



Welcoming,
Caring,
Sharing

August/September 2015

LAY LEADER

Mrs Helen Yare
117 Droitwich Road
Worcester
WR3 7JE

Tel. 01905 453281
email: helen@yare.org

CHURCH ADDRESS:

Albany Terrace
Worcester
WR1 3DU

www.worcesterurc.org.uk

The Sunday Plan



Sunday 2nd August
10:30 am Worship

Conducted by Helen Yare
Coffee after the service

Sunday 9th August
10:30 am Worship & Holy Communion
Individual glasses

Conducted by Helen Moore
Coffee after the service

Sunday 16th August
10:30 am Worship

Conducted by Teresa & Tim Dunn
Coffee after the service

Sunday 23rd August
10:30 am Worship & Holy Communion
Common Cup

Conducted by Paul Denham
Coffee after the service

Sunday 30th August
10:30 am Worship

Conducted by Rev Roger Woodall
Coffee after the service

Sunday 6th September
10:30 am Worship & Holy Communion
Individual glasses

Conducted by Helen Yare
Coffee after the service

Sunday 13th September
10:30 am Worship

Conducted by Rev Diane Cooksey
Coffee after the service

Sunday 20th September
6:30 pm Evening Service only

Conducted by TBA
Coffee after the service

Sunday 27th September
10:30 am Worship

Conducted by Rev Andrew Mann-Ray
Coffee after the service

From the Elders

Dear Friends,



I spotted a mug in a shop window, white with writing in pretty colours. It turned out to be Jeremiah Ch29 v11. I wrote down the reference, I haven't found the exact translation that they used but my NRSV quotes it as 'For surely I know the plans I have for you says the Lord, plans for your welfare and not for harm, to give you a future with hope.' Although it was originally written over two and a half thousand years ago to a group of exiles in Babylon, it still seems to speak to us. So many opportunities are opening for us, where before we could see only obstacles we see challenges waiting to be overcome. Change is in the air. God has a journey for us to travel with him – and that is the important part, we are never asked to travel that journey alone.

This prayer from Rev Edmund Banyard is one for our journey

Father, we have good times
And bad times;
We have times when all is bright,
And times when the shadows lengthen around us.
When the bad times come,
When we are troubled or distressed,
Help us to become more aware of your presence.
Show us how to put aside anxiety,
And focus our minds
On what you would have us do.
You know how doubt and mistrust
Can sap our energy and undermine our will;
Help us to overcome these enemies and strengthen our faith,
That we are indeed held secure
In the love you have shown to us
Through Jesus Christ.

And when we have tried to do the work
Which we believe
you have put into our hands
Grant us the confidence
That is able to leave
The outcome to you.

The Lord be with you

Helen Yare

Worcester Show

Sunday 16 August 2015

The tenth Worcester Show, will be held at Gheluvelt Riverside Park on Sunday August 16.

Last years Show was as popular as ever, with attendance in excess of 6,000 visitors.

This year's event promises to be just as entertaining and entry continues to be free. The Worcester Show will have even more competition classes in the Floral, Cakes & Preserves and Handicraft sections, with many more in the Children/Family/Big Kids categories. Whether you plan to enter your prized flowers, vegetables, culinary masterpieces, photographs or crafts, browse the displays, take part in the interactive workshops or simply wander through the market street stalls – The Worcester Show is the place to be!

A second large marquee will be there again, including a demonstration theatre where visitors can watch the creation of delicious dishes. If you prefer to concentrate on gardening, join in Gardeners Question Time with BBC Hereford and Worcester. Further information about the 2015 Worcester Show can be found at www.worcestershow.org.uk

We are joining with the North Worcester Wedge Churches to have three tents. Various activities are being planned and it would be good to have some of our church taking part during the day. For more details please speak to Helen Yare or Nicky N-L.

Diary Dates



Thurs 20th August : Book Club in the Church 2:30 pm
Thurs 3rd September : Albany Fellowship, 2:30 pm
Thurs 17th September : Book Club in the Church 2:30 pm

Friday Evenings : Table Tennis : Contact Tim Dunn
Monthly Book Group : Contact Tim & Teresa Dunn
Monthly Albany Fellowship : Contact Jean McCluskie/Teresa Dunn

Items for the October Newsletter

If you have any items for inclusion in the October Newsletter please give them to Tim Dunn. 27a Cornmeadow Green, Claines, Worcester. WR3 7PN. Tel 01905 457909, Email newsletter@worcesterurc.org.uk by Sunday 20th September at the latest please.

Holiday!

Church interest holiday 2016 in the Picos de Europa and Rioja regions of northern Spain



'In the footsteps of Beatus of Liebana' commencing on or soon after Sat September 3rd 2016

For approximately 11-12 days – hosted by Revd John M Marsh. Watch the notice board for further details or ask Helen Y



Invite you to a

QUIET DAY



“WHOLENESS AND HEALING”

CONCEPTS AND PRACTICE

Led by Ross & Liz Bryson *

Saturday 17th October 2015

10am - 3.10pm

Droitwich Methodist Church,
Worcester Road, WR9 8AN

ALL WELCOME

This event is free, but donations of £5 invited to cover expenses.
Please bring a packed lunch.

- Ross is a GP who has sought to embed 'whole person care' into General Practice. Liz currently works as part of the Chaplaincy team in Birmingham Children's Hospital.



Quiet Day : "Wholeness and healing: concepts and practice"
led by Ross & Liz Bryson *

Saturday 17th October 2015

At Droitwich Spa Methodist Church, Worcester Road, Droitwich WR9 8AN

Tea and coffee will be provided BUT PLEASE BRING YOUR OWN PACKED LUNCH.

PROGRAMME FOR THE DAY:

- 10:00am Arrivals (Tea/Coffee)
10:15am Welcome by Rev. Jane Wilson
10:20am Introduction - Unpacking the Biblical concepts of wholeness & healing; illustrating practical outworking in healthcare & links with local churches
11:00am Questions and discussion
11:20am Coffee
11:40am Talk - Wholeness and healing through personal loss & difficulties
12: 20pm Reflection and Silent prayer
12: 45pm LUNCH (PLEASE BRING YOUR OWN PACKED LUNCH)
1:45pm Talk - Listening to God
2:10pm Reflection and Silent prayer, prayer team available for those who request it
(quiet background music)
2:50pm Collective worship & prayers led by Rev. Jane Wilson
3:10pm Close of day

TO BOOK YOUR PLACE Contact Max Jourdir mandcjourdir@gmail.com or 01886 812259 as places are limited.

This event is free but donations of £5 towards the costs of the day would be welcome.

Ross & Liz Bryson are in their late 50s; Ross is a GP who has sought to embed 'whole person care' into General Practice. Liz currently works as part of the Chaplaincy team in Birmingham Children's Hospital. Together, Ross and Liz have tried to understand what caring for people's spiritual needs means in practice - whether it be in raising 4 children to adulthood or caring for people in a 'post Christian' healthcare environment.

Learning to listen to one another, to oneself, to God, has been an essential part of life's journey for Ross & Liz, particularly in the context where their eldest daughter was significantly damaged by a malignant brain tumour at the age of 10. Living with loss & dealing with disability was not only profoundly painful, but also instrumental in personal maturity. More recently, when their daughter was again confronted with a malignant brain tumour, her confidence in facing her dying was a tribute to this maturity and the reality of a transcendent life.

Childrens Pages

For Younger Children : Make A Can Cooler

What a useful gift! Kids can have great fun decorating and personalizing a can cooler for everyone in the family, a favourite teacher, or friends.

You will need:

Craft foam

Glitter glue

PVA glue

Embellishments (we used sequins and gems but you can use whatever is in your craft cupboard.

Self adhesive hook and eye fasteners (3 'dots')



Cut a rectangle of craft foam, about $\frac{1}{2}$ inch shorter than a standard soft drink can and long enough to fit around the can with $\frac{1}{2}$ inch overlap.

Decorate however you like but remember it needs to fit comfortably in the hand.

can cooler detail

Wrap around a can and ask a friend to secure in place with the hook and eye fasteners.

For older Children : Make Crunchy Munchies

Ingredients:

100g of rolled oats

2 tablespoons of desiccated coconut

1 tablespoon of chopped hazelnuts

1 tablespoon of sunflower seeds

1 tablespoon of sesame seeds

1 tablespoon of runny honey

1 tablespoon of sunflower oil

2 tablespoons of sultanas

Instructions:

Grease a baking tray (at least 1cm deep) and have a mug of hot water standing by.

Turn on the oven to 200C/400F

Mix together the oats, coconut, hazelnuts, sunflower and sesame seeds in a large mixing bowl.

Dip the tablespoon into the mug of hot water and use this to measure out a tablespoon of runny honey. Pour it over the dressing.

Add the tablespoon of sunflower oil, mix everything together.

Spread the mixture roughly onto the greased baking tray and, using oven gloves, put the tray on the middle shelf of the oven.

Set the timer for 20 minutes.

When the time is up, use your oven gloves to take the tray out of the oven. The mixture will be nicely toasted and chunky.

Tip it back into the mixing bowl and add the sultanas.

Mix everything together. Leave to cool.

Store the Crunchy Munchies in an airtight container.

They are really good sprinkled over breakfast cereal, baked fruit or used in Grumpy Angel's Breakfast.

You can make up Crunchy Munchies with any combination of nuts and dried fruits that you like.

You will need to use the oats, honey and oil as a base.

Try adding chopped dates, chopped dried apricots, or walnuts and pecans.

Prayer Diary

Churches Together in Worcester have a shared prayer diary. A short service is held in the Cathedral each week on Wednesday at 1pm when the Peace Candle is lit.

August 2nd

Sansome Walk Baptist Church

Ministering to a congregation from a large area, working with others in witness in the city centre

Jesus in the City

A network of evangelical churches which seeks to give a focus in fellowship and mission throughout Worcester.

August 9th

The Salvation Army

Based at the Citadel in the Trinity with an evangelical and social outreach to the whole city

St Paul's Hostel

Providing emergency accommodation for the single homeless, with a rehabilitation programme

The Worcester Festival (Aug 9th – 25th)

Bringing artists, performers and visitors into the city centre.

August 16th

The Parish of St Martin with St Peter

In the South East Worcester Anglican Team Ministry, ministering with the people of the London Road area

Amnesty International

Campaigning for human rights and writing letters on behalf of prisoners of conscience.

August 23rd

The First United Church of Jesus Christ (Apostolic)

A Pentecostal congregation meeting at St Wulstan's Church in Warndon

The Parish of St Michael Dines Green

A family church serving the community. Part of the West Worcester group of Anglican churches

August 30th

Rainbow Hill Baptist Church

An evangelical congregation witnessing in the north-east of the city

The Parish of Holy Trinity and St Matthew

Serving the Ronkswood area of the South East Worcester Anglican Team

Worcester's Schools, Colleges and University

For all students, teachers and administrators. For the ecumenical chaplaincy team in its work with all the educational establishments

September 6th

The Elim Pentecostal Church

An evangelical-charismatic congregation serving people from a wide area

The Parish of Holy Trinity and St Matthew

Serving the Ronkswood area of the South East Worcester Anglican Team

September 13th

The Parish of St Nicholas Warndon

An ecumenical parish serving the Warndon Villages forging links with the wider community

The City Church

A charismatic evangelical church, drawing a congregation from across the city

September 20th

The Parish of St Clement with St David

In the West Worcester group of Anglican Churches. Working closely with other local churches

Ombersley Rd Methodist Church

Ministry with the people of Barbourne, Claines and Bevere with developing youth and Sunday School work.

September 27th

The Cathedral

Ministering with daily worship to people from a wide area and to pilgrims and tourists.

Worcester Industrial Mission

Industrial Chaplains ministering to people in their work places and

Worcester City Centre Chaplaincy ministering to shops and offices in central Worcester.

Albany Fellowship

In June we found ourselves on the Severn Valley railway for our Summer Outing.

Thirteen of us gathered at Kidderminster ready to take the 12.25pm train to Bridgenorth. We



were kept entertained by the Police who were out in force, with their sniffer dogs going round everyone, including children.....we never did find out what was going on but it fascinating to watch.

We were escorted to our carriage by a Platform Porter, who was very jolly and friendly. We found ourselves in a carriage all to ourselves. We had tables which seated four people so we could enjoy our packed lunches at leisure whilst chatting to friends. We had 'From the Window' booklets which gave us information at various points and stops along the line. We also saw elephants, including a baby one, Deer, and some other animals that I cannot remember, when we passed the safari park.

As we trundled along some of us had a snooze....we won't tell you who it was but he was in the RAF to give you a clue!

Eventually we arrived at Bridgenorth a bit later than we expected. This meant that, instead of half an hour, we had about fifteen minutes which had us all running off to the loo and for Ice Creams in a great hurry. But we made it back....just as the train was shutting the last doors.

On our return we gave out 'goody bags' to all, which were, we hope, enjoyed and filled a small hole until tea time.

We arrived back at Kidderminster well travelled having had a

lovely journey on the train but ready to head home to our own relaxing chairs and a nice cup of tea.

In July Lynne Denham came and talked to us about her life as a Councillor. Not only was she very entertaining but she was very, very interesting to listen to. She told us about her journey to becoming a Councillor and how initially she just stood to 'make up numbers' effectively. Eventually she felt as though she could make a difference and having only lost her previous election campaign by a small margin felt, that with a bit of 'leg walking' she may be able to get elected. This happened and since becoming a Councillor has worked a lot with Fort Royal and has achieved a great many things which ended with a Party celebrating the 100th anniversary.

Many thanks go to Lynne for a wonderful afternoon. Following this we had Strawberries and Cream and cups of tea to end the afternoon.

Our next meeting is on September 3rd at 2.30pm in Church. More details will follow later. Our grateful thanks, all our love and very best wishes go to all of you who continue to support this monthly meeting. We hope you all have a wonderful Summer and we will see you in September.

Love

Jean and Teresa

Called to be Elders

This is based on the on-line 'Resources for elders' on the central URC website. Rev Stuart Scott, synod lay training officer, is going to run a session covering the first two of the ten units in the resources. The dates are Sat 12th September and Sat 7th November. One will be in the North and the other in the South of the synod – both covering the same material. I will announce further details when we receive them. You do not have to be an elder to attend.

Prayer Partners 2015



August – World Development Movement

We pray for

- The World Development Movement's director, staff and members as they look to the future with a new name and identity. That they are able to tell their story.
- Global Justice Now as it challenges governments and multinational organisations to examine their working practices that work against the poor and marginalised.

September- Israel and the occupied Palestinian territory

We pray for

- those in the Khan Younis refugee camp in the Gaza Strip, and especially for Mohammad, a volunteer at the Culture and Free Thought Association's centre, supported by Christian Aid, where activities create a safe space for young people to express themselves.
- all whose lives have experienced the pain of loss, depression and sadness by the conflict in recent months.
- All those who work for a just peace for all.
- The World Council of Churches as it produces resources for the World Week for Peace in Palestine and Israel this month.



URC address TEL 020 7691 9867 Email: lmeadcforl@gmail.com

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Worcester URC Duty Rotas

	2-Aug	9-Aug	16-Aug	23-Aug	30-Aug
Preacher	Helen Moore	Helen Yare	Tim & Teresa Dunn	TBA	Rev Roger Woodall
Books/Foyer & Offertory	Bryan Neville-Lee Nicky Neville-Lee	Jeremy Davies Liz Davies	Sarah Lodge Margaret Dodds	Roger Morris Margaret Morris	Penny Peak Ann Cook
Reading	Margaret Dodds	Carol Hardyman	Brian McCluskie	Sarah Lodge	Roger Morris
Prepare Table		Doreen Cheesbrough Tom Cheesbrough		Nicky Neville-Lee Bryan Neville-Lee	
Serve Communion		Nicky Neville-Lee Bryan Neville-Lee David James Jeremy Davies		Liz Davies Tom Cheesbrough	
Beadle	Sarah Lodge	Helen Moore	Brian McCluskie	Chris Harris	Paul Denham

	6-Sep	13-Sep	20-Sep	27-Sep	
Preacher	Helen Yare	Rev Diane Cooksey	No Morning Service	Rev Andrew Mann-Ray	
Books/Foyer & Offertory	Doreen Cheesbrough Tom Cheesbrough	Paul Denham Rob Peachey	Volunteers for Service Please	Pat Berryman Len Berryman	
Reading	Helen Moore	Tim Dunn		Bryan Neville-Lee	
Prepare Table		Len Berryman Pat Berryman		Sarah Lodge Chris Harris	
Serve Communion		Nicky Neville-Lee Bryan Neville-Lee Paul Denham Brian McCluskie		Sarah Lodge Helen Moore	
Beadle	Pat Berryman	Nicky Neville-Lee		Helen Yare	

	4-Oct	11-Oct	18-Oct	25-Oct	
Preacher	Harvest Festival	Rev Diane Cooksey			
Books/Foyer & Offertory	Michael Clarke Rosemary Clarke	David James Barbara James	Brian McCluskie Jean McCluskie	Russell Needham Jo Needham	
Reading	Betty Forrer	Penny Peak	Michael Clarke	Nicky Neville-Lee	
Prepare Table		Teresa Dunn Jean McCluskie		Doreen Cheesbrough Tom Cheesbrough	
Serve Communion		Rob Peachey David James Roger Morris Margaret Morris		Tom Cheesbrough Michael Clarke	
Beadle	Sarah Lodge	Helen Moore	Brian McCluskie	Chris Harris	

PLEASE ARRANGE YOUR OWN DUTY SWAPS AS REQUIRED