



The
United
Reformed
Church

Bamford Chapel & Norden URC



Pentecost -Acts 2

May 2024

BAMFORD CHAPEL & NORDEN URC MISSION/VISION STATEMENT



Loving God, Serving Others,
Building Community

OUR JESUS-SHAPED CHURCH IS...

Welcoming!

Jesus welcomed **all** who came to Him without judgment, and we aim to be an inclusive church, welcoming to all.

Developing Faith!

Jesus' ministry was all about sharing the Gospel with others. As a church, we need to make sure we are deepening faith and making disciples, supporting individuals on their own faith journeys, and taking the Gospel and sharing our faith beyond the walls of our church.

Reaching Out!

Jesus reached out to everyone, and we must too: within our own church community, within our local community and beyond. We will serve God by serving others.

Caring!

Jesus said: "A new command I give you: Love one another. As I have loved you, so you must love one another." It is essential that all that we do is done in love and that caring for others/serving others is at the heart of our church.

Prayerful!

As it did for Jesus, we will make sure that prayer underpins all that we do as a church, that we might serve the mission of God as He wills.

May 2024

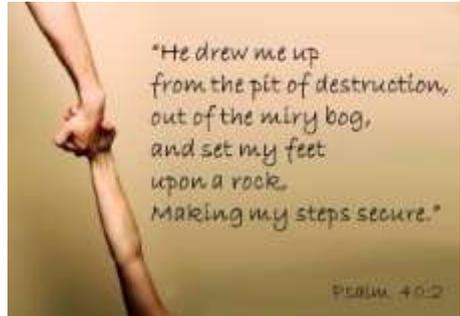
For those who are unable to attend Sunday morning worship, services are live-streamed on YouTube (Bamford Chapel and Norden United Reformed Church) and available on the church website (www.bcnchurch.org.uk)

Every Monday	7.30 - 8.30 pm	Prayer Group in the Lounge (all welcome)
Friday 3 May	1.30 - 3.30 pm	Dementia Friendly Café
Sunday 5 May	10.30 am 6.30 pm	Family Worship with Communion Led by Joanne Ackroyd Missional Partnership Café Church (page 11)
Wednesday 8 May	7.00 pm	Midweek Worship (see page 4)
Thursday 9 May	1.30 - 3.30 pm	Friendship Group AGM (see page 19)
Saturday 11 May	10.00 am - 12 noon	Big Breakfast In aid of Christian Aid (see page 10)
Sunday 12 May	10.30 am	Family Worship Led by Debbie Wood
Monday 13 May	8.00 pm	Jesus-Shaped People discussion At the Redmond's (see page 9)
Tuesday 14 May	7.30 pm - 9.00 pm	Tuesday Home Group On Zoom (see page 4)
Wednesday 15 May	7.30 pm	Jesus-Shaped People discussion In Church (see page 9)
Saturday 18 May	10.30 am 6.30 for 7.00pm	Jesus-Shaped People discussion In Church (see page 9) Community Film Club (see page 22)
Sunday 19 May	10.30 am	Family Worship & Gift Day Led by David Watson
Sunday 26 May	10.30 am	Family Worship Led by Judith Haughton
Tuesday 28 May	7.30 pm - 9.00 pm	Tuesday Home Group On Zoom (see page 4)

Pastoral Letter

Psalm 40:

I waited patiently for the Lord;
he turned to me and heard my cry.
He lifted me out of the slimy pit,
out of the mud and mire;
he set my feet on a rock
and gave me a firm place to stand.
He put a new song in my mouth,
a hymn of praise to our God.
Many will see and fear the Lord
and put their trust in him.
(Verses 1-3)



Dear Friends,

Evelyn Waugh, author of *Brideshead Revisited*, once wrote: “People have no trouble in formalistic or theoretical acceptance (of God). They just don’t want God to touch their conscience.” If this description fits you, Psalm 40 might be troublesome. But for those in crisis, it offers words of hope and reassurance.

Like knotweed, this psalm can leapfrog our mental defences, get under our skin and find root in our hearts. This psalm boils down to a simple truth: God has the care and capacity to lift us when we fall. Maybe it should come as no surprise to find that Psalm 40 has escaped the confines of Sunday services and has entered popular culture. The Irish band U2 wrote their version of this psalm (called *Forty*) which was featured on their 1983 *War* album. Thousands of fans sang along with the lead singer Bono as he closed many concerts with the song *Forty*. I think the original psalmist would be happy that Psalm 40 found a new audience.

Psalm 40 visualises God lifting us out of whatever mess we might find ourselves. Held in those divine hands of love, we can find our way back to

solid ground. The transformation can be so powerful, that God's unrolling story in our lives becomes the soundtrack of our hearts - a "hymn of praise to our God" - which sings of God's transformative love. No wonder Bono penned his own version of this psalm.

For some of us, this Psalm can again present us with a problem – the problem of private faith. Many of us feel that it is improper – maybe even a violation of God's law – to talk about our faith. Like well-behaved children (well, not my kids!), faith should be quiet – maybe seen, but certainly not heard.

How would the Psalmist (or any hymn writer) write songs with this approach to faith? When the psalmist feels that "hymn of praise" rising in their heart, what would they do? Maybe they should bite their tongue, hum the song quietly to themselves, and never put pen to paper. What sort of world would that be?

Can you imagine John Wesley or Isaac Watts keeping their music to the privacy of their hearts? Can you imagine a world without "O For A Thousand Tongues To Sing"? Thankfully the psalmists and the great hymn writers didn't bite their tongues and blessed us with their songs of praise.

Keep the faith, Daniel Harris.

A Prayer

Good and gracious God,
Thank you for walking with us
through life.
You pick us up when we fall.
May we invite you into our hearts.
May your renewing love rise like a
song
which others can hear.
May your loving hand at work in our lives
help others to understand and accept
the salvation that you offer to us all.



Amen.

Tuesday Home Group



The Tuesday Homegroup

Meets fortnightly on Zoom
 Anyone is welcome to join us to
 share in fellowship and reflecting
 together on God's Word

We meet at 7.30pm

6th February	16th April
20th February	30th April
5th March	14th May
19th March	28th May
2nd April	11th June

Zoom details:
 Meeting ID: 847 9885 2008
 Passcode: 517449

For more details contact Revd Richard Bradley on
 richard.bradley@mwsynod.org.uk // 07483 155807 // 01706 369622

May Midweek Worship

Bamford Chapel and
 Norden URC
 invite you to....

Join us for worship at
 7pm on the second
 Wednesday of every
 month

Midweek worship

pray

10/04/24
 08/05/24
 12/06/24
 10/07/24

14/08/24
 11/09/24
 09/10/24
 13/11/24
 11/12/24



Bamford Chapel & Norden URC Mission/Vision Statement

**Please note the revised mission/vision statement on the front inside cover of the magazine.
This is in line with our “Jesus-Shaped Church”**

Church Flowers



**Donations for flowers placed in church
in April were received from:**

Elizabeth Hazlehurst - Birthday & Anniversary memories

Linda Peacock in memory of Charlie

Dot Craig in memory of Peter

Anne Fitton in memory of Dorothy & Harry Wilson

John Lapworth & Family in memory of Pat's birthday

Front cover Artwork by Francesca Ross (Parish Pump)

Alpha Course



Rochdale, Bury and North Manchester Missional Partnership Alpha Course — All welcome

Where?

Bury URC, Parson's Lane, Bury, BL9 0LY

When?

Thursday 5th September @ 7pm—9.15pm
Thursday 12th September @ 7pm—9.15pm
Thursday 19th September @ 7pm—9.15pm
Thursday 26th September @ 7pm—9.15pm
Thursday 3rd October @ 7pm—9.15pm
Thursday 10th October @ 7pm—9.15pm
Thursday 17th October @ 7pm—9.15pm
Saturday 19th October @ 10am—4pm (venue for the away day to be confirmed)
Thursday 31st October @ 7pm—9.15pm
Thursday 7th November @ 7pm—9.15pm
Thursday 14th November @ 7pm—9.15pm
Thursday 21st November @ 7pm—9.15pm

What is Alpha?

“Alpha is a series of sessions exploring the Christian faith. Each talk looks at a different question around faith and is designed to create conversation.”
(from www.alpha.org.uk)

“Alpha is a series of interactive sessions that freely explore the basics of the Christian faith.”
(from www.alpha.org.uk)

Alpha is for anyone wanting to learn more and deepen their faith

For more details or to put your name down to attend please contact:
Revd Richard Bradley
(Minister in the Missional Partnership)
richard.bradley@nwsynod.org.uk
01706 369622 // 07483 155807

Food will be included as part of the course
(please note no meeting on Thursday 24th October)

Prayer for May 2024

Dear Lord,



May, the loveliest of months – and this year, as we welcome the blossom and the beauty of late Spring, we also welcome Your Holy Spirit afresh, as we celebrate Pentecost.

May we open our hearts to receive Your Spirit, as Your people did on that first Day of Pentecost. May we be filled and empowered and emboldened to witness to Your goodness and love.

May we be transformed by Him and reflect Your transforming grace to the broken world in which we live. May people who meet us ask, “What does this mean?” May they turn to You and hear You speaking in ways they can understand.

Without Your Holy Spirit we can do nothing. With Him living in us, we can do all things.

Come Holy Spirit, come to us, we pray,
In Jesus’ name.

Amen.

By Daphne Kitching



Holy Days - 9 May - Pachomius the Patron Saint of Administrators



Have you ever worked for a disorganised organisation? You know the scene: your boss lives in a mild panic, your goals and deadlines keep being changed, your colleagues whisper darkly in corners, emails contradict each other, meetings lead to more confusion... and you go home each night with a headache.

Pachomius should be the patron saint of administrators everywhere. For back in the 4th century, without a computer or even a mobile he managed to run 11 separate monasteries like clockwork.

Pachomius was born into a pagan family in Upper Egypt at the end of the third century, and as a youth conscripted into the army. On his release in 313 he became two things: a Christian and a hermit (probably craved some peace and quiet!). But Pachomius was no loner, and when other monks gradually sought him out, he did with them what he did best: he organised them. By 320 he had founded his first monastery.

Pachomius seems to have had exceptional powers of administration, no doubt perfected by his years of disciplined army life. By the time of his death in 346, he presided over nine large monasteries for men and two for

women. Each monastery was divided into houses, according to its craft, such as agriculture, tailoring or baking.

Pachomius knew how to delegate: each house had its own leader. He knew how to keep in touch: he held team leaders’ meetings twice a year. Pachomius knew about supply chains: food and drink never ran out. Pachomius knew about marketing: he found buyers for their produce in Alexandria. Pachomius knew about delivering a vision: a daily pattern of work and prayer and sleep was set in place to make sure that the monks and nuns could devote themselves to God for hours each day in prayer, and in memorising the Psalms and other Bible passages.

Pachomius knew how to help people get things done. No wonder his Rule went on to influence that of Basil and Benedict. Certainly the gift of administration is listed by St Paul as a genuine gift of God, and prudence and clear forward planning are highly prized in the Proverbs.



Jesus Shaped Church

Continuing to develop our Jesus-Shaped Church

All are invited to continue our discussions and learning together as we grow in faith and trust. From February to July 2024 we will be using the 'Jesus Shaped People Lite' materials and as we did during the Autumn of 2023 we will meet to discuss the materials. You only need to attend one of the dates being offered for each JSP session.



JSP Session	Monday—8pm @ The Redmonds	Wednesdays—7.30pm In Church	Saturdays—10.30am In Church
1	12th February	6th March	17th February
2	18th March	27th March	6th April
3	22nd April	24th April	27th April
4	13th May	15th May	18th May
5	10th June	19th June	15th June
6	15th July	17th July	20th July

All are welcome at any of the sessions. For further details please contact Richard on:

richard.bradley@nwsynod.org.uk // 01706 369622 // 07483 155807

Big Breakfast - Christian Aid

Bamford Chapel
& Norden United Reformed Church


Loving God, Serving Others,
Building Community

Fancy a bacon butty?



Vegetarian option available

£5

*Saturday
11 May
10.00 – 12.00*

In aid of



*Christian Aid Week
12 – 18 May*

*Fighting global
poverty*

Bamford Chapel and Norden URC, Norden Road, OL11 5PQ

Christian Aid Week - 12th - 18th May

Christian Aid is urging its supporters to “push back against poverty” this Christian Aid Week by bearing in mind the coming General Election.

The charity says that “people hoping to represent us” in the next UK Parliament will soon be on our doorsteps, “vying for our vote”.

Christian Aid says that these would-be MPs will: “be in listening mode, keen to hear what makes the voters in their community tick.” And so, urges the charity, Christians can use this opportunity to “show them that your church cares about poverty, and tell them that you expect them to act on poverty too, if they are elected.”

This year the charity has launched the ‘70K Challenge for May’, encouraging its supporters to do a sponsored “Move 70km during May. Walk, run, cycle, however you move is up to you.”

Details at: <https://fundraise.christianaid.org.uk>

MISSIONAL PARTNERSHIP CAFE CHURCH

During 2024 we will have six services - starting at 6.30pm

5th May

1st September

7th July

3rd November

at Bamford Chapel and Norden URC (unless otherwise stated)

Norden Road, Rochdale, OL11 5PQ

Bible Numbers to Call Upon

1. When in sorrow, call John 14
2. When men fail you, call Psalm 27
3. If you want to be fruitful, call John 15
4. When you have sinned, call Psalm 51
5. When you worry, call Matthew 6:19-34
6. When you are in danger, call Psalm 91
7. When God seems far away, call Psalm 139
8. When your faith needs stirring, call Hebrews 11
9. When you are lonely and fearful, call Psalm 23
10. When you grow bitter and critical, call 1 Cor. 13
11. For Paul's secret to happiness, call Col. 3:12-17
12. For idea of Christianity, call 1 Cor. 5:15-19
13. When you feel down and out, call Romans 8:31-39
14. When you want peace and rest, call Matt. 11:25-30
15. When the world seems bigger than God, call Psalm 90
16. When you want Christian assurance, call Romans 8:1-30
17. When you leave home for labour or travel, call Psalm 121
18. When your prayers grow narrow or selfish, call Psalm 67
19. For a great invention/opportunity, call Isaiah 55
20. When you want courage for a task, call Joshua 1
21. How to get along with fellow men, call Romans 12
22. When you think of investments/returns, call Mark 10
23. If you are depressed, call Psalm 27
24. If your purse is empty, call Psalm 37
25. If you're losing confidence in people, call 1 Cor. 13
26. If people seem unkind, call John 15
27. If discouraged about your work, call Psalm 126
28. If you find the world growing small, and yourself great, call Psalm 19



Author unknown

The U in JesUs

Before U were thought of or time had begun,
God even stuck U in the name of His Son.



And each time U pray, you'll see it's true
You can't spell out JesUs and not include U

You're a pretty big part of His wonderful name,
For U, He was born; that's why He came.

And His great love for U is the reason He died.
It even takes U to spell crUcified.

Isn't it thrilling and splendidly grand
He rose from the dead, with U in His plan?

The stones split away, the gold trUmpet blew,
and this word resUrrection is spelled with a U.

When JesUs left earth at His upward ascension,
He felt there was one thing He just had to mention.

"Now go into the world and tell them it's true
That the love I have shown is not just for U."

So many great people are spelled with a U,
Don't they have a right to know JesUs too?

It all depends now on what U will do,
He'd like them to know,
But it all starts with U.



Bamford Chapel and Norden URC



The
United
Reformed
Church



The
United
Reformed
Church Youth

Holiday Club

Sparks
and *Stories*

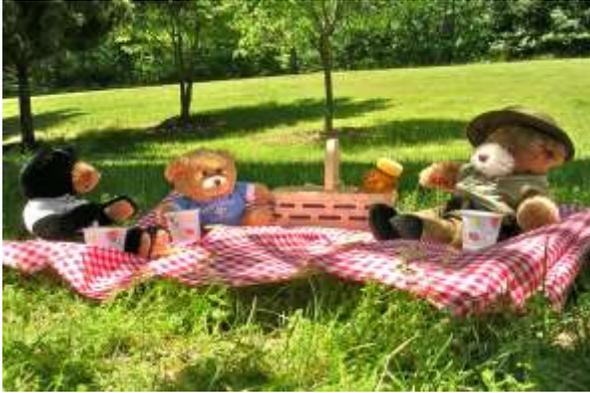
2024 URC Children's and Youth Work Holiday Club

5 – 9 August 09.30 – 12.00
for 5 – 11 year olds

Contact: bcandnchurch@gmail.com

May Bank Holidays

Editor: Nigel Beeton writes: One wonderful thing about May is that it has not one, but two Bank Holidays! Some complain that they are too close together, but you know, May's a lovely month for some time off!



Who doesn't enjoy the fair month of May?
Not one day but two we can spend time away;
With workbags and satchels left under the bed
We sing as we pack up a picnic instead!

The sun in the sky and the wind in our hair
As we eat our lunch in the fresh open air;
The river chants secrets to daisies nearby
And birds sing their anthems beneath the blue sky.

Replete, we can take to our feet, or a bike
Instead of a schedule we can do what we like!
Catch up on a novel, or stroll 'neath the trees
Our laughter transported on warm summer breeze.

From two days of duty we are thus relieved
And so we should judge them a blessing received;
A pause in life's rhythm, a gift from above
To substitute stresses with laughter and love.

By Nigel Beeton



Memories of Ivor & Delyth Rees



Our first memories of Ivor's arrival with his family is of us sitting on the lounge floor in an empty manse. Finlay was church secretary at the time and our friendship

with the family went on from there.

From the first meeting with Ivor and Delyth they came across as loving, caring, supportive people. People who would together love and care for our Community. Of course it was Ivor's position but Delyth worked alongside him in her friendly manner.

During his time with us Ivor introduced us to Family Prayers Time during service, introduced us to Pastoral Support and prayers for specific groups of families on a weekly basis. Ivor also introduced us to our third world projects. One of our most memorable is Suktari, in Calcutta, as it was at the time. Suktari is run to support abandoned disabled children found on the railway system. The connection was a friend of Ivor's son who developed the project which continues to today.

Ivor also, with his knowledge and love for the Holy Land, led a pilgrimage of chapel folk, guiding us on a journey through Jesus' footsteps.

Ivor had a deep-founded care for people exemplified by offering us prayer, by phone, to Scotland during the ill health of our parents.

A man so loved and respected.

Finlay and Gillian Galloway

This is an extract from an article I wrote in the June 1996 magazine when Ivor retired from Bamford Chapel. Linda Peacock

My first recollection of Ivor was the day he came to “preach with a view” in October 1985. My son Stephen (then aged 10) was chosen to read a lesson at the Boys’ Brigade re-dedication service. Ivor put his arm around him before the service and carefully went through the reading, giving him advice and encouragement on how best to read it. Ivor wanted the best for Stephen and for the congregation, so that the worship offered to God would be enhanced by all who took part. That was the way Ivor’s ministry continued. He liked things to be presented well, wanting the best for the Church and for God, and was always willing to offer advice and encouragement to those prepared to share in worship.

That evening I had no idea that 3 years later I would have the privilege of working alongside Ivor as Church Secretary. I too would need the advice, encouragement and support Ivor gave to so many people over the years. As a new Church Secretary I floundered on many occasions, and made many mistakes, but there was never any criticism or recrimination. Ivor always made me feel we worked as a team – and I appreciated that. He was a good listener and pastor, and many is the time I valued his sympathetic ear when Church life or home life seemed over-burdened. I hope I was able to offer the same in return.

Ivor was an inspiring preacher. During his ministry different types of services were tried: Healing services, Renewal of Marriage vows and Songs of Praise. We were encouraged to join ecumenical events at Manchester Cathedral. Links with St Michael’s and St Vincent’s were strengthened after Ivor suggested a “standing committee” for ecumenical events (later to become the Churches Together in Bamford group).

Holy Week and Easter became a special time for many. The Easter Cross became part of Chapel life. Each year it stands bare an empty, waiting eagerly for Easter Day, and as we leave after worship it stands in all its glory as a reminder to the world outside that Jesus lives. Ivor’s unique style of leading us through Holy Week to Easter Day had a significant influence on my spiritual life. This, combined with the sharing of his thoughts on his sabbatical at Tantur and his other journeys brought the Bible to life for me. It was the inspiration for my visit to the Holy Land on pilgrimage led by Ivor. I will always be grateful for the opportunity to do just that, and for the very

special way Ivor led his pilgrims. I know all those who have joined Ivor in pilgrimage felt the same way.

Ivor encouraged us to become socially aware of the world around us. Links were encouraged with Salford Urban Mission and the Family Service Unit. Strangers who knocked on the manse door were never turned away empty handed. His concern for his own family was extended to his Church family and many will testify to Ivor's availability and empathy in difficult family situations. He was always aware of the needs of others and often became impatient if he, or someone else could not meet those needs.

Ivor always made us aware of the wider world. He encouraged the many overseas visitors linked with our projects as well as the visits from the Wartburg Choir. The welcome and support given by Ivor and Delyth to so many people from this country and overseas was appreciated, both by those given hospitality and by members of the congregation invited to share it with them. Friendships continued long after visitors left. Kathy Lawes was



one of those overseas visitors who spent a year at the Manse as part of her training for the ministry in Chicago. She kept in touch with Ivor & Delyth and with many of us, and came for both Delyth's and Ivor's funerals.

Charlie and I valued Ivor and Delyth's friendship, which continued to this day. RIP Ivor – united with your beloved Delyth.

Linda Peacock (Church Secretary 1989 - 1992)

I found Ivor a wonderful preacher, so knowledgeable but easy to understand. Also friendly and approachable. I remember going to see him once wanting advice. He advised me honestly, even though some of it I didn't want to hear! Never to be forgotten.

Trish Adshead

Donations in memory of Ivor may be made for ABCD Bethlehem (Action around Bethlehem Children with Disability) c/o St James Funeral Home, 31 St James Gardens SA1 6DT. (Please make cheques payable to Action around Bethlehem Children with Disability - Treasurers Account). (This was our project in 1989)

Friendship Group April 2024 Blind Veterans



We are very grateful that Linda Kerford invited her 'soon to be' daughter-in-law (Emma Flint) to speak about her role as a Carer for "Blind Veterans".

We are experimenting at chapel with large letter printed versions for the words of Hymns. If you think it might help you, please see Joan Warner. Best source of support information are the RNIB and the Macular Society.

Emma inspired us all as she described how she supports Blind Veterans in their homes. Some of the equipment she brought with her was familiar to people in our Church Family who are suffering levels of sight loss through Macular Degeneration. Bernice was our In-House Expert as we tried out various pieces of kit from hand-held magnifiers to full page magnifiers.

Over 2 million people in the UK suffer from visual impairment of whom 340,000 are registered blind. We give thanks for all like Emma who help. And we thank God for all involved in creating aids.

Joan Warner

May Friendship Group



Thursday 9th May

1.30 - 3.30 pm

**Annual General Meeting
with Sandwiches & Cake**

£4

All Welcome

Thank you from Dot



To
Everyone who made my
birthday so very special
I honestly can't thank
you all enough, it was
a wonderful surprise
to see so many of my
lovely friends willing
to share my birthday
so from the bottom of
my heart THANKYOU!
from
DOT
XXXX

In Appreciation of our Nurses



The work of nurses is celebrated around the world on 12th May. That day was chosen to be International Nurses Day because it is the anniversary of Florence Nightingale's birth.

Here are some current stats on nurses in the UK:

There are currently 731,058 nurses on the permanent NMC register. With midwives and nursing associates added, this figure rises to be 788,638.

There are more female nurses than male nurses. 89% of registered nurses identify as female, and 11% identify as male.

We need more nurses! Currently there are about 46,800 vacancies. Could this be a job for you?

Fire of Pentecost

"You shall receive power when the Holy Spirit comes upon you and you will be witnesses to me in Jerusalem, and in all Judea and Samaria and to the ends of the earth" Acts 1:8



We all get tired and battle weary sometimes. The disciples of Jesus had just been through a three-year long roller coaster adventure with Jesus that had culminated in His death, resurrection and ascension into heaven.

The range of emotions would have been hugely taxing in the days leading up to Pentecost, as they remembered Jesus weeping in the garden of Gethsemane, betrayed by Judas, brutally beaten and crucified, and then dead and buried.

Then there had been the shock and awe of finding out that He was alive again! But then He had left them again, to return to His Father. By the time the day of Pentecost arrived, the disciples would indeed have welcomed some fresh spiritual fire!

For us today, many of us have felt emotionally drained with the uncertainties caused by Covid 19, the worry of prices rising at an alarming rate, and now the pain and uncertainty of what will happen in the war in Ukraine.

So, what better day to pray for fresh spiritual fire for each of us? As we celebrate the outpouring of the Holy Spirit and birth of the Church, let us thank God that He will never leave us or forsake us.



**CINEMA
FOR ALL**

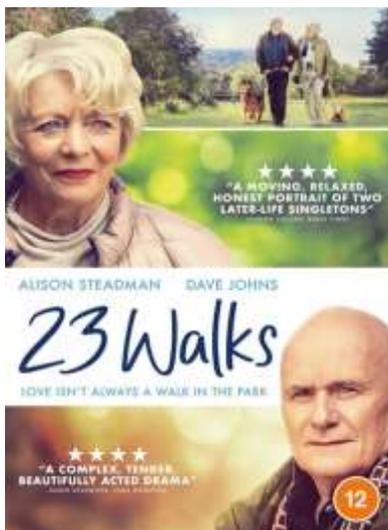
The Ian Newman Community Film Club
At Bamford Chapel & Norden URC, Norden Road
Rochdale OL11 5PQ

Saturday 18th May 2024

6.30pm refreshments : 7.00pm film

Admission £4.00

“23 Walks” 12 2020



Supported by Rochdale Township

Good Dog!



Well, I've finally gone and done it!! I'm now the proud owner of a lovely Cavapoo puppy called Rosie, and she's delightful. She's cute, good company, energetic, funny and learning fast. I can now have regular exercise taking her out for walks and she's certainly put a smile on my face. I can't imagine life without her.

Little did I know that one of the articles from Parish Pump this month would be about the benefits of having a dog!

Linda Peacock



Recent scientific research has found evidence that having a dog is good for you.

"Science is finally catching up with what humans have intuitively known for thousands of years." So says Professor Emeritus Aubrey Fine of Cal Poly University, a paediatric clinical psychologist.

A recent study at Konkuk University in Korea found that participants' alpha-band brain waves increased while playing and walking with dogs, while their beta-band brain waves increased while grooming, massaging, or playing with dogs. All participants were left feeling "less fatigued, depressed and stressed".

In one American academic journal, *Circulation: Cardiovascular Quality and Outcomes*, a study found that, overall, dog owners have a 24 per cent decreased risk of all-cause mortality, and that that percentage rises to 31 per cent for cardiovascular-related issues.

According to Tommy Wood, assistant professor of paediatrics and neuroscience at the University of Washington School of Medicine, dogs "support our health and wellbeing in many ways."

Midweek Opportunities for Learning & Sharing Fellowship

- Monday:** 9.00 am **Monday Gang / Garden Gang**
(who do work in or around the building)
10.15 am **Pastoral Meeting**
1.30 pm **Bridge Club**
7.30 - 8.30 pm **Monday Prayer Group** (in Lounge)
8.00 pm **Monday Night Home Group** (at Redmond's)
- Tuesday:** 9.00 – 11.00 am **Toddlers' Group**
1.30 – 4.00 pm **Indoor Bowls** (Upstairs Hall)
From 6.00 pm **Rainbows, Brownies & Guides**
7.15 pm **Singing Group**
- Wednesday:** 12 noon **Luncheon Club**
6.30 pm **Boys' Brigade & Girls' Association**
- Thursday:** 10.30 am - 12 noon **Community Coffee Morning**
- Friday:** 6.00 pm onwards **Beavers, Cubs and Scouts**
- Sunday:** 7.30 pm **God Squad** (for Teenagers)

Fortnightly & Monthly Opportunities

- Tuesday:** **Home Group** 14th & 28th May
7.30 - 9.00 pm On Zoom (see page 4)
- Thursday:** **Friendship Group** 2nd Thursday in the month
1.30 - 3.30 pm 9th May AGM (see page 19)
Heritage Group 2nd Thursday in the month
7.30 pm 9th May
- Friday** **Dementia Friendly Café** 1st Friday in the month
1.30 - 3.30 pm 3rd May
- Saturday:** **Ian Newman** 3rd Saturday in the month
Community Film Club 18th May
6.30 pm for 7.00 pm film - (see page 22)

For further information please see website www.bcnchurch.org.uk
contact Anne Fitton or speak to an Elder.

BAMFORD CHAPEL & NORDEN URC MAGAZINE



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DATES FOR JUNE MAGAZINE

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