

JC Lytham Parish Office

The Parish Hall

Church Road

Lytham

FY8 5QL

Tel: 01253 736488

Email: parish.office@jclytham.church

Usual office hours: Monday – Friday 9.00am – 1.00pm

The Vicar's Day off is Friday and Emma works Sunday to Wednesday.
If you need urgent support on a Friday, please contact Fiona in the office who will be able to put you in touch with someone who can help.

Website: www.jclytham.church

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The Ecclesiastical Parish
of St John the Divine and
St Cuthbert Lytham



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PARISH MAGAZINE – MAY 2024

The Ministry Team

Vicar: Revd Nick Wells 01253 279676

Mission Enabler: Revd Emma Swarbrick 07866 335230

Hon. Assistant Priest: Revd Helen Houston

Licensed Lay Ministers: Jacqui Briscoe, Joanne Hutchinson,

David Matthews, Bev Wells, Nicola Whitehead

LLM Emeritus: Angela Lee

Authorised Lay Ministers: Marianne Cottier Brown and James Walmsley

Our Pattern of Services of Worship.

	1 st Sunday	2 nd Sunday	3 rd Sunday	4 th Sunday	5 th Sunday
8:30am BCP Communion	St Cuthbert	St John	St Cuthbert	St John	St Cuthbert
10:15am Morning Service	Parish Communion	Holy Communion St John	Holy Communion Both churches	Holy Communion St Cuthbert	Holy Communion Both churches
		All Age Service St Cuthbert		Service of the Word St John	
12noon Baptisms	St John	St Cuthbert	St John	St Cuthbert	-
11am Communion	Each Wednesday at St Cuthbert				

Dear Friends

As many of you will already be aware by now I am delighted that the PCC has accepted an invitation from Bishop Philip to take part in The Parish Renewal Programme. This is a scheme run by the Diocese to encourage church growth and renewal.



It is an exciting opportunity, which will have its challenges, but I am really looking forward to what God is calling us to.

In his letter, the Bishop wrote that the benefits of the programme are significant and will include:

- Dedicated support from the Parish Renewal Lead, the Revd Steve Haskett. Steve will help you, your parish and your PCC to identify the key challenges being faced locally, opportunities ahead and then support you in planning for renewal.
- Fully funded access to the national 'Leading Your Church into Growth' (or 'LYCiG' for short) conference between 14th to 16th October 2024, for yourself and two lay people.
- A fully funded twelve month follow up programme to enable your PCC to consider how the LYCiG growth principles might be applied in your own parish context, followed by focused support to deliver a clear long term plan for growth, whilst further developing discipleship and stewardship.
- Other specialist training and support for yourself and church officers, as well as practical support for governance issues.
- Support for you personally as a priest. You will be encouraged to

take two weeks' study leave during the programme for refreshment, renewal and inspiration and priority access to other diocesan support, for example the Vision Partners, Parish Mission Team, and those who can advise on issues such as buildings, fundraising, vocations and stewardship.

- Participation in the Parish Renewal Programme will be viewed favourably by the DBF in conversations regarding parish share.

I hope you can understand my excitement and why I am committed to working with the Diocese and the PCC on the Programme.

To further this Bev and I and the family have agreed that we will move to the new Vicarage on Talbot Road which means that I have deferred my plan to retire next year. Our move to Talbot Road will happen by early summer.

Please continue to pray for our parish and especially Emma, the PCC and myself as we fully engage with the Parish Renewal Programme.

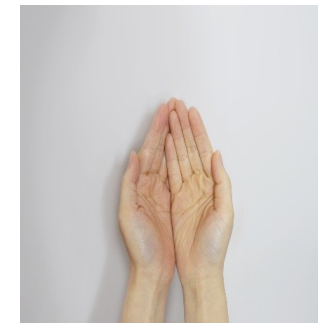
Yours in Christ



Parish Communion
Our May Parish Communion is at St Cuthbert's
on Sunday 5th May at 10:15am

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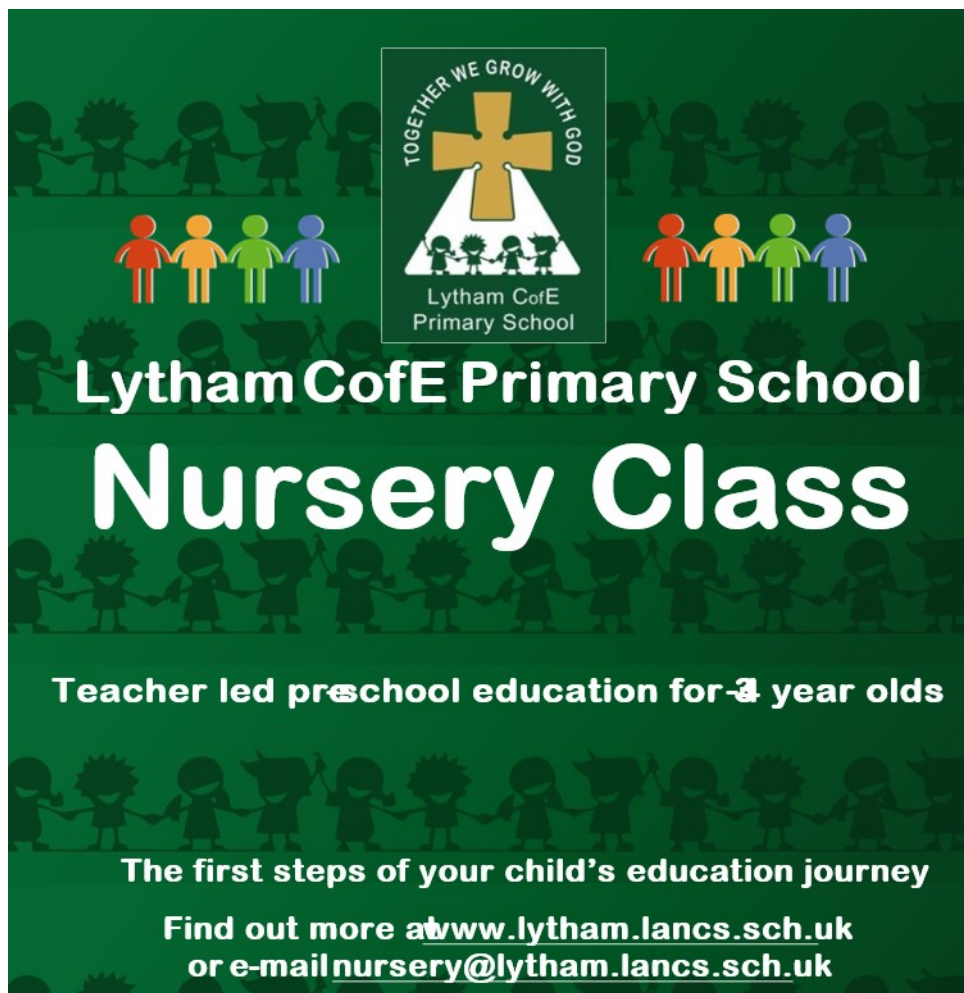
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'Pupils see their school as a happy place.'
(OFSTED 2019)



'Pupils feels safe and special and have positive attitudes to their learning.'
(SIAMS 2017)

Resume of the March PCC meeting.

Further discussions took place following the Away Day at Whalley Abbey with particular emphasis on the development of a Vision Champions team of four PCC members to assist Emma in delivering the projects, namely, Making Disciples, Being Witnesses, Growing Leaders and Inspiring Children and Young People. In addition Nick mentioned a national training package called "Leading your Church into Growth" which the PCC unanimously supported committing to.

The Finance Report was considered and it was noted that not everybody had transferred their direct debits/standing orders from the old bank accounts to the new Parish Giving Scheme account. A further reminder would be sent out as these old bank accounts would be closed by the end of June 2024. The Independent Examiner is meeting with Nick and Wendy on 11 April to go through the final 2023 Accounts, prior to the Finance Meeting on 12 April.

Emma's report on Outreach and Discipleship was presented dealing with Worship in Wellies and the ways to encourage parents to join the sessions. To this end the final session each term will be an "Open Garden" to which parents and siblings will be invited. Easter events were also discussed including Barefoot Easter and Messy Easter. Nick also mentioned that the Church would be planning a float again for Lytham Club Day and requested "ideas on a postcard" to get things moving.

The Building Committee's Report was discussed in detail with numerous projects in hand for both Churches. These included plans for the new internal toilet at St John, development of a new kitchen and moving the font from the rear of the Church. For St Cuthberts the redecoration of the toilet had been completed and the removal of the

screen in St Aidan's Chapel to reveal the window showing the Baptism of Christ was also discussed. In addition the idea of opening up the clergy and choir vestries to provide a separate meeting room with independent heating was discussed. The plaster work of the Church Hall still needed monitoring to ensure it was drying out satisfactorily.

The newly inaugurated Social Committees Report was presented outlining proposed social activities over the year. These included various concerts at both Churches, including Harvest Festival and a Christmas Carol Concert. Further ideas to follow!!

The Safeguarding report highlighted no incidents. Linda Hyland was still awaiting completion of training courses by some PCC members.

The School report was tabled and also the Sunday School Report. Particular reference was made about the busy Easter Programme and the hope that the Sunday School would attend Church weekly instead of only twice a month in the near future.

It was noted that the Revd Glen Brooks, vicar of St Annes Parish Church, has succeeded the Revd Canon Anne Beverley as Area Dean of Kirkham.

Plans were in hand for the Annual Parish Committee Meeting to be held on Monday 20th May at 7.30pm in St Cuthberts.

George Moore—the organist at St Johns, was retiring after many years' service and a presentation would be made at the joint service at St Johns on 7 April.

There being no further business the meeting closed with the Diocesan Vision Prayer



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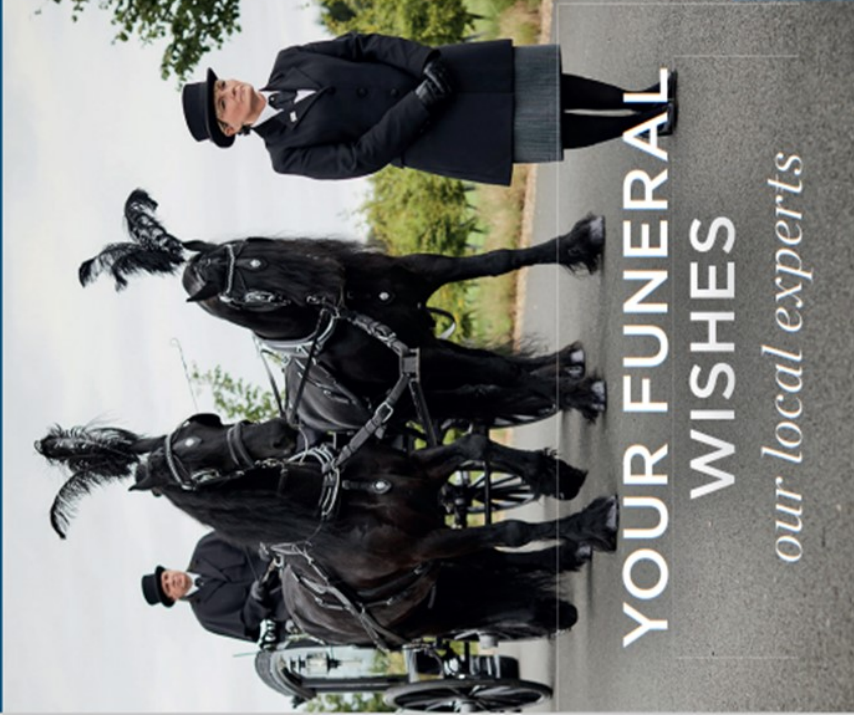
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Annual Parochial Church Meeting

The Annual Parochial Church Meeting for our parish is on Monday 20th May at 7:30pm in St Cuthbert's.

At the meeting the Annual Report for 2023 including our accounts will be presented, churchwardens and PCC members elected and reports received concerning the fabric of our churches and a report from the vicar.

Notices of the meetings will soon be affixed to the church doors and nomination forms for the post due to be filled will be available from the back of the churches from early May, together with copies of the Annual Report, these will also be available to download from our website.

Prayers for Wholeness and Healing

In the March Magazine Nick wrote about offering prayers for healing and wholeness saying: 'Prior to 2020 we offered individual prayers for healing and the opportunity of anointing with holy oil alongside Communion. The PCC has agreed that we introduce this offer this ministry once again in both churches.

Initially this will be during our monthly Parish Communion services. Anyone wishing to receive prayers for healing will be invited to move to the side chapel, having received their communion, where they will be quietly met with and supported with prayer and anointing.

We will restart this ministry at the Parish Communion at St Cuthbert's on 5th May. The PCC will also be considering how prayer ministry is further developed in the coming months.

Hello from all at Lytham Church of England School



We had a fabulous end to our Spring term with our Easter Service at St John's Church, our PTFA Easter Bingo and our fundraiser for the RNLI.

The children in Y4 led a thought provoking Easter Service and this was attended by children from all year groups. Our School Choir also contributed with fantastic singing. It was a joy to welcome members of our Parish to this lovely service and the presence of a donkey certainly added to the atmosphere. Special thanks to Rev Nick for organising this for us.

The Easter Bingo was a huge success! Members of our PTFA created amazing hampers from donated Easter eggs and there was fun galore as everyone 'dabbed' away to try and win a prize. It was also heart-warming to hear that some of the winners had split their hampers down so that they could share their winnings with children who hadn't won a prize.

Generous contributions from our families and Church meant that we raised an astounding £441.51 for the RNLI. We had set ourselves the target of raising enough to buy ten pairs of boots costing £42 each and we smashed this target. Go Lytham!

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This term has got off to a great start and we have lots of things planned. On Friday April 19th we are holding our first ever 'Bring a plant to school' day and this is being co-ordinated by our Eco Team under the watchful eye of our very green fingered Mrs Waby. The children wanted to brighten up our environment and thought that this could be a way for the whole school to be involved. I'm looking forward to seeing the splashes of colour around our environment and I'll make sure that we share photos on social media.

I hope you've enjoyed reading about the times we share at Lytham Church of England School; we remain grateful that so many people pray so faithfully for our school community.

Love, prayers & best wishes,
Amanda Wodridge, Headteacher



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From the Registers

Baptisms

April 14th Aurora Rasheed and Maxwell Rasheed

Funerals

April 2nd Terry Bamber

April 3rd Cora Locke

April 17th Bill Oldham

Mothers' UNION

The April Meeting was very much enjoyed, when we welcomed Rev. Fleur Green who gave an interesting talk and slide show of fashion from early 1900 to 1940's.

Our next meeting is on Thursday 9th May at 2.30pm in St Cuthberts when we will hear 'The Life Story of Violet Clifton'.

NB—The June meeting for Afternoon Tea at Lytham Hall has been changed to Tuesday 25th June at 2.30pm. Please put your name on the list at the May meeting if you would like to join us.

Margaret Fisher

The Churches in Lytham

The next monthly evening of prayer organised by The Churches in Lytham is on Wednesday 22nd May at St Peter's RC Church starting at 7:30pm.



It would be wonderful if a number of us from JC Lytham could attend both to pray with other Christians in the town and also to experience the way different denominations approach prayer.

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Canon George Moore

It was with both great sadness and great joy that we said thank you to George Moore as he retires as our organist at St John's after nigh on 18 years service. George has been a church organist for around 70 years and it is with great sadness he has recognised the time has come for him to stand back from the stops and pipes.

The following letter from Revd Jack Wixon, a former priest at St John's, was read out which says it all about George:

"You can imagine that over the years I have had to give some difficult eulogies, but nothing quite as difficult as this. Nick seems to think that I appointed you to be the organist at St. John's. I can't remember ever making such a serious mistake!

Seriously though, we have all heard stories of difficult relationships between vicars and organists; I have had one or two myself. I can only say that our relationship and friendship could not have been better. Not only were you a very good organist but you had a sense of what worship is about – playing the right music in the right way at the right time. And our shared sense of humour meant that we enjoyed what we were doing. Kate and I loved our time in Lytham and you were part of the reason for that. So thank you for all that and, as I used to say when you received your enormous salary, "There's no business like show business"!

Rebekah, our granddaughter, who is fifteen, still remembers you playing 'Chick, chick, chicken' on the Wurlitzer on Saturday mornings when she was a little girl.

George, our love and very best wishes for your retirement.

The Feast of the Ascension

We celebrate the Feast of the Ascension this year on Thursday 9 May. It's always on a Thursday because it is the fortieth day after Easter by the traditional method of inclusive counting, although its actual date varies because of the changing date of Easter.

The fact that we celebrate Jesus' ascension into heaven forty days after Easter depends on the account of the Ascension in chapter 1 of the Acts of the Apostles where, in verse 3, we learn that Jesus appeared to his followers after the Resurrection for a period of forty days before ascending. There is only one other account of the Ascension, and that is in the Gospel of Luke, written by the same person who wrote Acts. But in the Gospel, which was written first, the impression is given that Christ ascended to heaven on the evening of the Day of Resurrection, although this is not stated directly (Luke chapter 24, verses 50-53). In addition to these two narratives, there are several other references to the Ascension — some explicit and some implicit — in the New Testament, but none of these indicates how soon after the Resurrection this event occurred. As to where it occurred, Luke's Gospel states that it was at Bethany, which is on the slopes of the Mount of Olives, just to the east of Jerusalem. The account in Acts does not name a particular place, but clearly implies that it was in Jerusalem or very nearby. Unsurprisingly, then, there was a strong tradition from earliest times that the Ascension occurred on the Mount of Olives. In the fourth century a church was built on what was thought to be the holy spot.

So, given the uncertainty of how soon after the Resurrection the Ascension took place, with the Luke's Gospel implying that it was on



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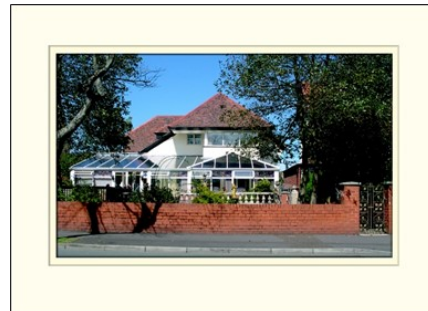
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the same day and Acts that it was after forty days of resurrection appearances, how, why and when did the church come to follow the timeline in Acts? We need to start at the very beginning, when there was no developed annual liturgical cycle as we know it, and when the practice of Christianity, as it gradually spread within the Roman Empire, had to be conducted in private for fear of persecution. In these very early centuries, when there were no public churches, believers focussed on celebrating the Resurrection, and so they had a special annual celebration of it (on its variable date), and a weekly commemoration of it every Sunday. To the extent that the Ascension was remembered explicitly, it was caught up in the annual Resurrection feast. But in the fourth century, thanks to the Emperor Constantine's decision to make Christianity a legally permissible religion, Christianity came into the open and began to develop a structured annual liturgical cycle for public ritual and commemoration. There was, at the time, an increased interest in the nature of Christ's life on earth, prompted by ongoing theological debates about how Christ was both fully human and fully divine. This led to the liturgy being devised in such a way that the first half of the year was shaped around the major events in his life. Within this sequence of commemorations, the Ascension clearly merited a feast-day of its own. Yet there was also great value in reflecting on the gospel accounts of the resurrection appearances, so it made practical sense to allow for this by adopting the extended time-line given in Acts, which is why we celebrate Ascension Day on the fortieth day after Easter.

Joyce Hill

Quiz for May

Gardeners' Question Time

For some, gardening is a labour of love, for others it is a necessary but unwelcome chore. The writer Minnie Aumônier clearly belonged to the former group; she considered that 'When the world wearies and society ceases to satisfy, there is always the garden.'

Gardening is often described as being therapeutic and rewarding. It is an activity that can bring much satisfaction and solace, as well as mental, physical and emotional benefits. Tending to plants and observing their growth cycles as the seasons change help us to confirm our place within the natural world. This connection, a nod to God's Creation, promotes a sense of belonging to something greater than ourselves.

Gardening, then, can be more than just a hobby. It should be seen as an artistic endeavour which allows a person to express creativity. From choosing plants and shrubs to designing landscapes, gardeners are able to form living works of art. A palette of floral colours combined with a well-kept lawn make for an aesthetically enjoyable and harmonious outdoor space in which to sit and relax.

Here are forty questions connected to gardeners and gardening.

1. What colour was the grass at Tom Jones' home? [It's not unusual]
2. What is the national flower of Scotland?
3. What defines a deciduous tree?
4. Name the art of cutting shrubs into ornamental shapes.
5. The Garden Festival at Hampton Court Palace, 2nd-7th July this year, is Britain's largest flower show. True or false?
6. In which of the four seasons should daffodil bulbs be planted?
7. Which two English kings lived at Kew Palace in Kew Gardens?

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8. Which plant takes its name from the Italian phrase for beautiful women?
9. According to Exodus 28. 33,34, the hem of priestly robes should be embroidered with images of which fruit?
10. Which garden in Cheshire is the venue for the RHS annual northern show?
11. Which sisters told you not to sit under the apple tree?
12. What was the first name of Capability Brown, England's greatest gardener?
13. In which country were roses originally cultivated?
14. To which plant family does lavender [*Lavandula*] belong?
15. Name the Japanese art of flower arranging.
16. *Helianthus* is another name for which flower?
17. Which Cornish garden was lost for almost 100 years?
18. Who presented *Gardeners' World* from 1969 to 1976?
19. Vanilla flavouring is derived from the dried and cured fruits of which flower?
- 20.. Which tree was traditionally planted in graveyards and is associated with eternity?
21. Which king created the Hanging Gardens of Babylon?
22. The manna which miraculously appeared to feed the Israelites in the desert is compared to the dried fruit of which culinary herb?
23. Who mistook the risen Christ for the gardener in the garden at Gethsemane?
24. Which garden in the Cotswolds is notable for its miles of sculptured hedges?
25. Famous for its White Garden, which garden in Kent was created by the poet and writer Vita Sackville-West?
26. The Latin name for daffodil comes from which ancient mythological character?

27. In which Welsh county is the garden at Bodnant?
28. What was the first song ever played on Radio One?
29. In song, who did Charles Compton invite into the garden?
30. Which plant, widespread in Britain, if touched causes a chemical reaction which makes skin hypersensitive to ultraviolet light?
31. Which grain is used to make semolina?
32. Saffron comes from which flower?
33. Which garden in Somerset was originally started by Cistercian monks?
34. The love apple is the original name for what?
35. Name the entertainment centre at Barton Grange Garden Centre.
36. Who designed the Blue Peter garden in 1974?
37. What item of clothing did Peter Rabbit lose when Mr McGregor chased him in the garden?
38. Which flowers are also known as Candlemas Bells or February Fairmaids?
39. A bag of John Innes No. 1: what does it contain?
40. What is the name of the cow in the pantomime *Jack and the Beanstalk*?

Answers will appear in the next issue.

Quiz Questions for April: Islands: Answers

1. May, 2. Jura, 3. Holy, 4. Alderney, 5. Rockall, 6. Canvey, 7. Leg of Man, 8. Dogs, 9. Islay, 10. Puffin, 11. Staffa, 12. Muck, 13. Farne,
14. Jersey, 15. North Uist, 16. Lundy, 17. Hayling, 18. Lindisfarne,
19. Colonsay, 20. Tiree, 21. Arran, 22. Rum, 23. Anglesey, 24. The Scillies, 25. Iona,
26. Walney, 27. Bute, 28. Brownsea, 29. Unst,
30. Mull, 31. Easter Island, 32. Eigg, 33. Island in the Sun, 34. Coral Island, 35. Kirrin Island, 36. Kitchen, 37. Islands in the Stream, 38. The Tempest, 39. John Donne, poet and Dean of St Paul's Cathedral, 40. Crete [27.7], Cyprus [4.36], Melita (Malta) [28.1], Cos and Rhodes [21.1], Samos [20.15], Samothrace [16.11].



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The Hamptons Care Centre, located off Heyhouses Lane in Lytham St Annes, is an outstanding care home offering residential, dementia and 24hr nursing care. Part of New Care, it prides itself on its expertly designed, beautiful home-from-home living environment, with residents benefiting from individual person-centred care.

The Hamptons provides private bedrooms with en suite wet rooms, stylish communal lounges and dining rooms, a hairdresser and nail salon, plus beautifully landscaped gardens. A chef prepares nutritional meals daily whilst the wellness team coordinates stimulating activities.

Outstanding residential, nursing, respite and dementia care in a luxurious and safe environment.



"This home is absolutely fantastic, I can't recommend it enough."

"The Hamptons is an excellent care home."

"The staff are kind, caring and professional."



For more information, or to arrange to view The Hamptons, please call home manager Sara on 01253 759340 or email enquiries@newcarehomes.com

The Hamptons Care Centre
Main Drive, Lytham St Annes FY8 3FF
newcarehomes.com

Financial Giving to our parish



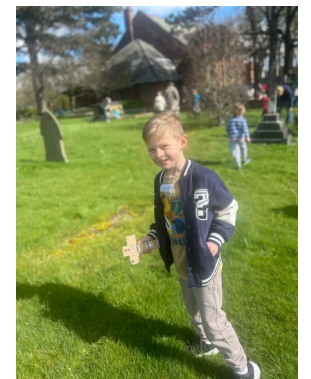
If you wish to make a one-off gift or begin to give regularly to St John the Divine and St Cuthbert Lytham, please follow the link through this QR Code on your smartphone or tablet.

The Parish Hall - For more information call Fiona on 01253 736488

Tuesday	9am-3pm	Tumble Tots Tumbletotslynz@hotmail.com
	6pm-7pm	Beavers (term time)
	7pm-9pm	Scouts (term time)
Wednesday	9.30am-11.30am	Bertie Bear Group (term time)
	1.45pm-4pm	Over 50's Table Tennis
	7pm-8pm	Pilates with Georgia – 07875590724
Thursday	9.30am-11.30am	Coastal Collective Drop In
	5pm-6pm	Rainbows (term time)
	6.30 -7.30pm	Brownies (term time)

Messy Easter

A huge thank you to all those who planned and prepared and supported our Messy Easter on Good Friday. Almost 60 children, plus adults came from the community to take part in crafts, games and activities and hear about the Good News of Easter. Our newly formed Puppet Praise group, made up of young people from the parish and beyond, performed a wonderful skit and song to the delight of all. It is a remarkable testament to the hard work of many and to the faithfulness of God that we have seen this event grow by 400% on last year. Thanks be to God for his faithfulness!



Lytham Club Day

This year we will once again have a float in the parade on Club Day, 22nd June. Our float will be vibrant and colourful, Pentecost themed, around the idea of the breath of God.

All who would like to help in the way of decoration, making props, dressing the float, travelling on or by the float and any other club day/float related things, please speak to Revd Emma or Julie Smith, or email emma@jclytham.church.

Lytham 1940s Weekend 17-18th Aug

At the 1940s Weekend this year, we will be hosting a prayer tent on the green, a "Tent of Remembrance".

This will be a wonderful opportunity for JC Lytham to be seen and an active presence in the town during a busy and important event for our community and its visitors.

Our tent will be a place for people to come in and enjoy some peace and reflection space, to light candles, to pray for those who they love and are no longer with us, and for us to offer prayers and care for them.

If you are interested in helping to staff the tent, please speak to Revd Emma or email emma@jclytham.church

Emma who can connect you with a member from our churches who would be happy to sit with you, to listen and pray with you in confidence. The only confidence that will be broken is if anyone suggests they might be suicidal or are in danger of being harmed or harming someone else.

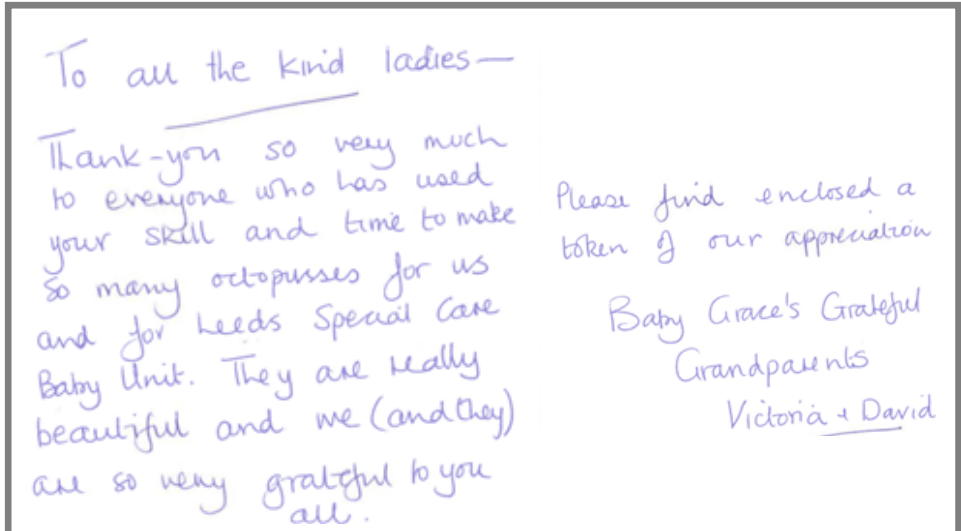


JC LYTHAM

Community Craft Group

Every Thursday 9.30am-11.30am
in St Cuthberts Church, Church Road,
Lytham, FY8 5QL

Knitting, crochet, card making, whatever your project, bring it with you or join in one of ours for charity.
Hot drinks available all morning.



To all the kind ladies—
Thank-you so very much to everyone who has used your skill and time to make so many octopuses for us and for Leeds Special Care Baby Unit. They are really beautiful and we (and they) are so very grateful to you all.

Please find enclosed a token of our appreciation

Baby Grace's Grateful Grandparents
Victoria + David

The Hope of Redemption and Restoration

Revelation 21 v 4 "He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."

Christianity offers the ultimate hope of redemption and restoration. The message of the Gospel emphasises God's love, grace, and the transformative power of Jesus' sacrifice. It assures believers that they are valued, accepted, and forgiven, regardless of their past or their struggles. The hope of eternal life in the presence of God brings comfort and reassurance, reminding individuals that their suffering is temporary and that a future of wholeness and joy awaits them.

In the embrace of Christianity's teachings, individuals can discover a profound sense of comfort, guidance, and hope. Mental health challenges need not be faced alone, because the Christian faith offers timeless wisdom, a supportive community, and a relationship with the God who loves us.

Matthew 11 v 28 "Come to me, all who labour and are heavy laden, and I will give you rest."

If you have read this far, I take my hat off to you, and thank you. If you are struggling with your mental health and would just like to talk to someone and for them to pray with you (someone who is not a health professional or an expert in mental health issues, who will not judge or give any advice), please reach out. Ring Nick (01253 279676) or



Healing and Wholeness - Health and Wellbeing

At some point in our lives we may struggle with our health, be it physically or mentally or both. Until recently mental health issues were never talked about openly or admitted that we have struggled or are struggling because of the fear of being classed as crazy or unstable. At last, though, we are freer to speak out about our struggles as more and more of us understand, acknowledge, and have empathy with people who are living with mental disabilities, or neurodiversity.

We know many Christians who have felt ashamed that they have, or have had, mental health issues, whether that is depression, anxiety, OCD, ADHD, Bi-polar, suicide etc etc. Being a Christian does not mean we will not experience mental illness.

However, as Christians we serve the creator God who cares about our minds, bodies and spirits, and gives healing and hope to the broken.

The Bible acknowledges the complexity of human suffering, including mental and emotional struggles, and introduces us to a God who both created us and loves us unconditionally. The following is taken from an article from www.christianity.org.uk

A Holistic View of Human Beings

1 Thessalonians 5 v 23 "Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ."

"Trust in him at all times, O people; pour out your heart before him; God is a refuge for us."

Human beings are complex beings, comprising body, mind, and spirit. Christianity provides an holistic perspective, showing us that God's will is for us to be whole in every way. People struggling with mental health issues can be assured that they can come to God, and not be dismissed or stigmatised but rather welcomed into his loving arms.

Seeking God's Comfort and Strength

Psalms 62 v 8 "Trust in him at all times, O people; pour out your heart before him; God is a refuge for us."

The Bible is replete with instances where individuals, including notable figures such as King David, the prophet Elijah, and even Jesus Himself, express their emotions, doubts, and fears. Through prayer, individuals can pour out their hearts to God, finding comfort and strength in His presence. The Psalms, in particular, offer a rich collection of songs and prayers that reflect a range of human emotions, reminding believers that they are not alone in their struggles.

The Power of Community and Support

Galatians 6 v 2 "Bear one another's burdens, and so fulfil the law of Christ."

Church communities provide a space where individuals can find acceptance, understanding, and compassion. Within these communities, support groups and pastoral care ministries often exist to address mental health concerns. Christians are called to love one another, to bear each other's burdens, and to offer support and encouragement to those facing mental health challenges.

Biblical Wisdom for Mental Health

Philippians 4 v 8 "Finally, brothers, whatever is true, whatever is

honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."

The Bible offers timeless wisdom that can be applied to mental health concerns. It teaches principles such as gratitude, forgiveness, self-care, and the importance of renewing the mind. The apostle Paul, in his letter to the Philippians, encourages believers to focus on what is true, honourable, just, pure, lovely, commendable, excellent, and praiseworthy. This emphasis on cultivating a healthy thought life aligns with contemporary therapeutic approaches, such as cognitive-behavioural therapy.

Revelation 21 v 4 "He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."

Finding Professional Help

Proverbs 15 v 22 "Without counsel plans fail, but with many advisers they succeed."

Mental health issues often require professional intervention. Seeking help from mental health professionals, such as therapists or psychiatrists, is not a sign of weak faith but a responsible and courageous step towards healing. Just as physical ailments are treated by medical professionals, mental health concerns should be addressed by those with specialised training. There are many good Christian and secular mental health charities in the UK and beyond. If you are in urgent need of support, please see our emergency contacts.

These centre pages are hopefully, to save confusion and to help with knowing when our services are and where. Please pull out and keep to hand.

August

M	T	Wednesday	T	F	S	Sunday
			1	2	3	4
						8:30 HC St Cuthbert 10:15 Parish Communion St John
5	6	7	8	9	10	11
		11:00 Communion St Cuthbert				8:30am HC St John 10:15 All Age St Cuthbert 10:15 HC St John 18:00 Evening Prayer St Cuthbert
12	13	14	15	16	17	18
		11:00 Communion St Cuthbert				8:30 HC St Cuthbert 10:15 HC at both Churches
19	20	21	22	23	24	25
		11:00 Communion St Cuthbert				8:30 HC St John 10:15 HC St Cuthbert 10:15 Service of the Word St John
26	27	28	29	30	31	
		11:00 Communion St Cuthbert				

May

M	T	Wednesday	T	F	S	Sunday
		1	2	3	4	5
		11:00 Communion St Cuthbert				8:30 HC St Cuthbert 10:15 Parish Communion St Cuthbert
6	7	8	9	10	11	12
		11:00 Communion St Cuthbert				8:30am HC St John 10:15 All Age St Cuthbert 10:15 HC St John 18:00 Evening Prayer St Cuthbert
13	14	15	16	17	18	19
		11:00 Communion St Cuthbert				8:30 HC St Cuthbert 10:15 HC at both Churches
20	21	22	23	24	25	26
		11:00 Communion St Cuthbert				8:30 HC St John 10:15 HC St Cuthbert 10:15 Service of the Word St John
27	28	29	30	31		
		11:00 Communion St Cuthbert				

June

M	T	Wednesday	T	F	S	Sunday
					1	2
						8:30 HC St Cuthbert 10:15 Parish Communion St John
3	4	5	6	7	8	9
		11:00 Communion St Cuthbert				8:30am HC St John 10:15 All Age St Cuthbert 10:15 HC St John 18:00 Evening Prayer St Cuthbert
10	11	12	13	14	15	16
		11:00 Communion St Cuthbert				8:30 HC St Cuthbert 10:15 HC at both Churches
17	18	19	20	21	22	23
		11:00 Communion St Cuthbert				8:30 HC St John 10:15 HC St Cuthbert 10:15 Service of the Word St John
24	25	26	27	28	29	30
		11:00 Communion St Cuthbert				8:30 HC St Cuthbert 10:15 HC at both churches

July

M	T	Wednesday	T	F	S	Sunday
1	2	3	4	5	6	7
		11:00 Communion St Cuthbert				8:30 HC St Cuthbert 10:15 Parish Communion St Cuthbert
8	9	10	11	12	13	14
		11:00 Communion St Cuthbert				8:30am HC St John 10:15 All Age St Cuthbert 10:15 HC St John 18:00 Evening Prayer St Cuthbert
15	16	17	18	19	20	21
		11:00 Communion St Cuthbert				8:30 HC St Cuthbert 10:15 HC at both Churches
22	23	24	25	26	27	28
		11:00 Communion St Cuthbert				8:30 HC St John 10:15 HC St Cuthbert 10:15 Service of the Word St John
29	30	31				
		11:00 Communion St Cuthbert				