



WITHAM URC CHURCH MAGAZINE

June 2023

Our Vision: "To celebrate God and share the love of Jesus."

Pastoral Letter

Dear Friends,

We have all read the bible and probably viewed the events taking place against the countryside that we know. A stable being on a dairy farm in the Cotswolds. A dark valley being in the lowlands in Snowdonia, or the lake district. With the events in the bible being in a land that many of us have never visited, it is hard to see these events in their true circumstances.

Visiting Cairo allowed us to recall the story of Joseph being sold into slavery in Egypt and Moses in a basket on the Nile. It was hard to imagine a baby in a reed basket as we travelled along the Nile, with built up hotels and apartments lining the banks. Away from the immediate impact of the river and its life-giving water, the dryness and barrenness of the landscape. A place with little “green” and much rock, sand and the general appearance of an in-progress building site.

We visited the three main pyramids in Giza and marvelled at the size of the stone constructions with stones weighing up to 16t. We stood looking at the Sphinx, and turning around, saw how close modern Giza is with its ubiquitous McDonalds feet away. The hardness of life in such a dry place. The transformation made by water.

We also visited the ruins of the port city of Ephesus. Now 5km from the sea, we walked through the city from one end to the other. Past the remains of shops, baths, temples, and to a magnificent amphitheatre where Paul almost certainly spoke during his visit to the city 2000 years ago. To stand where Paul had stood. To the place that received Paul’s Letter to Ephesians, and one of the seven churches in Revelations. To a place long abandoned following an earthquake which levelled the city.

Finally, to Rome. To the city that is an open-air museum of Roman building and remains. The impressive Colosseum which could seat 60,000 people. The same number of people as the London Stadium, but 2000 years older! The sheer size of the building, and the fact that it is still standing. We also

stood in St. Peter's Square and looked onto St. Peter's Basilica dominating the skyline.

Jesus said "but whoever drinks the water I give will never be thirsty. The water I give will become a spring of water gushing up inside that person giving eternal life." (John 4:14)

May you be filled with the life giving waters of Christ!

God Bless

Gavin

Written by Anne Barber (provided by Denise Vinton)

Dear Dad

A few observations for Father's Day

Why Are Men Happier People?

Your last names stays put.

The garage is all yours.

Car mechanics tell the truth.

Wrinkles add character.

People never stare at your chest when you are talking to them.

Phone conversations are over in 30 seconds flat.

A holiday only requires one suitcase.

You can open all your own jars.

Three pairs of shoes are more than enough.

You are unable to see wrinkles in your clothes.

When you can't find your socks/underwear, or in fact anything that is not in front of you, someone else will always find it for you (immediately).

The same hairstyle lasts for years, even decades.

Your belly usually hides your big hips.

One wallet, one pair of shoes, one colour for all seasons.

You have freedom of choice concerning growing a moustache.

Finally you can do Christmas shopping for 25 relatives on December 24 in 25 minutes.

I could go on.....

And Fathers Day will be a complete surprise, and organised by someone else, unlike Mother's Day that is often organised by mum herself or not at all.

HAPPY FATHER'S DAY



Join us for
Afternoon Tea
Monday June 5th
at 2.30pm

*Sandwiches,
scones with Tiptree jam & cream
Home-made Cakes*

Price: £6.00

*Booking with the Centre office is essential
Witham 900958*



Celtic style
Communion Service



Sunday Evening June 18th
6.30pm



AGM Notice - House of Grace Witham - Audrey Kennedy

The first AGM of the House of Grace Witham Charity will take place at Witham URC on Tuesday, 6th June at 1.30pm in Room 1. All interested parties are cordially invited to attend.

Cygnus Trio Concert

A huge thank you to everyone who came along and supported the concert on the 20th May. There was a very good turn out and everyone seemed to thoroughly enjoy the program. The playing by these 3 young musicians was absolutely wonderful.

A fantastic sum of £969 was raised for the House of Grace.

Food Hygiene Courses - Wendy McWhirr

We have now purchased both Level 1 and Level 2 courses. These are completed online, either at home or in the Centre if you don't have the facilities. If you would like to sign up (free of charge), please contact the Centre - 01376 500958 or info@withamurc.org.uk

Trinity Open Day, Sunday 18 June - Fellowship Afloat



As always, there is a warm welcome to all for our annual open day, 10:30am-4:00pm on Sunday 18 June. It is a great opportunity to look around *Trinity* and see the recent changes.

For those who haven't yet enjoyed a FACT experience, it's a chance to hear about our work and share the opportunities we offer, as well as try out the cake!

It is also a great way to introduce friends, youth groups and schools - perhaps there's someone who you've been intending to introduce? Do come and bring a friend -it would be great to see you.

News and Opportunities - Lorna

Opportunities

Who doesn't love an opportunity? In this case it's an opportunity to serve.

We would like to expand our pool of leaders and helpers for our children's work on Sunday morning.

There are three different age groups: Mini church (pre school age), Kids' church (years reception to 6) and youth church, (years 7-11). There's lots of really helpful material available and lots of expertise to draw on.

So, if you have a youthful outlook with a sense of fun and are fairly mobile and would like to take this opportunity to serve God's kingdom in this way, please do let me, or one of our Youth Pastors, Viv or Tracey know, so that you can get more information and sit in on a group to see if you think this what you are called to do. A DBS check is required before you start.

Those who do it currently really enjoy doing it and find it very rewarding so please do join the team.

We look forward to hearing from you...

News

And who doesn't like good news?!

It's only a couple of weeks until the weekend at home weekend (**Friday evening 16th and Saturday 17th June**).and by the time this is distributed there will be a list in the community café for you to sign so we have a good idea of overall numbers and the breakdown between children, youth and adults.

Penny Ianson will be leading us on the topic of Prayer during the day on Saturday and I know we will have lots of fun and learn loads as we explore and experience prayer together.

oooOooo

Banana Nice Cream - our Witham URC Masterchef

If you have overripe bananas they are easy to turn into ice cream – or Nice cream, as it is healthy, cheap, saves on food waste, and tastes great!



Peel your overripe banana/s, cut into thick pieces and put in a freezer bag or Tupperware. Freeze for a few hours or until you want to make your ice cream.

Take them out of the freezer, let them stand for a minute or two, then put them into a food processor or blender, or use a stick blender to whiz them up.

You can serve it as it is or add some honey, some vanilla, cocoa powder, berries, whatever you have to hand to it.

It does not keep well, so make it just before you want to serve it.

If you don't have anything to blend it with you can try mashing the bananas before freezing, then mashing again when frozen, although the texture will not be as smooth.

Growing Greener with Holdfast

My morning walk to school and then on to work takes me along the brook and then river walk, and at this time of year I cannot help but notice how abundantly green everything is. Some mornings it feels like you could almost hear the nettles growing! I've bought some tomato plants from an honesty stand putting money straight into the purse of a local grower, and hopefully putting some delicious fresh tomatoes onto my plate with no food miles or plastic packaging, the satisfaction of growing my own, and getting many more tomatoes from my £1 plant than that could buy me at the supermarket.



I've also been enjoying food for free by foraging for local nettles and turning them into soup and pesto. The trick here is to wear gardening gloves when you harvest them, harvest the topmost leaves only as they are the most tender, and to not take too many from one place. Nettles are surprisingly delicious, incredibly nutritious, and don't sting once they have been cooked. Making soup from them is easy, and a bit like stone soup in that you can add in whatever you like to it. I usually soften a chopped onion, or leek if I have one, add in some stock (made from the leftovers from a roast chicken is particularly nice, but a stock cube will do) then add my nettles and perhaps a handful of spinach or watercress, or other greens that are looking a bit sad in the fridge. You can add in a diced potato at the start if you want more of a hearty soup, and at the end you can perk it up with a spoonful of pesto or crème fraîche, plain yogurt, or cream.

Nettle pesto is similarly flexible – make sure you blanch your nettles in boiling water to take away the sting first, then add to a food processor (or you can use a stick blender) with some garlic cloves, olive or rapeseed oil, some grated hard cheese, and some pine nuts. You want at least half a cup of nettles once they have been blanched – they wilt in much the same way

as spinach, so be generous when you pick them. Blitz everything up, have a taste, add lemon juice or basil or other herbs if you want to, perhaps a little more oil, tweak it to your own preferences. This tastes so good on freshly cooked pasta!

When you grown your own and forage for yourself, it can help save money on your grocery shopping. If you are looking to grow your savings, perhaps ready for Christmas, or just for a rainy day, Holdfast can help with a savings account for you. Sometimes it feels like there is no point saving if you don't have a lot to save, but every little bit really does add up, and there could easily come a time when you will be glad that you did.

When you grow your savings with us, you are also growing your community, as it allows us to help people with small loans that banks would not find profitable enough to make themselves. Your money stays completely safe ready for you when you want it, and until then it helps other people in our community. Pop up to the office for a cup of tea and a chat or send an email to office@holdfastcreditunion.co.uk to find out more.

On Wednesdays we have lots of families come in to use the Baby Bank and attend Small Talk toddler group. We have a table where those who need it can help themselves to food kindly donated to us by Lidl and other local suppliers. If any green fingered growers would be able to grow some extra produce to share on this table, it would be very welcome, thank you.

June 2023 Shopping List

Urgent:

Shampoo
Tinned vegetables
Size 4, 5 & 6 Nappies
Tinned Hot Meat
(Curry, chilli, stew)
Coffee
Sugar

To Maintain Stocks:

Tinned Baked Beans
Tinned Spaghetti
Breakfast Cereal
Tinned Snacks (Beans &
Sausages etc)
Tinned Tomatoes
Tinned Fish

To Maintain Stocks (continued)

Tinned Rice Pudding
Tinned Fruit
Tinned Potatoes
Tinned Cold Meat
Instant Snack (eg Pot
Noodle)
Jam
Cuppa Soup
Pasta Sauce
Rice
Pasta
Custard
Instant Mash
Biscuits
Chocolate
Long Life Juice
UHT Milk
Tea

We follow the Food Standards Agency standards. We can only accept donations of unopened and undamaged goods well within their "use by" date. Items that do not meet these requirements cannot be used and your donation may be wasted.

www.braintreearea.foodbank.org.uk
info@braintreearea.foodbank.org.uk

Registered Charity in England & Wales (1148762)



Smalls for All®- Julie Harris

Smalls for all is a charity that collects NEW pants and new or gently worn bras for people in Africa and the UK who can't afford or can't get any. because dignity matters.

Giving pants and bras can make a life-changing difference. For example, each month many teenage girls miss school and women miss work because having no pants means they're forced to stay at home during their period. Men need pants to of course, with requests coming from, for example, homeless charities in the UK and hospitals in Africa.

Every pair of brand new pants and every new or gently worn bra you send helps us make a difference to someone's life.

We need new;

Mens pants

Ladies pants

Girls and Boys pants

New Bras

We need gently used bras for girls and ladies

Please contact me if you need further details

Thank you as always,

Love, Peace and Blessings

Welcome Team Rota - David Goodwin, Welcome Team Leader (Previously Duty Elder & Door Stewards Rotas)

The rota for July to December 2023 is being prepared and volunteers of all ages are needed for this very important role of greeting people as they arrive for our Sunday morning service. The role is for all including serving and former Elders.

Your duties will also include handing out the service sheets (and bibles & song books should they be requested), taking one of the Offertory bags (only if you want to) and collecting the bibles, song books and unwanted service sheets after the service.

I hope enough volunteers come forward so you only have to undertake the role once in the period, although you are more than welcome to put your name down more than once if you wish to.

Please add your name to your chosen date/s on the rota in Church Suite if you can. If this isn't possible then please either email me with your chosen date/s or call me – details below.

Email: davidgoodwin2009@hotmail.co.uk

Tel: 01376 515203

Mob: 07932 198352

Thank you

Close's Coronation/Davids 70th Birthday party - Mary Goodwin
(Spot the real David !)



TUESDAY PRAISE
at Witham URC
EVERYBODY WELCOME
June 2023

DATE	LEADER
6th June	Marina Price
13th June	Ian Hardie
20th June	Jonathan Pritchard
27th June	Lorna Bantock

TIME: 12.30 - 1pm

You are invited to stay for refreshments afterwards.

Blue Bells in Starkey Wood - Mary Goodwin





PLEASE PRAY FOR THE 2022-23 GRADUATES ON CARE'S LEADERSHIP PROGRAMME

Graduates are placed in Parliament or with an NGO Monday to Thursday. On 'CARE Fridays' they engage in biblically-based studies in our Westminster office.

Applications for next year's Leadership Programme close on
18 November 2022.

Do you know any recent graduates or anyone in their final year at university who might benefit from this opportunity?

Visit care.org.uk/about/leadership-programme for more details.

If you would like to assure this year's Leadership Programme graduates of your prayers you can write to them at **Leadership Programme, 51 Romney Street, SW1P 3RF** or email mail@care.org.uk.

"Lord, please continue to direct and inspire the over 300 alumni of the Programme, many now serving in positions of considerable influence. In Jesus' name. **Amen.**"

Great Totham URC - Jean Moody

Article by Rev Peter Stevenson

There is only one place I can talk about this month having travelled to Egypt, visiting the Pyramids at Giza and enjoying the highlights of Cairo before transferring to Luxor for a cruise along the Nile. We cruised south to Aswan stopping at Esna and Kom Ombo. We visited a number of temples and places of interest and scratched the surface of the ancient Egyptian world.

Pharaohs date back to 3000 BCE with the first pyramid thought to be the Stepped Pyramid of Djoser, west of Cairo near Saqqara. Their big concern was to live eternally beyond the time afforded to them on earth. Over the next three thousand years a number of dynasties *ruled* Egypt, the country often being conquered by their neighbours. This in turn, elevated some Gods to places of high importance, albeit for just a season, until another God was preferred by a different Pharaoh. Intrigue, jealousy, filicide and fratricide were rarely far from the royal court, resulting in some short-lived pharaohs and changes in dynastic superiority.

The situation is further complicated by the two-kingdom of ancient Egypt. Some pharaohs ruled both kingdom at the same time but some only ruled north (lower) or south (upper) territories. This has an impact on the way Exodus is read and makes it virtually impossible to be accurate about the true impact that the pharaonic period has on the early history of the people of God. Even before this, Abraham is fearful that a Pharaoh will kill him and take his wife Sarai away. At the end of Genesis, we learn about Joseph's rise to vizier of Egypt.

At the beginning of Exodus, we learn that there is a new pharaoh in town who is fearful that the Hebrew people are getting stronger and has ordered the death of male babies. The hieroglyphics in the temples that we visited

do not support this story and our guides were quite dismissive of the truth of this claim.

It looks like there is some further and additional studying needed to learn why the Hebrew text insists on this being the birth of the God's people. If you have the answers please respond via the magazine.

Many thanks and every blessing

Great Totham URC June Services - Sue Bowyer

Great Totham URC . Preachers for June

June 4th Rev. Mark Ambrose

June 11th Gil Heathcote

June 18th Sarah Wilson.

June 25th Rev. Ken Forbes. Interim moderator

All are welcome to join us. Our services begin at 10:30.

Our next coffee morning will be on Saturday 10th of June, at 10 am

Coffee, cake and home made baking to buy

A time to chat with old friends and new.

You will find us in Chapel Road, Great Totham North CM9 8DA

Minister	Minister	Lorna Bantock	571757
Children and Youth Pastor	Mrs	Viv Sollis	500958
Associate Children and Youth Pastor	Ms	Tracey Eagling	500958
Centre Manager	Mrs	Ana Martin	500958
Children & Youth Elder	Mr	Gavin McCall	
Church Secretaries (also Elders)	Mr Mrs	Tony Deighton and Muriel Heppinstall	518866
Discipleship Elder	Mr	David Wellings	
Mission and Growth Elders	Mrs Mr	Fenella Hardie Ian Hunt	
Pastoral Elder	Mrs	Sarah Wellings	
Property Elder	Mr	Billy Kennedy	
Church Treasurer (also Elder)	Mr	Ian Hardie	
Worship Elder	Mr	Keith Meredith	
Centre Director	Mrs	Fenella Hardie	
Kitchen Manager	Mrs	Heather March	500958
Community Cafe Pastoral co-ordinator	Mrs	Eve Murfitt	
Prayer Chain Co-ordinator	Mrs	Rosemary Stinson	516602
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