



The HEATH

Now these three continue . . .



Of these, the greatest is . . . 1 Cor 13:13

News, Views & Comment from the
United Reformed Church, Chadwell Heath

50p

February 2024

Dear Friends,

A couple of years ago, I bought a new camera. I've always been interested in photography, and this camera gives me the options to really customize the settings for whatever conditions I want to shoot in. The big problem is that I don't know what any of these settings do!

That Christmas, I received *Digital Photography: A Complete Course*, a book which says it will teach me to be a better, more educated, photographer. It's promise: in only 20 weeks, I can master the art of using my camera in the correct way.

Twenty weeks!?! I don't want to wait twenty weeks...I want to know all of that now!

I realize that to learn just about anything properly takes time. It takes patience. It takes commitment. But I suspect I am not alone in wishing that more things in life could just be instantaneous...that things could just happen more quickly.

That desire for instant gratification may seem like a sign of the times, but the Bible reminds us that people have always known what they wanted, and have always been frustrated when what they wanted didn't materialize as quickly as they would have liked.

Our Lenten Bible Study this year will focus on the Book of Jonah—a familiar name to many of us among the Old Testament prophets, who's story is, perhaps, the most un-prophet-like story in the Bible. Jonah thinks he knows better than God what should happen to the people he is sent to preach to, and he throws a fit when things don't happen quickly enough and in the way he would prefer them to happen.

I don't want to give too much away about what we will be talking about, but suffice it to say, Jonah might find himself at home in the hurried and frantic pace of our lives today. Think about it: we want our churches back to the way they were before COVID...we want a more stable economy and lower inflation...we want peace in the Middle East and in Ukraine...we want more sunshine in the winter...and when do we want all of this?!? Now!

But the writer of Ecclesiastes reminds us that all of this will be resolved in due time. In recent months, I have been using the following passage as part of my prayer times. I find that saying these words with intention, not only helps calm my general anxiety about the state of the world today, but also helps to give me perspective on some of the larger issues facing our churches. I offer these words to you this month, in the hope that they might aid your time of prayer, as well:

For everything there is a season, and a time for every matter under heaven:

a time to be born, and a time to die;
a time to plant, and a time to pluck up what is planted;
a time to kill, and a time to heal;
a time to break down, and a time to build up;
a time to weep, and a time to laugh;
a time to mourn, and a time to dance;
a time to throw away stones, and a time to gather stones together;
a time to embrace, and a time to refrain from embracing;
a time to seek, and a time to lose;
a time to keep, and a time to throw away;
a time to tear, and a time to sew;
a time to keep silence, and a time to speak;
a time to love, and a time to hate;
a time for war, and a time for peace.

(Ecclesiastes 3:1-8)

Peace and love, Brian



Church Diary February



4th February 11:15am	Morning Worship & Holy Communion.	Led by Rev. Ann Woodhurst
11th February 11:15am	Morning Worship	Led by Rev. Brian Busckill
18th February 11:15am	Morning Worship	Led by Cassie Baker
25th February 11:15am	Morning Worship	Led by Diana Baker

Worship Themes February

The Church will use the themes listed below

February 4, 2024	<u>Isaiah 40:21-31</u>	<u>1 Corinthians 9:16-23</u>	<u>Mark 1:29-39</u>
February 11, 2024	<u>2 Kings 2:1-12</u>	<u>2 Corinthians 4:3-6</u>	<u>Mark 9:2-9</u>
February 18, 2024	<u>Genesis 9:8-17</u>	<u>1 Peter 3:18-22</u>	<u>Mark 1:9-15</u>
February 25, 2024	<u>Genesis 17:1-7, 15-16</u>	<u>Romans 4:13-25</u>	<u>Mark 8:31-38</u> or <u>Mark 9:2-9</u>

What's the Big Idea? *An Introduction to the Books of the Bible:* Exodus



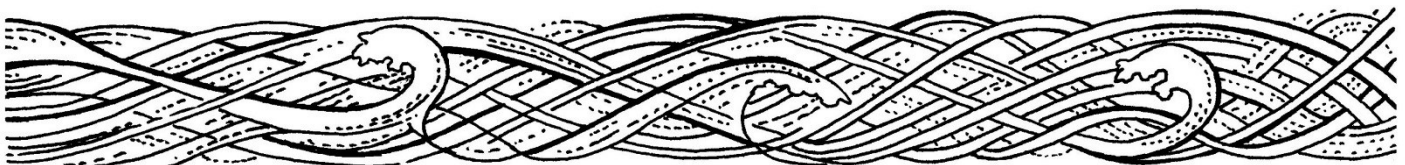
This month we are looking at Exodus, the second book of the Old Testament. Its name means departure, reminding us that Israel's flight out of slavery in Egypt is the major focus of the book.

Exodus is a book of two halves! The first part (chapters 1-19 & 32-34) is the story of an oppressed people who are delivered from slavery into a life of freedom. The second half (chapters 20-31 & 35-40) consists of detailed instructions about the life and worship of God's people. The book introduces us to their *salvation* or deliverance, as *story*. God's promises to Abraham are fulfilled as the people journey to the Promised Land. He also renews His covenant with them at Sinai, expressed in the Ten Commandments (20: 1-17).

At the heart of Exodus is the person of God Himself. In chapter 3 God reveals His name as YHWH or '*I am who I am*' (3:14) to Moses. This is the name by which God is known throughout the Old Testament, expressed in the title '*the LORD*'. To know God's name is to know Him, as well as His character ie His justice, truthfulness, mercy, faithfulness and holiness. He is the God who controls history, delivering the people out of Egypt, while the death of the Passover lamb points us to Jesus' death on the cross (1 Corinthians 5:7).

God's promises of help remain true for us today: '*Do not be afraid. Stand firm and you will see the deliverance the LORD will bring you today*' Exodus 14:13.

'This Exodus story continues to be a major means that God uses to draw men and women in trouble out of the mess of history into the kingdom of salvation.' (Eugene Peterson).



More Bible Thoughts

Have you ever read or attempted to read the Bible cover to cover? I did in my late teens, round about the time I was baptized and again quite recently over the last year or so, but have to confess it was quite heavy going. It also required a large dose of discipline, which I have to admit sometimes evaded me.

The Bible consists of 39 books in the Old Testament and 27 in the New, giving a total of 66 and by my calculations there are 1,199 individual chapters contained in these books. If you set a course to read a chapter a day it would take up to 3.25 years to complete, however two or three chapters at a time would obviously reduce this. During a radio program at the time of the Centenary (4th) commemorations of the King James translation of the Bible, someone rang in to say that they had read the Bible cover to cover in 2 to 3 weeks whilst hospitalized, which took me by surprise judging from my own experience – was this just the New Testament I wondered – if not “burning the midnight oil” comes to mind!

As a teenager in The Boys' Brigade one of our Officers suggested as a starter, to read the book of Proverbs (basically King Solomon's instructions for his sons) and having done so I could understand why, as to use a modern idiom 'it tells it how it is' e.g. **“The fear of the lord is the beginning of wisdom” “A good name is more to be desired than great riches” “A soft answer turns away anger” “Do not reject the teachings of your mother” and much more.

As Christian people we might consider the New Testament to be our only point of reference, however the importance of the Old Testament should not be underestimated but deserve equal status, as this in many instances points the way to the events that take place in the New.

The Bible over the centuries has been a great power for good in peoples lives and will continue to be so - if you should wish to challenge yourself to read the Bible cover to cover then go at it, at your own pace and good luck.

Len Clarkson

**Seen embossed on a majestic fireplace in the Lord Montagu's Beaulieu Palace House whilst on holiday.

Lenten Bible Study

This year's Lenten Bible Study will focus on the Book of Jonah. Many of us will have grown up knowing the story of Jonah and the whale, but when was the last time that you spent time thinking about what happens to Jonah after he and the whale part company?

Please join us for lively conversations about Jonah, his call, and his frustration with God for four weeks, starting Tuesday, 27 February. We'll meet in Roope Hall at Trinity URC, Upminster starting at 9:45am, and led by Revd Brian Buschkill. As has been our recent practice, our Bible Study sessions will be recorded and available to view on our YouTube page within 24 hours of each session. If you have any questions, please contact Brian at buschkill@gmail.com.



H&H Communion Service at Nelves

Started on Wednesday 10th January H&H Communion Service at Nelves and then every 2nd weds of each month going forwards.

This month we are launching a short 'quiz' to accompany the series on the books of the Bible. This will be a regular feature that runs throughout the year.

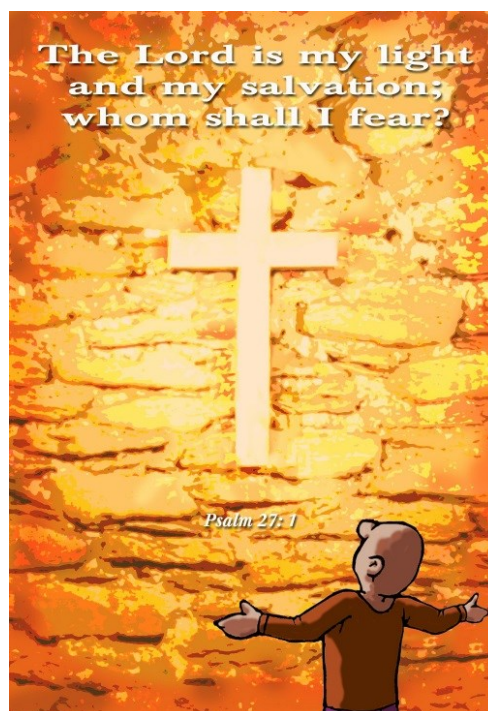
Quiz on the Book of Exodus

How well do you know what happened in Exodus? Try this quiz!

1. Who rescued Moses from the basket in the bulrushes?
a. Pharaoh's daughter, b. Pharaoh's maid, c. Pharaoh's wife
2. How many plagues did God send on Egypt?
a. 5, b. 10, c. 15
3. What was the second plague?
a. frogs, b. water turned to blood, c. locusts
4. What is the name of the sea the Israelites crossed to escape the Egyptians?
a. Dead Sea, b. Black Sea, c. Red Sea
5. At what place did the Israelites arrive to find the water was too bitter to drink and God made it sweet?
a. Marah, b. Elim, c. Horeb
6. Which bird did God provide for meat in the wilderness?
a. pigeon, b. quail, c. turtledove
7. What guided the Israelites through the wilderness?
a. a star in the sky, b. Moses had visions telling him where to lead the people
c. a pillar of cloud and of fire
8. When there was no water to drink, how did Moses provide it?
a. from earthen jars, b. from his rod, c. from a rock
9. On which mountain were the Israelites given the Ten Commandments
a. Mt. Sinai, b. Mt. Nebo, c. Mt. of Olives
10. What is the seventh commandment?
a. Thou shalt not covet, b. Thou shalt not commit adultery, c. Thou shalt not bear false witness
11. What was on top of the Ark of the Covenant?
a. two cherubim, b. candlestick, c. Aaron's rod

12. What compelled the Israelites to form and worship the golden calf
- a. they wanted to make a statue to the Lord
 - b. they made it as a symbol of their freedom from slavery
 - c. they didn't know what had happened to Moses
13. What was the name of a man who was given the Spirit of God, to enable him to become a good craftsman, and assist with the building of the tabernacle?
- a. Caleb
 - b. Bezaleel
 - c. Buz
14. Who was Moses' successor?
- a. Joshua
 - b. Caleb
 - c. Aaron
15. For how many years did the Israelites wander in the wilderness?
- a. 20 years
 - b. 30 years
 - c. 40 years

Answers are on the back page



[illegible]

Meeting at Pleshey at 10:30am.

People requiring transport please ask.

The cost including lunch is £20 per head.

The Diocesan Retreat House Pleshey is set in one of the most attractive villages in Essex. This is a chance to get away from the hustle & bustle of daily life and remain quiet or have relaxed discussions within the atmosphere of peace. If you would like to come, please book through Roger.

Tel: 01992 523849

Email: rogergayler@btinternet.com

Celebrating the now and future Creation

I find that watching buds swelling on trees and plants during the winter months gives me a tremendous sense of hope. After creation's winter shutdown, the sight of tiny flowers poking out of brown earth may be more important than ever.

Getting outdoors during daylight hours, enjoying green spaces and getting some fresh air and exercise are great ways to keep ourselves healthy at any time of year. A psychologist colleague wrote, "Attending to the details of nature can also inspire awe, which has been linked to positive mood and increased life satisfaction." I expect it is this sense of awe that makes it easier for many of us to connect with God outdoors.

Helping ourselves and others to thrive is a good start to 2024, but it is also vital to have hope for the future. In the face of climate change, we urgently need to care for all of Creation, both human and everything else, with God's help.

Our ultimate hope is in God's promise that He will bring about a new heaven and a new earth. We can look forward to the day when Creation will be fully redeemed and liberated from evil. The Greek word used to describe the new creation is the same as that used to describe someone who becomes a Christian, whose humanity is restored and renewed. There will be continuity between the old and new earth as it is cleansed and purified, surpassing and perfecting what has gone before. There will also be some discontinuity, as there will be no more suffering or death.

So, one source of hope for 2024 is that we can enjoy both caring for and meeting God in Creation. But the parts of Creation that we find most beautiful, giving us a sense of awe and helping us to worship, are also a reminder that there is something much better to come.

By Ruth Bancewicz,

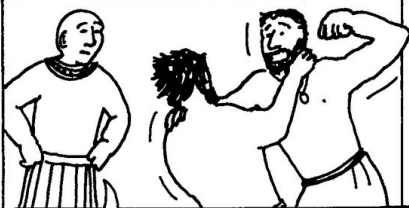
Bible Bite

A short story from the Bible

It can be read in the Bible in
Exodus 2:13-4:23, 4:27-5:2

Moses: a Hebrew adopted by an Egyptian princess. He killed an Egyptian who was beating a Hebrew slave, and hid the body.

The next day...

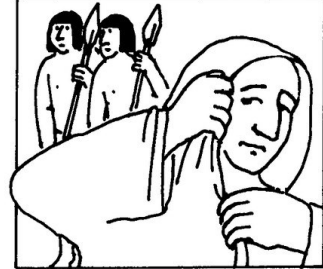


Why are you beating up one of your own people?

Are you going to kill me like you killed that Egyptian?



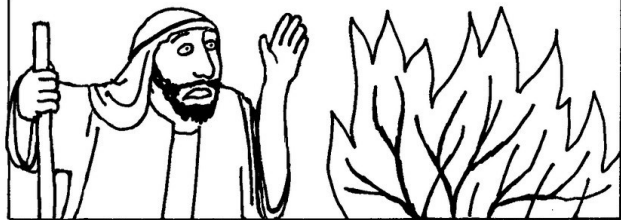
Moses had to run away from Egypt.



He went to Midian, got married and looked after his father-in-law's sheep.



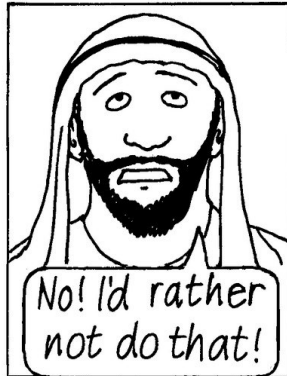
One day, on Sinai Mountain, he saw a burning bush that didn't burn up. Now God had got Moses' attention, He said..



You will go to Pharaoh and tell him to let my people leave Egypt.



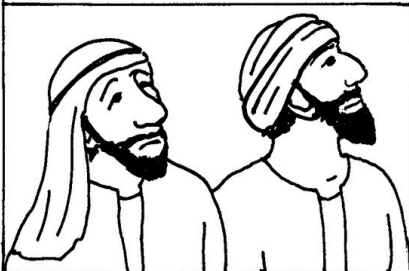
No! I'd rather not do that!



It's not a choice. Your brother Aaron can help you



Aaron and Moses met up and went to see Pharaoh



Our God says you must let all his people leave Egypt.



No!

Your God means nothing to me. I will never change my mind. Your people can never leave!



Lenten Valentines'



This month both Ash Wednesday and Valentine's Day fall on the same day! The link between the two can be summed up in terms of the nature of real love! Lent, beginning on Ash Wednesday, focuses on learning to love God more, as we give Him space in our lives. This is what Jesus found when He was led into the desert by the Spirit to be tempted by Satan. (Luke 4:1-13).

Jesus was tempted to turn stones into bread. Yet loving God and His word comes before satisfying physical desires.

Satan tempted Jesus to worship him. However, worshipping God is an expression of loving God and serving Him.

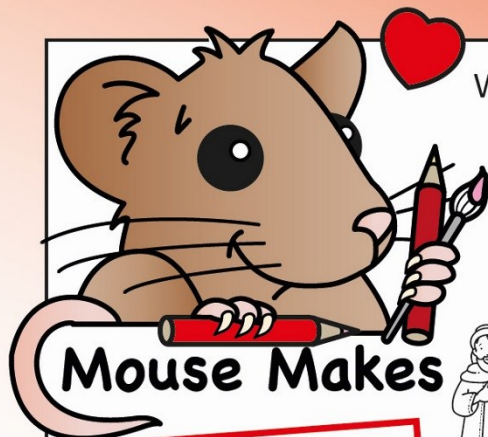
Finally, He was tempted to put God to the test, by jumping off the Temple. Real love for God does not put Him to the test, but wants to obey Him.

Lent also teaches us how to live out the love of God in practical ways, as we follow Jesus in the way of the Cross. We see this clearly demonstrated in the life and death of Saint Valentine.

Valentine was a Christian who demonstrated the importance of sharing God's love with others. We know little about him, except that he was a priest who lived in the 3rd Century AD and that he was martyred on 14th February. Emperor Claudius felt that soldiers in the Roman Army were distracted from their duty by their wives, and so had attempted to outlaw marriage. It is believed that Valentine married couples in secret, which is why today we celebrate our love for one another on his day.

In trying to understand the meaning of her revelations from God, Julian of Norwich found:

'What, do you wish to know your Lord's meaning in this thing? Know it well, love was His meaning.'



Mouse Makes

CONNECT THE BIBLE COUPLES

ADAM	ELIZABETH
ABRAHAM	MARY
ISAAC	HANNAH
JACOB	PRISCILLA
BOAZ	EVE
ZECHARIAH	RUTH
ELKANAH	REBEKAH
AQUILA	RACHEL
JOSEPH	SARAH

Which couple helped the Apostle Paul in his ministry?

_____ and _____ Romans 16:3

Who were the first couple?

_____ and _____

Genesis 2:22-25

Who's wife became a pillar of salt because she disobeyed the angel's warning?

_____ Genesis 19:26



Which of Laban's daughters did Jacob love?

_____ Genesis 29:18

Who was Moses' wife?

_____ Exodus 2:21

Who married Boaz to become King David's great-grandmother and a distant relative of Jesus?

_____ Matthew 1:5



FIND THE BIBLE VERSE

Change each letter in this bible verse to the letter **before** it in the alphabet.

XIBU HPE IBT
KPJOFE UPHFUIFS,
MFU OPU NBO
TFQBSBUF.

NBSL
UFO WFSTF
OJOF

DID YOU KNOW?

King Solomon had **700** wives! They were princesses of royal birth and he loved them all, but his wives caused him to turn away from God
See 1 Kings 11:1-3

E E Z R E E L I Z A B E T H R
S V Q S L R Z J I B O A D A M
R E B E K A H O J R A O Q N O
U I S A A C A S A A Z P R N S
T H A Q N H Z E C H A R I A H
H R U T A E V P O A I E B H I
S A R A H L T H B M A R Y S D
P R I S C I L L A Q U I L A

ABRAHAM
ADAM • AQUILA
BOAZ • ELKANAH
ELIZABETH
EVE • HANNAH
ISAAC • JACOB
JOSEPH • MARY
PRISCILLA
RACHEL
REBEKAH • RUTH
SARAH
ZECHARIAH

Prayer for February 2024

Father, In this coldest and shortest of months, this month when traditionally thoughts turn to love and the promise of Spring, help us to be thankful and steadfast and to see Your bigger picture in what is sometimes a frightening world, a world where love between nations seems to be in short supply and the future uncertain.

We pray for all those whose lives are in turmoil through a lack of love and justice. Help us to remember the great love You have for Your world and Your people, so great that You sent Jesus to show us how to live, how to love and how to overcome the troubles of the world.

Thank you that Your love is stronger than the forces of evil, stronger than death. Help us to put our trust in Jesus, to keep our focus on Him, knowing He will never leave us or forsake us. Thank you that His love is stronger than the forces of evil, stronger than death. In his name, Amen.

By Daphne Kitching

The Day the Sun Stood Still

Joshua prayed as
entrenched in battle,
He called on his God to
come to his aid
For the sun to stand still
and the moon to rest,
And as God responded the
sun was stayed.

The battle was waged and
the enemy routed,
The night held back
making victory theirs,
For God had extended His
mighty arm
As the day was lengthened
in answer to prayer.

Another battle had yet to
be fought,
No sun just darkness
covered the land,
A cross was erected, a
Man nailed upon it,
Jesus our Saviour dying for
man.

He came as the Light
stepping into our darkness,
Spreading hope where
once there was none
Forgiveness, salvation is
ours, will we take it?
This wonderful gift
bestowed by God's Son.

By Megan Carter

Diary/Noticeboard:

Chadwell Heath + Heath & Havering Group of Churches

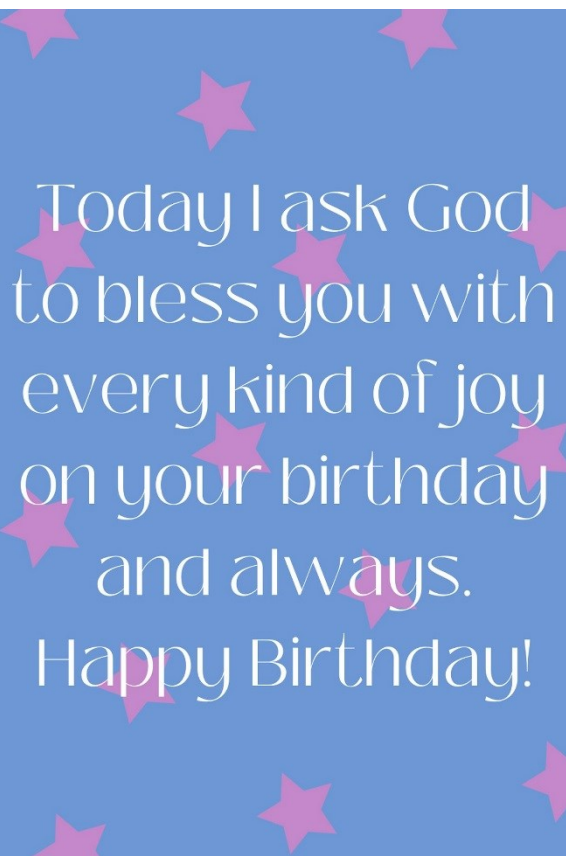
Foodbank:

Thank you for your continued support. We are short of Long-life milk – full fat & semi-skimmed, Long-life fruit juice, Breakfast cereal & porridge oats, Savoury snacks – crisps, crackers, etc, Jars of pasta sauce, Tinned spaghetti, Cooking oil, Nappies – size 3 and above, Washing powder and Toilet Rolls

We are very grateful to receive any non-perishable food items, as well as general items e.g. washing powder/liquid, washing up liquid, tin openers – plus all important personal/ female/ toiletries including soap, toothbrushes & toothpaste/toilet rolls & baby nappies, sizes 5/6.



Happy Birthday's in February



Dot Lambert 7th,
Tim Marshall 29th.





WEEKDAY ACTIVITIES
Foodbank, Tuesday &
Thursday 10:00am - 12
noon.



Web site: <http://www.heathandhaveringurc.co.uk/chadwellheath.html>
Chadwell Heath URC is part of the Heath and Havering Group



Our Minister's contact details are:



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Answers to Quiz on the book of Exodus

Question 1: a (Pharaoh's daughter)

Question 2: b (10)

Question 3: b (Water turned to blood)

Question 4: c (Red Sea)

Question 5: a (Marah)

Question 6: b (Quail)

Question 7: c (A pillar of cloud and of fire)

Question 8: c (From a rock)

Question 9: a (Mt. Sinai)

Question 10: b (Thou shalt not commit adultery)

Question 11: a (Two cherubim)

Question 12: c (They didn't know what had happened to Moses)

Question 13: b (Bezaleel)

Question 14: a (Joshua)

Question 15: c (40)

**Please send any news, information or an article for the Heath to
Dianne Crisp. Email Dianne.Crisp@ntlworld.com The deadline is
Monday 26th February for the Joint March & April Issue. *Thank you***