AUG - SEPT 24

**GROOMSPORT PARISH CHURCH** 

www.groomsportparishchurch.org

Psalm 119:105 Your word is a lamp for my feet, a light on my path.

# Beware of Unexpected Waves

When we walk Wesley the dog around Groomsport, we are met with many of these "Beware of unexpected waves and spray" signs... and they started me thinking - what do we do when unexpected waves come in our lives?

In this broken world, it tends to be that some kind of unexpected crisis is a constant reality in our lives. If we let these waves of circumstance batter us every time they come, our whole time on earth will be spent like someone on a rollercoaster between unstable relief and abject despair.

Yet we don't have to be like pieces of kelp, washed to and fro, battered by every tide of opinion and circumstance. There is a better foundation! And Jesus speaks of it in Matthew 7:24-25 -



"Everyone then who hears these words of mine and acts on them will be like a wise man who built his house on rock. The rain fell, the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on rock."

Jesus teaches that if we listen and act on His words, even the harshest storms of life will not be able to topple us from Him, our God and our Rock. We stand to listen to the Gospel readings each Sunday to remember how we long to truly listen and act upon the words of our Lord Jesus, even if they are challenging and radically different to our cultural norms (as they often are!). Why not try reading a chapter of one of the Gospels each day and ask Him to teach you how to follow Him closer? He loves to help us do this - He is after all the best Teacher who has ever lived! The more we put His words into action, the more secure we will become in the harshest waves of life!

There is also a more positive aspect to unexpected waves - and that is unexpected waves of blessing! I love to speak about praying for revival, which is prayer for God to bring new life to our nation, connecting multitudes to the life of Jesus. People have been praying like this through the history of God's people, and often He has answered in sudden and unexpected ways. After all, if we want to listen to Jesus' words, then

something Jesus says a lot is about amazing promises for the power of prayer. Later in Matthew He says this:

"For truly I tell you, if you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there', and it will move; and nothing will be impossible for you."

This is one of His teachings that He calls us to make a foundation of our life, which will make us secure in the wind and the waves. Do we really take Him at His Word here? Unlike some politicians, Jesus never makes false manifestos or promises! We can bring the 'mountains' of our lives before Him in prayer, which He is able to move as part of fulfilling His purpose of filling our land with new life.

When we pray boldly with His promises like this, then we are invited to do something else: to beware of unexpected waves! Except this time the waves are glorious answers to prayer, which might come in entirely unexpected forms. After we pray, we must look out to the horizons expectedly, knowing that what happens next might be overwhelming (like a huge wave!) but also unexpected, so we might miss it or not recognise it as an answer to prayer if we're not looking out. So beware of unexpected waves of answered prayer!

We need mountains to move! We need these waves of blessing in our land! And as followers of the One who taught us to pray, each one of us is invited to offer our own mountain-moving prayers, in our own words; in our own style. Will we take Him up on such an adventurous invitation?

Elliot Swattridge



### Contact Us

Minister Elliot Swattridge elliotgroomsport@gmail.com

The Rector's Warden Bert Smith bert@groomsportparishchurch.org

The People's Warden Zandra Sloan zandra@groomsportparishchurch.org

The Rector's Glebe Warden Billy McAneney billy@groomsportparishchurch.org

The People's Glebe Warden Tony Anderson tony@groomsportparishchurch.org

Treasurer Susan Mc Nair susan@groomsportparishchurch.org

Secretary to Select Vestry Heather Pentland heather@groomsportparishchurch.org

Parish Administrator Ashley Rogan 028 9127 1311 gpcoffice@btinternet.com

> The Parish Halls Main Street Groomsport Co Down BT19 6JR

028 91271311 gpcoffice@btinternet.com



NIC103258

Sunday Fun Club Maggie Townsley maggie@groomsportparishchurch.org

Verger / Caretaker Susan Moore 028 9127 1311

Gift Aid Secretary Ashley Rogan 028 9127 1311

Church Hall Bookings Gordon Boyd gordon@groomsportparishchurch.org

Hall Matters Billy - billy@groomsportparishchurch.org Tony - tony@groomsportparishchurch



10.30 - Holy Communion at the Chapel in Mount Stewart on the first Wednesday of every month.



# August and September 2024

#### The Tenth Sunday after Trinity

#### 4th August

8:30 am 10:30 am 6:00 pm Holy Communion Service of the Word Evening Prayer

Coffee in the church hall after the 10:30 am service. Hester Kelly, Faith Cully, Maureen Taggart and Hester Louw. Everyone welcome.

#### The Eleventh Sunday after Trinity

#### 11th August

8:30 am	Holy Communion
10:30 am	Parish Communion
6:00 pm	Compline

#### The Twelfth Sunday after Trinity

#### 18th August

Holy Communion
Service of the Word
No evening service.

Elliot will be at the Bangor Worldwide Convention in Hamilton Road Presbyterian Church at 6:30 pm - Everyone welcome.

#### The Thirteenth Sunday after Trinity

#### 25th August

8:30 am 10:30 am 6:00 pm Holy Communion Morning Prayer Holy Communion



#### The Fourteenth Sunday after Trinity

#### 1st September

8:30 am 10:30 am 6:00 pm Holy Communion Family Service Evening Prayer

Coffee in the church hall after the 10:30 am service. William and Florence McAneney and Jim and Pat Love. Everyone welcome.

### The Fifteenth Sunday after

#### Trinity

#### 8th September

8:30 am 10:30 am 6:00 pm Holy Communion Parish Communion Compline

#### The Sixteenth Sunday after

#### Trinity

#### 15th September

8:30 am 10:30 am 6:00 pm Holy Communion Service of the Word Evening Prayer

#### The Seventeenth Sunday after \_\_\_\_\_ Trinity

#### 22nd September

8:30 am 10:30 am 6:00 pm Holy Communion Morning Prayer Holy Communion

#### The Eighteenth Sunday after Trinity

#### 29th September

8:30 am 10:30 am 6:00 pm Holy Communion Service of the Word Compline

# Notes from the Vestry

#### June Contact Notes

Two more quotes are to be sought for repair of the fence at Cove Avenue. Internet banking for Church Accounts has been arranged. Rectory rates are now being paid monthly.

A Vestry subcommittee led by Maureen will meet over the summer to discuss and produce policy guidelines for all aspects of Church life. These will be shared with Vestry later in the year.

At the time of the June Vestry meeting, Elliot explained he was very much looking forward to the following week's SOAR meeting – not an ordinary Vestry meeting but an evening to examine the Strengths, Opportunities, Aspirations and Results of the future of Groomsport Parish. He will put together a document for discussion. John will coordinate the evening and Elliot and he will produce a follow up report for the Autumn.

All necessary steps have been taken to prepare a legal licence for Maggie Townsley to start an After Schools Club in the Church Halls at the end of the summer. Maureen was thanked for the vast amount of work which she had put into this project.

Weeds have been sprayed around the Church and the overgrowing bush has been cut. William and Gordon are to research a system whereby the heating can be controlled by telephone. They will also look at the overall storage available in the halls.

The Hall Management system is working well.

Thanks were expressed to Mae for her work on Christian Aid. She reported a total of close to £4,000.

Events to look forward to are the big Eagle Wing weekend in September, the pet blessing on 21 September and the Harvest Tea in October. Elliot gave Mae authority to access the Archives in preparation for a small Archive exhibition to be held during the Eagle Wing weekend.

Elliot explained that Outreach efforts are not just about young people – it is also about their parents and grandparents. He has written an article on the subject for this month's Contact. He finished the meeting by thanking Vestry for all they do to share and spread the word. There are thousands of Facebook posts but there is no impact like word of mouth.



# GROOMSPORT

## ARTCLUB



We meet on Monday afternoons in the Parish Hall. 2—4 pm. This group is for all abilities or none! If you enjoy company, drawing, painting etc or want to start, please join us on Monday 2nd September

For more information please contact gpcoffice@btinternet.com



# Thoughts From Our Prayer Room

Lord, move mountains - mountains everyone said were unmovable move mountains in our land and come to us more than ever before (Matt 21:21).

Dear Father God, I pray for the miracle of my children drawing close to you, having a full and loving relationship with you. They need you, Father. I pray you will answer my prayer, in the name of your only son, Jesus Christ.

Soon I will leave you but i will stay with you, in your heart and I will carry you as you carried me.

Chris 1993

Lord, speak to all of us, that we may hear your word. Lord move among us, that we may behold your glory. Lord receive our prayers, that we may learn to trust in you. Amen

When the answer to prayer seems slow in coming, Faith goes out to meet it. (Hugh Redwood)

So peaceful and soothing. An oasis of tranquillity. Thank you.

For the love of God is broader than the measure of mankind and the heart of the eternal is most wonderfully kind.

# From the Registers

### Holy Rest

11th June 2024 - *Helen Parkinson* We pray for son Ian, daughter Joanne and the rest of the family.

May she rest in Peace and Rise in Glory.





We are very pleased to report that the Groomsport Christian Aid group raised the amazing sum of £3553.63 in its donations this year. When Gift Aid is added to that, the overall amount will be significantly greater. Thank you to all those in the village who contributed so generously to this charitable cause. Thank you especially to all the volunteers from the churches in the village, who delivered envelopes around the doors. For more than seventy-five years Christian Aid has worked tirelessly to end poverty worldwide. The organisation works with local partners and communities to fight injustice, respond to humanitarian emergencies, campaign for change, and help people claim the services and rights to which they are entitled. Christian Aid stands with people of all faiths and none, and is the official relief, development and advocacy agency of 41 sponsoring churches in Britain and Ireland. Every donation and every fundraising event helps to eradicate poverty.

# Wednesday in the Word Bible study - 3-4pm Wednesdays

Exploring Jesus in the Gospel of John together



Location: Canon Tyney Hall, Wednesdays weekly 3-4pm Not on in July/August, but restarts weekly from Sept 4. Don't worry if you can't make every week - just come when you can!





### THE ALPHA COURSE ALL QUESTIONS WELCOME!

Last time we met, some of our Select Vestry made the great suggestion that we run an Alpha course... This is a series of videos and discussion questions on key topics about Jesus. We're thinking of doing this in Autumn, start date & time TBC...

It's especially designed for those who want to begin following Jesus for the first time. But it's also great for those who have been coming to church services for decades but are not sure if they have faith in Jesus for themselves. <u>All</u> questions are welcome - hence the question mark logo (left)!

This is for everyone, so have a think about any friends you could invite and do this with to gently introduce them to your faith. This could change their lives forever! Most importantly, pray that people would come to know Jesus through this!

# We're open!

Did you know we're open to visitors during the day, approx. 8:30am-5:30pm, every day of the week and you can come visit to pray, explore, or reflect, as long or as short as you'd like, absolutely free of charge of course.

Our building is a gift for the whole community - no matter who you are or what you believe, this is a space where you are welcome.

We want this to be a prayer space for everyone, somewhere for you to spend time, anytime you would like a quiet, sheltered space to be with our Creator who loves all - His human family.

Our midweek services are paused in August, with less people around, but you can pop into our building anytime. (The only time it's usually busy at the moment is Thursday afternoons for the Jubilate singing group rehearsals).

And you are so very welcome to join us for our 10:30am service -with hymns, readings. & prayers any Sunday morning.



# The Three Windows

You've probably passed by these windows on many occasions, without giving them much thought except for perhaps, commenting on their colourful beauty. The windows themselves are of fairly recent creation, while the building around them has a much longer history.

So to which windows are we referring? They are of course, the three coloured glass windows located near the front doors of the Parish Halls, just opposite the kitchen door. They were designed and installed in 2011, as part of our wider refurbishment and modernisation of the Halls. The windows were created by David Esler of Leadlines Stained Glass Studios at Dunadry. David had been working in the medium of stained glass for over 40 years. Spiritual narrative, movement, colour and light have been important elements to the dynamic of his individual style of painting, along with an emphasis on the quality of his work. These key elements are clearly shown in the wonderful windows he has created for us. Other examples of David's work, can be seen at St. Patrick's Cathedral, Armagh; Stormont Castle; and at St. Mary's Parish, Comber.

The windows are set in what was originally an external wall of the Maxwell Hall, which was built and given to the Parish by the Percival-Maxwell family in 1929. They also occupy the same positions as the original plain glass windows, although now smaller in size.

The theme of our windows is Groomsport itself. The Cockle Row cottages, Parish





Church, and the village harbour all feature. Spiritual elements are represented by the Cross, the Alpha and Omega motifs, the rainbow of Creation and rising Sun, the Bible and Doves of Peace. The inscribed words "To this you belong" have become synonymous with our Parish's sense of Spiritual togetherness as a family, and our commitment to our Risen Lord. Maybe now, next time you are passing, you will stop and take a longer look at our Three Windows, and reflect.



IWS

# Harbour Tots'

On Friday 28th June we had our last Harbour Tots for the summer... And what a great time all the team had at our end of term party!!

From all of us, & many more on the team not in this picture too: Happy, happy Summer!

See you when we begin again weekly Fridays 10-11:30, from 6th September.



# Scrabble Club

Our Scrabble club are on the looking for new members. If you would more information please contact Elaine on 07791 569438 or email the office on gpcoffice@btinternet.com





### Book Fair

On June 8th of this year we held a Book Fair and, as ever it was a very happy event, with many people from across the community attending. A bonus was that we raised £450.00 for church funds. We had a good turnout as you will see from the photographs, and, despite my concerns that we wouldn't have many books to display, a large number came in at the last minute.

There was the usual cake book with the first line of a famous novel to identify; this time it was Dracula by Bram Stoker, which Daniel identified, though no-one else could! There were many tables with thrillers, romance, non-fiction, general novels, Christian books and children's literature. But perhaps the stars of the show were the refreshments. There was a wonderful range of cakes, traybakes, fruit loaves and scones for all who attended, with copious quantities of tea and coffee.

This brings me to my profound gratitude to all who helped in this venture. Those who helped me set up the afternoon before, those who assisted to keep things orderly on the morning of the event, welcoming visitors, selling raffle tickets, tidying the tables after visitors had rifled through the selection and most particularly those who helped with the catering by baking, serving the refreshments or staying modestly out of sight in the kitchen, refilling plates, pots of tea and coffee and milk jugs. Then afterwards, clearing up, counting the money and putting away the unsold books. Thank you all, without you the Book Fair would not be able to function at this level. I will not attempt to name you all, inevitably someone would be omitted but I hope you all recognise that I am truly grateful for your support. Thank you also to all who supported this event by donating baked goods or books or simply by attending or contributing when they were unable to attend.

We have not fixed a date yet but I hope to have another Book Fair before Christmas this year, probably in October. I will make sure to fix a date soon so I can improve on the publicity.

Carol.













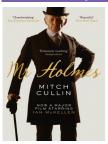


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### Book Reviews for late Summer by Carol

Last time I wrote the Book Fair was imminent, as a result of the generous contributions during that time we now have a great number of new titles. Amongst them are several amazing books which have kept me occupied for some time now! I try to review a variety of genres but even more variety would be achieved if readers could contribute reviews of their own, they don't have to be long or erudite, just your opinion is fine, even if you don't like the book, someone will find it interesting. continue to have separate sections on the top of the shelf for thrillers and detective stories, romance, faith and of course those books recently reviewed in this magazine. I try to keep everything in alphabetical order except the recently reviewed to help you find favourite authors. We had one parishioner, now moved away, who passed his favourite books to me and I filled a complete shelf with the output from one author!

#### Mr Holmes by Mitch Cullen



I saw this book during a recent holiday in England on a fund raising stall for the National Trust. Having seen the film last year, brilliantly portrayed by Sir Ian McKellan, and

enjoyed it I wanted

to read its genesis. It did not disappoint. I have long enjoyed the Sherlock Holmes stories and the idea of following the great man into his retirement was an interesting project.

It is 1947 and Holmes is long retired. He has experienced the sad loss of all those who were in one way or another important to him. He lives in a remote farmhouse with a housekeeper who lives in a cottage on his estate. Mrs Hudson came with him as his first housekeeper and there have been a string of applicants since, though few of them can cope with his idiosyncrasies for long. The current one in this story is a war widow with a fourteen year old son. Mrs Hudson has died, his brother Mycroft has also passed away and his dear friend and companion John Watson has also gone. He thus leads a very solitary life. Still very active at ninety two, writing constantly, tending to his bees, pottering about the garden which he has designed, engaging in a long correspondence with a Japanese acquaintance and trying as best he can to recall a case which to his dismay appeared unsolved. The big looming challenge is his failing memory, which, tragically he is all too aware of.

As the story begins he is reflecting on a trip to Japan to meet with his correspondent, explore Japan and discuss the benefits of royal jelly and prickly ash in prolonging life expectancy. He has left his bees in the capable hands of Roger, the fourteen year old son of his housekeeper. He has become an unlikely companion and helpmate with his beekeeping hobby and he has become, to Holmes' astonishment, fond of the boy. The story is poignant and touching. His unsolved case turns out not to be at all what one expects, the relationship with Roger comes to a tragic end, nevertheless this is a lovely story and I recommend that you do not let the sadness put you off.

#### The Complaints by Ian Rankin



Thrillers and detective stories remain extremely popular but I have found the quality to be very mixed. Ian Rankin has a prodigious output but the standard remains extremely high. This is not a Rebus story but

one of a policeman called Malcolm Fox who works for 'The Complaints' a group who investigate other police officers and thus are generally regarded with deep suspicion amongst their colleagues. Malcolm's particular branch deals with the very serious complaints of corruption and collusion with criminal gangs.

Whilst bringing to a close a successful case against an officer he finds himself under suspicion too for no reason that he can think of. Equally a fellow officer who Fox was about to investigate is also suspended. He can find no proof and suspicion grows as his brother-in-law is murdered. This is a closely packed and complex story but brilliantly written. I can find no better way of recommending it than The Times review - "An excellent cop novel full of action, good dialogue, wellcrafted characters and an authentic backdrop".

#### I Thought you knew by Penny Hancock



Holly and her teenage son have moved from London to East Anglia. Stuck in a rut after the death of her husband four years previously she is persuaded to leave London by her old

university friend, Jules, extolling the virtues of life in the country even though it does mean a significant commute. Holly and Jules have always been there for each other, sharing their problems and triumphs and supporting each other throughout. They have talked about all their most personal concerns and have come to rely on each other until an event occurs which blows their friendship out of the water. This is a novel about marriage, friendship, parenting teenage children, our reconstructing of the past and forgiveness. I expected it initially to be a fairly light read but it becomes increasingly gripping with a tremendous sense of place as the bleakness and vast expanses of the Fens seep into the shape of the story. It is told, chapter by alternate chapter by Holly and Jules which initially threw me rather. Furthermore as the tension rises each event is retold from both Holly and Jules point of view; I found this occasionally frustrating as I wanted the story to move on. However it does clearly make one uncertain of where the truth lies as so many possibilities possibilities and suspicions are thrown up. I think many ofyou will find this an engaging and fascinating book.

# Mothers' NON Christian care for families

The Mothers' Union is working hard around the world.

Here is a snapshot of what we've achieved together:-

We have support over 2.8 million people around the corner and around the world.

Our awareness raising campaigns like RISE UP Against Domestic Abuse have reached over 15,000 people.

More than 20,000 items have lovingly crafted and gifted to those in need.

Over 3,000 adults and children have benefited from an AFIA break.

50,000 woman have participated in our Literacy and Savings programmes - changing the lives of many others in the process.

Here in Groomsport we support families by helping women at Hydebank prison, contributing to Women's Aid, hospitals and care homes, food banks, helping at Harbour Tots etc.

Our next branch meeting is on Monday 16th September at 7.30pm in the parish hall. Anyone interested is welcome to come along. Our speaker will be our own Andrea Johnston. So do please come and support her too.

### The Commíttee

# The Tuesday Club Groomsport

The Tuesday Club has been increasing in numbers, with new members arriving almost every month. We enjoyed a visit by Jennifer Gilmour in July, when she talked about her year as Mayor of the Borough.

August 6th will be an open meeting, when we welcome back the Coastguards who had asked for a return date as they had lots more to tell us.

The next open meeting after this will be our 5th November event. David and Maureen Irwin will be showing us photographs which they took during the 150th celebrations of Groomsport Presbyterian Church.

Our programme for 2025 is almost complete and we will have some open meetings, but more about these in future editions of Contact.

# Save The Date

Kildare Shopping Trip

Saturday 23 November.

Further details to follow later in the year.

# Soup and Scones



# HEATHER IS TAKING ON THE ONE MILLION STEP CHALLENGE

### 1,000,000 steps

Some of you are aware that in June 2021, coming out of Covid, after arriving in NI from Scotland, my then 3-year-old grandson Alfie, was rushed to the Ulster hospital and within half an hour was diagnosed with Type 1 diabetes.

Since his devastating diagnosis and witnessing firsthand what is involved in this awful disease for a child so young, and watching the impact it has had on the entire family, I have wanted to do something to help raise funds for the incredible charity Diabetes UK, which is involved in so much research, and gives so much support to families dealing with the condition. I was further motivated when Alfie himself (now 6) completed the Diabetes 62 mile walking challenge in March this year and raised over £800. Even in the last 3 years I have witnessed first hand how developments in technology can help with this condition on a daily basis.

If you feel able to give even a little, towards my challenge, which essentially means I need to walk around 5 miles every single day from 1 July- 30 September, I would be really grateful.

You can donate in two ways:

My Just Giving page -http://step. diabetes.org.uk/fundraising/ heather1459

OR

Put your donation in a marked envelope with your name and telephone number and leave with the Wardens or in the office with Ashley.

With huge thanks for your support.

Heather Pentland



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# Walking for Softies

Our last walk of the season was on 25 May. The sun was shining and the heat was noticeable when we gathered at the Quoile Pondage near Downpatrick. The riverside walk was enjoyed by all. The craic was up to the usual standard, as we set about putting the world to rights! Afterwards we drove the short distance to the eatery "Fodder in the Woods" in Finnebrogue Woods on the Killyleagh Road. "Fodder" is housed in two large canvas Teepees, with a central log fire and. blue smoke disappearing through the hole in the top. Us hungry lot eagerly enjoyed our lunch, which ranged from breakfast baps to sausage rolls, from burgers to hot dogs!! Suitably refreshed, a hardy few then strolled along the lakeside and forest trails. We had our "photies took" beside a classic red MG roadster. Those who didn't quite manage this, instead sampled the varied delights of the farm shop, buying Finnebrogue bacon and Dexter sausages to take home. By overwhelming consent, it was a great finale to our 2023/24 walking season.

Our new season will begin on Saturday 28 September, details of which will be announced nearer the time. Look out for these!



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# A Wonderful Day

My name is Jairus, and as a leader of the synagogue am well respected in the community. Being of an elevated position and admired by your neighbours does not protect you from life's ills though, so when our dear twelve year old daughter and our only child, fell dangerously ill I was frantic, desperate, beside myself. Of course I had heard about this man Jesus. who many called a prophet but I knew that it would do my reputation no good at all if I was seen to consort with him. As it was, since I had heard so much about his healing and the seeming miracles which he had performed, having already felt deeply moved and interested in him, I cast all my misgivings aside and didn't just consort with him, I consulted him!

As if that wasn't enough, when I reached him, I knelt at his feet and begged him to come to my home and help my little girl, who was at death's door. I dismissed the thoughts that had plagued me when I first thought of Jesus, "What will the elders say?", "Will I lose my position in the temple when those who have voted me into this rôle find out?", "Will I become an outcast within my own community?" As president of the temple I knew only too well that Jesus was regarded as trouble and a thorn in our flesh. But by now the sight of our dear daughter fighting for her life scattered any other thoughts; I had to beg for Jesus' help.



I was soon to be disappointed though. There was an enormous crowd following him and they continued to crowd round him and slow his progress, then suddenly it stopped altogether as a woman fell at his feet after he turned and questioned the crowd. To my horror he proceeded to talk to her and even called her "daughter". I wanted to scream out "What about my daughter?". As these words went through my head some messengers arrived from my house to tell me that it was too late. She was dead. They said that I should not bother the master any longer, it was too late for him to help. As I started to weep, Jesus turned to me and said, "Now don't be afraid, just go on believing". Amazed but deeply confused I went with him. I simply had to believe him. I believed in him.

Arriving at my home the mourners were already in full voice, weeping and wailing. To my astonishment Jesus looked at them and said "Why are you making such a noise with your crying? The child is not dead; she is fast asleep". They were of course scornful of this observation but I couldn't help noticing that Jesus simply ignored their scorn. Taking just three of his companions along with my wife and I, we went to our daughter's room. Jesus went to where she was lying and lifted her hand and said "Little girl, I tell you to get up!" As I watched she sat up then got up and walked about the room! We were all amazed. There was great joy in that room I can tell you, but then, and this man never ceases to amaze me.

Jesus strictly instructed us not to tell anyone, no-one was to know what had just happened in that room. Then, demonstrating that he was not simply a miracle worker but also a deeply caring and practical man, he said that someone should go and get her some food.

This all happened many years ago and as you can imagine it caused me to rethink much of my former beliefs and to question what should, as a prominent Jew, be my attitude to Jesus. Indeed my entire family has been changed by this experience.

This story is in Mark 5: 21-43. It is also in Matthew 9: 18-26 and Luke 8: 41-56.

The quotations I have used in the main paragraph above are from J. B. Phillips New Testament in

Modern English. C.S. Lewis described this translation as:

'Like looking at an old picture after it's been cleaned'.

Carol



#### "AND WHEN YOU PRAY, PRAY THEN LIKE THIS ..."

Where does Jesus say to go to pray? *Matthew 6:6* 

What does God know before you ask Him? Matthew 6:8

R D

What can we ask God to deliver us from? *Matthew 6:13*  If you forgive others what will God do? Matthew 6:14

Υ

FR

"Always be full of **joy**. **Never** stop praying. Whatever happens, always be **thankfu**l."

Mouse Makes

1 Thessalonians 5:16-18

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Α

ROOM • PRAY • ASK • NEEDS • HEARD • JESUS LORDS PRAYER • OUR • FATHER • HALLOWED • HONOURED NAME • THY • KINGDOM • COME • YOUR • WILL • DONE EARTH • HEAVEN • DAILY • BREAD • FORGIVE • DEBTS SINS • TEMPTATION • DELIVER • EVIL • AMEN