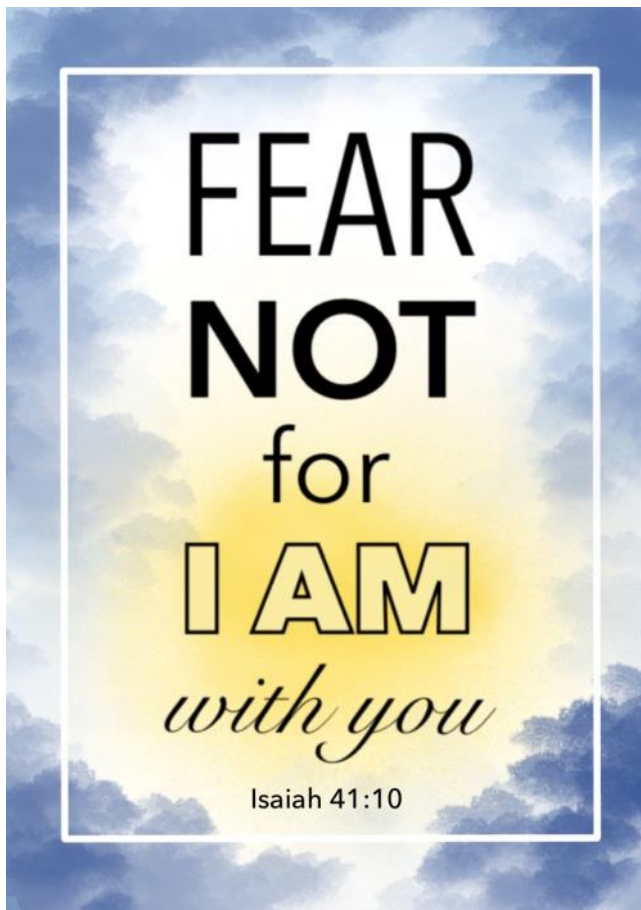




The
United
Reformed
Church

Bamford Chapel & Norden URC



May 2020

BAMFORD CHAPEL & NORDEN URC



MISSION/VISION STATEMENT

Worship

In our devotion we will come together to express our joy, love and thanks through worship.

We shall share our praise and dedicate it to God.

Ministry

Through the guidance of the Holy Spirit we will show compassion and love by understanding, supporting and meeting the spiritual, the physical and the emotional needs of others.

Evangelism

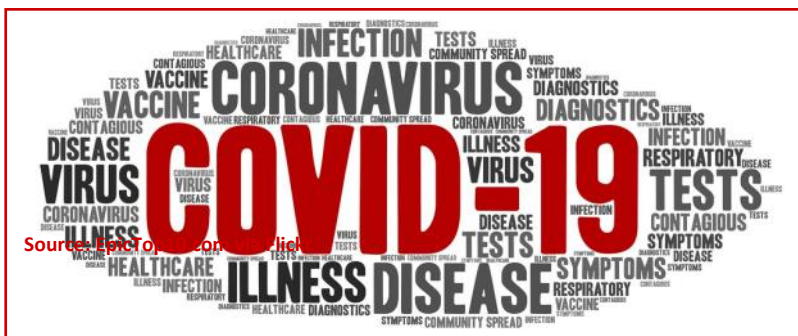
We are called as Christians to share the good news; living as examples of Christ in our everyday lives we can spread the word and love of Jesus.

Discipleship

We as a church have a responsibility as Christians to encourage people to know God and to enable them to develop their relationship with Him through prayer, discussion, study and learning.

Fellowship

We welcome to our church family those who want to belong. We show our love for others by sharing acts of fellowship in God's name.



At the time of compiling this magazine the UK is still in lockdown as advised by the government to:

“Stay at Home, Protect the NHS and Save Lives.”

As the usual church services and activities are suspended for the time being, please use the list on page 28 to pray daily for each of our groups.

Please pray also for the families of the bereaved, for those suffering illness, for all NHS workers and for all essential keyworkers in whatever field of employment.

Do you need help at this difficult time

If you are not going out during the coronavirus epidemic and you need shopping or a prescription collecting, we have a group of volunteers who can help.

***If you need help please contact: Angela Smith
0771 029 7377 or angela.smith@rochdale.gov.uk***

If you are able to volunteer to help out at this difficult time, please call the same number.

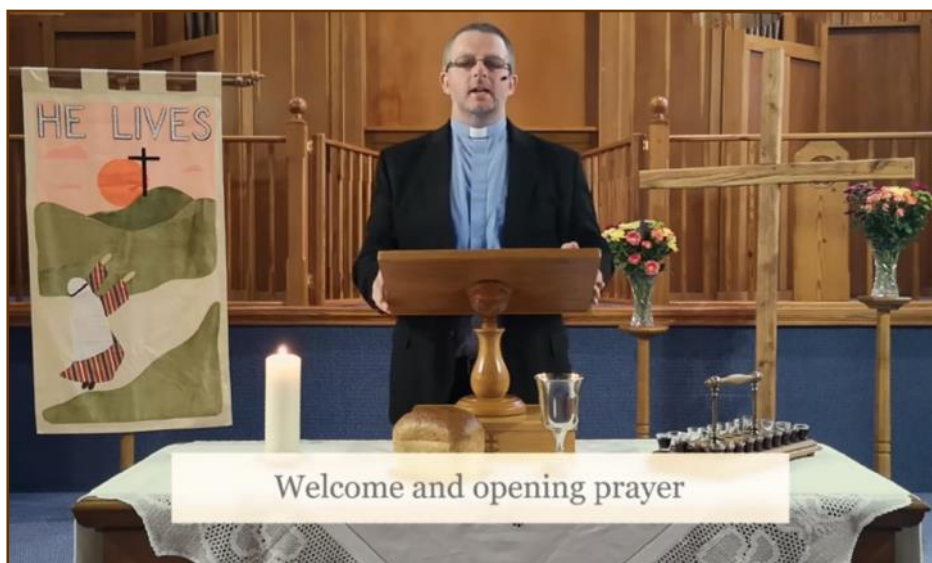
Thank you.

Message from the Manse

Firstly, I hope everyone is keeping well. These are strange and difficult times for people, and I want to assure you all that you are in my prayers regularly.

Secondly, I want to say “thank you” to several people/groups of people - those who have been carrying out pastoral care via the telephone and other ways of communicating. I know people are appreciating the phone calls and conversations that are happening at socially safe distances, when people are on their daily walks and chatting to others who are in their gardens enjoying the weather.

There are many things I have been reflecting on in recent weeks since the lockdown was put in place. I feel enormously privileged to still be able to do “my job” albeit in a rather restricted way. I have enjoyed preparing and delivering the services on video. I never thought I would say this, but I am even getting used to seeing and hearing myself on the videos as we watch them in the manse on a Sunday morning.



I thank God for the technology and the relative ease in producing the videos, albeit they are quite time consuming – especially the editing! But I

am enjoying it. And it has given me food for thought for how we can use videos more in acts of worship moving forward. I also want to thank those who have agreed to record themselves reading the Bible readings and meditations for me. If you feel you could do one for me then please let me know. What you need is a smart phone and internet access (even if that is only internet on your mobile phone!) I can easily send you the instructions with how to record yourself and then send the audio clip to me.



I also want to thank Steven; Cameron, Jane and Christopher for the music we hear each week in the worship videos too. Most, if not all, of it is recorded by them and sent to me, which has made my life a huge amount easier as I haven't had to go looking for music online and making sure verses etc. are correct.

I want to thank those who are shopping for those who are self-isolating. I thank Angela for organising this on the Chapel's behalf.

As I said in the service yesterday (19th April) I know people are missing being together. These times of isolation are harder for some people than others. Be assured we will be back together one day! We don't, at this point, know when. The new "normality" may be different to what we knew before. But what was sure then, what is sure now and in the future, is God's presence and guidance.

Jeremiah writing a letter to those in exile wrote these often-quoted words:

"...For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." (*Jeremiah 29:11*)

This verse is often quoted in the positive sense of God's plan for God's people and a future for God's people. But this verse also highlights the fact that, whilst God doesn't *plan* for us to be harmed, there are many,

many people who during Covid-19 have experienced great pain/harm. At present, according to an internet search at the time of me writing this article, there have been 16,060 deaths from Covid-19 and sadly by the time you read this that figure will have increased. That needs acknowledging as there are a great number of families and a great number of friends who are grieving because of their losses. And we can and must pray for those people who are suffering.



I go into the church building quite often to either record the services or photocopy newsletters and services for those not on the internet, and I feel sad that we are not meeting together as the church family. Whilst recording the services I am reminded that, whilst we are not physically together worshipping, we are united by the Holy Spirit when we gather to worship in the comfort of our homes.

We must not forget that God has a plan, that God is still on the throne, that God doesn't need to self-isolate from us and that He is with us no matter where we are, alone or with family, how we feel or what we're experiencing. If you are struggling with anything please pick up the phone. Ruth and I are here for people and we can be here for one another. Stay safe friends and let's keep praying for one another until we can meet face to face whenever that will be.

God Bless, Richard

The word 'comfort' is derived from the words 'con' and 'fort', meaning 'with strength'.

*Jesus said that if we mourn, we shall be comforted.
Behind the promise of his word lies the resurrection of Jesus Christ, where total defeat was turned into glorious victory.
Sherwood Wirt*

Easter Cross



Despite the lockdown we were able to decorate the Easter Cross this year. Just as nothing stopped Jesus rising from the dead, so nothing stopped us decorating the cross! The flowers that were in the Easter Sunday video were then placed in the cross or by the cross and the public were invited to add flowers into it. Ruth and I spotted some of the public doing this which was brilliant! Many passing by stopped, looked and even took photos of the cross. Here is one I took for those who weren't able to see it this year.

Richard

Take exercise for even half an hour a day – and lower depression!



Here is some good news for us all: if you are feeling low, get moving. A recent study at Harvard has found that even just half an hour of exercise a day can lower the risk of depression by 17 per cent.

So – even though we are told to stay home at present, do a work-out in your living room, run around the garden a dozen times, or run up and down your staircase 20 times -anything to get your heart pounding and your body moving!

Editor: This comes from Nigel Beeton, who works for the NHS, and who also happens to be one of the resident poets of “Parish Pump!”

(Written on 3rd April)

On the Covid Frontline

I work in Radiology in a hospital in the East of England – a region that is yet to experience the covid-19 virus with quite the same ferocity as colleagues in London and Birmingham, and certainly the situation is nowhere near as bad as that in China, Iran, Spain and, of course Italy. But patients are coming into the hospital in increasing numbers experiencing the respiratory distress of a covid-19 infection. So, I’m finding out what it’s like to be on the front line during an epidemic.

As I write, the country is in so-called ‘lockdown’ and the virus is impacting upon every aspect of all our lives. The News outlets report the best in people and the worst in people - examples of selfish behaviour, especially in and around supermarkets, but also examples of people going well out of their way to help people who become very vulnerable during this period. I’m privileged to work alongside the very best.

Fear is almost the defining feature of this crisis. Of course, the patients themselves are frightened, our hearts go out to them, and though we are separated from them by our protective equipment we can still show that we care, and that we are doing our level best to help them.



The staff are frightened, too. I have heard long-serving, experienced staff tell me how very frightened they are. The conflict between their duty to our patients and their desire to protect themselves and their families is, at times, overwhelming. I'm spending a great deal of my time trying to be reassuring and trying to keep a grip on an ever-changing situation. It's the same across the hospital. Yet, every day, these

wonderful people come towards the danger when their instincts tell them to run in the opposite direction.

Am I frightened? Yes, indeed I am frightened. I'm frightened that it will get as bad here as it has been in Italy. I'm frightened that some of my staff will become seriously ill, or worse, because so many healthcare staff seem to be getting sick, despite all the protective equipment that we use. And, of course, I'm frightened for the people I care about. Maybe it's OK to be frightened, because that is better than being blasé, overconfident, and foolhardy.



However, I think our faith in our God is a way to turn fear into calm. It connects us to others across the ages who have faced far, far worse situations than this. No-one is trying to drop high explosives down my chimney. There was only basic equipment and medicine during the so-called 'Spanish Flu' of 1918-1920. The bubonic plagues of the Middle Ages took a much higher death toll, and the medicine of the time had absolutely no answer to it.

For our generation, who by the grace of God have only known peace, and for whom life has gone on much the same for several decades, it is a terrifying experience.

So far in most of our lives, we have not had to rely on God to quite the same extent as former generations, but maybe, just maybe, this crisis will bring us closer to each other and to the God who loves us so dearly.

Pause for Thought...

Don't aim at success - the more you aim at it and make it a target, the more you are going to miss it.

For success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side-effect of one's dedication to a cause greater than oneself.

Viktor Frankl (Psychiatrist, concentration camp survivor and author of Man's Search for Meaning)

Editor: Nigel Beeton also writes: I'm reluctant to try to be funny at a time like this, but I wonder if God might be wanting to remind us that while this might be very scary for us, He's seen far, far worse than this over the centuries. So maybe it is right to remember some good cheer, hence my use of the Limerick form:

Faith in a Crisis

*If a crisis is coming to stay
Getting worse, with each passing day
It's ever so easy
To get somewhat queasy
When normality passes away!*

*If the shelves are devoid of all rolls
And the internet's peopled by trolls
Don't tremble and fear,
Shed no frightened tear
For God the Almighty controls!*



*If your eyesight with tears is blurred
It may not quite yet have occurred
That God through the years
Has dried up our tears:
So see what it says in His Word:*



*The people, surrounded by sand
En route to that old Promised Land
No food did they lack
For God had their back
He had their nutrition well planned!*


*Jesus cared, as the family cried
For the daughter of Jairus had died
He entered her room
Said 'Talitha koum'
And she rose and stood there by His side!*

*Just two of the Bible's great tales
That show us that God never fails
To come to our aid
If we've sought Him and prayed
When the devil with evil assails.*



*So do not be scared, but be smart -
No virus can tear us apart
From God up above
Who shows us such love
So be of good courage and heart!*


By Nigel Beeton



Mouse Makes




"The fruit of the Spirit is
love, joy, peace, patience,
kindness, goodness, faithfulness,
gentleness and self control."

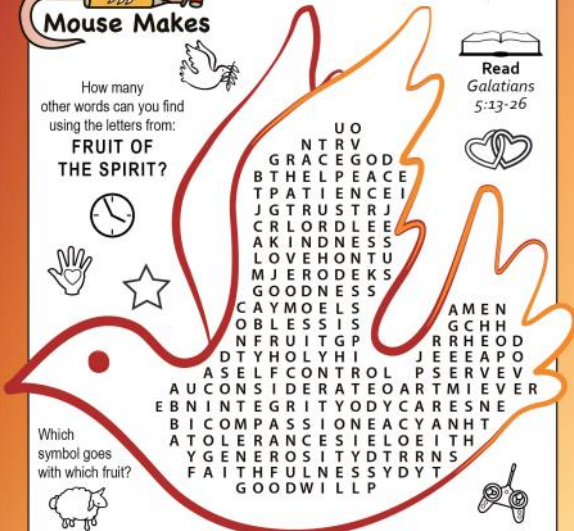
If we live by the Spirit, let us also
behave in accordance with the Spirit"





How many
other words can you find
using the letters from:

**FRUIT OF
THE SPIRIT?**









Read
Galatians
5:13-26

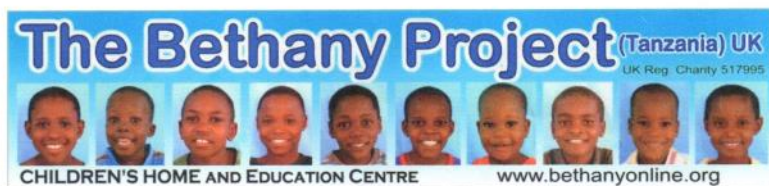



Which
symbol goes
with which fruit?

LOVE • CARE • CHERISH • JOY • DELIGHT • PEACE • ACCORD
AGREEMENT • UNITY • CALM • CONTENTMENT • REST
PATIENCE • TOLERANCE • KINDNESS • COMPASSION • HELP
GOODWILL • GENEROSITY • GOODNESS • HONESTY • INTEGRITY
FAITHFULNESS • LOYALTY • TRUST • GENTLENESS • CONSIDERATE
SELF CONTROL • RESTRAINT • FRUIT • SPIRIT • LIVE • SERVE

May20 © deborah noble • paintpump.co.uk



KINOULTON
WHALLEY ROAD
BARROW
CLITHEROE
BB7 9BN

9th March 2020

Dear *Revd Bradley,*

At the latter end of last year your fellowship was kind enough to invite our Choir to talk about their lives at the Orphanage and their education at the Pre-Primary School as well as provide an insight into their culture with singing and dancing.

Sadly, some of those children together with other brothers and sisters were involved on Sunday 23rd February in a terrible accident. Our very old Landrover hit a pothole, whilst returning from church, careered into a tree and tipped over killing a young boy, Baraka Juma (7 years old) and injuring 15 others. Their injuries range from broken bones to heavily swollen head wounds and severe bruising. I am however pleased to say that they are all back at Bethany having been discharged from hospital and are recovering. Thanks be to God.

As you know the Bethany Project was established in 1989 and since then only two vehicles have been purchased, the Landcruiser in 2004 and the Landrover (shipped from the UK) in 1998 which is now a write off. The Landcruiser (with 269,400 kilometres on the clock) will now have to be used for transporting building materials, food and household items as well as towing a trailer for firewood and heavier goods.

Therefore, Bethany needs a new vehicle like our reliable and robust Landcruiser. If any of your members have been to Bethany, they will understand the need for such a vehicle which, hopefully, will last for at least 20 years and will be used for longer distances to Magu (20 kilometres) and Mwanza (100 kilometres) for shopping, ferrying children to various venues, hospital visits and helping to transport very sick people from the village to receive urgent medical treatment. The cost will be around £46,000 (inclusive of VAT).

Our 2019 accounts filed with the Charity Commission show a balance of £136,358. Last year's expenditure (excluding capital projects) was £103,080 which results in reserves of just less than 4 months running costs.

Because of insufficient funds Bethany is launching a general appeal to replace the Landrover and any money given for such a purpose will be ring fenced. If you are able to support this appeal the Bethany Family would greatly appreciate any contribution you are able to make.

I look forward to hearing from you.

Yours sincerely,

David Borland OBE
Treasurer and Trustee
01254 822004

A Tribute to Captain Tom Moore

As you will know, from time to time we decorate the gates. When I say “we” I mean Joan and Ruth. Ruth had an idea to decorate it to mark and celebrate Captain Tom Moore, who had set out to raise a bit of money for the NHS by asking his family to sponsor him doing his walking, ahead of his 100th Birthday. Some £20+ million pounds later he is famous! Ruth printed off some pictures, printed and cut out “You’ll never walk alone” and tied them all to the gate. I think you’ll agree with me she did a brilliant job and it has been put out on social media for others to see as well. Again, a photo for those who haven’t been able to see it when passing by.



*If God sends us on stony paths,
He gives us strong shoes.*

Corrie Ten Boom





For reasons which are all too familiar to us all, the House to House collection for Christian Aid, which we have always supported so well, has had to be cancelled. This means, of course, that the much-needed funds, which nationally has

amounted to over £8million, will have to be raised in other ways if the vital work is to continue. Like them, we believe that everyone is equal in the sight of God. Yet we live in a world where poverty still persists. Poverty is an outrage against humanity. It robs people of their dignity and lets injustice thrive. Christian Aid works in 37 countries, with people of all faiths and none, to stand up for dignity, equality and justice. It aims to transform lives.

This is an extract from their annual report:

- *We seek to follow the teaching of Jesus Christ, who commanded his followers to love their neighbour and work for a better world.*
- *We stand with the most vulnerable and excluded people of the world – both in times of crisis and for the longer term.*
- *We give people survival essentials when they are without shelter or refuge, and help them find the strength and resources they need to flourish and protect themselves from shocks and disasters.*
- *We support people to stand up for their rights and to build stable, secure lives they can enjoy living.*

To help to enable this wonderful work to continue, I would like to suggest that each of us makes a generous personal contribution. If you would like to send your cheque to me, payable to Christian Aid, I will send them off as our Church's contribution. (Alternatively, you can donate on-line to caweek.org). I have Gift Aid forms which I can fill in on your behalf if you so wish, but you will need to instruct me to do that.

Our weekly collection of 20ps was sadly stopped when we were advised to suspend our communal acts of worship. If you have continued to collect and save them, I will be happy to send those off too.



Thank you - Margaret Ogden

To Colour or not to Colour!

As you can imagine, over the last few weeks I've had a lot of calls and texts from my clients asking me what to use on their hair as the roots start to come through. Here's my advice:

I would always recommend a root spray as this is only temporary and you literally can't go wrong!! All you have to do is spray on dry hair and direct it onto the roots - even if it's not quite the same colour, it will wash out-perfect!!

For those of you who are a little bit more adventurous, you could use a semi-permanent colour, but just remember, what you may think is dark brown, is not necessarily the colour it will turn out! On the colour chart, the colours are always a lot darker than you think!! Here is a quick guide:

So from left to right:

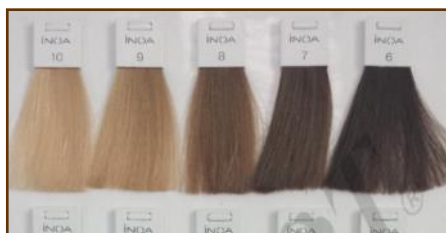
10 - Extra Light Blonde

9 - Light Blonde

8 - Blonde

7 - Medium Blonde

6 - Dark Blonde

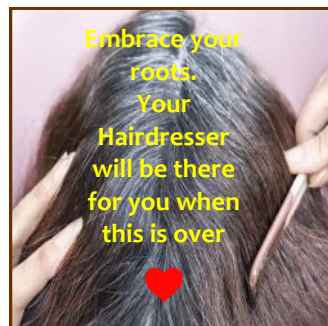


So if you are unsure, always choose a shade lighter than what you think you are. With a semi-permanent colour, it will last you about 6 weeks and will fade out, not leaving a definite line of re-growth; so even if it's not a perfect match, it will fade over time.

If you chose a permanent colour and it's too dark - sadly you are stuck with it and it will take your hairdresser twice as long (and cost you twice as much!) to put it right.

I hope this helps some of you, but remember you can always.....

Stay safe and stay well
Zoe Entwistle





Fruit Crumble

This is a mix in which the fruit of the season can be used and altered. I made the one below on the last weekend in March using British cooking apples and rhubarb; the rhubarb grown outside in our garden. I batten it down with a wad of straw as soon as I have finished and cleared it in the autumn. I know it is a mix often used, but my grandma told me to listen to other people's ideas because they may contain something that will add to yours, if you only do it once it will be different.

Ingredients

250gm roughly cut rhubarb, roughly peeled

250gm roughly cut apple with peel on

75gm granulated sugar

50gm butter, cold

100gm plain flour

50gm Demerara sugar

25gm Porridge oats

Pinch of nutmeg

Two tablespoons of cordial or fruit juice. Elderflower is a favourite, especially if homemade.

Two tablespoons of water. (It has been known in our house to replace this with Cassis or Dark Rum).

200ml Double cream

1 glass of Shiraz red wine (Not compulsory)



Method

Do not cut the fruit into too small pieces as this can cause the mix to go mushy. Put fruit, granulated sugar, cordial and other liquid choice into a covered pan, bring to the boil quickly and turn heat down low and let simmer for 2 minutes, and switch off.

Rub the butter and flour together until well broken down, then add the Demerara and Porridge oats and rub in.

Pour the fruit into a suitable dish, not too deep a dish, evenly spread the crumble over the fruit, sprinkle the nutmeg on top.

When ready to eat, cook in a preheated oven at 180c/160c fan, approx. gas 4. for 30-40 minutes until golden brown.



Serve immediately with double cream, real cream, Cornish ice cream, custard, or for the health conscious, low fat yoghurt.

The wine is to sip at your convenience during the baking process.

Cameron Baines



Hi everyone,

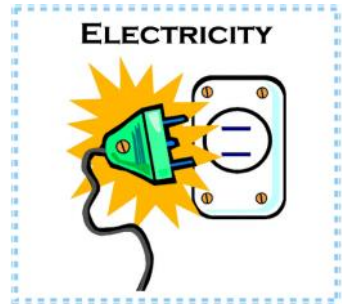
As we are all spending much more time at home, our gas and electricity usage, and therefore bills, will be going up. Most people probably don't know, but I have been working as a domestic energy and fuel poverty adviser at Groundwork for the last 3 years almost. I have almost a thousand homes across Greater Manchester, making fuel bills more affordable, cold homes warmer, advocating on behalf of vulnerable residents. Here are some top tips in reducing your energy usage, which will not only help reduce your carbon footprint, but will help you save money on your energy bills - especially now!

Save on your heating

1. If your boiler has a room thermostat, try turning it down by 1 degree (minimum should be 18)
2. If you have a timer on your boiler, set it to come on for a few hours when you need it most. If you use it manually you might forget to switch it off and before you know it, it's been on all day whilst you've been in the garden in the glorious spring sunshine - oops!
3. Try to prevent heat escaping through gaps in windows or doors with draught proofing. If you've got a creative flare, try making some draught excluders (sausage dogs) out of old material or trouser legs and stuffing with old bits of paper or packing peanuts.

Save on your electricity

1. Don't leave appliances on standby, especially TV, DVD player, computer, Xbox, PlayStation etc. Take 10 mins of your new free time to rearrange your appliance cables (if you are able and it's safe to do so) so you can switch the whole extension lead off at the plug when you're not using them.
2. Only boil enough in your kettle for what you're using. Don't fill it to the top for 1 brew. You could even use a tea pot or thermos if you regularly brew up.
3. If and when your lightbulbs go, please try to buy LEDs to replace them. They're much better than the old fluorescent ones, they don't take forever to come on, they are brighter and cheaper to use.
4. As the weather is really doing us a favour try to dry your washing outside.
5. Cut back to one cycle of washing per week, use economy or low temperature cycles such as 30 degrees and wait for a full load.
6. Defrost food in the fridge where possible, not in a microwave.
7. I know it's difficult but even shortening your shower by 1 minute saves a lot.
8. If you're lucky enough to have a boiling hot home try to open windows instead of using electric fans - they use an enormous amount of energy.
9. Embrace the hermit vibe - let your hair dry naturally instead of using a hair dryer. Using your straighteners for 10 mins is 28 times cheaper than using your hair dryer for 10 mins.



Keep safe, Stay home - and save energy!

Thanks, God bless

Rebecca Abbott

P.S. Gas and electric prices are so low at the moment compared to the last few years. Now you have time, why not look at switching energy suppliers - you might be surprised at how much you can save.

Editor: Meanwhile, in spite of coronavirus, major historical anniversaries still happen! This month we celebrate the 75th anniversary of VE Day, and nothing should stop that. By David Winter of Parish Pump.



Remembering VE Day

I was 15 in May 1945, when Britain celebrated VE Day. It stood for Victory in Europe and followed an agreement by the Allied powers following the German surrender. Needless to say, although the war with Japan was not over, it was a noticeable moment. No more bombs, missiles and blitz – and the ‘boys’ would come home!

I have two very clear memories of the day itself. The first was the street party which took place in our road on a housing estate in North London. With official permission, the road was closed off, tables were set up, food and drink were served. We spent the afternoon in races and competitions. Dads, mums, teenagers and children then sang the wartime songs, and ‘Jerusalem’ and ‘God save the King’.

The other memory is an image of a sailor kissing a young woman – surrounded by happy laughing people. This iconic photograph was in one of the papers the next day, then on camera newsfeeds and is in just about every journalistic library. Somehow it captures the mood of the day – freedom, warmth, the good things of everyday life.

VE Day did indeed mark a turning point, though not everything was going to be easy in the post-war years. But the hideous shadow of war had gone and 75 years later it has yet to return to these shores, thank God.

2020: WHO's Year of the Nurse



When the WHO (World Health Organisation) decided to make 2020 the Year of the Nurse and Midwife, they based it on the 200th anniversary of Florence Nightingale's birth on 12th May 1820.

But with the arrival of the coronavirus, it is a remarkably apt year to celebrate all that nurses do for us.

As the ICN (International Council of Nurses) says: "All around the world, nurses are working tirelessly to provide the care and attention people need,

whenever and wherever they need it. Nurses are central to the delivery of health care; nurses are making an invaluable contribution to the health of people globally."

Nursing as a vocation goes back to the Early Church. When plague struck the Roman world in the third century, it was Christians who tended the sick and dying, often at great personal cost. Their self-sacrifice made a huge impression on Roman society. Centuries later, in medieval Europe, it was the monastic orders that provided health care.

Still centuries later, during the Crimean War (1853-56) Florence Nightingale saved thousands of lives when she transformed the field hospitals, hugely improving the standards of care for wounded and dying soldiers.

In fact, Florence Nightingale deserves the credit for establishing the modern profession of nursing and its structures of training. Although of course medical science has advanced since her time, the basic ethos of nursing care remains today close to Nightingale's vision.

Nursing is frequently described as a vocation, and it is one to which many

Christians are called. Nightingale wrote of being ‘called’ by God, after having had a vivid religious conversion as a teenager. Writing in February 1837, she stated: “God has spoken to me and called me to His Service.”

Four years before going to Crimea, she studied at a Lutheran religious community in Germany which trained deaconesses in medical skills, nursing, and theology. Many of the ideas that Nightingale adopted for her nurses came from that religious community.

Thus, Nightingale’s training programme was not solely devoted to secular medical sciences. Her student nurses were required to attend chapel, and her nurses read prayers on the wards.

Nightingale wrote many letters of spiritual encouragement to her students. To one, she wrote that Christ considered it an “honour to serve the poorest and the meanest... He will not give His crown except to those who have borne His cross... Enduring hardship is what He encourages and rewards.”

The Bishop of London, the Rt Revd Sarah Mullally trained and worked as a nurse before being appointed to senior positions in the Health Service. She was Chief Nursing Officer for England between 1999 to 2004.



She says: “I became a Christian as a teenager and wanted to follow Christ with my whole life. Rather than having two careers, I have had one vocation: to follow Jesus Christ, to know Him, and to make Him known.”

Certainly, of all the professions, nursing has one of the strongest claims to being rooted in the Gospel. Christian nurses implicitly witness to Christ in caring for others.

It is a fitting tribute to Florence Nightingale that the emergency hospital just opened at the ExCel Centre in London is called the NHS Nightingale Hospital.

Monday Homegroup Discussion

As I write this, we are planning to recommence the Monday Discussion Homegroup using Zoom (virtual meeting platform). I find I now have time to write up one of last year's discussions.

Barbara Redmond

Worship as a Whole Life Activity

We came up with:

Words expressing the awesomeness of God:

Infinite, Omnipresent, All-knowing, Mysterious, Loving, Caring, Powerful

Wow Experiences:

A baby, Northern Lights, starry night sky, walking round Greenbooth Reservoir in the sun this morning

Different ways to worship God:

- Voice – singing, prayer, talking to others – being constructive and supportive
- Eyes – enjoying God's beautiful world, seeing God's presence all around us, looking at other people's need, seeing the good not the bad
- Ears –music, listening to Bible stories, listening to others, listening to God and people to find out what God wants us to do
- Feet – dancing, Street Pastors, prayer walking, go where we are needed, be willing to step out when God needs us to do his work
- Mind – be open minded, reflecting on the Bible in silence, thinking about what God wants before doing anything, decision making, communicating with God
- Hands – clapping, making things, kind hands, discussion group, healing, hugging, touching (appropriately), create not destroy, greeting, use in service of God, giving, physical showing you care

- Actions – voluntary work, what would Jesus do, being the best we can be, Jesus shaped life



This picture by Ric Stott illustrates the awe of floating above the earth and the mundane.

**Can we find awe in the ordinary and every day?
Can worship be part of our everyday lives?**



ONE

*One song can tell a story,
One wish can wake a dream,
One seed can start a forest,
One bird can herald Spring.*

*One hand begins a chain of love,
One candle lights a room,
One love can bring a spark of hope,
One hope can conquer gloom.*

*One voice can speak with courage
One heart can know what's true,
One life can make a difference -
One life belongs to you!*



Anon

*(Courtesy of St John's Methodist Church, Mostyn Street,
Llandudno and submitted by Linda Kerford)*

One Solitary Life

*Here is a man who was born in an obscure village,
the child of a peasant woman.*

*He grew up in another obscure village,
where he worked in a carpenter shop until he was 30.
Then, for three years, he was an itinerant preacher.*

He never wrote a book, He never held an office.

He never had a family or owned a home.

He didn't go to college, He never lived in a big city.

*He never travelled more than 200 miles
from the place where he was born.*

He did none of the things that usually accompany greatness.

He had no credentials but himself.

*He was only 33 when the tide of public opinion
turned against him.*

His friends ran away. One of them denied him.

*He was turned over to his enemies
and went through the mockery of a trial.*

He was nailed to a cross between two thieves.

*While he was dying, his executioners gambled for his garments,
the only property he had on earth.*

*When he was dead, he was laid in a borrowed grave,
through the pity of a friend.*



*Twenty centuries have come and gone,
and today Jesus is the central figure
of the human race.*

*All the armies that ever marched,
All the navies that ever sailed,
all the parliaments that ever sat,
all the kings that ever reigned -- put together
have not affected the life of mankind on this
earth*

*as powerfully as that one, solitary life.**

**Attributed to Dr James Allan Francis.*

Try a Little Kindness



Image by Scottish Beauty Blog

When TV presenter and celebrity Carolyn Flack took her life in February 2020 the world was shocked and saddened. How could someone so young, beautiful and successful do such a thing? It seems that the pressure of an impending court case, the vitriol she received online, and her own inner pain had become too much for her.

Shortly before she died, she posted, “in a world where you can be anything, be kind.” These simple words are a call to our society to become more caring and careful in the way we treat each other. There is too much unkindness about, especially on social media where unkind words are so common and can be so destructive.

Kindness can be defined as the quality of being friendly, generous and considerate. It is shown through our words and by our actions, an everyday sort of quality that is not spectacular, but which when we encounter it can lift our spirits.

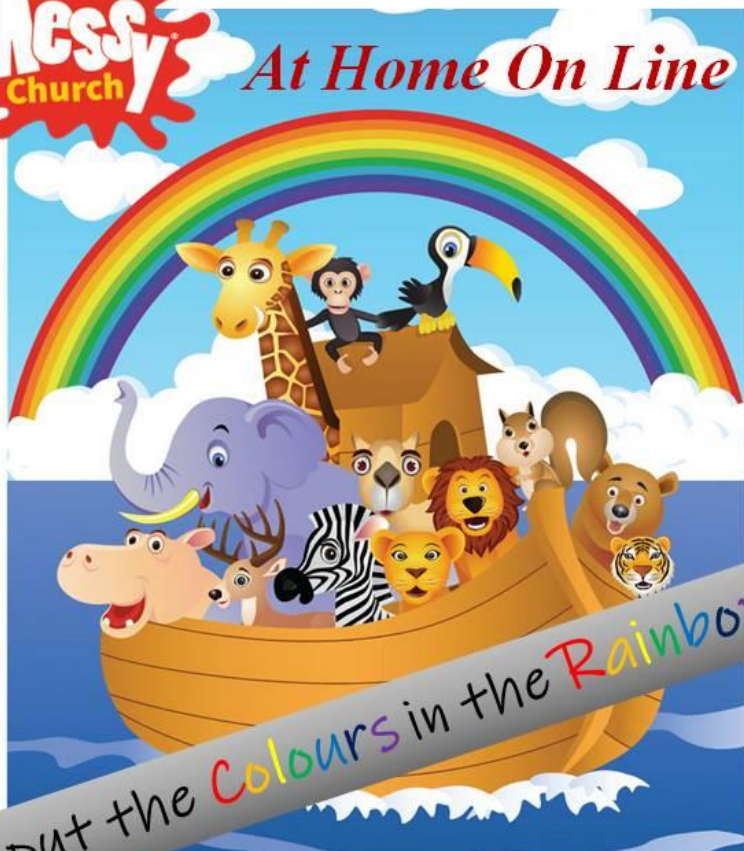
It is above all a Christian virtue that ought to be demonstrated in great measure within Christian communities. It is a fruit of the Spirit, an attitude that is formed within us when the Holy Spirit is at work in our lives (**Galatians 5:22**). It is an aspect of love, for love is patient, love is kind (**1 Corinthians 13:4**). Yet sadly, the Church is often no different from the world. Congregations can sometimes be anything but friendly, generous and considerate.

Why not try a little kindness this week? Do something spontaneously to help another person. Reach out in friendship to someone who seems lonely, if only by phone! Speak some kind words to those around you. You will feel better yourself, and you will be making the world a better place.

Bamford Chapel & Norden URC



At Home On Line



Who put the Colours in the Rainbow?



Come to
Professor
Potty's
Lab

Watch out for the
Preparation video Sun 10 May
Messy church video Sun 24 May
on



Bamford Chapel and Norden URC

<http://www.bcnchurch.org.uk/>

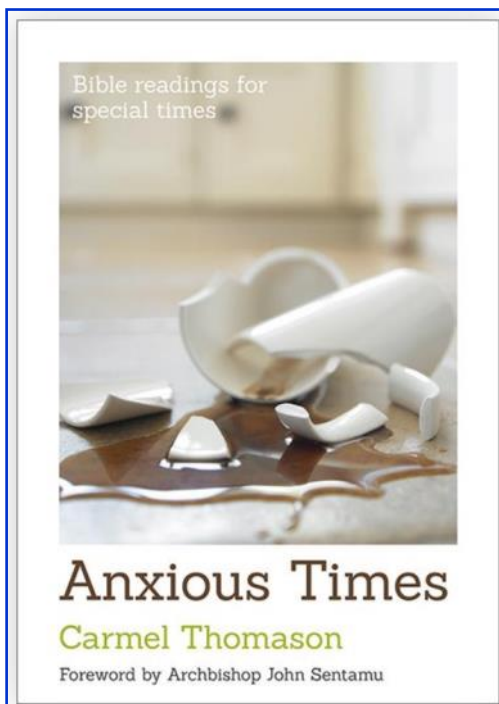
A Book Review

(courtesy of Parish Pump)

Anxious Times - positive help for those facing uncertainty

By Carmel Thomason,
BRF, £4.99

A book of 24 undated reflections drawing on a range of relevant Bible passages to offer genuine hope and encouragement in anxious times. Encompassing the very human emotions of fear and anxiety, the reflections encourage us to draw comfort and strength from God's Word even in those times when He seems silent to us. This book acknowledges that trust and hope in God's goodness doesn't always come easily, but when embraced we gain the strength to face our fear with courage and confidence.



Meow!!

"What is your kitty's name, James?" asked the visitor.

"Ben Hur," said James.

"That's a funny name for a cat. Why did you name it that?"

"Well, we just called him Ben - until he had kittens."



The Positives of Social Isolation...



Photo by form [PxHere](#)

A group of us from Chapel were pulled together from who knows whose phone book/directory into a WhatsApp group; for those not in the know this is a messaging App run by Facebook. Who knew what a lifeline of communication this was going to be over the coming few weeks?

I joined on 19th March and initially thought “I won’t need this, I don’t contribute much to social media (I read it but don’t post very often), I can entertain myself, I am mentally strong,” how wrong was I. I had an accident at Chapel on Monday 23rd March and damaged my left knee, leaving me at home unable to move at first, then working from home, then furloughed. Although I appreciated the phone calls it was reading the “WhatsApp” group messages that made me feel part of something and able to keep in touch with everyone’s life.

The messages included sad ones - with the death of a parent, happy ones - with the teddies and rainbows in windows, advice about potting sweet peas, instructions about how to make a palm cross. There were links to videos, including a little boy dancing in front of the TV, Palm Sunday service and the Easter services, including sharing our communion photos, and Messy Church online; we even had a video walk around the chapel grounds. We have had updates of spring cleans and garden builds, before and after raised beds. We had pleas for help for buttons for masks (not Chocolate ones); we have had discussions about wolves or penguins and Britain’s Got Talent.



How lucky we are to live where we do and not to take nature for granted; we have had pictures of sunsets (or were they BBQ’s?), sunrises, butterflies, gardens galore and our very own cross of flowers on the gate. We have celebrated family birthdays, anniversaries, we have even been subjected to an April fool’s joke.

There have been requests for prayers for ill health, family members and haircuts (or should that be polishes?). We have had admissions of bad

spelling (albeit blaming predictive text - that old chestnut!) and we have lost some people electronically then found them again. Some of the members have learnt new skills; I know I learnt very early on how to mute the announcement of a new message; some of the members were/are very prolific and start very early.

There are a few in-house jokes in this article; if you want to know more or even want to join us in our reflections/mumblings and so on, then just ask and I will explain and if we like you we might let you join in – I can say that as I am not the “Administrator” for the group! If you are a member of the group and I didn’t include a comment you made then complain to me when we meet up next, as I for one can’t wait to see everyone again in person.

Stay Safe - Regards Laura Davies



In the May 2000 edition of the Chapel magazine was this article. How appropriate twenty years later.

The Millennium Resolution

Let there be respect for the earth

Peace for its people

Love in our lives

Delight in the good

Forgiveness for past wrongs

And from now on A NEW START

Weekday Opportunities for Learning & Sharing Fellowship

(all suspended until further notice)

- Monday:** 9.00 am Monday Maintenance Gang
(who do work in or around the building)
10.00 am Pastoral Meeting
1.30 pm Bridge Club
7.30 pm Focus on Prayer (God Squad Room)
8.00 pm Monday Night Home Group
- Tuesday:** 9.00 – 11.00 am Toddlers' Group
1.30 – 4.00 pm Indoor Bowls (Upstairs Hall)
From 6.00 pm Rainbows, Brownies, Guides
- Wednesday:** 12 noon Luncheon Club
6.30 pm Boys' Brigade & Girls' Association
7.30 pm Home Group 'Exploring the Bible'
- Thursday:** 10.00 am Community Coffee Morning
- Friday:** 6.00 pm onwards Beavers, Cubs and Scouts
- Sunday:** 7.30 pm God Squad (for Teenagers)

Fortnightly & Monthly Opportunities

- Tuesday:** **Stillness & Sharing** 1st Tuesday in the month
1.45 pm in lounge for Coffee: Meeting 2 - 3 pm
Home Group (Fortnightly)
8.15 pm In Crèche Room
- Thursday:** **Ladies Fellowship** (2nd Thursday in the month)
7.30 pm
Heritage Group (3rd Thursday in the month)
7.00 pm
- Friday** **Dementia Friendly Café** (1st Friday in the month)
1.30—3.30 pm
- Saturday:** **Ian Newman Community Film Club**
6.30 pm for 7.00 pm film (3rd Saturday in month)

Further information on the **weekly notice sheet** or visit the website at www.bcnchurch.org.uk or speak to an Elder.

BAMFORD CHAPEL & NORDEN URC MAGAZINE

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DATES FOR THE JUNE MAGAZINE

Articles to be handed in by: Sunday 17th May

Magazine to be completed by: Thursday 28th May

Magazine distributed: Sunday 31st May

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Times of Services:

Family Worship : 10.30 am : Holy Communion 1st Sunday in month
Evening Worship : 6.30 pm : Holy Communion 3rd Sunday in month