

Scapegoat Hill Baptist Church

October Newsletter 2024

	Morning	Afternoon	Evening
Sunday	Morning Service 10.30 am. (Communion on 2nd Sunday each Month) 4th this month.		Evening Services To be Announced
Monday		Ladies Fellowship 2pm-4pm 1st Monday of the Month	Bible Studies-Every two weeks speak to Liz for the Zoom link
Tuesday			Deacons Meeting 2 nd Tuesday in the month or as arranged
Wednesday		Craft & Chat 2 nd & 4 th Wednesdays of the Month. 2.00-4.00 pm	
Thursday			
Friday			
Saturday	Prayer Breakfast 2 nd Saturday in the Month Breakfast 9.00-9.30am Prayer 9.30-10.00 am		

Sunday Flowers	Donated by
6th October	In Loving memory of Brian, Angela Lawrence. 153 rd Church Anniversary.
13 th October	Billy for the Harvest. In loving memory of a dear husband Tony from Sheila,
20th October	In memory of my Amazing Mum Margaret, Sandra, Stephen and Julie.
27th October	Judy & Di
Flower Secretary	Please contact Pauline or Susan to donate flowers 655615

OTHER EVENTS

Visiting Preachers:-6th the 153rd Church Anniversary Chris, 13th Harvest, 20th Simon, 27th Frances communion,

Minister	
Secretary	John Stephenson 655615 07908340697
Treasurer & Assistant	Frances Brown & Chris Garner
Caretaker	Pauline Stephenson 655615
Craft & Chat	Frances Brown 306307
Prayer Breakfast	Frances Brown 306307
Ladies Fellowship	Frances Brown 306307
Prayer Chain—Contacts	Frances Brown 306307 Frances Brown E Mail frankiebrown51@hotmail.co.uk

When was the last time you asked if somebody was okay?

All too often we greet each other with the words, "How are you?" and the usual automatic reply comes hurtling back. "Yes, I'm fine thanks, you?" However, how closely do we really listen to the answer? The person replying or indeed if it's yourself may not be fine at all.

A few years back Roman Kemp, son of Martin Kemp of Spandau Ballet fame (a band from the 1980's) lost his best friend to suicide. This seeming carefree thirty one year old with his whole life ahead couldn't carry the burden of it, and his only way to find peace was to tragically end his life. Roman was left obviously heartbroken at the loss of his friend, he simply had no idea how much he was struggling. The external appearance of someone doesn't always show the hidden turmoil inside, but his death sparked a movement into mental health that continues to this day and to simply ask the question "How are you?" twice.

Prayer is the tool that we as Christians are blessed with at trying to understand the situations that we find ourselves in on a daily basis. It can help us in trying to understand why something has happened to us and give our minds the chance to process our thoughts. Although at first glance prayer sounds easy, it can often be hard to undertake. In school you were told to bow your head, often kneel down and to place your hands together. The main reasons as to why you were instructed to do this however was to stop you fidgeting; it had nothing what so ever to help you communicate clearer with God!

There are practical ways in which to grow your ability to pray. Try setting time aside each day to just sit still and let your mind process thoughts bringing them to God in your own words. Prayer is not about impressive statements or a perfect delivery. Try using a prayer guide or exploring the bible more. Pray with others, you can't imagine how powerful this can be, and finally, try creating a journal where you write down those thoughts. All these things will help you in making your mind healthier.

Prayer is our direct line to the creator of everything. It's a gift we have available to us 24 hours a day, in any place and in every situation; there are no imitations to it at all. The person on the end will always listen, indeed, He longs for you to talk for as long as you want. He will not interrupt, He will not bow His head in anger or frustration, and rest assured, He will remember everything you say.

Our faith isn't an insurance policy to an easier life. It doesn't mean we are immune from hurt, pain or anger but it does mean we are never alone. If you have children or grandchildren the name Albus Dumbledore will mean something to them. He once quoted, "Happiness can be found in the darkest of times, if we only remember to switch on the light". How many people do we know that need that light switching on? As followers of Christ, we are His body on earth. Each one of us has gifts and talents to flick that switch on in someone else's life and to help illuminate the way for them. However our own lack of confidence can often stop us doing just that.

Philippians 4: 6 states **"Do not worry about anything, but pray and ask God for everything you need, always giving thanks."** Jesus walks with us every day. He knows exactly the emotions we live through. He carries us through our pain even though we often don't realise it or choose to remember, and He listens when we are lonely, when sad, or in need of help or guidance. In the happier times, He rejoices with us when we celebrate.

So, the next time you ask someone "How are you?" ask it again a second time, "How are you really?" You may be surprised at the answer you get.

Chris B.