

CONTACT

introduces and welcomes

YOU

to

PENWORTHAM

UNITED REFORMED CHURCH



*Praise the Lord!
O give thanks to the Lord, for He is good:
for His steadfast love endures for ever*

Psalm 106 v 1 (NRSVA)

2021-FEBRUARY-ISSUE 2

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A REFLECTION

LAUGHTER - GOD'S PRESCRIPTION FOR STRESS!

A cheerful disposition is good for your health.' **Proverbs 17:22 MSG**

Author Barbara Johnson said, 'Laughter is like changing a baby's diaper. It doesn't permanently solve the problem, but it makes things more acceptable for a while.' One day, comedian/author David Brenner was signing books. A young man handed him a newly purchased copy to be signed and said, 'I want to thank you for saving my life.' Without giving it much thought, Brenner replied flippantly, 'That's okay.' But the young man stood his ground and said, 'No, I really mean it!' Brenner stopped signing and looked at him. The young man continued: 'My father died. He was my best friend. I loved him and couldn't stop crying for weeks, so I decided to take my own life. The night I was going to do it, I happened to have the television on and you were hosting *The Tonight Show*

I listened to your opening monologue, and the next thing I knew I was laughing hysterically. I realised then that if I was able to laugh, I was able to live. So I want to thank you for saving my life.' Humbled and grateful, Brenner shook his hand and said, 'No, I thank *you*'. The Bible says, 'A cheerful disposition is good for your health.' Experts confirm that laughter boosts your immune system, enhances your memory and learning abilities, relieves tension, slows your pulse rate and blood pressure, releases endorphins that reduce pain, decreases anxiety and stress, puts people at ease, and brings unity. Furthermore, the effect lasts for eight to twelve hours. It promotes emotional healing, and best of all - it's fun. That's why laughter is God's prescription for stress!

above with permission United Christian Broadcasters, Westport Road, Stoke-on-Trent ST64JF and taken from UCB 'Word for Today' - free copies are available for the UK at this address or online at www.ucb.co.uk/read



URC NOTICES AND INFORMATION

Support for Missional Partnerships in Lancashire



*You are invited to the Partnership
Online Communion in February 2021*

*Please join me for communion and
fellowship around Jesus' table.*

19th February @ 10.00am

Lancashire South Missional Partnership



If you would like to join us and you haven't signed up for the Coffee mornings/Communion before, please drop me an e-mail, in order for me to send you an invite. Daleen.TenCate@nwsynod.org.uk

URC 'PREACHING ONLINE' WORKSHOPS

**10 to 15 Minute Sermons that transform
led by Rev'd Lawrence Moore**

Session 1 : 10.00am & 7.00pm 1st March 2021

Session 2 : 2.00pm 1st March & 7.00pm 2nd March 2021

**You can't just take a sermon and preach it online - it won't work.
Discover why and explore how to preach effectively on the Web.**

**Session One: 10 am & 7pm
(1 March)**

1. Why we behave differently online
2. How to engage and keep attention
3. Creating a climate of commitment
4. "Less is more"
5. Ringing the changes
6. Entertain - they'll love it!
7. Interacting with your congregation
8. What's a sermon for, anyway?
9. Building credibility: "The messenger is the medium!"

**Session Two: 2pm (1 March);
7pm (2nd March)**

1. Preaching for transformation
2. Relationship
3. Permission
4. Content
5. "Purple Cows" and value added
6. "Tribes" and "Sneezers"
7. "Here's what I see; here's how you can be part of it"
8. The transformation Funnel
9. Constructing a sermon

Meeting ID: 925 8414 4811 (all sessions)

URC COMMITMENT FOR LIFE EXTRACT - ZIMBABWE

Holding Mining Companies to Account

Like in many African countries, mining in Zimbabwe creates enormous wealth. However, very little reaches the communities most affected by mining. Mining often devastates both the local and global environment.

Christian Aid supports the Zimbabwe Alternative Mining Indaba (ZAMI) that creates space for citizen and civil society participation in the mining sector.

ZAMI offers safe spaces for local community engagement and dialogue, seeking solutions for the problems mining causes for the environment and locally affected communities.

Through ZAMI, locals can demand social and environmental accountability from the large mining corporation. They can insist on respect for human rights in the mining sector.

In addition, ZAMI builds communities that can monitor corporate accountability on issues such as local environmental degradation and the commitment to address global warming.

Your support of **Commitment for Life** ensures that organisations such as ZAMI are able to function, bringing tangible benefits to our sisters and brothers in Zimbabwe.



Jesus Loves Me

Anna B. Warner

William B. Br

1. Je-sus loves me! this I know, For the Bi-ble tells me so
Je-sus loves me! He who died Heav-en's gate to o-pen wid
Je-sus loves me! He will stay Close be-side me all the wa

IDEAS FOR FURTHER BIBLE STUDY

Following on the recent excellent ZOOM “God’s Big Jigsaw” Bible Study series, hosted by Rev’d Daleen ten Cate from the NW Synod there follow a few suggestions to help in continuing to learn of God through His word - an opportunity worth grasping.

1. Have at least one “Study Bible” in a translation that you are comfortable reading. (No translation is perfect and we will all find that the way one or another translation is worded mirrors our way of speaking or our ability to better understand the meaning of a passage.)
2. A “Study Bible” is generally about 50% Bible text and 50% explanatory notes, often with added maps and timelines. This makes it easier to find answers to questions about the text without immediately seeking out other resources.
3. Think about reading the Bible through completely over a period of time, either in its traditional presentation or in chronological order or...
4. Use a pre-prepared reading programme that covers the bible in a year (you can take as long as you need) and/or ...
5. Use a daily reading programme that reflects on verses or topics from the Bible (most include a bible in a year plan too) and/or...
6. Use a soundly based Biblical Study series with a key focus.

Some Internet links to resources (there are many available):

A. Bible reading resources

A1 https://www.blueletterbible.org/assets/pdf/dbrp/1Yr_ChronologicalPlan.pdf

A2 <https://www.biblegateway.com>

B. Supported Bible reading resource: [https:// bibleinoneyear.org](https://bibleinoneyear.org)

C. Daily Notes : <https://scriptureunion.org/> ;
<https://www.ucb.co.uk/word-for-today>
<https://shop.christianeducation.org.uk/9781800300019>

D. Bible studies by “book” with supporting DVDs

<https://biblicalframeworks.com/>

E. URC Devotions - full archive - available daily on our website

<https://devotions.urc.org.uk/archive-devotions/>

Ed.

WORLD PRAYER NEWS

Ecuador - South America - Answered prayers in Ecuador

Five-year-old Joel is a faithful listener to Radio HCJB in Quito. He longed to eat oatmeal, a food that was talked about on the radio. His parents could not buy it because they did not have money for the extra expense, but his father told him that if he really wanted to eat that type of cereal, he should ask God. One day, an HCJB radio producer arrived with food from her church for people who barely have enough to eat due to the impact of Covid-19. Joel's family received a food kit containing four packets of oatmeal. When Joel opened the box, with amazement and joy he told his father: "I asked God for one packet, but He gave me four!" So many Ecuadorians are struggling through this pandemic, having lost loved ones and livelihoods. Pray that the hope they experience through Radio HCJB will draw them closer to Christ. *(Reach Beyond)*

Central Asia - New Testament in Central Asia

Rejoice that the Irata translation team of Central Asia are able to proceed to typesetting the New Testament. Pray they'll receive permission to print the books within the country as this would greatly accelerate distribution. If they don't get permission to print in the country, pray that the government will allow them to import the books once they are printed. A number of Old Testament books are currently available to the Irata people digitally. Pray these books change lives. Praise God that five local translators are receiving training to be exegetical advisers, who will ensure faithfulness to the biblical text for this and other translation projects. Pray that they will quickly process all they are learning and for ongoing support from the local church. Permission for the translation team to operate legally in the country depends on church support. *(Wycliffe Bible Translators)*

Central and Eastern Europe - Prayer room

Will you pray for our ministry in Central and Eastern Europe? *Josiah Venture* is part of a movement of God among the youth of Central and Eastern Europe that finds its home in the local church and transforms society. We offer a prayer room for you to take time to pray for 15 minutes, an hour or more for our missionaries, and ministry. <https://pray.josiahventure.com/>

above with permission of - www.globalconnections.org.uk

Dear All

At the last Steering Group meeting we reflected on the need for a more pastoral "Lent study". With this in mind I would like to offer the Wellbeing journey over 4 weeks.

Unfortunately I don't have enough evenings free to lead the sessions, therefore I am inviting you to join in on 4 Tuesday's in March to come and have your tea while discussing the following topics at 5-6pm.

2nd March: The Wellbeing Mindset

9th March: Emotional Wellbeing

16th March: Spiritual Wellbeing

23rd March: Relational Wellbeing

Discussions with Psychologist, doctors, ordinary people, folk in break out rooms and reflecting on the Bible will all be part of the Wellbeing Journey. To learn to know more about it. Please watch the introduction video at the following link

https://hopetogether.org.uk/Groups/350558/The_Wellbeing_Journey.aspx

Please let me know by the 20th February if you would like to join in. Please circulate this email to the rest of your congregation.

E-mail : Daleen.TenCate@nwsynod.org.uk

Looking forward to hear from you soon.

Blessings

Daleen



POETRY PAGE

SUNRISE.....

Only once have I seen a sunrise
As it gloriously soared from the sea.
The sky lit with flame, it seemed
there was majesty there just for me.



My baby had woken me early,
I gazed from the window that day,
My chance to see such splendour,
Dawn on that last day of May.



I've seen a great number of sunsets,
Viewed from Britain's lovely north-west,
The hues of red, orange, gold.
Each trying to outshine the rest.



These sights are best viewed from a shoreline,
To witness the sun come to birth,
Then watch as it sinks
to rise splendid on new parts of earth.

In my life I've seen scores of rainbows,
God's gift of that seven hued bow,
His promise of life and renewal,
Future hope on mankind He'd bestow.



Hylde Hurst



CARTOON

With permission Tim Walburg



"He just learned how to shake."

"DEAR AUNT MARTHA"-REPLIES FROM A CHURCH AGONY AUNT?!

(To ensure confidentiality, Aunt Martha will only reply to your letters, never reprint them.)

Please do not offend her delicate nature with indelicate language.)

Dear Curate -

Yes I do sympathise, maybe your church warden is being a little heavy handed but you must remember he is of an earlier generation and I must admit that having a house warming party in the church is a little unusual. Re the matter of the communion wine - I can quite understand the difficulty of getting to the off licence when you ran out of drink, but you should have made sure there was enough left for communion next day instead of substituting black currant squash. Now, that little matter of the church bells, this is where I think the parishioners are being a bit hard on you, I really do think they should have believed you when you said that you thought you were locked in and needed to summon help, though I can also understand how they felt being woken at three o'clock Sunday morning. I think the best angle you can take with the Bishop is that it was the best attendance at church for nearly twenty years and it was a pity the vicar didn't get up and take an early service.

with permission - Parish Window

WORDSEARCH - WORLD MUSICAL INSTRUMENTS A - C

O	A	C	A	L	L	I	O	P	E	C	J	X	W	M
E	U	R	V	A	A	R	P	E	G	G	I	O	N	E
Q	T	F	B	A	G	C	C	Q	N	I	Y	K	I	C
M	O	O	U	A	J	I	C	H	E	Q	O	W	Z	E
C	H	S	X	J	R	A	D	O	A	T	M	U	Z	L
A	A	E	M	G	Z	Y	E	I	R	R	E	C	E	E
S	R	Q	Q	B	I	I	T	N	G	D	A	J	C	S
T	P	H	C	A	E	E	H	O	G	B	I	N	M	T
A	P	B	W	L	S	Z	X	B	N	N	O	N	G	A
N	N	A	X	A	D	O	V	Y	A	J	W	F	A	O
E	L	B	A	L	B	Z	G	G	H	N	Y	E	V	I
T	F	A	T	A	R	Q	T	E	L	A	J	E	C	M
S	N	R	J	I	L	Q	F	A	C	U	K	O	Y	N
X	V	A	B	K	C	F	B	A	R	B	A	T	A	F
H	Y	K	O	A	D	C	A	R	I	L	L	O	N	O

Accordina	Arpeggione	Balalaika	Baryton	Castanets
Agidigbo	Autoharp	Banjo	Calliope	Celesta
Ajaeng	Babarak	Barbat	Carillon	Charango

Words may be Horizontal, Vertical, Diagonal. Back to Front - Ed.
For solution contact Ed.

CONTACT

Dear Reader

“Contact” is being published as usual on our Website (minus any personal/pastoral information advised as not for general publication. See www.penworthamurc.org.uk/)

If you have anything you would like to contribute to “Contact” it will be most welcome. Send by e-mail to purcmagweb@talktalk.net or a text to 07538976140 or call Alan Edward on 01772740129 or deliver to 27 Hazel Close

Many thanks to those who are contributing.
Next submission date will be 21 February
Next issue will be 28 February

HISTORIC FEBRUARY

1301 King Edward 1 of England's son becomes the first Prince of Wales.

1659 The first cheque in settlement of a debt was used in Britain

1797 *The first One Pound Note was produced by the Bank of England.*

1897 The Women's Institute was founded

1926 In Wales, Malcolm Campbell set a new world land speed record of 174mph.

1958 Parking meters appeared in the London district of Mayfair.

1964 The Ed Sullivan Show was tuned into by 73 million Americans to watch "The Beatles"

1971 Decimalisation came to Britain

1975 *Margaret Thatcher becomes the first woman to lead the Conservative Party.*

PURC CHURCH WEBSITE

Whilst there has been little activity in our buildings due to Covid19, if you have access to a computer, your church website still aims to maintain links to useful information to keep you in touch with the URC and beyond. On the website you will find:

1. An online copy of this "Contact" magazine
2. The Main Menu (White on Blue) at the top of the 'Home Page' has links to the URC Sunday Services and Devotions as well as back copies of "Contact" magazine, PURC picture galleries, sermons etc.
3. A list of links on the right of the 'Home Page' will take you to the websites/newsletters of the URC, the URC NW Synod, Partnership Churches and other organisations we have connections with, including Penwortham Town Council's information.

If you have any suggestions for improving the Website feel free to Contact Alan Edward - see contact details on Page 10.



