



Issue 13:3

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May 2009

LAST MONTH'S
FIGURES

MAJOR'S MUSINGS

Dear Friends,

O I love the sunshine! How easily my thoughts turn to God and His unfailing goodness, and how readily my heart leaps to praise Him on the mornings when a blue sky greets me on drawing back the curtains. I don't suppose I am alone in this and it is good to recognise these lovely sunny days as a precious gift from the Lord.



But in Scripture we read words such as these in Hebrews 13:15 "**Let us offer the sacrifice of praise to God continually...**" In Philippians 4: we are instructed to "**..always be joyful in your union with the Lord.**" (v4) and that when we pray we should do so "**always with a thankful heart.**" (v6) The Psalmist goes a step further by stating that even those who are "**oppressed**" should "**..be glad ... and proclaim the Lord's greatness.**" Psalm 34

Can we really be expected to praise God in all circumstances and at every opportunity? I do believe that this is what God would want to encourage us to do. He delights in our praise, but not because it meets a need in Him. It is said that there are people who complain because God put thorns on roses and others who thank Him for putting roses on thorns. I know which group I want to belong to because I know which attitude would bring me the greatest sense of joy! It does us good to be thankful.

In Philippians 4, after speaking about 'praying always with thanksgiving' Paul goes on to talk about the need to fill our minds "**with those things that are good and deserve praise, things that are true, noble, right, pure, lovely and honourable**" He says too that we should "**put into practice the things you have learned.**"

It seems that thanksgiving is an

attitude we can choose to exhibit then, and that we are called to offer the sacrifice of praise to the Lord as an act of obedience; Paul's instruction is saying that to get bad thoughts out we should actively seek to put good thoughts in.

I have a friend who just recently went through a really difficult time. I felt so humbled at the time to hear her talk about never loving God more than she did then, and praising Him for the opportunity to prove her trust in Him. She had so obviously been in the habit of remembering God's provision in all circumstances and when the time of testing came she was able to 'put into practice the things she had learned'. Praise and thanksgiving had become a natural response even in the darker days of confusion. Attitudes of peace and joy that could never be engendered in her own strength had come to her spirit in response to her obedience.

We all know that there are days and times in our lives when praise and thanksgiving come easy, and there are days when even the faintest smile is hard to muster. God's word encourages us to make a decision that whatever the weather, and whatever happens, we will remember in our hearts to recall God's goodness; to praise God and to choose to walk in the sunshine.



... and may God bless you
and those whom you love.

With love & prayers

Carol

SUNDAY ATTENDANCE

Week 1	47
Week 2	56
Week 3	40
Week 4	46

AVERAGE 47

OFFERINGS

Envelope giving	£1205.00
Collections	£ 128.89
TOTAL	£ 1333.89

INCOME & OUTGOING

Income	£ 2345.52
Expenditure	£ 2627.07
Deficit	£ 281.55

**"Be joyful always;
pray continually,
give thanks in all
circumstances,
for this is God's will
for you in Christ Jesus."
1 Thessalonians 5:16-18**

CONGRATULATIONS!

to

SAM BRYANT

Following a successful audition, he has been awarded the place he was hoping for a Performing Arts Course (Acting) at Cambridge Regional College.

Well done Sam!

DATES FOR THE DIARY

SUNDAY REFRESHMENTS

MAY

- 3 Miriam, Shirley
- 10 Karen, Adrian, Peter
- 17 Christina, Gael, Jackie
- 24 Colleen, Betty G, Betty H
- 31 Miriam, Shirley

JUNE

- 7 Karen, Adrian, Peter
- 14 Christina, Gael, Jackie
- 21 Colleen, Betty G, Betty H
- 28 Miriam, Shirley



MAY

- Friday 1 Singing group
- Sunday 3 Life Worth Living 9
- Tuesday 5 7.45pm Corps Council
- Wed 6 Hatherley Service 3pm

Saturday 9th May. 7.30pm.

CEILIDH

**An Evening of Country
Dancing and great fellowship.**

£6 Adults/ £5 concessions
Includes a sandwich buffet.
(Proceeds to the building fund.)

**Please encourage people to
purchase ticket as soon as
possible so that we know how to
cater for the buffet and the soft
drinks bar.**

Sunday 10 2pm Hospital service:
Kelvin leading



10th - 17th May.

Please speak to Sara &
John to offer help with collecting.

Tuesday 12 Cameo: Members' day

Friday 15 Singing Group. 8pm

Friday 15 Christian Aid Quiz night
*If you are planning to go along to the
quiz at the Methodist Church on 15th
May, please let Philipa Crooks know,
(pcrooks@crooks8.orangehome.co.uk)*

Saturday 16 –Singing Group visit to
Haverhill postponed

Sunday 17 Visit of Captains Chris
and Gaynor Mulryne (DHQ)

Sat 23 SWYPE car wash 10 - 1pm

Sunday 24 5pm—An Evening ses-
sion showing the Army's Link
Video. Frank leading

Tuesday 26 Cameo outing: *Extra
seats on coach, please see Gaynor*

Friday 29 Singing Group. 8pm

Sunday 31 4.30pm United Church
Pentecost Praise meeting. Baptist
Church - led by Carol & our
musicians

JUNE

1st—7th Carol on furlough

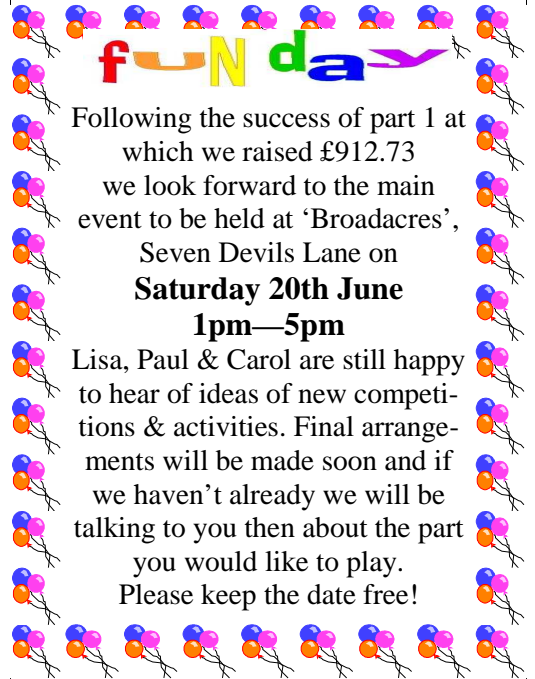
Sunday 7 Steph leading meeting.
(Includes prayer for VBS)

Tuesday 9 Cameo: Carol "God's way
in song"

Friday 12 3pm Farmadine service
8pm Singing Group

Saturday 13 6.30pm. Programme of
music by the "Dedicated Divas"

Sunday 14 Dedicated Divas leading
worship



Following the success of part 1 at
which we raised £912.73

we look forward to the main
event to be held at 'Broadacres',
Seven Devils Lane on

Saturday 20th June

1pm—5pm

Lisa, Paul & Carol are still happy
to hear of ideas of new competi-
tions & activities. Final arrange-
ments will be made soon and if
we haven't already we will be
talking to you then about the part
you would like to play.

Please keep the date free!

Tuesday 23 Cameo

Thursday 25 Churches Together mtg

Friday 26 Singing Group. 8pm

Sunday 28 Visit of Captains Richard
& Sandra Welch (DHQ)

Future dates for the diary

Saturday 5 September

Outing to Clacton

Sat 12 / Sun 13 September

Corps Anniversary weekend

Sat 3/ Sun 4 October

Harvest Thanksgiving weekend

Saturday 7 November

Winter Fayre

Wednesday 9 December

Carol Concert in Town Hall

PRAYERS for Saffron Walden

1. Kathyne and her family as she takes time to convalesce following surgery;
2. Betty H who has been quite unwell in recent days;
3. Roy who continues to undergo tests and treatment;
4. Rose's son David who was taken into hospital urgently last weekend; thanking God for news of improvement already;
5. Kelvin's Dad in these days of great concern; for the family too.
6. Melanie in the disappointment of the job she had hoped for falling through;
7. Our young people who are sitting exams in these next few weeks: Ashley, Sam, Charlie & Hayley;
8. The part that we will play in collecting for Christian Aid; for Sara and John as they lead us; for opportunities that our meeting with people will afford us of witnessing for God.

PRAYERS for others

1. Adrian's sister Vonnie & all who are concerned for her;
2. Major Alison Burns (DHQ) who has had to return to hospital for further treatment; For our D.C. Alan too.
3. Other members of our families, and people for whom we care who need our prayers in any special way.



UNITED CHURCH PRAYERS

For the month of **MAY**

We are invited to pray for

St Mary's Church of England

We pray for Rev David Tomlinson, his team of Clergy and members of the church, that God will bless and use their ministry in this town and surrounding villages.

Waitrose donation to VBS

People who shop at Waitrose will be aware of the green tokens that customers are given to place in three "charity boxes" near the exit. Our Vacation Bible School has been nominated as one of the three recipients during May. Provided Waitrose raises no last-minute objections, VBS should receive a cheque, but only if we all remember to put the tokens in that box.

Please make a note of this during the whole of May !