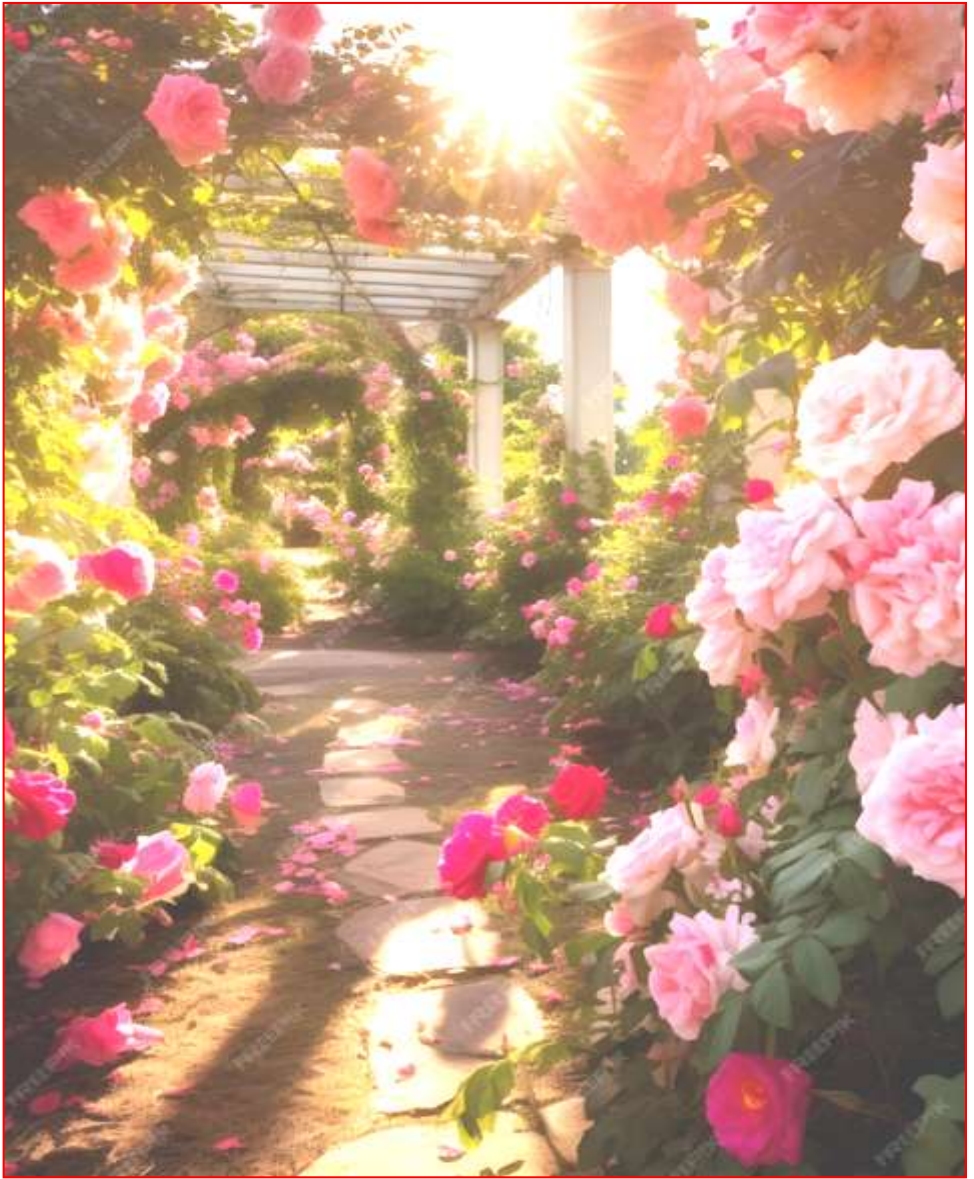


June/July 2024



**“Take my Hand and walk with me ...
In My Presence there is Fulness of Joy.”**

Dear Friends,

Last week marked the two year anniversary since Tracey and I packed up all our stuff in a lorry, put Jack and Queenie in the car, said goodbye to the south-east coast of England and passed through passport control at the Prince of Wales bridge. It is difficult to believe that 24 months has passed so quickly. When we arrived, the last of the Covid restrictions were still in place here in Bridgend. Now the pandemic and all its restrictions seems a lifetime ago in a different world. Come to think of it, who was Prime Minister then? And Chancellor? No, I can't remember either!

Tracey and I have received a very warm welcome since our arrival, and Brackla, Bridgend, and especially Hope Baptist began to feel like home very quickly. I still remember meeting one elderly member (who shall remain nameless) shortly before she had a very significant birthday. She looked at me with a decidedly mischievous twinkle in her eye, and then said to the lady opposite, "well, who'd have believed we'd have to go *across the border* to find a new Pastor!" Who indeed!

As we reflect on these two years a number of things spring to mind. Firstly I know that Tracey would want to say a huge thank you to all those who have made us feel so welcome, and also who have worked so hard (and continue to work hard) to make the Manse such a lovely home for us. She is also grateful for how understanding and supportive the church have been about her health issues, and how they frustrate a lot of her involvement in the church.

Likewise, I am thankful for the church, and note four things that give me cause for optimism as we consider the *next two years*.

Firstly, Hope is a *praying church*. I was pleasantly surprised by how many people turn-out for the Thursday Prayer and Bible Study, far more than I was used to in any of my previous churches in England. This is a great encouragement. A church that is a praying church is one that has hope and confidence in God, and this is a great foundation for the future.

Secondly, Hope is a *generous church*. I confess that there have been one or two times when I have been decidedly worried about the finances. Paul, our Treasurer, has had no such concerns, and has said repeatedly, 'the money will be provided.' He has said this because he knows two things – that God is faithful, and that the good folk of Hope Baptist are generous. I Am pleased to say, he has been proved right.

Next, and very importantly, Hope is a *Bible-believing Church*. In an age where so many fellowships, even under the name of 'Evangelical', are moving away from the historic, core beliefs of orthodox Christianity, Hope remains committed to the Word of God and to 'the faith once committed to the saints'. Indeed, there are many such faithful Churches here in Bridgend, and across the Principality. This gives me hope that the future of a resurgence of truly Bible-believing Christianity across the UK may lay here in Wales.

Lastly, Hope is a *Welcoming Church*. Now I know that *every* church says it is welcoming, but Hope seems to be the genuine article. There are many folk in the church who deliberately seek-out newcomers and make sure they have a chat with them. Others work hard on 'door duty' to make sure no-one gets in or out without a friendly handshake and a word of welcome. Hopefully nobody can ever say of us, "well I went to that church and no-one spoke to me."

We are not blind to the many challenges we face or the weaknesses and problems we want to address in the future. However we should be thankful, as I am, for the many strengths we have as a church. I have listed four but I could have added others—perhaps you can think of some? They are a solid foundation for the future and a great start to build upon.

Until next time

Your Pastor Darren.

To our Pastor,

We are ever mindful of the blessings of your ministry these past two years. The time has certainly flown by. Always a sign that we are busy. The pivotal point is your preaching ministry - a truly inspired teaching ministry - which has blessed each one of us in a deeply personal way. Countless times we hear the words, "That sermon was meant for me." Such words are a sure sign that God is blessing *abundantly* both the preaching and the hearing of God's word. We pray that this is a constant encouragement to you and to Tracey. Hope has always shown her generosity of heart in every way and we pledge to continue to do so in the years ahead. Our prayers for you and Tracey are prompted by the picture on page 5. May we worship our Lord together claiming His promises to be true. RM.

How blessed are we by all of God' s creation?
What miracles attend His outstretched hand?
Adoring is our gaze across the mountains,
Appreciative our feet upon the land.

In reverence, we observe the sparkling waters.
The creatures that are donned by both sky and sea.
In wonder, we embrace the lamb and lion
And other living things earthbound as we.

Our spirits thrill to hear the sounds of nature.
The babbling brook as crickets sing - along.
The aspen leaves, a flutter in the treetops.
The soul reviving glory of birdsong.

Who cannot hear the whisperings all around us?
Who fails to see the majesty of earth?
What heart must not o'er flow with sweet submission,
Awestricken by the privileges of birth.

When hearts wax cold, I would not be among them,
My own is small, beside his offering.
But ever, it is His, in love and honour
A gift to my Creator, Lord, and king.

Susan Noyes Anderson

Darren and Tracey, we are so pleased that the scenic beauty of the Welsh countryside has stolen your hearts.

You have seen much of its beauty - there's a lot more waiting to surprise you.

To have visited chapels and churches relating to the revival and to the pillars of Welsh preaching is to your credit. To be honest your preaching savours of Welsh 'hwyl', so evident years ago in the pulpits of Wales.

Such 'hwyl' has the ability to draw the listener to the deeper depths of faith.

There is just one thing, Darren, ministers of old used to break into song as the sermon drew to a close, called a peroration ... we are not asking for that!! There is no need to take singing lessons....RM



The Psalm 23 Garden. It took Chelsea Flower show by storm in 2021.

Here's a garden that captured the healing and peaceful gifts of Nature.
Water soothes our troubled minds, even the plants at the edges seem to
drink gladly from it

Rocks are hard and yet, even granite, demands that we sit on it.
Such is God's provision – a haven, an emotional, a spiritual place.

***“Thou preparest a table before me in the presence of mine enemies...
Thou anointest my head with oil; my cup runneth over.
Surely goodness and mercy shall follow me all the days of my life:
And I will dwell in the house of the Lord for ever”.***

At long last - summer beckons! “Long, long time - no see!”

... we have been gazing at the world through rain splattered windows for months. Fast on the heels of Covid, winter came early and overstayed her welcome but we made the most of it: we painted, de-cluttered, we cooked, cleaned, wrapped ourselves up and kept ourselves warm. We sat in corners, reading or watching television. It’s a pretty grim picture; now all that is changing - it has to change. The Seasons were created for meaningful change. This timely transition from indoors to outdoors is exciting, because - to my mind, it personifies moving from a circumstantial, man-made environment, only to enter a world that God has been preparing for us during the winter months. Nature has been busy, unseen - nurturing one solitary seed after another that has been planted, rooted in its given environment. Some places defy our imaginations!



Flowers dressed in glorious hues yearn to be seen and admired; they bring joy to the inner eye as we marvel at their colour and beauty. Fruit and vegetables burst with flavour and goodness for the nourishment of our bodies.



What is blindingly obvious is that this world, upon which man relies, was not casually thrown together. “The world



is full of magic things patiently waiting for our senses to grow sharper. How ironic that it is children that draw our attention to the marvels of Nature”. I wish he had used the word. Our Lord who created this beautiful world, even before creating man. We have been fearfully and wonderfully made. The word ‘fearfully’ when translated from the Hebrew means with great reverence, heartfelt interest and with

respect. The word ‘wonderfully’ when translated from the Hebrew means ‘unique and set apart’. We have been created uniquely by a Father who is loving, merciful and forgiving, by whom we are fully known, accepted and loved. Never once has our Father stopped whispering ... “Can I join

you?" How idyllic is that? How natural and perfect is that? Such moments in time come and go with such regularity - all we have to do is stop, listen and find them. They are there, right under our noses. Here come the excuses... always at the ready. I haven't got the time to stop ...

Truth is we have more control of our time than we admit to. Did you know that you can actually press the remote control on the t.v. without your world falling apart? I can also press pause to answer the door, to make a cup of tea, phone a friend. Will you be prepared to create your own small quiet moments of peace for yourself and for others?

In such moments you could well find memories of childhood days flooding in. Those glorious days when life was so simple - pure almost, certainly void of responsibilities. We found tadpoles and ate jam and sand sandwichesso many good times. Don't tell me that it's all in the past". It isn't? Is it?

I haven't heard that a law has been passed prohibiting 80 year olds to paddle in the sea. (What's with the handbag? It could be Rhonwen! Ed).



What is stopping anyone sitting outside their back door, in a comfy chair, eating ice cream, a chocolate ripple at the ready? A summer posy is all you need, a cup of tea, a good book and best of all some similar hour shared with a friend. The journey from indoors to outdoors is as short as that.

In last month's magazine we looked at the meaning of the word "to dwell". Here's another meaning: "a brief pause in the motion of a part of a mechanism to allow an operation to be completed". Psalm 91, verse one.

Sometimes God Himself presses the pause button that we might spend a moment in time "In the secret place of the most high under the shadow of the Almighty". It's a necessary pause, a place for work within us to be completed.

Family News

Happy Birthday to BMS Birthday Scheme Members - June

2 nd	Pam Weldon	14 th	Barbara Harris
4 th	Ian Howells	16 th	Jonathan Ware
8 th	Wendy Carver	17 th	Eva Evans
9 th	Anita Jones	24 th	Rhyl Coleman

July

8 th	Judith Howells	29 th	Jean Langdon
31 st	Clive Griffiths		

Pulpit ministry

June Pastor Darren will be preaching on the 2nd, 9th and 16th and on the 21st Mr. Joseph Eagle

July Pastor Darren will be preaching every Sunday

Duty Deacons - June	Walter Holder and Rhyl Coleman
July	Rhonwen Miles and Lynne Chamberlain
Communion 2nd June	Rhonwen Miles and Lynne Chamberlain
7th July	Walter Holder and Rhyl Coleman
Meet & Greet June	Pam and Owain
July	Clive and Irene

Tea Rota

June	2 nd Enid and Gareth James
	9 th Pat and Ron Farifax
	16 th Pam Jones and Alison Evans
	23 rd Joan and Mannu Devere
	30 th Sian Fear and Judith Howells
July	7 th Wendy and Graham Price
	14 th Nyfain Pugh and Mary Johnsonl
	21 ST Rhyl Coleman and Sian Fear
	28 th Lynne Chamberlain and Elaine Jenkins

Flower Rota – June

2 nd	Marilyn Lomas
9 th	Free
16 th	Sian Fear
23 rd	Free
30 th	Free

July

7 th	Free
14 th	Pam and Owain Jones
21 st	Paul and Alison Evans
28 th	Free

“We are family”. How many times have I said that, as a family, we should all love and pray for one another - at ground root level; it’s a basic essential. Since May we have undergone a deep, collective sadness at the passing of Dr Delyth Ware.

Delyth left us, peacefully at 2.30pm on Tuesday, April 30th at her home with her family around her. Many prayers have been shared these past 18 months as Delyth braved her illness with stoicism and her unshakeable faith in her Saviour, Jesus Christ. Following a private service at the crem. on May 14th a service of Thanksgiving was held at Hope. God had bestowed so many talents on her including her talent as a discerning and outstanding diagnostician. As her church family here in Hope we can but keep praying that our loyalty will honour her legacy of hard work and commitment to Hope. She attended all our Church Services on Sundays and also Prayer Meetings on Thursday. Her dedication extended to Mothers and Toddlers; Delyth taught in Sunday School for nearly 40 years. Just two top notes, for every aspect of church life was embraced by her and prayed for. She championed the work of Christian Aid and raised money that was given generously. (The service of Thanksgiving can be seen on YouTube just access Hope Baptist Church, Bridgend).

Understandably our prayers turn primarily to her husband, John, (our church secretary) and the immediate family. John is experiencing the darkest of days as are Steven, Jess and grandson Archie; Jonathan, Helen and Theodora; and David. Delyth’s faith, always reassuring and uplifting, urges us to hear her Saviour’s words, “Well done thou good and faithful servant, enter thou into the joy of the Lord”. Such words are a consolation for we know, without a shadow of doubt, that Delyth is safe in the arms of her Saviour whom she has loved and served all her life.

It is our task now to honour her legacy - to emulate the totality of her trust taking her example as our example and strength in the days to come.

John writes:

Thank you Hope

“This has been an incredibly sad and difficult time for me and my family but I want to thank you, my Hope family, and others for all your prayers and support over the last 18 months, during Delyth’s illness. We were always greatly appreciative for all your kind words and offers of help. We could feel the comfort of the many prayers that were said for us and the visits especially from Pastor Darren and Rhonwen.

It was amazing to see so many people at the funeral service, this is an indication of support we received. Thank you for the many, many cards we have been sent. My thanks to Pastor Darren and Pastor Mark for conducting the funeral services so beautifully and to Rhonwen for her kind words and thanks to all those who contributed to the service in Hope. Finally, a special thanks to those ladies (our friends) who provided refreshments and the many cakes afterwards”.

John and Family.

“The only way we can bear the unbearable is when we bear it alongside each other”. This we will do.

We are so grateful to all who supported the Christian Aid Coffee Morning. The wonderful sum of £378 was raised on the day. Alison is grateful to all who helped in so many ways. The final figure including envelopes will be announced at a later date.

We were also saddened to hear of the passing of Tom Hann. Tom was a valued member here at Hope, a member of the choir and a good friend to all before joining the fellowship at Carmel, Llanharan. Tom possessed an enviable balance of hard work and good humour. He had a quiet and unshakeable faith, which proved a comfort to us all. We send Annie, Sarah and the family our loving sympathy.

We have also heard that Mrs Norma King, the widow of the late Derrick King, has passed away. Again, we send the family our condolences and pray for them as they face the coming days.

“If we are made for each other and we most certainly are, then our separation is akin to a wound. When we meet for fellowship the grace and the love of God, our Father, brings us together in a harmony and understanding worthy of our calling”. (J.S. Park)

We pray that Mrs Eva Evans will be given the strength that she needs as she will soon be celebrating her 102 birthday on 17th June. Pob bendith, a cariad mawr. Eva.

Fellowship takes on different hues, of course, embracing many levels. We always bring to mind, via our magazine all who are unable to leave their homes. It is our dearest desire to bring them the peace and comfort that Jesus himself gives so freely.



Many congratulations to Walter Holder. He's the very proud great-grandfather of little Brianne. Welcome to our world little one.

One thing is for certain she will be loved and cared for as she wraps each one round her 'beautiful little finger'!

Another certainty is that her great-grandfather (to be called 'cu' as in tadcu) will pray for her on a daily basis.

We pray that she will join him as she grows up and delights Walter's soul. Congratulations.

We surround Geoff with prayer as he continues to be in hospital. May renewed strength be seen and prayers a blessing for him.

It is good to see Dorothy in good spirits. Being able to sit outside or at least have the doors open must be rejuvenating for all who have been indoors because of the persistent cold weather. May Brenda, Rob, Adrienne, Anita and Edward, Patricia, Marian, David and Caryl, Madeleine and Clarice feel our love and prayers

Having been away I missed the birthday of Mr Ken Stone. He celebrated his 100th birthday in April and had a wonderful celebration.

What a wonderful achievement. To have kept faith all his life is his greatest joy. A lay preacher he served the churches sacrificially and well.

Being a teacher, much loved and appreciated for his faith I am calling on his lovely quiet humour with the two little stories. They will trigger memories of similar remarks...

A little boy was overheard praying,

"Lord, could you please give my brother some brains, so far he doesn't have any".

"Lord, if you can't make me a better boy don't worry about it. I'm having a really good time like I am".

Dear Friends,

Rhonwen has asked me to write something about the Pastoral Team which is currently being started. The team consists of a number of persons who have undertaken and completed their safeguarding training in order to act on behalf of the church to visit and support Hope members and friends.

Naturally, no one wants to be forgotten or overlooked by the fellowship when we face unforeseen or unexpected various struggles and challenges. It is particularly at these times that we appreciate and welcome the genuine concern, love and warmth that may be shown towards us by the church. The care that we may receive at these times is one of those things that we value most about being in fellowship.

The newly formed pastoral team aims to be a catalyst to promote this love and care within the church in a way that respects confidentiality and each person's personal wishes and needs. Each member of the team has designated persons by pastor Darren and Rhonwen to follow up. The team will meet occasionally to discuss progress and to highlight needs to the church leadership. Members of the pastoral team will not be responsible for the whole church but will endeavour to keep a watchful eye out for those who would welcome support.

Of course, this is not just a job for the Pastoral Team it is a job for all of us. However, the pastoral team mindful of safeguarding requirements are authorized to visit on behalf of the Church. If you would like to be included on a list for the Team do speak with Pastor Darren or Rhonwen.

Yours in His service
Ian

Thank you, Ian, for writing and clarifying the task of the Pastoral Team. Darren and I thank all the team for the commitment they have already shown. I pray that each will receive as much of a blessing as they will undoubtedly give.

God will bless each need and honour prayers. RM.

Summer begs for hospitality – at its best when we can have tea and cake out in the garden. Visiting will be a delight I hope we will enjoy many hours of fun and fellowship during the coming months - outdoors! You can forget the parasol - a chair, a vase of flowers perhaps and good humour is enough as we recall the good times we have all enjoyed.



To my shame... I must admit that I haven't spent enough time listening to music, despite knowing its potential to elevate us from the many cares and responsibilities of life. I have tried listening quietly but sleep won many a day. There have been great moments but not on a daily basis. I know that music has literally been a saving grace to so many. It has spoken to them and brought them back into a world that had long since taken peace and meaningfulness away from them.

Am I right in thinking that generally speaking the popularity of learning to play the piano has taken a dive these days? Why is that I wonder? Thankfully there are still many, many youngsters in our schools and colleges whose talents astound us. We wish that their every aspiring dream comes true.

Upon reflection I don't envy artistes their phenomenal musicality as such - rather do I envy them the joy - the realisation - *during performance*, when they themselves give voice to perfect harmony, when the music soared and heaven opened its doors to embrace the musical marriage between heaven and earth; the coming together of the musician and his audience. Such music stops us in our tracks, it demands a listening. (I don't refer to loud, unidentifiable music that borders too closely on "sheer noise").

Great orchestras, filling concert halls and cathedrals have transported us to the very Gates of Heaven. There is a long-standing story that at one of the first performances in London in 1743, King George II was so touched by the singing of 'King of Kings' in the Hallelujah Chorus that he rose to his feet and the audience followed. Many say that this is purely a myth but that does not lessen the greatness of Handel's 'Messiah'. If we stand it is out of awe and humility. Handel's 'Messiah' has been going for 275 years and remains amongst the most performed works in the classical repertoire. Handel poured his soul into the composition when at a difficult period in his life. Several of his Italian operas had been failures; it is said that he was on the verge of financial ruin and subsequent imprisonment.

What did he do? He locked himself in a room, pouted a little, then, in a burst of white hot inspiration - trance like - he finished the score in just 24 days, going for long periods without food or sleep. After completing it the story goes that he exclaimed, "I did think I saw heaven open and saw the very face of God". The original score bears witness to this



because the notes become increasingly large and spaced apart as if written in a fury.

National Anthems evoke loyalty, they stir patriotic slumber: rhythm and style speak of differing cultures taking us around the world on a journey of emotion and excitement.

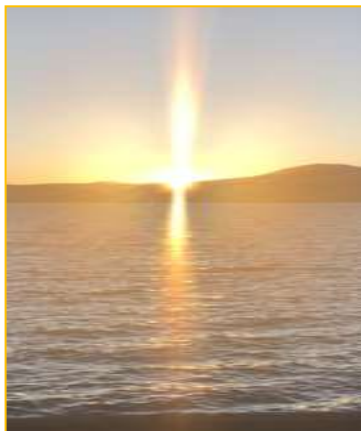
However, it is our hymns, sung regularly in services everywhere that have carried us through all the joys and sorrows of life. Many of you could share your top ten favourites in a trice. Hopefully today we are sitting out of doors enjoying the summer sunshine. where we can thankfully learn to ignore the indoor 'music' of computer keys, telephones, the hum of washing machines etc.

There will be time enough to dance and sing but right now we are having a precious 'cup of tea moment' outside listening to birds singing in tune, to babbling brooks or waves caressing the shore. For this moment we need someone to help us still our thoughts and to stay our fears. Thankfully we have music that will draw us into itself accompanied by words which will enhance every heavenly note. Of late I have reconnected to the music of Margaret Rizza. I sincerely recommend,

"Calm me, Lord"

*Calm me, Lord, as you calm the storm,
Still me, Lord, keep me from harm.
Let all the tumult within me cease,
Enfold me, Lord, in your peace".*

It's the ethereal music that lifts the words and comforts as no other medium can. Music and motion merge as the setting sun becomes a cross of blessing.



There is a pleasure in the pathless woods.
There is a rapture on the lonely shore.
There is a society where no one intrudes
By the deep sea and music in its roar
I love not man the less, but nature more.

(Lord Byron)

Hallelujahs – yes – but we need the silent music of our own hearts.

We all need to be introduced to this wonderful man named **Darren Appiagyei**.

He lives in London and is an acclaimed wood turner. As a boy he lived next to Greenwich Park in Southeast London.

Whenever he felt stressed, he and his closest friend would go there to walk and talk. He now regards spending time in nature as a type of therapy.



Today he goes to Woodlands Farm, between Greenwich and Bexley to source the timber for his beautiful sculptural wooden vessels. Whilst looking for timber with interesting textures, he writes,

“When found, it’s like discovering a piece of gold”.

The wood is like a person, you don’t know what to expect, until you have mastered its texture and tone”. Each finished vessel is a poem, full of strength and stillness, and yet humming with energy and life. There is no question that his artistry achieves demanding qualities. He brings out the inner beauty and life of the tree - the tree has been re-born.

In our picture Darren is seen cradling, caressing even, the bowl he made. Having taken ownership of his skills, honed over many years of study and practice, Darren smiles and begins his journey of discovery as he picks up the wood; he will seek out the inner secret and reveal its inner beauty. Only then is his work complete - finished.

Once again, as in every special picture selected for our issues, light plays an integral part. Here it fixates on the bowl but identifies it permanently to the hand that fashioned it. ‘The Light’ accentuates the beautiful, slender, sensitive and delicate fingers which belie the hardness of the wood he has worked on. The wood - surprisingly - yields to this Master’s touch and discloses its inner secret.

In this picture the bowl doesn't stand in isolated beauty, as on display in a museum. Countless treasures like this, whilst objects of desire, remain aloof, high on their pedestals. "Please do not touch" are words often seen!

I know people who live their lives like that; they almost defy the senses of touch, hearing and taste, all of which lead to understanding and healing - of loving and being loved in return.

I hope the fortunate buyer will use it well. It will be the greatest compliment he could give to both Creator God and Daniel Appiagyei: a working together in perfect harmony. This beautiful bowl, the result of the union, deserves to be loved, cherished and above all else – used.

..
Such is the intention of the Creator for all things – and for all people too.



Steve Jobs is a household name.

He was the iconic founder of Apple. Through the ultimate discovery of the I-Pad and I-Phone he revolutionised the world of technology and our lives too.

He was worth billions but despite his massive wealth he maintained a simple life style emphasising substance over and above ostentation. He preferred a normal life over the trappings of wealth.

From 1997 until he resigned in 2011 he accepted a nominal salary of one dollar from Apple with no bonuses. His \$1 salary was symbolic, demonstrating his commitment to Apple's revival and growth. His life lessons were many.

His untimely passing came on October 5th 2011. He had long since decided that his immense fortune was not going to ruin his life. He had seen it happen to so many of his colleagues within the industry.

We may well be surprised that these words below were the words that Steve Jobs left for us.

1. Don't educate your children to be rich. Educate them to be happy. So when they grow up they will know the value of things not the price.

2. Best awarded words in London....

"Eat your food as your medicines. Otherwise you have to eat medicines as your food".

3. The one who loves you will never leave you for another because even if there are 100 reasons to give up he or she will find one more reason to hold on.

4. There is a big difference between a human being and being human. Only a few understand it.

Living in such a fast moving society we can be forgiven for using the words in the 'Don't say column'.

How often do you find yourself saying sorry ...when there was no need whatsoever.

Don't say....

Do say

"Sorry to bother you"

"Goodbye"

"I like it".

"Tell me"

"You go first"

"You're welcome"

"Shut up!"

"I don't know"

"I think"

Say - "I have a question for you"

Say - "I'll be seeing you"

Say - "This is good"

Say - "I'm listening".

Say - "After you".

Say - "My pleasure".

Say - "Be quiet - stay calm".

Say - "Let me find out".

Say - "I believe".

We are asked to note the subtle difference between the negatives on the left and the positives on the right.

Not a bad thing to be reminded of them then?

Having grappled with all of the above we might well feel that we can sort ourselves out and actually survive in this crazy society.

To survive I would say that we need to have a one to one with someone who will give us a personal, bespoke prescription.

No need to go to the doctor the medicine is right here on our doorstep.

No need to seek anyone out.

Seemingly Six of the best doctors in the world are on our doorstep.

Sunlight, Rest, Exercise, Diet, Self confidence, Friendships.



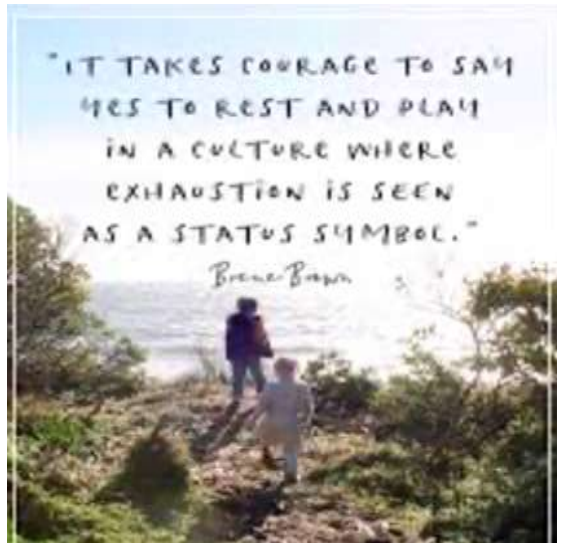
1. Sunlight.

These are all sun loving plants. The colours are vibrant and cheer us up. They bring our gardens – and us to life again after the dullness of winter. Sun brightens things up!

2. Rest

“It takes courage to say ‘Yes’ to rest and play in a culture where exhaustion is seen as a status symbol”.

Doesn't that sum up beautifully the speed and stress we impose upon ourselves. If we are not 'in the lead' then we are doing our utmost to catch up.



Exercise

Who wants to lose an arm or a leg: stretching it beyond the limits of human endurance? Are we supposed to smile at the same time for the cameras.

It may look impressive but I will give it a miss.

4. DIET.

Before you pass judgement ...
This is a Chocolate Protein Cake.
We all know that protein is really good
for us.

Anyone want a second helping?



SELF CONFIDENCE

With God as our Guide we learn
To plant our own garden...
and decorate our own soul.
In the process
We learn that we
really can endure,
That we are really strong,
And really do have
a worth of our own.

Courage doesn't always roar. Sometimes Courage is that little voice at the end of the day that says, "I will try again tomorrow..."

FRIENDSHIPS

We don't need super
heroes in our lives.
We just need our crazy,
hilarious, loyal and loving
friends.

To each we should say
"Never forget the
difference you make".





SUNRISE

Proof of divinity is all around,
God's handiwork transcends his mystery.
We hear His voice in every secret sound.
The trill of birds, the pounding of the sea.
His whisper reaches us in sunrise stillness,
When all the Earth awakens from her sleep.
Betimes, he warns us with an eagle's shrillness,
Or speaks to us in rumblings, soft and deep.

We see His radiance in sunset glory.
His light enlivens moon, and stars and sun.
Each shining lake that shimmers tells His story.
Each mountaintop proclaims Him as the One.
We feel his tender touch and gentle breezes
That muss our hair or cools a rosy cheek.
His every gift to us is balm that eases
to know Him is the sustenance we seek

And yet the proud heart is not counted wise,
Only the humble and the reverent see.
Look for Him in a newborn baby's eyes
Then find Him in your own Divinity.

Susan Noyes Anderson

SUNSET



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 Mrs. Lynne Chamberlain (01656) 659240

Prayer Meeting 7.00pm

SUNDAY:

Sunday'scool (not operating at present) 10.30am

Morning Service 10.30am

WHO TO CONTACT AT HOPE

CHURCH CONTACT: info@hopebridgend.co.uk 07866 746851

SECRETARY: John Ware (01656) 662948

TREASURER: Paul Evans (01656) 661986

CARETAKER: Seung Ho & Yun Hee Kang (01656) 646911

USE OF PREMISES & SAFEGUARDING Sally George (01656) 668791

NEWSDESK: mag4hope@yahoo.com 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

www.facebook.com/HopeBaptistBridgend

[1699576150319699](https://www.facebook.com/HopeBaptistBridgend)

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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