



# WELCOME



to

## Scapegoat Hill Baptist Church

### Sunday 20th October 2024

#### Our Vision

To win the people of Scapegoat Hill and the surrounding areas to Christ and to nurture and develop maturing and witnessing Christians within a growing and loving fellowship, which promotes the values of God's kingdom in our area and beyond.



Today's Service is led by

**Simon Shaw**

Today's Bible Reading is

**Ephesians 4:**

**1-7/15-17/29-32**



If you are a visitor and wish to find out more about our church please just ask the person next to you and they will point you in the right direction

Please feel free to stay seated during the service if you prefer

You are welcome to join us for refreshments which are served downstairs at the end of the service



### GOD IS ALWAYS LISTENING—KEEP ON PRAYING

**SUNDAY**

Residents of Scapegoat Hill / Richard & Joan Abdy

**MONDAY**

Magen David Adom (Israel Ambulance) / Chris Baskerville

**TUESDAY**

Tree of Life Centre / Trevor & Marilyn Briggs

**WEDNESDAY**

Samaritans Purse / Frances Brown

**THURSDAY**

Headway (Brain Injury) / David & Elaine Carter

**FRIDAY**

Residents of Bolster Moor / Arlene Creed

**SATURDAY**

The Deacons / Arthur & Josephine Daker



The prayer corner is at the front righthand side of church  
If you need prayer for any reason please make your way there after the service



This weeks flowers donated by

Sandra Townend

In memory of my amazing mum, Margaret

From Sandra, Stephen and Julia

Contact Pauline or Susan to donate flowers  
655615

## Words for the Month

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.



Wednesday 23rd 2pm to 4pm

Craft and Chat

Wednesday 23rd 6.15pm—7.30pm

ESCAPE

Thursday 24th 6.30pm-7.30pm

Bible Study on Zoom

Thought  
for the week .....

The world is full of kind people  
If you can't find one—BE ONE!

# Contact us

Secretary—John Stephenson— 655615 / 07908 340697

Treasurer—Frances Brown—306307

Caretaker—Pauline Stepheon—655615

Prayer Chain/Craft&Chat/Prayer Breakfast/Ladies Fellowship

Email Frances @ hello@scape.church



[www.scapegoathillbaptistchurch.org](http://www.scapegoathillbaptistchurch.org)



Follow us on Facebook

## Next Weeks Service will be led by

## Frances Brown (Communion)



Located in the Deacons Room—front right of church



Last weeks collection was

**£400.00** donated to Operation Agri

Please pray that these funds can be used wisely in the church and community for the benefit of God's kingdom