



“For you will receive power  
when the Holy Spirit comes on you (Acts 1 v 8)

## **Reasons to Be Cheerful!**

Dear Friends

A recent global survey announced that the UK was the second most miserable country in the world! (How they work these things out, I have no idea!) Only Uzbekistan scored lower on the global happiness index. "*Uzbek-where?*" I hear you say. Exactly!

I was recently at a coffee shop and I said to the young lady who served me, "you're from the States, aren't you?" She replied, "I was warned about this. A friend told me, don't smile all the time - people will know you're American". I laughed and said to her, "Did you know that in this country you're not allowed to smile in your Passport photo"? That tells you everything you need to know about being in Britain. We're actually required to look miserable in our official photo. So wherever we go in the world, people will know we're British"!

How would you score on the happiness/miserableness survey?

For many people, the coming of Spring marks a turning point, as much in their mood as in the progress of the year. It is the end of Winter, the appearance of daffodils and days that are noticeably longer. However, it is not so much the coming of Spring that gives Christians causes for joy, it is the remembrances in the Christian calendar that we are passing through that stirs our hearts.

### ***Knowing We're Loved.***

We begin with Good Friday. The Bible tells us that Jesus' brutal murder on the Cross was not the end but in fact a beginning, a new beginning...for us! On the Cross all our sin and guilt, all that separates us from God, was placed on Jesus and judged upon Him, not us. Not only can we thus be forgiven and start a new friendship with God, but we also have demonstrated how much God loves us. For as the Bible says, "God shows His own love for us in this, it is while we were still sinners that Christ died for us." Know that you are loved by God. And know too that He holds out to you the offer of forgiveness if you will only come to Him in simple, humble, faith.

### ***Knowing That Death is Not the End.***

Then we come to Easter Sunday. The day when Jesus rose from the dead. Jesus' resurrection was God the Father's way of declaring that everything Jesus had claimed about Himself was absolutely true. It was God's 100%

vote of approval. It is also the reassurance that death is not the end. For the promise stands that all who believe in Him will share in the same resurrection from the dead as He did and the same inextinguishable eternal life that He has. This is our great hope and comfort.

### ***Knowing That Christ is in Charge.***

Next comes Ascension – a festival that all too easily is overlooked as it falls on a Thursday. However, Ascension is important. On that day we remember that Jesus ascended into heaven to be seated at God's right hand, the position of honour and authority. We talk about someone being “our right hand man” (or woman). We mean the person we work very closely with, the person we rely on to get things done for us. Jesus is God's right-hand man. Jesus has received all authority from His Father and is now ruling the world on the Father's behalf. Ascension reminds us amidst the ups and downs, the setbacks and disappointments, the hardships and difficulties, all that we go through in this life, that God is still God. He is still in charge, and through His right-hand man, Jesus, He is working out His plans for us and this world.

### ***Knowing We Have His Presence Within.***

Lastly we come to Pentecost, the day when we remember the Lord pouring out His Holy Spirit upon the church. The gift of Pentecost is not just for the church in a broad, general sense. It is God's gift for each and every believer. When we come to believe in Jesus, He sends His Holy Spirit to dwell within. God becomes not just the One who is “up there” to be worshipped, but the God who is “in here” to guide, comfort and strengthen us.

### ***A Truly Happy People***

It is *these* things that we are celebrating in this season of the church that make for true joy, a joy that is deeper, stronger and far longer lasting than mere worldly happiness. To be fair, the global survey I mentioned at the beginning treated the UK as a single unit. It didn't break the figures down into England, Wales, Scotland and Northern Island. If it had done, do you think Wales would have done better than the rest of the UK? Maybe? But what if they had surveyed God's people around the globe? How would we have scored? Whatever else the church of Jesus is or isn't, knowing how much we are loved, knowing we are forgiven, knowing that death is not the end, knowing that God is still in charge of His world, and knowing we have His presence and power within us, we of all people should be the most joyful on the earth.

Blessings,

***Pastor Darren***

Huddled together in an Upper Room, knowing that Jesus had been crucified the disciples were at rock bottom. Nothing made sense - worse still, the Sanhedrin and the Romans were hunting them down.

Judas had hung himself, Peter couldn't live with himself, and Thomas was doubting himself. John's heart was broken with grief, all he could see was an empty tomb. He knew that Jesus had risen - but where was He now? Just one appearance was to answer that question for them, for us and for all eternity. 'Here I am - with you'. Every word that Jesus had said, every miracle performed, the raising of Jairus' daughter and Lazarus, all were a foretaste of what was to come. Suddenly their Risen Lord came, to be with them once again. Their fear was replaced by faith, despair dissolved in the discovery that Jesus was Their Risen Saviour, The Very Son of God. "Wait," He had said, "I will send you Power - The Holy Spirit ...and they waited. It came, "suddenly a sound like the blowing of a violent wind came from heaven... and what seemed to be tongues of fire separated and came to rest upon each of them". It was only then that they flung open the door. What were those two words again? "Follow Me." Memories - now they rang with a clarity that Peter hadn't felt before. As he spoke a crowd gathered and Peter fed them with spiritual food as surely as Jesus had fed the 5000 with spiritual truths. Peter spoke with authority and power and "about 3000 were added to their number that day".

We must remember that we are looking at the coming of the Holy Spirit through the lens of the Resurrection and history – the disciples had no such comfort. They were living in the moment; hence we cannot ever experience the totality of their despair in the Upper Room on Easter Saturday. In like manner we cannot grasp the sheer euphoria of seeing Him alive and experiencing for themselves days later the conversion of thousands.

***Rhonwen***



Peter could not be silenced. He travelled far and wide until he reached Rome.. The artist brings us his vision of Peter preaching in the catacombs of Rome.

The thrill of us owning the Good News cannot be diminished within us either when Jesus makes Himself known to us - in whichever way He chooses.

Resurrection becomes our favourite word. It's the pivotal truth that holds the whole of Christianity together.

Yet we need to be reassured. This poem, written by Wendy Carver will certainly do that. As she writes her daughter, Hayley, is recovering from spinal surgery. Our prayers have been with you, Hayley.

With much testing of faith at each turn of the road Wendy puts pen to paper and inspires us all.

### The Road Ahead is plain to see ...

In a country far away, Mary, weeping, knelt  
And prayed, In the tomb beside her son.  
Now his earthly work was done;  
Would her heart be ever healed  
As the stone the entrance sealed?  
Jesus rose, His promise kept  
To walk beside us, step-by-step.  
And on that glorious Easter morn  
He appeared to those whose hearts were torn.

“I will always be with you,  
Beside you, guiding all you have to do,  
Go forth my teaching here to tell  
To my disciples - I have taught them well.”  
Ascending soon, in Heaven to abide  
And take my place at my Father's side.  
I hold a place for one and all,  
With open arms when you hear my call  
Eternal life I promise thee  
If you, your heart will give to me.

Wendy Carver.

Here's a sentence that popped off the page the other day.

***“We often linger for years in spaces that are too small and shabby for the grandeur of our spirit”.***

I was aghast! Had someone taken offence at the amount of dust and lack of fresh paint in my small and 'shabby space'. I know! I know! My home is looking a bit tired these days but - it's not that bad!! I'm just waiting for Spring and warmer weather. This little dormouse hasn't come out of hibernation yet! You'll see a big difference when my garden boasts her beauty. See also what miracles will come forth from a pot of paint - what transformation from a spritz of polish.

That was how I felt at the first reading - indignant!!

I wisely read it again and saw those last few words ... 'for the grandeur of our spirit'.

The space referred to was inward not outward. A sigh of relief - nobody can see the dust that has gathered inside me, unheeded over the years.

Here comes another argument, an explanation, an excuse: my defence mechanism is super healthy! Read on ...

Not everyone has the urge or opportunity to stretch one's wings, to broaden horizons from *small* to large, by working in another town or city or even another country. (I admire the many who do).

For over 55 years this small market town has provided me with ample space to live a busy life. – dotted here and there with stardust. I have friends who have given me far more than I have given them.

Life itself has given me hours of carefree, fun times in amongst its responsibilities I have cherished memories.

I have been more than content to follow my Lord's bidding:-

Jesus, bids us shine with a clear, pure light. ....

You in your small corner, and I in mine.

Sadly, right now, we live in an increasingly restless world where anxiety and panic inducing situations lurk around every corner. We have less control, simply because we have more fears than we are comfortable with.

Global warming has reached catastrophic proportions; epidemics are rife; gun warfare and moral decline have seeped into our communities leaving us dumbfounded as to the future for generations to come.

Such conditions breed limitations, they cause us to withdraw into our own worlds - the world we feel we can control. They are worlds behind locked doors. Tucked away behind our ipads and T.V. screens we become weak

observers of the lives of others through our self inflicted prison bars. We measure the external but don't look beneath the surface. Anxiety, unrest, intimidation, dictatorship are unsettling at best - at worst they cramp our style, eat into our self doubt and most certainly rob us of the power to trust anything or anyone - dare I say it - including God.

Now the sentence makes complete sense because it merits study on a far deeper level than I had first attributed to it.

The sentence bears repeating,.

***We often linger for years in spaces that are too small and shabby for the grandeur of our spirit".***

The sentence is a great leveller. We all possess that grandeur of spirit simply because we believe in a Father who loves us unconditionally, whose Son went to a cross - suffered it's shame - and rose in the Glory and Grandeur of the Resurrection.

From his cross, Jesus cried, "It is finished!" God, The Father agrees. "Come home, My Son, in whom I am well pleased - enough is enough".

Jesus had been vindicated - the shame of the cross is swept aside with a clash of thunder, a tearing of the Temple curtain. In the coming days Jesus showed them and will show us The Father and give us His authority to work for Him.

Miracles will be performed, lives will be changed and Spirits will be set free. Each one will be a glimpse of the joy of our true relationship with God the Father, brought into reality by His Son on the cross, that Good Friday.

We have mini resurrection experiences as we gather as one family finding harmony, of one mind and one body of believers.

The work of Christian Aid worldwide succeeds in doing just that, reminding us that we are part of the one body of believers. Alison invites us to attend a coffee morning – details below

### **CHRISTIAN AID WEEK 12<sup>th</sup> - 18<sup>th</sup> May**

Hope will host a joint Churches coffee morning for Christian Aid on Saturday, **18<sup>th</sup> May** downstairs in the Institute. All are welcome to attend. The time will be advised soon on our Church weekly update.

***Alison Evans***

## **FAMILY NEWS**

### Happy Birthday to **BMS Birthday Scheme Members - April**

4 <sup>th</sup>	Madeleine Drew	7 <sup>th</sup>	Conor Davies
18 <sup>th</sup>	Paul Evans	21 <sup>st</sup>	Tom Chamberlain

#### **May**

4 <sup>th</sup>	Gareth James	8 <sup>th</sup>	Matthew Evans
14 <sup>th</sup>	Alison Evans	16 <sup>th</sup>	Patricia George
20 <sup>th</sup>	Mary Johnson	22 <sup>nd</sup>	Ron Fairfax
26 <sup>th</sup>	Rhonwen Miles		

### **Pulpit Ministry - April**

**7<sup>th</sup>, 14<sup>th</sup> and 28<sup>th</sup>** Rev. Darren Blaney  
**21<sup>st</sup>** Rev. Stephen Pare

**May** Rev. Darren Blaney will be preaching every Sunday.

**Deacons' Meeting 24<sup>th</sup> April**

**Church Meeting 25<sup>th</sup> April**

**Deacons' AGM 8<sup>th</sup> May**

**Church AGM 16<sup>th</sup> May**

**Duty Deacons - April** John Ware and Maureen Turner  
**May** Mary Johnson and Margaret Francis

**Communion - April 7<sup>th</sup>** Rhonwen Miles and Lynne Chamberlain  
**May 5<sup>th</sup>** John Ware and Rhyl Coleman

**Meet and Greet April** Alison Evans  
**May** Pam and Owain

## **TEA ROTA**

### **April**

7<sup>th</sup> Pam Jones and Alison Evans  
14<sup>th</sup> Rhonwen Miles and Janine Davies  
21<sup>st</sup> Sian Fear and Judith Howells  
28<sup>th</sup> Wendy and Graham Price

### **May**

5<sup>th</sup> Nyfain Pugh and Mary Johnson  
12<sup>th</sup> Rhyl Coleman and Sian Fear  
19<sup>th</sup> Lynne Chamberlain and Elaine Jenkins  
26<sup>th</sup> Rhonwen Miles and Pam Jones

## **FLOWER ROTA - April**

7<sup>th</sup> Pam and Owain Jones  
14<sup>th</sup> Free  
21<sup>st</sup> Paul and Alison Evans  
28<sup>th</sup> Free

## **May**

5<sup>th</sup> Lynne and Phil Chamberlain  
12<sup>th</sup> Sally and Steve George  
19<sup>th</sup> Mary Johnson  
26<sup>th</sup> Paul and Alison Evans



I am delighted that you will have this magazine in your hands in church on Easter Sunday morning. What a glorious opportunity to meet up on the very day that enables us to share our faith and Christian love at its core centre - Jesus is Alive - He is risen!

With an excited busyness we are also reassuring each other that the Earth too is Alive - Spring is finally on its way: our winter has certainly been long and hard.

Unfortunately, it has taken its toll on so many who find coughs and colds persistently bothersome.

Inevitably church attendance has been affected somewhat; however, even on the coldest of Sundays so many have braved the weather... and in the coming we have been blessed. Thank you, one and all.

We are so grateful to see Phil Hogg improving after his major surgery and Rosalyn recovering 'at the speed of sound' from her successful heart surgery. What an inspiration they have both been to us. (more anon)

Diane (J) is doing really well. Ray has excelled on the shopping front and cooking too. They both came to us 'wearing their faith-filled hearts on their sleeve' (is that a Welsh saying?) They leave us in no doubt that they are trusting in God at every twist and turn. There's a pun in there - you will have to ask them to explain.

I can see Dai smiling. His recovery too has been remarkable; now it's Ann's turn to be freed from the limitations she copes with on a daily basis. Keep that humour. It's so contagious - we could all benefit from a dose of it. God Bless you both.

We all know the value of a good routine but Edward and Anita know it's worth more than any of us. Anita, has come far considering the severity of her condition 9 years ago. Her improvement, most surely is due to Edward's care ensuring that she is able to do so much.

Our prayers reach out to Marion Roberts. Her husband, Ken, who lived to be 100 years old is sorely missed. Now there is an enforced change of daily routine, one that is hard to accept. Marion, however, has strength of purpose; her one goal is to be back in church - our goal is to give her the comfort of our prayers and love..

The Easter message is the one truth that keeps us on the right road. Many members have been bereaved of late - you are all uppermost in our minds.

As are those who are poorly right now. Health wise life is hugely challenging - beyond our understanding. We pray that it will not always be so - that healing will come on the wings of many prayers.

Patricia (P) is still in hospital. We hope arrangements will soon be forthcoming so that she can return home.

Chris (Burn) has little relief from her pain. We are aware that Clarice has such limited mobility - it has been so hard for so long demanding patience and prayer. We hope that fine weather will soon enable her to get out a little more.

Brenda(C) has a wonderfully loving and caring family around her whom she appreciates and loves. Barbara (S) is also facing each new day with family and friends keeping an ever watchful eye on her! She could well decide to 'go shopping' I can see her making her way (somehow) to The Pines when the weather gets warmer.

The same goes for Hilary, who is enjoying a measure of good health at present. Sight and hearing are precious commodities, valued by us all; many of our elderly members would say 'Amen'. As both deteriorate they learn to adapt in wonderful ways.

Adrienne is so glad to be home. Her husband, Geoff, is recovering well after his operation. No more falls in the garden, Geoff.

Geoff Hopkin is also home. As he finds mobility so problematic we pray that the kindness, encouragement and care of family and friends will give him heart to keep strong.

Dorothy is being looked after so well at The Home. Dorothy always appreciates an opportunity to remember Hope in days gone by. Her faith was nurtured by many over the years. What memories. They have served you well.

Sian took a fall - I could say 'a trip' down her stairs. Ouch! in many places. We shouldn't take 'trips' on Sundays! We keep you in our prayers for any potentially imminent trips back to hospital.

Alison is better - it took 24 visits/trips (and we are still counting) to the surgery. At last the wound has healed. We don't think she stopped cooking for the duration of her treatment, there's a limit to how many jam sandwiches one can enjoy! Well done. A little further to go but all is good.

Eva, residing in Porthcawl could give us all a Master Class on three counts 'Settle, Smile and Saviour' (the good gifts of God). You won't be surprised to hear that they all love her. Finding someone sitting alone Eva approaches, "Are you looking for company?" she asks, with a Rhondda smile.

"Not particularly, but it looks like I've got some now - better have a seat".  
.came the surprised reply.

Good on you, Eva. That's the way to do it ...reach out. A lesson for us all from the wisest headmistress I know. Don't go changing, Eva. Cariad mawr.

Both Rosemary and Bob are having to adapt with no car. We know that you enjoy walking Newbridge Fields - just pray for sun!

Madeleine deserves an Oscar for the pain that has plagued her these past months. We long to welcome you back into the Sanctuary. God has stayed at your side - never failing.

Sally shared this with us in Prayer Meeting. What a wonderful interpretation of:-

### **The Lord's Prayer**

You cannot say the Lord's Prayer  
And even once say "I"  
You cannot say the Lord's Prayer  
And even once say "My"  
Nor can you pray the Lord's Prayer  
And not pray for one another,  
And when you ask for daily bread  
You must include your brother.  
For others are included...in each and every plea,  
From the beginning to the end of it  
It does not once say "Me"

We are delighted to hear from Nyfain that her daughter, Sali Sidford, has become engaged. Sally, we wish you and Sean every happiness for many, many years to come.

Helping out at a children's camp a few year's ago, after rounding up the troops for the night she told them:-

"Let's go to sleep and put all our cares into God's hands.

"Yeah", said one of them. "He's up all night anyway"

Priceless!

## **Our Pastoral Team Ministry.**

I am delighted to tell you that the Pastoral Team is well and truly in place. Seven people came forward. As Pastor, Darren will head the team. The team comprises of Rhonwen, Rev Ian Howells, Judith Howells, Rhyl Coleman, Alison Evans, and Alistair Duthie. Our Safe Guarding expert Sally will be guiding us as we follow the rules, set out by law.

Safe Guarding, including confidentiality, are the two basic principles that we will embrace. Ian's calling as Chaplain will also underline all that we are asked to undertake as we comply with the rulings. All necessary DBS checks and references have been carried out by Steve.

I write this to give you the confidence to approach any of the above requesting a visit when the need arises. At inception we have each been allocated names of our housebound members (and non members) including others who have on going needs. The team will be meeting up for prayer and mutual support. That is our part.

I now ask that you help us by letting us know if you are in need of a visit. What continues to grieve me most is to be told that someone has been in hospital for a few weeks - "I had no idea".

Hope family is a large one, illness etc are increasing as we get older. At best, people say that they assumed I knew. At worst they say, "I thought you were so busy you have enough to do". Well, we may be busy but not too busy to visit hospitals or homes where the comfort of our Lord and fellowship are valued.

Please approach us if you need communion and prayer. As we pray for you, please pray for us as a team.

This is far more than just a 'good idea'; we are following our Lord's calling here. With His guidance and strength and your cooperation we will come together and be His church here on earth.

Peter behoves us not just to believe in God who raised Jesus from the dead and glorified Him...but to read (1Peter 1 v 13-20) that we follow the greatest example from Jesus. Peter understood these words so well, ... "so that you have sincere love for your brothers, love one another deeply, from the heart".

We can do all of this through shared prayers.

## Just close your eyes

Just close your eyes and open your heart.  
And feel your cares and worries depart,  
Just yield yourself to the Father above  
and let Him hold you secure in His love.

For life on earth grows more involved  
with endless problems that cannot be solved.  
But God only asks us to do our best  
then He will 'take over' and finish the rest.

So when you are tired, discouraged and blue  
there is always one door which is open to you,  
And that is the door to 'The House of Prayer'.  
And you'll find God waiting to meet you there.

And 'The House of Prayer' is no further away  
Than the quiet spot where you kneel and pray,  
For the heart is a temple when God is there  
As we place ourselves in His loving care.

And He hears every prayer and answers each one  
When we pray in His name "Thy will be done"  
And the burdens that seem too heavy to bear,  
Are lifted away on 'The Wings of Prayer'.

I am grateful to Sian Fear for sharing this poem with us. She found it amongst her father's papers. Derek knew the truth behind each word and saw fit to keep a copy. Dorothy, Derek and Sian have found many places to be their place of Prayer.

This is Gethsemane – where Jesus prayed one fateful night.



Rosalyn and Phillip write in: "we would like to thank all those who have consistently supported us through prayer, goodwill cards and wishes this past 20 months: not forgetting the gifts of food and flowers, the lifts and the phone calls during our illnesses. Philip having had his stomach removed with chemo before and after and Rosalyn having had her recent cardiac surgery.

We have felt carried by friends, not unlike those who lowered the paralysed man to the feet of Jesus. In our darkest times that's when the light shines brightest.

Jesus is our Light, our hope, and our strength.

We continue to cast our cares upon him, who cares for us all (1 Peter 5)

From our own inhouse artist, Ros, we have been inspired to admire the artistic qualities of all artists

What attributes do artists have to have to paint pictures that inspire us?

We know that Art transcends barriers of distance, culture, class or creed – it connects us, it unifies us. That in itself bids us respect the artist who lays bare his soul for all to see.

Varying choices of subject matter is one thing, but what about the paint and use of colour. Just look at these four paintings

This is the work of Zhao Lu.

Same artist, same subject - taking us from absolute realism to 'abstract' - far right. A graduate from the Oil Painting Dept of Tsinghua University he has participated in group and solo exhibitions in China.

What a diversity of skills.



## ***Two Intrepid skiers***

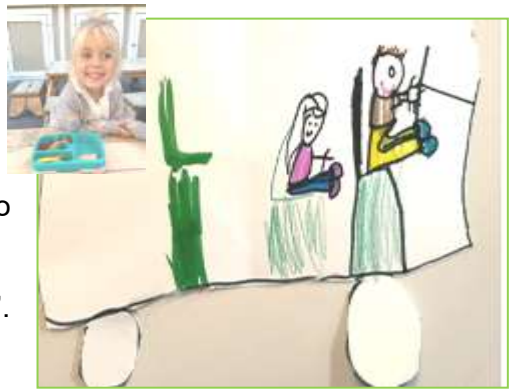
Daddy and daughter are driving through a blizzard at Lake Tahoe. A budding artist draws...

Sisters watch that brothers don't get to hog the limelight - see last month.

See top left of photo.

'Artist at break time at the school studio'.

Lula Carys Miles (age 5 yrs)



And finally, a more traditional style of painting.

The subject matter is open to interpretation. Who is this man?

He looks weary. He could be any weary traveller, deep in thought!

But He isn't just anybody – is he!

To me He is unmistakably Jesus.

Light shines on Him and emanates through Him. This is the light that also illuminates the road ahead.

Is he waiting for someone - someone to be His companion on the way?

Has the artist painted Him with Gethsemane in mind? I think so, because great sadness comes through – He waits, alone, for one friend to stay by His side....

**He is hoping that you will turn up.**



## What is the real difference between an optimist and a pessimist?

Much is being asked of us in these uneasy times. It is, therefore, more than understandable that we all fluctuate at times between these two states of mind. We must however understand the parameters of both. An optimist is someone who sees the good and the positive in everything and everybody - the pessimist sees the bad and negative.

***"I'm a pessimist - I stop at the first hurdle"***

***"That's plain for all to see".***

***"Do you blame me? "***

***"Yes, I do. "I'm an optimist, I follow things through, it works really well. I get to feel the 'feel good factor'"***

***"I don't believe that – I'll just stay as I am"***



### **THANKS FOR THE WARNING**

***"I've just found out that we still live in a world flooded with negativity and fear. Fear has definitely replaced love and hope: cynicism has replaced optimism; sarcasm has replaced encouragement"***



No guessing which side of the fence you are still on then..

I have a poem I want you to read.  
It will give you something -  
Someone to talk to.  
You'll soon find yourself glowing -  
just like me. .

It was written by my friend June  
Todd

***"How can I keep my bad attitude  
with you glowing like that".***



Out of man's misery, born of man's sin,  
A fuller, richer life begins.  
For when you are helpless, and have no place to go -  
When your heart is heavy, your spirits are low -  
Place your poor, broken life, into God's hands,  
And surrender completely to his will, or demands.

Then the darkness, lifts and the sun shines through  
And by His touch, we are born anew.  
So praise God for troubles, that cut like a knife  
And disappointments that shatter your life.  
With patience to wait and faith to endure  
Your future will be blessed and your future secure.

Thank you so much, June (Todd)

June worships with us at Hope; on Sunday mornings and at 'Tuesday at Hope'. She discovered this poem at a particularly difficult time in her life and soon learnt it 'off by heart' remembering it to this day.

How often do we, today, use the phrase "I learnt it - 'off by heart',  
We rely on the computer or media to do most of our remembering for us not  
realising how much we miss out, When we stop activating our brain  
We can become static and inactive.

Perish the thought that we get so inward looking that others could say these  
very words to us.



It's been a long, hard winter!

Thankfully we get motivated - somewhat - every time we see the sun shining. Could there be a few short cuts to get us through Spring Cleaning i.e. anything that will make life easier?

Cut paper towels in half. We don't need those larger sheets for small little jobs in the kitchen.

Bubble wrap acts as grippers on skirt hangers, it stops marks on fabrics. Two pegs will turn any hanger with a bar into a hanger for skirts and trousers.

Use plastic egg boxes to make ice cubes.

If you have too many eggs to put into a cardboard egg container - fill then turn the container upside down and use to hold remaining, older eggs!

Press a bottle cap into a bar of soap. It'll raise the soap and keep it 'clean!' No slimy soap for those coming after you.

I have trouble putting a bracelet on by myself. No problem - just use a grip.

Use the pull from baked bean tins (other brands Coke tins?) stick on the end of sellotape. So easy to find the end - just pull!

Foil

Scrunched up foil will clean carrots and new potatoes.

Fold foil several times - cut with scissors - they'll sharpen up.

Cover handles of drawers and doors with foil before painting.

Need a small/medium funnel? - make one out of foil. Easy - just throw away after use.

Put a thin plastic bag around your brush, it'll pick up the dust etc and keep the brush clean!

Wrap an elastic band round the base of a candle - it'll keep the candle upright and firmly in place.

Crisps and dips? Easy! Stand a stemmed glass sundae dish in the middle of a larger bowl fill with dip. Fill outer bowl with crisps. Pretty, too!

Humour is often hard to find. Some people find it quicker than others!

A priceless story was shared with me just the other day. Please smile – I am sure that our Lord meant it when He said, “Suffer the little children to come to me – for of such is the Kingdom of God”.

This little one was given a big hug and a huge smile from the Anglican vicar, with a lovely, healthy sense of humour and love.

Having just told the Easter story to pre-school children, the teacher asked the children

“What happened after Jesus was put into the tomb?”

A child of about three years old said

“He got up and left, then came back later

The vicar was heard to say, “ I love a 3 year old’s theology”.

+++++

Is it true that we get wiser as we get older?



**Darling, did you know a recent study has found that women who carry a little extra weight live longer than the men who mention it. (I hope he heeded that warning.)**

When God asks me to do nothing – and at last, I listen.

If you are shocked at that statement, then you will be more shocked when you realise your reluctance to follow His bidding.

The very words - 'doing nothing' - awaken negative reactions, not the least being guilt. This is especially so in today's climate where it's all about 'get up and go'. Even shopping on line can be stressful. How crazy is that? Hundreds of items rain in on us. There are too many choices - everywhere. From restaurants with competing on-line menus to goods, left at convenient drop-off places. I have to remember which drop off point I requested. In my world the word **Amazon** reminds me of the jungle!; a tangle of vegetation and wild animals all in survival mode; 'the have's and the have not '

Another Amazon looms large in suburbia and elsewhere, worldwide. This Amazon jungle is man made and I am not fully equipped to deal with it. This one too savours of tangled vegetation and wild animals all in survival mode (See right)



To top it all we live in a world flooded with negativity and fear. Fear has replaced love and hope. God has known it since the beginning of time.

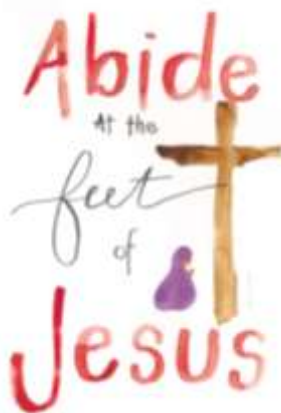
He made room in our DNA for chill out time but we think that God is being so fussy, so we side kick what we think we don't need.

He asks us to make sure we have everything we need to fight man's enemy - by dwelling in Him. Is that too old fashioned a word?

'To dwell' - you wouldn't call it a modern 'buzz' word would you? Mindfulness - that's more today's ilk. A pity because it doesn't get anywhere close to the meaning of our word 'to dwell'.

To 'dwell' is to 'remain as a resident' to enter into a loving, trusting relationship. The words to dwell/ to abide have the fragrance of comfort, of being held in a safe place.

A place of mutual love, understanding and trust. There is only one place that embraces all three.



We give Him our Sundays but not our Mondays,  
We give Him our actions but not our attitudes.  
We give Him our relationships but not our reputations

We give Him our time but not our thoughts  
We give Him our burdens but not our bodies,  
We give Him our prayers but not our pleasures,  
We give Him our crises but not our children.  
We give Him our health but not our hearts.

We give conditionally -

We should try the flip side and see what happens when we give unconditionally.

Answer = Happiness -

Seeing in every sunrise the promises of God  
And in every sunset His Peace.



With Summer ahead -

*Home* is where  
*love* resides, *memories* are created,  
*friends* always belong,  
and *laughter* never ends.

Or Winter yet to come



**May, comfort, Peace and God's Presence shine and bring  
Resurrection Joy into your days.**

## **OUR WEEK AT A GLANCE**

For more information on any of our activities, please get in touch with the contact shown.

### **TUESDAY:**

Tuesday Prayer Group	9.30am	Mrs. M. Turner	(01656) 662259
Tuesday@Hope	10.30am	Mrs M Johnson	(01656) 656346

### **THURSDAY:**

Babies & Toddler Group	9.30am	Dr D. Ware	(01656) 662948
Prayer Meeting	7.00pm		

### **SUNDAY:**

Sunday'scool (not operating at present)	10.30am
Morning Service	10.30am

## **WHO TO CONTACT AT HOPE**

<b>CHURCH CONTACT:</b>	<a href="mailto:hopebaptist@hotmail.co.uk">hopebaptist@hotmail.co.uk</a>	07866 746851
<b>CHURCH PASTOR</b>	Rev. Darren Blaney	07866746851
<b>SECRETARY:</b>	John Ware	(01656) 662948
<b>TREASURER:</b>	Paul Evans	(01656) 661986
<b>CARETAKER:</b>	Seung Ho & Yun Hee Kang	(01656) 646911
<b>USE OF PREMISES &amp; SAFEGUARDING</b>	Sally George	(01656) 668791
<b>NEWSDESK:</b>	<a href="mailto:mag4hope@yahoo.com">mag4hope@yahoo.com</a>	Rhonwen Miles/ Pam Jones

# HOPE

BAPTIST CHURCH

## OUR STATEMENT OF PURPOSE

(Church Meeting 010503)

We will EVANGELISE our community & beyond.

We will encourage people to become more Christ-like through  
DISCIPLESHIP.

We are committed to meeting the needs of those inside & outside  
our walls through MINISTRY.

We will value FELLOWSHIP, recognising that it is a divine gift to the  
church.

We will come before the Lord in obedience to WORSHIP Him.

Hope Baptist Church operates a safeguarding children and  
adults at risk policy

[www.hopebridgend.co.uk](http://www.hopebridgend.co.uk)

[www.facebook.com/HOPE-BAPTIST-CHURCH-BRIDGEND](https://www.facebook.com/HOPE-BAPTIST-CHURCH-BRIDGEND)

[1699576150319699](https://www.facebook.com/HOPE-BAPTIST-CHURCH-BRIDGEND)

Hope English Baptist Church Bridgend

Affiliated to the Baptist Union of Great Britain (BUGB) & South Wales  
Baptist Association

Registered Charity: No. 1133067

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