

EVERY THURSDAY at 12 noon Zoom & Soul.

Join us on Zoom for friendly chat, Bible study and prayer support. This term we are learning from the book of Daniel about our faithful God. (Zoom/Soup and Soul will run until the end of July and then resume again on Thursday 2nd September. If regulations allow we will then alternate between meetings in church and meetings on Zoom.)

SUNDAY 18th July - WORSHIP ON ZOOM AND IN CHURCH

10 am Worship on Zoom is led by Pete Fawcett and Juanita Cediell. From Daniel 6 we learn of a God who shuts the mouths of lions.
11:45 am Worship in Church is led by Rev Julia Bartholomew and Delyth Beecroft. From Ruth 2:18-23 we discover the importance of weighing up options and making a wise response. Communion will be celebrated.
You can follow the service, which will be streamed live, using our usual Zoom link or join us in church as we have some spare seats.

From next week, Sunday 25th July, worship in church will begin at 11.00am. There will be no early Zoom service but streamed worship can be followed on Zoom at 11am using the usual code.

WORSHIP ON THE RADIO

07.31am Radio Wales Celebration - A service led by Menna Machreth, one of the leaders of Caersalem Baptist Church in Caernarfon
8:10 am Radio 4 Sunday Worship. Rebirth and Renewal in Senghenydd: Bishop June Osborne preaches in a service from St Peter's Senghenydd exploring rebirth and renewal after trauma.

WORSHIP ON TV

1:15 pm Songs of Praise. This week from Arundel Cathedral, with Katherine Jenkins. She visits Arundel in West Sussex to explore the Catholic cathedral and castle gardens, and we hear from the classical chart-topping nuns the Poor Clares

Message in a Bottle: insights gleaned from life at sea on a small yacht.

Week 4 'Keep it simple'



Dear friends,

Alastair has just come back from the supermarket confused. "Dairy-free margarine?" he queried when I gave him the shopping list. "What on earth is that?" Not helped by the fact that he didn't have his glasses with him he searched endless rows of 'butter' in the fridge cabinet. "Could you help me please?" he asked a fellow shopper. "I'm looking for dairy-free margarine. Can you show me where it is?". "Dairy-free margarine?" the woman replied. "I have never heard of such a thing. But I will look anyway... I'm so sorry" she concluded. "It's as I thought, you can't get dairy-free margarine".

Fearing the wrath of his aspiring bake-off wife, Alastair had one last look. And suddenly, somehow wherever he looked there were tubs of all shapes and sizes, with the letters bold and clear DAIRY FREE. But which one should he get?

Our daily thought patterns have been taken over by an endless stream of choices. Which margarine? Which TV channel? Which shop? Which cafe? Which electricity provider? Which holiday? Which car? Which clothes? Which estate agent, funeral director, university, e-bike, charity, church, builder, holiday, shirt, cat food, geranium, type-spacing... The number of choices that we have to make just to function in society seems endless. While some of the choices are significant, requiring our prayerful attention, the majority of them are just 'noise' that fill our heads, wearying us and diverting us from considering things of God, things that really matter. The very familiar Bible passage recording Jesus' words on this is much loved, but do we apply its message? Do we go against the grain?

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not



much more valuable than they? Can any one of you by worrying add a single hour to your life? And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin. Yet I tell you that not even Solomon in all his splendour was dressed like one of these....seek first his [God's] kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. (From Matthew 6)

“What shall I bring with me?” Our new crew member emailed. The reply was very simple; a sleeping bag, a head torch, waterproofs and lots of warm clothes. Oh and a sun hat and some sun cream, but there isn't room for anything else. A 30 foot yacht is a very small space for four or five people to occupy for a week or two. Every little space



between the curved hull and the flat surfaces of the floor, seats and working areas is used for storage. But there is so much freedom in simplifying things, leaving behind the clutter and endless things to be sorted. The weather, tides and planned route create the agenda for the day, and everything else pales into insignificance. The few items that we have on board are treasured possessions that really make a difference, whether it is a compass, waterproofs or a pack of cards, a lamp and a bottle of wine for relaxing at the end of the day. It is such a refreshing existence. In fact many of the islands that we visited had hermit's cells or small chapels where the faithful would go to spend time, away from distractions, focusing on God's creation and inviting him to speak. How can we simplify our everyday lives to create this space for enjoying the world as God intends it and for hearing his purposes for us?

With every blessing,

Julia

REFUGEES

A poem from "BRIAN BILSTON'S POETRY LABOETRY"

They have no need of our help
So do not tell me
These haggard faces could belong to you or me
Should life have dealt a different hand
We need to see them for who they really are
Chancers and scroungers
Layabouts and loungers
With bombs up their sleeves
Cut-throats and thieves
They are not
Welcome here
We should make them
Go back to where they came from
They cannot
Share our food
Share our homes
Share our countries
Instead let us
Build a wall to keep them out
It is not okay to say
These are people just like us
A place should only belong to those who are born there
Do not be so stupid to think that
The world can be looked at another way

*****(Now read this from bottom to top!)**

Shared by Lynne at Old Colwyn Methodist Church and Derek Hall.

NEWS FROM AROUND THE HOUSES

Congratulations to youth club member Annie Darbyshire (Sue Owens' granddaughter) who has been elected Head Girl at Eirias High School.

MARTIN shared by Trevor Mills

Martin with his wife and children came to our church every Sunday morning and were part of the church fellowship. He was mid-thirties. A strong, fit and intelligent man whose hobby was long distance walking. Thirty miles on a Saturday was no problem, just a bit of a stretch. Occasionally I would go with him.

On one occasion we were walking the Severn Way (Stourport to Ironbridge, Telford) when Martin collapsed with severe stomach pains. Very quickly he was in hospital diagnosed with gall stones and given pain killers, told to go home and wait to hear when to come back for an operation. The following Wednesday evening Martin came to the church house group and told what had happened. The group prayed and much to our surprise on the Friday Martin (we won't go into many details!) passed the offending stone! No need for an operation the medical people told him.

All went well for about a year when Martin collapsed again with the same sort of pain but this time on the opposite side of his stomach. The same procedure and wait an operation followed. On the following Wednesday he told us again, we prayed, and guess what, on the Friday the stone went!

Divine intervention or co-incidence? God moves in a mysterious way his wonders to perform!

Oh! Martin's wife told everyone on our estate “if you are ill go to the house group and they will pray for you on Wednesday and you will get better on Friday”! Martin had no more problems with gall stones.

FOOTBALL (*Pete Fawcett*)

Let me say straightaway, I'm not an avid football fan: I'm more for the other ball game, which is tennis and Wimbledon

However I was on England's side last Sunday, hoping, as I'm sure we all were, that England would break through and win for the first time for all those years. However it was not to be. But, as the late great Bruce Forsythe would have said, “Didn't they do well!”

In our lives as Christians, I'm sure we all have those times when we feel that we are playing a losing game; that everything is against us and we are tempted to maybe give up.

But as we look at these last few weeks, under the able management of Gareth Southgate, our team advanced further into the contest than since 1966. For this they deserve recognition as being a team that worked together and achieved a great deal – they persevered, trying their very best right until the final whistle – and beyond!

As Christians we are encouraged in Romans 12: ... *let us throw off everything that hinders and the sin that so easily entangles. **And let us run with perseverance the race marked out for us.***

So, our encouragement is also to persevere. We have had a year like no other in our lifetime and experience; each one of us, in our various situations, has not had an easy time. But what we *do* know, that despite whatever life throws at us, as we run the race that God has marked out for us, that He has promised to be with us, come what may. Through good times and bad, He has promised, in Matthew 28:20, to be with us: “I, I am with you always, even unto the end of the world.” Let us look forward, then, to work together as the great team we are, and, under God's guidance, look forward to what we can achieve as we persevere together in our race.

THE LEAKY ROOF shared by Derek Hall

In a book written in 1696, I found these statements: “*Sharp afflictions are to the soul as a soaking rain to the house. We know not there are such holes in the roof till the shower comes, and then we see it drop down here and there. Perhaps we did not know that there were such un-mortified cuts in our soul till the storms of affliction came, then we found unbelief, impatience, and fear dropping down in many places.*”

How true! Affliction tests us and proves what sort of Christians we are. If there are defects in our spiritual armour, they will show up under the strain and pressure of trouble.

When the floodgates of distress are opened, it is then we echo with understanding the words of the Psalmist, who exclaimed, “*Save me, O God! For the waters have come up to my neck*” (Psalm 69:1) Yet we need not fear, for it is our loving Father who allows the waters to come, not to drown us but to cleanse us and help us to see where our life needs repairing. Have you been through a storm? Have you been disturbed, irritated, faithless, fearful, or rebellious? Consider that God may have put you through this difficulty to reveal your spiritual needs. By prayer, faith, and yielding to the Holy Spirit, repair the “leaky roof.”