

St Paul's Methodist Church, Crawley

Minister: Rev Melvyn Cooke

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www.crawleymethodistchurch.org.uk

St Paul's Newsletter

5-12 September 2021

Sunday Services at St Paul's

- 5 Sept** **10:30am** Communion service led by Rev Melvyn Cooke
 4:30pm Welcome service for Rev Gill Baalham and Rev Elisabeth Brooks at Reigate Methodist Church
- 12 Sept** **10:30am** Worship led by Mr Rob Burridge *Note change*
 3:30pm All-age worship led by Rev Melvyn Cooke
- 19 Sept** **10:30am** Worship led by Mr Eddie Newton

For Kids and young people

YPSG The Young People's Singing Groups will be starting on Friday 10th September. Note that there will now be two groups by age.

Children aged 6-11, school year 2-6, from 6.30-7.00

Children at secondary school will meet from 7.00-7.45

Both groups will be in the Sanctuary and all children in these age groups are welcome.

Sunday mornings Laura and the other leaders are hoping to start activities on 19th September. Meanwhile, don't forget to come to all-age worship with Rev Melvyn at 3:30pm on the 12th!

In your prayers

Give thanks to God that Pam Vanstone is now recovering from successful surgery; that Arthur Parish is now back home; that Jessie White has recovered from Covid.

Continue to pray for Neil Roberts who has contracted Covid while still in hospital awaiting suitable accommodation to be found for him.

Pray for Rev Melvyn Cooke as he takes up pastoral responsibility for us at St Paul's and for the congregation at Trinity Church, East Grinstead

Pray for victims of Hurricane Ida which has caused massive destruction, loss of homes and power for tens of thousands of people in the state of Louisiana, USA.

Pray for Afghanistan and for Afghan refugees beginning lives in new countries and for all agencies and individuals trying to support them and for those left behind living in fear of the new regime.

Pray for the 3 new staff members joining our circuit; Revs Gillian Baahlam and Elisabeth Brooks and Deacon Jenny Parnell. Ask for God's blessing on them and their ministry with us.

Please send prayer requests to ask.stpauls@gmail.com and remember to obtain the permission of the person to be named.

Do you, or someone you know, need help?

Hello there,

My name is Tembi Njini and I am one of the stewards at St Paul's. I am also a Senior Psychological Therapist at *Time To Talk*. We offer short term talking therapy to people struggling with:

- Anxiety
- Worry
- Depression
- Stress
- Panic attacks
- Phobias
- Social Anxiety
- OCD
- Bereavement and Reactions to Loss
- Managing a long term condition and other common mental health problems.

As part of the national programme of Improving Access to Psychological Therapies (IAPT) we provide talking therapies as recommended by the National Institute of Clinical Excellence (NICE).

These include:

- Cognitive Behavioural Therapy (CBT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Counselling
- Guided Self Help and much more.

How to access:

- Phone self-referral: 01403 620434
- On-line referral: just Google *Time To Talk* or your GP can refer you with your consent.

What you tell us will remain confidential except in the most unusual circumstance where there is concern for your safety or that of others. Please don't suffer alone, particularly with the year we have had with Covid! Come to *Time to Talk*. *Tembi Njini*

A message from Arthur

I'm at home now and ready to welcome anybody who wishes to visit with me for a tea or coffee. I came home last Wednesday, to a welcoming tea from my lovely friends & neighbours, just as I left them to go into hospital on my birthday. It was great to be in church and to be singing in praise and to have Edward (Pender) leading us in worship. Thank to everyone for their prayers.

Bless you all. *Arthur*

How can we respond to the situation in Afghanistan?

(Taken from an article by The Methodist Church. You can see the whole piece at <https://www.methodist.org.uk/about-us/news/latest-news/all-news/how-can-we-respond-to-the-situation-in-afghanistan/>)

Pray for those remaining in Afghanistan, those fleeing and those connected with the country around the world who will be in deep distress. We can join in prayer for all affected, that God's light might shine through the darkness.

Help those who remain in Afghanistan. Regardless of what happens in the coming days and weeks, poverty and food insecurity is still likely to be very high within the country. A significant amount of humanitarian aid has been paused in the country due to the immediate threat to safety. However, despite difficult conditions, a number of NGOs and aid agencies are still seeking to distribute essential items when they are able. You can support their work financially, as well as remembering them in prayer.

UNHCR remains on the ground in Afghanistan wherever it is safe to do so, distributing tents, hygiene kits and core relief items. You can donate to their work here: <https://www.unrefugees.org.uk/where-help-is-needed/afghanistan-situation/>

Christian Aid have been working with partners to distribute food and hygiene kits to people who have been internally displaced due to the conflict. They're using funds from their Global Hunger Emergency appeal, which you can donate to here:

<https://www.christianaid.org.uk/news/afghanistan-our-response>

The British Red Cross are also fundraising for their work across Afghanistan. You can donate online, by phone or by post: <https://donate.redcross.org.uk/appeal/afghanistan-crisis-appeal>

Help Afghan nationals being resettled in the UK. You can find out what is happening in your local area on this government site: <https://www.gov.uk/help-refugees>

Choose Love are working with Afghan-led organisations to help where the need is greatest, providing vital aid and support for people who have fled the country. You can donate

here: <https://donate.chooselove.org/campaigns/urgent-fundraiser-support-afghan-refugees/>

Refugee Action are doing urgent work to meet people as they arrive at airports and provide the emergency support they need. You can find out more about their work and donate here: <https://www.refugee-action.org.uk/afghanistan-crisis/>

Conference Highlights

A 7-minute film of some highlights of this year's Methodist Conference is available at <https://www.youtube.com/watch?v=O8q-Pf51cgM>

MHA News

I've received some copies of MHA's news booklet which I will leave on the table in the Welcome Hall. Please help yourselves. *Sandra*

Thanks from Ann

Thank you to the box holders who together raised £166 for the Fund for World Church and £87 for JMA. *Ann*

Attention all cat lovers!

This month Stephanie Roberts is again walking a sponsored '9 Mile Challenge' in aid of Cats Protection. If anyone would like to help unwanted cats & kittens in this way, please see Stephanie and she'll be very happy to sign you up.

Child protection in churches

Read the Methodist Church's response to the IICSA investigation into *Child Protection in Religious Organisations and Settings* here: <http://ow.ly/DBv050G2Xzo>

And finally – some thoughts on ageing

"Thirty-five is a very attractive age. London society is full of women of the very highest birth who have, of their own free choice, remained thirty-five for years." Oscar Wilde

"Just remember, when you're over the hill you begin to pick up speed." Charles Schultz

"Age is just a number. It's totally irrelevant unless, of course, you happen to be a bottle of wine." Joan Collins

"Do not grow old, no matter how long you live . Never cease to stand like curious children before the Great Mystery into which we were born." Albert Einstein

"In the end, it's not the years in your life that count. It's the life in your years." Abraham Lincoln

Contacts

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General enquiries & prayer requests ask.stpauls@gmail.com

Newsletter items ask.stpauls@gmail.com

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