anyway out think about that? So perhaps it is truer to say God doesn't allow what He can't cope with into our lives, so as things stretch us to the beyond breaking point, He is the one from whom we can draw help, strength, comfort etc.

One the most common commands in the Bible is "Fear not" [around 366 times] usually spoken to people about to find themselves in circumstances that would challenge and take them beyond their comfort zones.

We can think of Joshua about to lead Israel into their new land, Mary, told she would have God's son, Paul on his way to trial in Rome over his faith in Jesus and countless others throughout history.

What have all such people discovered?

God's hands are bigger, His arms stronger, His mind clearer than ours and His love for us knows no limits and His grace [love, mercy, power] is enough and that His strength comes into its own in our weakness [2 Cor 12:9]

Whatever situation you may be facing today trust Him and see if what others have found is not true for you as well.

*Ron's article was already printed when the first lockdown was declared on March 23rd 2020.*

*We are now facing the Cost-of-Living-Crisis and an Invasion of Ukraine by Russia as well as growing problems throughout the world .*

*His words resonate on where we stand at this moment in time.*

