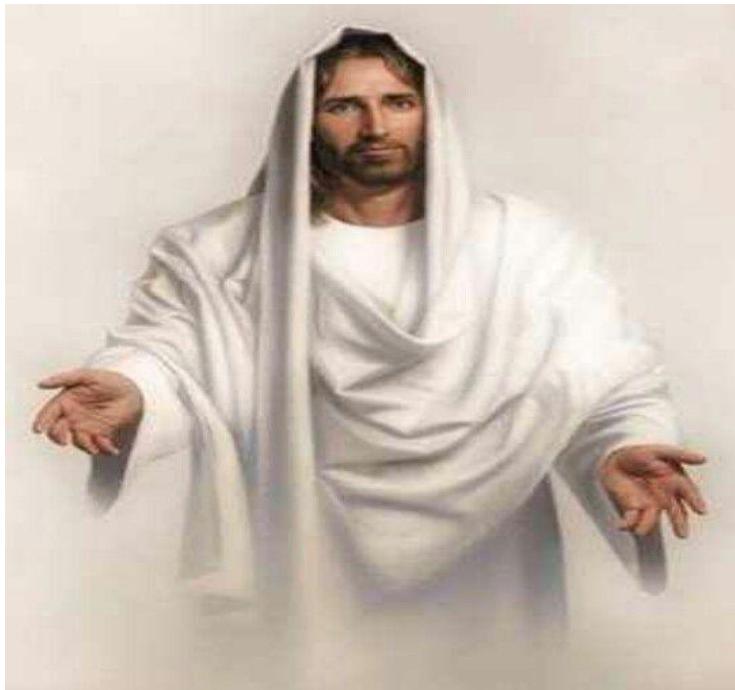


ST. WILFRID'S & ST. MICHAEL'S

Meeting Needs, Bringing Hope, Sharing Love



FEBRUARY NEWSLETTER 2019

**COME TO ME ALL YOU WHO ARE HEAVY LANDED AND I WILL REFRESH
YOU**

Rev: John Langlands 02476.675236

Church Warden Dave Baldwin 01676.542441

Church Warden John Cox 02476.394802

Deputy Church Warden Vic Murray

Rev John's Jottings

ground?!

Are you standing on solid

When you live in a village in the English countryside there's always something missing that you will always find in a large town or city – it's skyscrapers. Have you noticed there is often much rivalry around the world to build the tallest skyscraper. Many people these days enjoy visiting cities that have some of the highest ones in the world, for example in New York, Hong Kong or Dubai. It must be admitted, they are an incredible feat of humankind's ability to design, engineer and construct such monumental structures, often against difficult climatic and natural conditions. They must rank as one of the greatest wonders of the modern world. A skyscraper reminds me of the story of a tall building that started to have cracks appearing on the outside. The owners immediately got some engineers and other experts to find out what the problem was. For a month, the senior executive of the building came in every day to see if any progress was being made. He wondered what the experts were doing as they never seemed to be visibly working on the cracks. In exasperation he got his maintenance director to report on where they were. A message came back to say that the experts were working down in the lowest basement because that is where the problem lay - not with what could be seen but with the foundations! In the Bible we can read about a parable Jesus told of a wise and foolish man. The story ended with Jesus saying, 'The foolish man built his house upon the sand, the wise man built his house upon a rock. When the storms came, the house on the sand collapsed.' This is a sober thought when we consider the state of the world and our nation today with the economic, political and social turmoil at this time of history. What about your own life? As individuals, what is the foundation of your lives built upon? When storms or trouble comes, do cracks start appearing? Or is your life built on The Solid Rock which the Bible speaks of in Psalm 46?

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way. Nations are in uproar, kingdoms fall;

Without strong spiritual foundations we may well be walking on sand. Don't be fooled by what you see on the outside – no matter how wonderful it may look.

With best wishes

Rev John

Quiet Corner:

There is a real danger of Overlooking a very important day... today,
For this is the place and the time for living.

Let us live each day abundantly and beautifully while it is here.

Always hold fast to the present. Every situation, indeed every moment
is of infinite value, for it is the representative of a whole eternity.

Even if something is left undone, everyone must take time to sit still
and watch the leaves turn.

Suppose we went at a slow enough pace..., play with children, look
openly, without agenda or timetable into the faces of loved
ones... Suppose we took time each day to sit in silence, I think if we did
those things, the world wouldn't need much saving.

Write it on your heart that every day is the best day in the year.
Look to this day! For it is life, the very life of life. In its brief course
lie all the varieties and realities of your existence: the bliss of
growth, the glory of action, the splendour of beauty. For yesterday is
already a dream, and tomorrow is only a vision - but today, well lived,
makes every yesterday a dream of happiness, and every tomorrow a
vision of hope. Look well, therefore to this day! Such is the salutation
of the dawn. Take time to be friendly - it is the road to happiness.
Take time to dream - It is hitching your wagon to a star. Take time to look around - it is too short a day to be selfish. Take time to laugh - it
is the music of the soul.

In the bustle of life. In the pressure of decisions, peace has become a
luxury. Take it when it comes, and cherish it. It gives you the time to
breathe. It gives you rest and hope and life.

Stop for a moment during the day and let the sun bathe your face.
Take a second or two to listen to the music of the laughter of children
as they play. Go to a river bank and listen to the sound of the water,
the chirping birds, the blowing of the wind. It is the world around you
that speaks to you, that will inspire you. If you listen hard enough, you
will find the voice within yourself, and the ability and the power to
make a difference.

Church Events For February 2019

4th Sunday after

Sunday	3	Epiphany White	St Wilfrid's Family Service 9:00am St Michaels Holy Comm:10.30
Monday	4		Monday group 7:30pm

Thursday	7		Healing service 7:15pm St. Wilfrid's0
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5th Sunday after

Sunday	10	Epiphany Green	St Wilfrid's Holy Communion 9:00am St Michaels Children's Service 10.30
Monday	11		Monday group 7:30pm

Wednesday	13		Safeguarding training C! Ansley Annexe 1:30pm to 4:30pm PCC Meeting 7:00pm Barn
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6th Sunday after

Sunday	17	Epiphany Green	St Wilfrid's Family Service 9:00am St Michaels Holy Communion b extension 10:30am
Monday	18		Monday group 7:30pm
Tuesday	19		Dining club 5:30pm
Thursday	21		Ansley Children's Holiday club 10:00am to 11:30am Ansley Ha

7th Sunday after

Sunday	24	Epiphany Green	St Wilfrid's Holy Communion 9:00am St Michaels Children's Service 10.30am
Monday	25		Monday group 7:30pm
Tuesday	26		St Johns after school club 3:45pm
Thursday	28		St Michaels Worship plus 7:30pm Thursday Group

The Ministry of Refreshment:

Stored in a safe place at the Library of Congress is a small blue box. The label reads: "Contents of the President's pockets on the night of April 14, 1865." As you probably know, that was the fateful night on which President Abraham Lincoln was assassinated. The box contains five things: (1) A handkerchief embroidered "A. Lincoln"; (2) A country boy's pen knife; (3) A spectacles case repaired with string; (4) A purse containing a \$5 bill—in Confederate money! (5) Some old and worn newspaper clippings. The clippings are concerned with the great deeds of Abraham Lincoln. One of them reports a speech by John Bright, a British statesman, saying that Abraham Lincoln is one of the greatest men of all time. That is not news for us who live over a century later. We all know that Lincoln was a great man. But in 1865, the jury was still out. The nation was divided and Lincoln had fierce critics on both sides as he made decisions that he hoped would restore the Union. Remember, Lincoln hadn't read the history books on himself! There is something poignantly pathetic about picturing this lonely figure in the Oval Office reaching into his pocket and spreading out these newspaper clippings as he re-read the encouraging words of a man who believed that Lincoln was a great man. It gave him the courage and strength to go on. People, especially leaders, need encouragement! (From an article by Charles Swindoll in the newsletter of the First Evangelical Free Church, Fullerton.)

Shift the scene from the Oval Office of Abraham Lincoln to a dungeon in Rome. It is dark and cold. A dim ray of light filters in through the opening at the top. Inside sits an aged, weathered little Jewish man, chained to a guard. It is Paul of Tarsus awaiting execution. Keep in mind that Paul didn't know that his life and teachings would radically change the course of world history. All he knew was that the end was near and that many of those whom he had loved and taught were abandoning him like sailors jumping off a sinking ship. Suddenly, there was a noise above as the guard opened the hatch to his cell. The old man squinted into the light, but couldn't see who was climbing down the ladder to visit him. But he recognized the friendly voice, "Paul, Paul, I've found you at last!"

"Onesiphorus! Is that you, my good friend?" The two men embraced warmly in spite of the stench of the prisoner and his squalid cell. Then Onesiphorus, whose name means "bringing help or profit," opened his bag and gave Paul fresh bread, fruit, cheese, and wine. He stayed a long time and he came back often, bringing good news of the progress of the gospel across the Roman Empire. Each time he came, Paul was refreshed in body and spirit. Onesiphorus could have thought, "Paul is strong. After all, he's the great apostle, who has suffered often. This isn't his first time in prison. Who am I to try to minister to someone like him?" But the reality is that everyone needs the ministry of refreshment at times. Even the Lord Jesus, in His hour of agony in Gethsemane, took His three closest disciples with Him and asked them to watch and pray with Him there. If Christ needed it and if Paul needed it, then we all need it. That means that we all need to look for those in need of refreshment and minister to them.

God has called us all to the ministry of refreshment.

Love in Haydn's Creation:

February brings us the nastiest weather of the year. On the other hand, it also brings us Valentine's Day, and an opportunity to reflect on the wonder and joy of human love, which - as Genesis tells us - was created at the dawn of the world:

*So God created man in his own image,
in the image of God created he him;
male and female created he them.
And God blessed them. (Genesis 1:27-28 RSV)*

In the magnificent duet from Haydn's *Creation*, Adam and Eve express their delight in each other and enumerate the splendours of the newly created world around them. Reflecting on his work in composing *The Creation*, Haydn once wrote, "Often, when I was struggling with all kinds of obstacles ... a secret voice whispered to me: 'There are so few happy and contented people in this world; sorrow and grief follow them everywhere; perhaps your labour will become a source from which the careworn will for a while derive peace and refreshment.'"

Those of us feeling exhausted by the prospect of more snow should draw refreshment from this joyful ode to love and life. The libretto of *The Creation* is the work of a number of poets, and includes sections based on Genesis, Psalms, and Milton's *Paradise Lost*. Originally written in English, Haydn worked from a German translation when composing, and it is most often sung in that language.

FREE FROM FEB - BANANA LOAF RECIPE:)(12 SLICES)

Ingredients:

70g self raising flour
70g wholemeal flour
250g ripe bananas, mashed (roughly 3)
70g unsalted butter, melted
70g sultanas. 2 tsp ground cinnamon
1 tsp vanilla extract
2 tsp baking powder. 2 eggs
1 tbsp milk

Method:

Preheat oven to 180oc/gas 4. Grease and line a 500g loaf tin. Place the mashed banana, eggs, milk, melted butter and vanilla in a mixing bowl. Whisk together then fold in the self raising and wholemeal flour, cinnamon, baking powder, and finally the sultanas. Use to fill the loaf tin, smoothing the top. Bake for roughly 40 minutes until cooked through, to check insert a skewer and if it comes out clean then the loaf is ready.

Leave to cool on a wire rack before serving or top as is or with maple mascarpone frosting if liked.

Maple mascarpone frosting:

Ingredients:

100g mascarpone or cream cheese
45g butter
2 tbsp maple syrup

Method:

Blend the mascarpone or cream cheese with the butter and maple syrup. Spoon over the top of the banana bread and swirl decoratively with a spoon or palette knife. Sprinkle with a little extra cinnamon if liked. Use to decorate the banana bread.

*As part of sugar-free week, we're sharing recipes that don't contain refined or processed sugar. However, we're not avoiding fruits or natural sugar.

REFRESHING PRESENCE

Putting On A Heart of Patience

Be patient, Brethren, until the coming of the Lord. See how the farmer waits for the precious fruit of the earth, waiting patiently for it until it receives the early and latter rain. You also be patient. Establish your hearts, for the coming of the Lord is at hand. (James 5: 7-8)

I know there are a lot of jokes made about patience(Patience is the ability to count to ten before blasting off) ('I need patience – and I need it *now*', but when you're the one who is forced to wait while you suffer – or suffer while you wait – it's no laughing matter, But, my friend, as the verse above says, we need to wait patiently on the Lord.

To illustrate this point, James presents a farmer. Even if some of us don't get closer to a farm than the produce stand at a local market, we can take a look at the many ways a farmer has to employ patience. He plants his crops...then waits for the providence of God to provide the necessary rain. Finally, the early rains fall and the late rains of the Spring come. When we are suffering we too have to wait patiently until the coming of the Lord. How are you at waiting?

Is there something God is asking you to be patient about right now? The hope we derive from the promise of Jesus' coming helps us to wait patiently. When He arrives, He will set everything in order. He will make things right. He will correct all abuses. He will bring deliverance from our suffering. Let the certainty of the Lord's return encourage your heart as you endure hard times, moments that seem endless, and the unknowns of tomorrow.

Where is your gaze fixed? Downward...on the suffering you must endure? Or upward...in the direction from which Jesus will come? Or do you seldom think about it? Your patience will be helped when you look forward to the promise of His return. You and I live with 'what is', but we have the promise of 'what is to be'. And in between is the waiting time, so you can fret, worry and pace..or you can put on a heart of patience(Colossians 3:12) Which will it be? I pray you will choose to do what God says! Be still and know that I am God.

Lord, I'm making the decision to be still and to trust in Your promises. Today is hard, but I will wait for the rain of Your love to fall upon me. I will wait with hope for your grace to show me the way You want me to go,. Amen.

(Peace starts with a smile)

A Positive, Faith-filled Outlook:

It happens so easily, before you know it, you become negative in your attitude, it can affect what you say and think. Words are like clouds or sunshine; they create a climate. You say, 'But I only say these things because I'm so worried'. Then read this: 'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds'. You rise above anxiety by giving thanks, not by complaining. Never let your level of thanksgiving be determined by your situation, because God is greater than any situation you face. So how can you overcome your inclination to be negative, and instead develop a positive, faith-filled outlook? 1) Abraham Lincoln told the truth when he said, 'Most folks are as happy as they make up their mind to be'. Refuse to spend another moment criticising and complaining. 2) Start now, change doesn't come easily, but unless you make a start it won't come at all.

Try to be more aware of what you say. Catch yourself in the act!

When your first few sentences are negative, self-correct and steer the conversation back towards what's positive. Resolve that from now on if you can't say anything helpful, you'll refrain from saying anything at all. 3) Look for what's good. 'Whatever is true...noble...right...pure...lovely ...admirable ... think about such things' (Philippians 4:8) Make this your prayer: 'Lord, give me a positive, faith-filled outlook.'

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One day in 1932, pianist, singer, and songwriter Thomas Dorsey left his pregnant wife Nettie at home while he drove to Chicago to sing at a revival meeting. All went well. At the end of the performance he received tragic news his wife had died in childbirth and a few hours later his baby died. Filled with grief, Dorsey sought answers. A few days after Nettie's death he sat down at the piano, finally sensing God's closeness he began a new song-'Precious Lord, take my hand, lead me on, let me stand'. If a problem or grief is too big for you to handle alone. Put your hand in the Lord's. Let the 'God of all comfort'. Lead you home. x

My Love Letter To God

Dear God,

I am thankful for your love because _____.

I love you because _____.

Your love makes me _____.

Because you love me I will _____.

Yours truly,

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Children's Colouring Page:



JESUS' BAPTISM

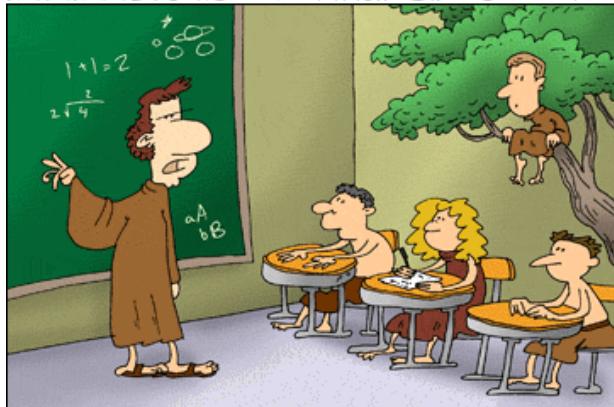
History of Candlemas

The celebration of Candlemas originated in the late fifth century as a tribute to the light of God's glory that was manifested in Christ Jesus. The earliest known observance within the Church was in the year AD 496, during the time of Pope Gelasius. In AD 542 the Emperor Justinian ordained that the Eastern Church celebrate the festival, which he called *Hypapante*, or "Meeting". The name was derived from the Gospel of Luke 2:22-40, wherein Simeon the priest and Anna the prophetess met the infant Jesus in the temple at the time of his consecration. Simeon's prophecy declared Jesus to be the Lord's salvation and "a light for revelation to the Gentiles and for glory to your people Israel." This passage continues to be the focus of the celebration. During Candlemas, candles are blessed, lit, and borne in a procession in celebration to Jesus being the light of the world. In AD 638, Sophronius, Patriarch of Jerusalem, proclaimed the importance of the celebration in his sermon to the church, stating: "Our bright shining candles are a sign of divine splendour of the one who comes to expel the dark shadows of evil and to make the whole universe radiant with the brilliance of his eternal light. Our candles also show how bright our souls should be when we go to meet Christ." The candles are generally considered to represent the inner light of Christ, which he brought to share with the world. The timing for Candlemas is also in accordance with the Mosaic Law, which required that a woman should purify herself for forty days after giving birth, and, at the end of her purification, should present herself to the priest at the temple and offer a sacrifice (Leviticus 12:6-7). The date of February 2nd places the celebration forty days after Christmas and continues the religious cycle that leads up to Easter Sunday. Additionally, it is also the mid-point between the Winter Solstice and the Spring Equinox, which is the basis for various ancient European celebrations that commemorate the annual beginnings of the agricultural season.

For the Church, however, Candlemas remains a day of hope and light. It is a time to honour the Lord as the *Light of the World* and to remind us that we too have that light within us.

Little Quips:

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(See Luke 19:1-10)

11-28-2011

YOUNG ZACCHAEUS IN SCHOOL



Just in case you forgot.....

If God had a refrigerator, your picture would be on it.

If God had a wallet, your photo would be in it.

He sends you flowers every spring and a sunrise every morning.

When you want to talk He will listen

He could live anywhere in the universe and He chose Your heart!

Eagles:

Around this time of year we usually get a reminder about 'Spring watch'. We decide when we can spend some time to watch the birds that grace our garden and make a note of our visitors, which gives us a lot of pleasure. It brought to mind the story about a Mother eagle who builds a comfortable and secure nest for her young, padding it with feathers from her own breast. But one day the mother eagle will disturb the twigs of the nest, making it an uncomfortable place to stay. Then she will pick up a perplexed eaglet, soar into the sky, and drop it. The little bird will begin to free-fall, but Mum's not far away. Quickly she will swoop under and catch the fledgling on one strong wing. She will repeat this exercise until each eaglet is capable of flying on its own. Are you afraid of free-falling, unsure of where or how hard you will land? Remember, God will spread His everlasting arms beneath you. He will also teach you something new and wonderful through it. Falling into God's arms is nothing to be afraid of.

God's love does not keep us from trials but sees us through them.

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On the back of a wedding anniversary card we received some wiggly lines drawn by our young grandson. Alongside was a note from his mum explaining that Trevor told her what he had written: 'I'm writing a letter for your love and happy adversity'.

Trevor's 'mistake' has become our watchword, because it embodies the biblical principle of facing difficulties with joy. Affliction does not come as a thief to steal our happiness, but as a friend bringing the gift of staying power. Through it all, God promises us His wisdom and strength, so don't be offended if I wish you 'Happy Adversity' today.

Life's burdens are designed not to break us but bend us toward God.

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He gives power to the weak, and to those who have no might He increases strength. (Isaiah 40:29)

God always gives enough strength for the next step.

Love One another

My command is this: Love each other as I have loved you. John 15:12 (NIV)

Based on John 15:9-17 (NIV)



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

FRIENDS

DOWN

LAY

SERVANTS

OBEY

BUSINESS

FATHER

GREATER

LOVE

BEAR

LIFE

COMMAND

FRUIT

MASTER

REMAIN

CHOSE

Psalms 16:11:

You will show me the way of life, granting me the joy of Your presence and the pleasures of living with You forever. Do you find it difficult to set aside the time to be in God's presence? The enemy fights us so that we don't invest more of our time in the Lord's presence. Imagine for a moment what a plant that is dependent on sunlight would look like if it never got to soak up the sun's rays. Just as a plant grows because of the nutrients from the sun, Christians also thrive when we take the time to be in God's presence.

As we delight ourselves in His presence and worship Him, He opens our hearts up to receiving understanding. Just as plants respond to sunlight, our body, mind, and spirit respond to being in His presence. If this seems a little strange to you, let me remind you about the teaching of Jesus in John 15. He tells us that we are the branches and He is the Vine. If we abide in Him and He abides in us, we will begin to bear fruit. Further, Jesus tells us that when we abide in Him and His Words abide in our hearts, we can ask whatever we desire and it shall be done for us.

Now we can better understand why the adversary of our soul doesn't want us to take the time needed to refresh our souls in God's presence. Being in His presence releases the blessings and power of spiritual life into our souls, which causes us to flourish in the natural realm. Jesus said that we will bring glory to the Father through the fruit that we bear, and we will be His disciples, indeed. If, as a Christian, you're not accustomed to taking the time to get alone in the presence of God and worship Him regularly, I challenge you to begin today. Set aside a part of your day to be with the Lord and receive refreshment from Him. After a while (be consistent), you will begin to see the results in your life. Your time and energy level will be blessed, and you will be able to accomplish more things. The benefits are limitless. In order to track the progress of your investment of time, I suggest you begin to keep a record (every day) of the blessings you receive. At the end of one month, take the journal, look back over what He has done for you and through you, and you will see how the Lord's presence has increased favour and grace in your life. You'll discover that God's presence yields high dividends, and you really didn't have to do all that you thought you had to do. Other than the natural blessings that you will receive, there's one more added benefit to you taking the time to be in God's presence: you will become a stronger believer in your walk of faith, and others will recognise that by your countenance.

Parish Electoral Roll

Notices have been posted at both St Wilfrid's and St Michael's with reference to the compiling a new Parish register as the last one is coming to the end of its validity. This process has to be undertaken to ensure that the current one is accurate, so any one can apply to be entered on to the register even if you are on the current one you will need to fill in a application form the church has a 2 month window from the date the notice is displayed.

Being on the register entitles you to vote in the fourth coming Annual Parish Council Meeting when officers of the church are elected below is a list of those who are currently in office. P.C.C Members are elected to serve for three years, Churchwardens are elected to serve for 1 year, all candidates need to be nominated and seconded by someone who is on the church register which explains the importance of applying to be on the parish register.

IT IS MOST IMPORTANT THAT IF YOU NOMINATE SOMEONE YOU MUST GET THEIR APPROVAL

I've copied this from the 2018 minutes.

2016 – 2019: Peggy Baldwin, Annette Haywood, Alison Winfield.

2017 – 2020: Vic Murray, Denise Whittle, vacancy.

2018 – 2021: Jan Steane, Darren Oxford, vacancy.

Deanery Synod Rep - Simon Mellalieu
Churchwardens - John Cox, Dave Baldwin
Vicar: Rev. John Langlands

The P.C.C members elected 2016-2019 will stand down so will be need to be nominated if they are willing to stand again. We are at present running with 2 vacancies that are needed to be filled one is for one year the other is for two. Thanks to those who have already filled in forms, it is important to fill in application forms if you wish to have a say in the running of the parish.

APPLICATION FORMS ARE AVAILABLE AT BOTH CHURCHES OR FROM MEMBERS OF THE PAROCHIAL CHURCH COUNCIL

On the Power of Prayer:

There's a lady I know in the Outer Hebrides, who has dedicated herself to praying intensively for refugees all over the world, escaping from hunger or violence, or both. She lives an ordinary, indeed a hidden life. When I asked her about it, she simply said that it was her job. As I left her, she reminded me that if I was going to speak about her work, I must not use her name. whether or not her prayer is of much use, is not the point.

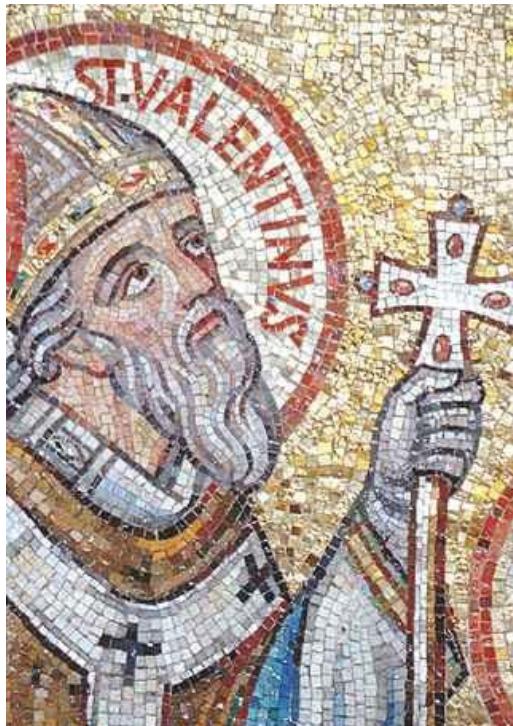
At the end of her novel Middlemarch, in praise of ordinary and maybe insignificant people, George Eliot refers to them as: 'the number who lived faithfully a hidden life, and rest in unvisited tombs'.

Thomas Merton, a monk and writer on prayer, wrote an imaginary story of twelve seemingly ordinary people, who don't know each other. Each in their hidden lives holds their arms up, as if they were pillars stopping the world from collapsing, I like to think of them as incognito saints...

Well, someone reading this right now may be one of them and, through prayer, may be stopping the world from falling apart.

Most of us are ordinary and today will come nowhere near an important person, never mind, be one. The paradox is that the ordinary, hidden people among us perhaps have a huge responsibility. You and I might as well pray, and who knows what the effect might be.

God of unnoticed loving, Your Presence in those who pray in secret for others is essential for creation and for the world's survival. Although their tombs may go unvisited, we thank you for their hidden lives which, somehow, have touched and inspired us to join their loving of others. Amen



History of Saint Valentine's Day

Under the rule of Emperor Claudius II Rome was involved in many bloody and unpopular campaigns. Claudius the Cruel was having a difficult time getting soldiers to join his military leagues. He believed that the reason was that roman men did not want to leave their loves or families. As a result, Claudius cancelled all marriages and engagements in Rome. The good Saint Valentine was a priest at Rome in the days of Claudius II. He and Saint Marius aided the Christian martyrs and secretly married couples, and for this kind deed Saint Valentine was apprehended and dragged before the Prefect of Rome, who condemned him to be beaten to death with clubs and to have his head cut off. He suffered martyrdom on the 14th day of February, about the year 270.



Famous Quotes:

To see a world in a Grain of Sand, And Heaven in a Wild Flower, Hold infinity in the palm of your hand and Eternity in an hour. (William Blake)

What is this life if, full of care, we have no time to stand and stare...
No time to turn at beauty's glance, And watch her feet, how they can dance...(William H Davies)

Faith is to believe what we do not see, and the reward of this faith is to see what we believe. (St. Augustine).

Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength. (Charles Spurgeon.)

I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else. (C.S Lewis.)

I've read the last page of the Bible. It's all going to turn out alright.
(Billy Graham.)

This is the day the Lord had made: Let us rejoice and be glad in it.
(Psalm 118. V24).

A merry Heart doeth good like a medicine: but a broken spirit drieth the bones. (Proverbs 17:22)

When one door closes, another one opens; but we often look so long and so regretfully upon the closed door, that we do not see the one that has opened for us. (Alexander Graham Bell).

Kindness is a language the dumb can speak and the deaf can hear and understand. (Christian Nestel Bovee)

If you Listen

Stop for a moment during the day and let the sun bathe your face. Take a second or two to listen to the music of the laughter of your children or grandchildren as they play. Go to a river bank and listen to the sound of the water, the chirping birds, the blowing of the wind. It is the world around you that speaks to you, that will inspire you. If you listen hard enough, you will find the voice within yourself, and the ability and the power to make a difference. There is so much in the world for us all if we only have the eyes to see it, and the heart to love it, and the hand to gather it to ourselves. I have found such joy in things that fill my quiet days - a curtain's blowing grace, a growing plant upon a windowsill. A fresh cut Rose placed within a vase, a table cleared, a lamp beside a chair, and books I long have loved beside me.

It's strange what we inherit from our parents - height, eye colour, passion for classic cars. Some say, hard as we try, in the end we all turn into our mothers. I find myself tuning into the same radio programmes, worrying about the weather, complaining about the price of petrol. I've even got her hands. When I was a little girl I was fascinated by Mum's hands - the creases on her knuckles and palms, the softness of her pale, freckly skin- and best of all, the grey blue mounds of the raised veins on the backs of her hands. And now perfect replicas are sitting on the ends of my arms. Whatever happens, I'll always carry that piece of her with me - and, though they're not supermodel hands, that's really special to me. Christians often talk about God as 'our Father'. They believe that every single human being holds within them a little of the DNA of God. And that life is about trying to grow into this inheritance - to be a bit more like Jesus, day by day. For me it's all about hands. Jesus said, 'My Mother and brothers are those who hear the word of God and do it'. I think this is what brings to life the God blood running through our veins.

Praying each day during February

(Jesus hears even the faintest cry for help)

1	Lord we give thanks for Rev John and Frances. Give them strength and guidance as they work to serve You in our Churches.
2	We give thanks for our families, friends and neighbours
3	Help us to reach out and guide us to those who are in need
4	Help us to focus Lord on You, so we may walk in your footsteps
5	Help us all to serve side by side with others to bring you glory
6	Father thank you for making us in your image.
7	Lord give us courage to face the things affecting our relationships
8	Loving God we thank you that you walk beside us each day
9	Father God bless us with your grace and patience in our lives
10	Jesus longs for our fellowship even more than we long for His.
11	Lord, make your face to shine upon each and every one of us
12	This is the day the Lord has made we will rejoice and be glad in it
13	Listen to the Word of God for it is living and powerful
14	Thank you Lord for giving us the strength to face tomorrow
15	Welcoming God into our hearts is the way to find true healing
16	Remembering all residents in Meadow Croft. Stewart Crt. Rowland Ct
17	Pray today, and ask the Lord to bless those in hospital and hospices
18	Tough times teach trust - thank you for walking alongside us
19	God Bless all those who mourn - Lord bring them peace and hope
20	Dear Lord - we thank you for the precious gift of laughter
21	We give thanks and pray for those in care and their carers
22	Pray and ask for healing for all who are sick in body, mind or spirit
23	Come to me all who are heavy laden and I will refresh you
24	Our Father knows the things you need before you ask Him
25	It's always darkest before the dawn - just have faith in Him
26	Praying for the homeless - may they be found somewhere to live
27	Thank you Lord for our Church Family and the support they give us
28	Lord may our Churches of St. Wilfrid's & St. Michael's become the centre of our village communities

To make you smile....

Arnold and Betty were cleaning out the attic one day when he came across a ticket from the local cobblers. The date stamp on the ticket showed it was over 11 years old. They both laughed and tried to remember which of them might have forgotten to pick up a pair of shoes over a decade ago. 'Do you think the shoes will still be in the shop' Arnold asked. 'Not very likely', Betty said.

'It's worth a try', Arnold said, pocketing the ticket. He went downstairs, hopped into his car and drove to the cobblers. With a straight face, he handed the ticket to the man behind the counter. With a face just as straight, the man said, 'Just a minute I'll have to look for these'. He disappeared out the back, two minutes later the man called out, 'Here they are!'. 'No kidding?' Arnold called back, 'that's terrific!', who would have thought they'd still be here after all this time! The man came back to the counter empty handed. 'They'll be ready on Thursday'

he said calmly.....

A 4year old boy was asked to give thanks before the family tucked into their Sunday lunch. The family members bowed their heads in expectation. He began his prayer, thanked God for his friends naming them one by one, then Mummy & Daddy, Grandma and Grandpa and Aunt and Uncle. He gave thanks for the roast meat. The stuffing, the gravy, the vegetables. Yorkshire puddings. Apple pie and custard. Then he paused - as everyone waited the young boy asked his Mum, 'If I thank God for the sprouts, won't he know I'm lying?'

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There are 2 key principles for the compassionate person-giving and forgiving.

Days	Venue	Contact No.'s
Monday Group	Old Barn 7:30/Dave	02476. 346757
Thursday Group	Old Barn 7:15/John	02476. 394802

Services in February 2019

Date	St. Wilfrid's	St. Michael's
Feb 3 rd	Family Worship 9am	Holy Communion 10.30am
Feb 7th	Healing service 7.15 pm	-----
Feb 10th	Holy Communion 9.00am And Healing	Children's Service 10.30am
17 th Feb	Family Service 9.00am Children' s Sunday school	Holy Communion by extension 10.30am
24 th Feb	Holy Communion 9.00am	Youth Alpha 10.30am
26 th Feb	-----	Tuesday Worship plus 7.30pm

Testimonies, stories Or memories from years ago – we would love to hear from you. Please contact Maureen or John on 02476.394802 or send us an e-mail on strongerhouse@btinternet.com Many thanks.

NB. www.arleycofechurches.org.uk/