

Stalham Baptist Church Weekly News

Sunday July 9th

This Sunday Diana is leading and Ron is preaching from

Hebrews 5: 11 - 6: 3 "Jesus is our bedrock"

Followed by Church Meeting at 12.00pm

The online service will also be available from Sunday.

Go to www.stalhambaptist.org.uk/

Then click on "Join Our Online Service"

Ron's Reads

1 Cor 3: 9-15, Luke 6:46-9, Jn 5:19

For Your Prayers

As we pray through the Church Directory, please remember Von Brigstock. During July please pray for the residents of Lancaster Close, Ellis Close and Lyndford Road.

Lord, with the chaos of our world my mind is not always a comfortable, calm or a happy place and often I think only of myself. The dark clouds threaten to close around me. Help me to see Your light and be guided to a place of Your peace where I can pray for those in so much distress.

Also, pray for the people of Israel & Palestine may be that peace could be brought to the two countries.

Please pray for all those in our community and fellowship who are awaiting hospital appointments or operations.

Lord we thank You for our NHS that has been in existence for 75 years. We pray that it will survive its current problems and that its original concept can be continued.

"God of healing and compassion, we thank you for the establishment of the National Health Service, and for the dedication of all who work in it: please give skill, sympathy and resilience to all who care for the sick, and your wisdom to those engaged in medical research.

Strengthen all in their vocation through your Spirit, that through their work many will be restored to health and strength; through Jesus Christ our Lord. Amen." Source Church of England

Virtual Prayer Room

Friday June 30th Diana posted "Current update. I was getting a little concerned that I hadn't heard anything so called the hospital yesterday. They said me and another were down for Tuesday treatment start but were waiting for cancellations. She asked if they failed to get me into the day unit was I OK with a hospital bed which they have done as last resort before. I obviously said yes as I was anxious to start treatment- worried about my spleen rupturing again as I had become conscious of how large it was over the last few days and was having some discomfort. She rang me about an hour ago to say they couldn't get me in Tuesday but could Wednesday (their treatment days are Tuesday/ Wednesday. So feel relieved about that. Hopefully will be able to have a better picture of the full treatment plan on Wednesday. Thank you all for your continued prayers. It makes a real difference."

Saturday July 1st Jerry posted "Please pray for Tim, who is being taken to James Paget Hospital and is unconscious." The same day Hazel posted "Hi just returned from visiting Tim in the JP. His arms and legs are beginning to work, but his speech and swallowing don't work properly.

His brain scan is normal, so they are fairly convinced this is caused by a seizure rather than a stroke. In the past, it's taken anything from 1 to 10 days to recover enough to be at home."

Sunday July 2nd Hazel posted "Just heard from our son in Coventry. He has immune system problems and currently has a very high temperature despite being on antibiotics for 24+ hours. Please pray for him for a big improvement today. I will ring the hospital for news about Tim soon."

Also Sunday Doreen posted "Joyce - who has recently started coming back to church - requests prayer for her to get into a regular routine. It is something she struggles with. Please would you pray for her."

Later Hazel posted "Update: Tim - a bit more mobile but not really walking properly yet. His speech is normal but very quiet and his swallow is a little better. Please pray for full mobility so he can come home ASAP.

Joshua (son) now has different antibiotics so his temperature is down from the 40c it was this morning and is nearer normal. He feels really lousy at present.



Pastor: Rev. Ron Skivington
01692 582731

Assistant Pastor: Jerry Otieno
07733837687

Secretary: Diana Gordon 07951949128
Ministry Team: The Whole Fellowship

For your Diary

Monday 10th July

9.00am Deacons Prayer Meeting

10.30 to 11.30am in the Church

Prayers for SBC and young people

2.00pm Messy Church planning meeting
in the church

2 to 4pm Warm Spaces in the Stables

Tuesday 11th July

Coffee and Chat

9.30am -12 in the Stables

7pm Potter plus Bible Study at Barbara

and Geoff's Cameo Cottage, Church Lane,

Potter Heigham, NR29 5LR

Wednesday 12th July

Table Tennis

9.30am to 12 in the Church

10-12pm Warm Spaces in the Stables

7.00pm Zoom Bible Meeting

All Welcome to join in

Contact Diana for details

Thursday 13th July

10 to 12pm Warm Spaces in the Stables

Friday 14th July

10.15 to 12.00pm Prayers for Revival &

Israel at Three Windows,

Brumstead Road

1.15 to 3pm Foodbank in Stables &

Citizens Advice Service

Saturday 15th July

8.30am Men's Breakfast in the Stables

Sunday 16th July

10.45 Sunday Service

Welcome: Julia & David

Flowers: Edna

Thursday 20th July

10 - 12pm Bible Art in the Chapel

3.15pm Messy church in the Chapel

Food Bank, Citizens Advice Service & Personal Prayer

SBC will be open Monday to Friday from 10.00am to 12 noon to receive donations for the food bank and for personal prayer. The **Food Bank**: if you need help, or know someone in difficulty, either contact the Food Bank on 07826 376343, or contact Ron Skivington at minister@stalhambaptist.org.uk The **Citizens Advice Service** is open on Friday in the Stables, 1.15 to 3.00pm. Contact Food Bank on 07826 376343.

Please pray he continues to recover well and that his immune system disease doesn't flare up because of all this.

Many thanks. I'm sorry I've not replied to individual messages - they have meant a lot to me, but the priorities at the moment are eat, sleep and support my poorly menfolk."

Monday July 3rd Hazel

posted "Updates: Tim looking better. Walking, talking and swallowing. Has an infection and on antibiotics but hoping to come home tomorrow if the neurologist gets to see him and OK it.

Joshua is feeling really rough and having trouble eating because of throat but antibiotics seem to be helping.

Tuesday July 4th Hazel posted "Tim home. We're both exhausted and have arrived home to problems with the electrics! Our handyman is here trying to sort out what's going on.

Wednesday July 5th Diana posted "Not been home long. I had a reaction to the Retuximab which I didn't have last time I had it. So they had to discontinue it for 30 minutes. I didn't see my consultant. He was off today for funeral. Also Wednesday is clinic day so they are really busy. I did ask the specialist nurse a few questions which she asked one of the doctors. The lymph gland that shows some activity is too deep to do a biopsy. So to be on the safe side are covering that by the additional cancer drug. So it's definitely a 3 weekly cycle. But I will probably change to their new treatment unit in Cromer after I have had a further 2 treatments here. Also that drug can affect the heart so will send me for regular echocardiograms."

Bible Reading Blog Matthew 5: 38-48 (NIV)

"Eye for Eye & Love for Enemies"

Eye for Eye

³⁸ "You have heard that it was said, 'Eye for eye, and tooth for tooth.'^(a) ³⁹ But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also. ⁴⁰ And if anyone wants to sue you and take your shirt, hand over your coat as well. ⁴¹ If anyone forces you to go one mile, go with them two miles. ⁴² Give to the one who asks you, and do not turn away from the one who wants to borrow from you.

Love for Enemies

⁴³ "You have heard that it was said, 'Love your neighbour^(b) and hate your enemy.'⁴⁴ But I tell you, love your enemies and pray for those who persecute you, ⁴⁵ that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good and sends rain on the righteous and the unrighteous. ⁴⁶ If you love those who love you, what reward will you get? Are not even the tax collectors doing that? ⁴⁷ And if you greet only your own people, what are you doing more than others? Do not even pagans do that? ⁴⁸ Be perfect, therefore, as your heavenly Father is perfect.

As Christians when there is so much horror in the world can



we easily truly love those who persecute around 360 million Christians in our world? Listen to Jerry's short blog based on this verse [click Jerry's Blog](#). Or go to www.stalhambaptist.org.uk/ and click on "Our Weekly Bible Commentary"

Bring and Share Lunch

Last Sundays "Bring and Share" was a huge success with over 60 people enjoying a meal together.

The Shrubsoles who gave a passionate talk about their work in Chad joined in with the meal and were able to have chats with many of the people in the church. Big thankyou to all those who created the exciting event. See picture.

Big Thank You

Thank you for supporting the ladies breakfast and a cheque for £200 will be forwarded to the Vidiyal Trust to support the elderly ladies in India. And a big thank you to all the people who worked with Elaine to create a great breakfast. Another thankyou to Elaine for her brilliant and passionate talk.

North Norfolk Foodbank

During July any of the following would be much appreciated:

Long Life Milk – full fat or semi-skimmed – Tinned Fruit – Tinned Meat – Tinned Vegetables – Tinned Tomatoes – Pasta Sauce – Rice Pudding – Biscuits – Pot Noodles/Mugshots – Squash – Cereal – Coffee – Plus any toiletries or household cleaning items

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

EBA Weekly Prayer Focus: 9th July Cottenham Baptist Church

Cottenham is a large village six miles north of Cambridge. It's a growing village with a number of new developments as well as a large primary school, village college and an SEMH special school. Cottenham Baptist Church has sat in the heart of the village for over 170 years.

For the past fifteen years the church has been led by minister Kate Lees alongside a leadership team of Elders and Deacons. The church is a diverse community that sees 40-50 people meeting each week from different ages, backgrounds and nationalities. Their aim is to seek to be a church family who welcome all people and to meet them where they are at.

In recent years this has often been achieved through the 'Real Christmas Grotto', Halloween refreshments, once a month Thursday Hub coffee morning, Brunch services, Foodbank and a Holiday Club.

During lockdown the church took the opportunity to work with others in the village to set up a community allotment. The aim was to provide a space for those who wanted to meet others and enjoyed planting and harvesting produce. This has grown to now cover three plots which house a large polytunnel, raised bed planting for families and a shelter to gather for refreshments. Food that is grown is shared out between those who

Fire Evacuation In the event of a fire everyone should make their way to the fire assembly point which is outside Trett Phillips Residential in the High Street. For more information speak to Daniel.

volunteer and also donated to the local coffee shop and Foodbank where needed.

Due to work and home commitments of many in the church family, running regular midweek church events has become difficult. The church has found that the best way to engage with its community is to run fewer activities and instead encourage one another to get involved in other village activities, as well as seeking opportunities to share God's love in the places they find themselves each day.

Please pray for:

- Look to live as children of God in our everyday settings and seek to encourage each other to do this.
- Continue to seek ways of connecting with the village, especially the schools, which has been difficult since the recent lockdowns.
- Seek to develop our church building to reflect who we are and make it more accessible and welcoming to the community.
- Think about ways in which we can be a more welcoming church to all people, especially those who have been rejected or hurt by church communities in the past.

Another Big Thankyou

Thank you from Jan Nicholson, to all the folk who supported the recent Coffee Morning in our back garden to raise money for the Persecuted Church in Nigeria, £350 has been sent to Release International, a Voice for the Persecuted Church.

And a thankyou to Hetty and Emanuel (pictured with Jan and Henry) our Nigerian Christian guests who planted a church in Grt Yarmouth where Emanuel is the Paster, they joined the Coffee morning and chatted to people throughout the morning.

Quotes of the Week

“Prayer is not asking. It is a longing of the soul. It is daily admission of one's weakness. It is better in prayer to have a heart without words than words without a heart.”

Mahatma Gandhi

“To be a Christian means to forgive the inexcusable because God has forgiven the inexcusable in you.”

C.S. Lewis

“Let the first act of every morning be to make the following resolve for the day:

- I shall not fear anyone on Earth.
- I shall fear only God.
- I shall not bear ill will toward anyone.
- I shall not submit to injustice from anyone.
- I shall conquer untruth by truth. And in resisting untruth, I shall put up with all suffering.”

Mahatma Gandhi

“And out of that hopeless attempt has come nearly all that we call human history—money, poverty, ambition, war, prostitution, classes, empires, slavery—the long

terrible story of man trying to find something other than God which will make him happy.”

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

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

Loving our communities in a cost-of-living crisis

Christ loved us sacrificially, and the cost-of-living crisis is a chance for us to think about how we can do the same for others, writes Tim Yearsley

It's disconcerting how international economic and health crises seem to have become the new normal. In 2022, the Collins Dictionary's word of the year was 'permacrisis', reflecting an extended period of instability and insecurity worldwide. Every person in the UK has seen their daily costs go up, for everything from food to fuel, travel to entertainment. For those who were already close to the edge, the cost of living crisis has pitched them fully into the red. Hundreds of thousands more people are now facing severe financial pressure – in every walk of life.

For Christians, this is the new context in which we are called to live out our faith.

Supporting social and material needs are as important as spiritual needs

The cost-of-living crisis has raised our collective consciousness about the needs of people in our communities. As Christians we can sometimes focus particularly on addressing spiritual needs, but to truly be of service to those around us we must consider how we can meet their social and material needs as well.

In his book *Christ Plays in Ten Thousand Places: A Conversation in Spiritual Theology*, the late Eugene Peterson said, 'What we often consider to be the subjects of religion – ideas, truths, prayers, promises, beliefs – are never permitted to have a life of their own apart from particular persons or places. Biblical religion has a low tolerance for “great ideas” or “sublime truths” or “inspirational thoughts” apart from the people or places in which they occur.'

In other words, meeting a person's spiritual needs is intrinsically linked to meeting their material needs. Being an ambassador for Jesus is not just about inviting our friends to an Alpha course; it's also dropping off a few home-cooked meals at a neighbour's house without being asked. It's thinking about who could use a lift, so they don't have to pay for petrol. It's using the local WhatsApp group



to grow a culture of mutual support in your street, coordinating shared warm spaces or joint childcare. It's helping that friend or family member with their gas and electricity renewal, navigating the labyrinth of customer service together.

It's being a listening ear and a non-judgmental presence for the person who's feeling afraid and ashamed because sometimes they can't put food on the table. And even if we're not personally feeling the pinch in the way some others might be, we can spend that bit more to buy an extra four pack of beans to leave in the donation basket after the checkout.

Put simply, the cost-of-living crisis is an urgent reminder that living as a disciple must include selflessly ministering grace and love in practical ways, modelling godly character by putting others first, and moulding the culture we're in to look and feel more like heaven. All of which also open opportunities to be messengers of the gospel – not because that's the only reason to help others, but because our friends and neighbours are much more likely to perceive the truth of the good news if we live it as well as speak it.

Helping the people we're with doesn't always require financial riches

In a cost of living crisis, a natural instinct is often to recommend sacrificial giving – and rightly so. But for some of us, giving financially is simply not an option at present. Inflation is rampant, energy bills are still sky high and mortgage costs relative to income are the highest they've been for years.

Look closer, though, and there are many ways we can help meet the needs of the people God's put us alongside that aren't dependent on disposable income.

Loneliness, isolation, and poor mental health have had a particularly debilitating effect in the years since the pandemic began. Recent surveys have shown that one in three of us don't even know our neighbours' names. Inviting people over for a meal or a cup of tea can significantly strengthen social bonds and improve mental health.

As Christians we can also advocate for justice. Our workplaces may not have provision for colleagues struggling with the cost-of-living crisis, but as employees we can push the organisations we work for to provide greater support for staff. Citizens UK is a fantastic example of communities doing this on a regional and national scale.

And whatever our level of influence, we can all make a difference in the places God has put us. I have a colleague who, after finding out that her friend's partner lost his job, began doing weekly food shops for them without being asked to. Other people at my colleague's church then started dropping envelopes with cash through their door.



Helping others isn't about expecting a return on investment, it's about ministering grace and love for its own sake. Do you know someone who might need a warm living room to work from? Is there someone on your road who is unable to do their weekly shopping due to a disability?

Christ loved us sacrificially, and the cost-of-living crisis is chance for us to think about how we can do the same for others.

Image | Rémi Walle | Unsplash

Tim Yearsley, is the Head of Innovation at LICC. To learn more about LICC, visit: lcc.org.uk

Prayer of St Francis of Assisi

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is error, the truth;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled, as to console;
to be understood, as to understand;
to be loved, as to love.
For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life.
Amen.



Spirit of unity

God our Father, we bring before you our world – a world filled with divisions among nations, religions and ethnic groups all as a result of the struggle for power, wealth and might.

These divisions have caused the destruction of lives and properties.
Wars have destroyed homes and separated families.

In all of this your Trinity is a unique symbol of your unity and solidarity for us all.

In all these challenges, Lord, You remain united and in solidarity with us; yes Lord we thank you for this.

We ask you God our Father to send us your spirit of unity among nations, ethnic groups and among religions to inspire us to be in solidarity with one another.

May we remain united in solidarity as you, Father, Son and Spirit are one.

Amen.

Source Joe Turay, Sierra Leone/[CAFOD](https://www.cafod.org/)