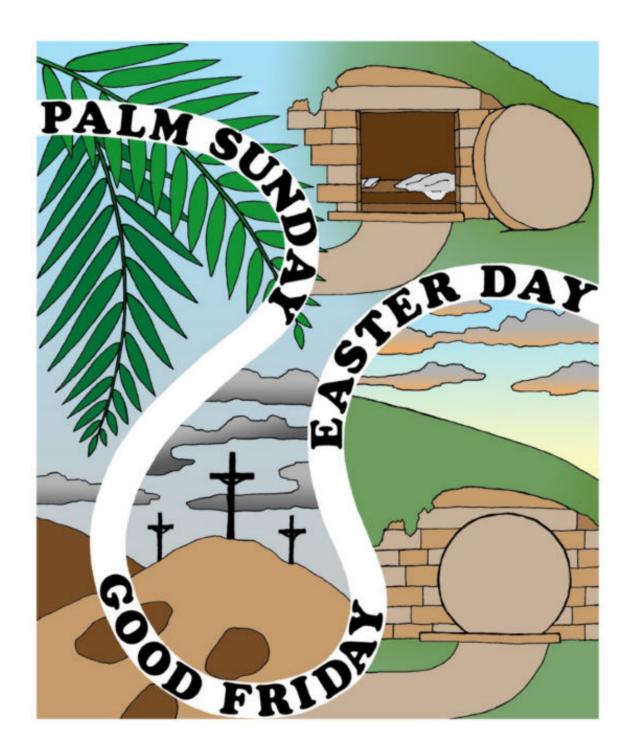
# Christ Church Ramsbottom





# Newsletter MARCH 2024

# **Church Services Sundays 10.30am**

			1		
3rd March		Cafe Worship	Rev	Stephen Crook	
10th March			Sus	an Applegate	
17th March	C	Communion Service	Rev	Stephen Crook	
24th March		Palm Sunday	Rev	Stephen Crook	
28th March 7pm		Maundy Thursday Communion Service	Rev	Stephen Crook	
29th March 10.30am		Good Friday	Rev	Stephen Crook	
31st March		Easter All Age Worship	Rev	Stephen Crook	
Regul	ar	Activities at	Chu	urch	
Tuesdays		Prayer Meeting (usually on Zoom)		7pm	
Wednesdays		Little Stars		9.30 - 11.30am	
Thursdays		Drop-In Cafe Soup available 12-1pn	n	10am - 1pm	
	D	ates & Events	5		
27th Feb 1.30pm	)	Lent Bible Study		@ Church	
2nd Mar 9.30am-12.3	0pm	Community Cafe - Red N	ose Da	y @ Church	
12th March 1.30pi	12th March 1.30pm			@ Church	
12th March 7.30pm		Church Officers Mee	ting	@ Church	
23rd March 2.30pi	m	Monday Mondays with Monkuleles		es @ Church	
26th March1.30pm		Lent Bible Study	Lent Bible Study		
31st March 7am		Easter Sunday Sonrise Service		@ Holcombe Emmanuel	



## From our Minister Stephen Crook

Dear Friends,

Well, here we are in the period of Lent although being mixed up with half term and the usual excitement of 'Valentine's Day' thrown into the mix on Ash Wednesday, you'd be forgiven if the beginning of Lent caught you by surprise.

Did any of you decide to give up anything up for Lent? This custom is of course designed to remind us that when Jesus was in the wilderness / desert, He had to do without almost everything of comfort, including food, sleep, personal safety and contact with others as he prepared for 3 years of ministry -<u>Matthew 4:1-11</u>

Chocolate's always popular to give up for Lent although this year I thought I'd give Caviar and Champagne a miss - surely I can manage without them for 40 days and 40 nights? <u>Yes, it's true - we do take the easy</u> <u>route sometimes OR work things to our</u> <u>advantage.</u>

At times when you are having to do without some of the things you've grown to see as essentials, you may also find that you may have 'overvalued' some of them and are surprised how quickly you get used to managing without them.

I remember the days when I worked as a service engineer and the sheer panic that would ensue when more than any other appliance a customer's washing machine broke down - washing piled up higher and higher or was sent out to friends and relatives in the ubiquitous bin bag to avert disaster YET those of an older generation just got on with it and 'hand washed' everything until the machine was fixed! WHAT? You can hand wash clothes??

Sometimes we don't half wrap ourselves up in the non-essentials of life and often to the point where we actually believe we need them and therefore come to rely on having them - without giving much thought as to their real value or usefulness.

Maybe your life is full of the non-essentials and like me you're finding that the things of real value in your life are your loved ones your family and friends.

The majority of people seem to agree and some, believe it or not, are finding this out for the very first time, particularly since the Pandemic taught us to manage with less. Life for a time seemed less cluttered as we were forced to do without some of the things that we hadn't noticed were just getting in the way.

Even some aspects of our Christian faith suffer from too much clutter - we loosely call it 'religion'.

As a young boy at Primary school I was absolutely fascinated by the Caddisfly Larva which sticks small rocks around its body to create a very heavy and solid case. It does this for protection <u>but not being an engineer</u> it sometimes makes a covering for itself which it can't escape from, prevents it from moving and just weighs it down.

Perhaps we can think of the 'spiritual baggage' that can weigh us down as much as everyday material things and if the beginning of Lent did take us by surprise, we can 'catch' up. There's still time to consider doing without something you really like as an 'aid memoir' to what our Saviour Jesus experienced in the wilderness as he prepared for His ministry - even a scaled down 'wilderness experience' - is no bad thing. Like our Lord Jesus perhaps it'll make us stronger and better prepared for what's to come.

If you've time why not listen to the words of Matt Redmond's song 'When the Music Fades' here's the link - <u>https://youtu.be/</u> <u>4RB3jd-4ulQ</u> Perhaps your life has become full of nonessentials (some religious as well as material) and it's time to re-evaluate what's important both spiritually and materially.

**Matthew 6:26** - Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. <u>Are you not of more value than they?</u>

<u>Of course you are - worth dying for!</u> (More about that as the next few weeks go by)

May God bless you In Christ Jesus.

Stephen

### What's the Big Idea? An Introduction to the Books of the Bible: Leviticus & Numbers

By Canon Paul Hardingham

These books are concerned with Israel's wandering in the desert, on their journey from slavery in Egypt to the promised land of Canaan.

Leviticus focuses on the regulations about worship, ceremonial cleanness, moral laws and holy days. The key theme is that of *holiness*, as every detail of our lives is affected by the presence of a holy God. The aim of the sacrifices, feast and Sabbaths was to enable the people to enter God's presence. We should see the instructions and practices in Leviticus as pointing to Jesus. He totally fulfilled the law through the sacrifice of His life, as Easter reminds us. He demonstrated the love and holiness of God, so that we can share His life: *'Be holy*, *because I am holy*′ (1 Peter 1:16, cf Lev 11:44-45; 19:2; 20:7).

The book of Numbers tells the story of Israel's journey through the wilderness. The people were coming to terms with their *identity* as God's people and the *call* to serve Him. They didn't always respond with faith, gratitude and obedience, but with unbelief, ingratitude and rebellion. As a result of their refusal to enter Canaan (ch 14), they were condemned to spend the rest of their lives in the desert. However, God in His grace allowed their children to enter the Promised Land. The book reminds us that the Church is called to be a community that honours God, learns how to deal with sin in ourselves and others, and lives out love and justice in daily life.

'The LORD bless you and keep you; the LORD make his face shine upon you and be gracious to you; the LORD turn his face toward you and give you peace.' (Numbers 6:24-26).

### Hymn of the Month 'Christ Arose!'

This Easter marks the 150<sup>th</sup> birthday of this much-loved hymn, sung each year by millions of Christians worldwide. It all began on a little pump organ in the living room of a college professor in Pennsylvania, back in 1874.

Robert Lowry was professor of literature at Bucknell University, and pastor of a nearby church. He had a passion for poetry and music, and explained his 'muse' this way: "I watch my moods and when anything strikes me, whether words or music, no matter where I am, at home, on the street, I jot it down. My brain is a sort of spinning

#### **Christ Arose**

Low in the grave He lay Jesus my Saviour! Waiting the coming day, Jesus my Lord!

> Up from the grave He arose, With a mighty triumph o'er His foes; He arose a Victor from the dark domain, And He lives forever with His saints to reign, He arose! He arose! Hallelujah! Christ arose!

machine, for there is music running through it all the time. Sometimes the words come, and the music follows."

Easter 1874 was approaching, and on this particular day Robert Lowry had been meditating on the gospel narratives of the Passion and Resurrection. The angel's words at the empty tomb, 'He is not here, but is risen' kept running through his mind. There was something there... Lowry moved to the little pump organ in his living room and gave himself up to the moment. Soon the words and the music for this joyous Easter hymn just fell into place.

> Vainly they watch His bed, Jesus my Saviour! Vainly they seal the dead, Jesus my Lord!

Death cannot keep his prey, Jesus my Saviour! He tore the bars away, Jesus my Lord!

By Robert Lowry (1826-1899)



Happy Birthday 28th March Lesley 30th March Helena

To join the birthday scheme please contact Mary

### God in the Sciences - What will March bring? Mental health ideas for uncertain times

by Dr Ruth M. Bancewicz, Church Engagement Director at The Faraday Institute for Science and Religion in Cambridge. See www.faraday.cam.ac.uk/churches and <u>http://www.cis.org.uk</u>

We may all have rather mixed feelings on reaching March this year. On the one hand, it is lovely to see the onset of Spring, but the wars in Ukraine and Israel-Gaza grind on, as does the cost-of-living crisis. We may need to find new ways to keep going, so here are some suggestions that draw on both science and Christian theology.

#### Getting outside

Time outdoors in a natural environment is very good for you - and you can't argue with the happy hormones produced by exercise. Attending to the details of nature can also inspire awe, which has been linked to positive mood, and increased life satisfaction. Enjoying Creation can also help us connect with God.

#### Looking outside

If you are truly stuck indoors, try putting bird feeders outside your window so creation comes to you. This is also an act of kindness (see below)!

#### Lament and praise

The Psalms are a rich resource to help us express both our grief and our thanks to God. Try reading one or two each day.

### <u>Journaling</u>

Keep a journal of thoughts, experiences or practices you have engaged with during the day. Constructing a personal narrative or story is now recognised as a very powerful psychological and spiritual tool for building resilience. It is also a vital learning tool that we can go back to when tough times return in the future.

#### Acts of kindness

Helping or encouraging someone else is obviously a good thing to do in itself, but it also has a very positive effect on the giver spiritually, mentally, emotionally, and even physically. Whichever way you look at it, finding new ways to show kindness to others can be a very effective way to help ourselves feel better too.

### <u>Gratitude</u>

Gratitude is another natural drug - in a sense - that can help us feel better. Try keeping a grateful diary, adding a few things each day.

#### Laugh, sing, make music, dance

All of these activities are deeply rooted in our physical and mental makeup. You may have forgotten how great they feel, especially in times of sadness, but we can learn from children who do them very naturally.

I hope these ideas may help bring us closer to God, each other, and His creation.



# **Looking for the Resurrection**

Paul Hardingham considers that first Easter morning...

An old couple are driving down the motorway when the wife gets a call from their daughter. 'Mum, there's a car driving the wrong way down the motorway!' The wife warns her husband that there is a lunatic on the motorway. Her husband, clutching the wheel in terror, replies 'One lunatic? There are dozens of them, all headed straight for us!' What we see is determined by our perspective on life.

In the Nicene Creed we say: 'We look for the resurrection of the dead, and the life of the world to come.' In the gospel accounts of the Resurrection, there is a lot of looking and seeing. Mary Magdalene, Mary the mother of James and Salome went early to the tomb. They saw the stone rolled aside and inside the tomb a young man dressed in white said to them: 'Don't be alarmed. You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid Him...He is going ahead of you into Galilee. There you will see Him' (Mark 16: 6,7).

Like the women we would probably have been left *'trembling and bewildered'* by what we saw that morning. Had the body been taken? Was the young man an angel or deceiver? Was Jesus raised to life again, or was this an elaborate hoax?

Easter gives us a choice. We can approach life looking for disappointment, fear and despair. Or we can look for resurrection and find not just an empty tomb, but encounter the living Christ. He continues to meet us in our daily lives bringing new hope, forgiveness of sin, healing and wholeness and the assurance of His presence through the darkest of times. God invites us to see our lives differently and look for Christ's resurrection life at work in our lives and the people around us.

### **Connie Butterworth**

On Sunday 17th March at 12 noon there will be a short service to scatter Connie Butterworth's Ashes in our Memorial Garden.

All are welcome to attend.

### Noah had problems, too

When Noah sailed the waters blue, he had his troubles same as you. For 40 days he drove the Ark before he found a place to park.

### Helping

If it's true that we are here to help others, what are the others doing here?

# God in Music: 'Glorious the song when God's the theme'- Hildegard of Bingen

The Rev Michael Burgess continues a year-long series looking at great works of Christian music.

In this series we have looked at the psalms of the Old Testament and the songs of the New Testament, and now we enter the Middle Ages. But it is the Middle Ages through the eyes of a record producer in the last century.

In 1980 Ted Perry decided to found a new independent record company, Hyperion. If that was not financial risk enough, in the following year Hyperion issued a CD of a composer virtually unknown in the 1980s -Hildegard of Bingen. The risk paid off, and Gothic Voices' recording of the music of this remarkable medieval nun became a best seller. The CD sold in its thousands and received awards from the gramophone industry.

'A feather on the breath of God', the title of the CD, is how Hildegard described herself. 'Listen, there was a king sitting on his throne. Around him stood great and wonderfully beautiful columns ornamented with ivory, bearing the banners of the king with great honour. Then it pleased the king to raise a small feather from the ground and he commanded it to fly. The feather flew, not because of anything in itself, but because the air bore it along. Thus am I a feather on the breath of God.'

Hildegard was born in 1098, the tenth child of noble parents who lived in western Germany. Aged only eight, she was given into the care of Jutta, abbess of a monastery in the Rhineland, near Bingen. There she lived the life of an enclosed nun, her only contact with the world outside via a grille through which food was passed.

After 30 years, Hildegard left that cell and was assigned a scribe, who wrote down her visions and meditations in two volumes. She founded two monasteries, wrote books on medicine and natural healing and the first morality play, and composed a great range of songs. She corresponded with the great and the good, and as the 'Sybil of the Rhine,' her advice was sought by popes and emperors, by kings and bishops. A truly creative life of prayer and service until her death in 1179.

The starting point for her own compositions was the plainsong of that time. Modern techniques of singing and performing often make plainsong slow and heavy. The secret to bringing plainchant alive is to sing it with relaxed attention. In many ways that is the secret of the life of prayer: that paradox of resting in the Lord while being alert to the promptings of his spirit. Hildegard realised that secret as she brought to her music, as she did to everything, an intensity of emotion and faith, developing the medieval plainchant into melodies that flowed off the page and soared into the skies.

It is all there in the chant 'O ignis spiritus' on the CD - an ecstatic song, praising the life of God's Spirit as breath and spark of flame, as a power within and armour without. As Hildegard contemplates this gift, her music moves and grows, reaching upwards to God's throne of glory in praise and adoration and outwards to those who listen.



### "...giving to anyone who has need."

I am our Church's Act 435 Advocate.

This is designed to crowd fund in support of people who have genuine need of financial help. It is quite a simple process. If you know of a genuine need, please contact me and provide me with the 'clients' details and what their need is. This get circulated onto the Acts 435 system and through crowd funding, most requests are satisfied within days.

Further information on how this works is available at https://www.acts435.org.uk/

Steve Bailey M: 07779676602 H: 01204887738 E: <u>thebaileys88@gmail.com</u>

## **Church Library - Recent Additions**



### The Me I Want to Be: Becoming God's Best Version of You by John Ortberg, Zondervan, 2014. 978-0310340560

The Me I Want to Be will help you discover spiritual vitality like never before as you learn to "live in the flow of the spirit."

Why does spiritual growth seem so difficult?

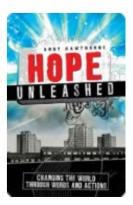
God's vision for your life is not just that you are saved by grace, but that you also learn to live by grace, flourishing with the Spirit flowing through you. And this book will show how God's perfect vision for you starts with a powerful promise: All those who trust in God "will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit" (Jeremiah 17:7-8)

### Hope Unleashed: Serving God Through Words and Actions by Andy Hawthorne, David Cook, 2009. 9781434764485

Andy Hawthorne, founder of the World Wide Message Tribe and The Message Trust, was shocked when a missions partner advised him to engage in community projects and not just preach the Gospel. What has car washing got to do with Jesus?

Hope Unleashed shows how the idea worked and discusses what the church should be - the lamp on the stand or salt and yeast? The answer is, of course, both.

Hope Unleashed uses true stories and practical ideas and strategies to show how Christian missions can be based on both word and deed, demonstrating the gospel through random acts of kindness as well as in words.



# March Prayer Diary

Please take time each day to pray for the event or the person mentioned in the diary. If you are unsure what to pray or are unsure who the people are, then simply pray that God might bless them and keep them safe.



Friday	1	Matt, Sarah, George and Maggie
Saturday	2	For a successful Community Cafe in aid of Red Nose Day
Sunday	3	Our Service today led by Rev. Stephen Crook
Monday	4	Joan A.
Tuesday	5	For the work of Rammy Pantry
Wednesday	6	Slimming World as they use our building
Thursday	7	For our Drop-In Cafe
Friday	8	Helena
Saturday	9	Martine
Sunday	10	Our Service today led by Susan Applegate
Monday	11	For Messy Play as they use our building
Tuesday	12	For the Church Officers as they seek to lead the church
Wednesday	13	Little Stars
Thursday	14	Recorded Music Society as they use our building

Friday	15	Edith
Saturday	16	Baby Ballet as they use our building
Sunday	17	Our Service today led by Rev. Stephen Crook
Monday	18	Valerie & Norman
Tuesday	19	Jo Jingles as they use our building
Wednesday	20	Stephen and Judith
Thursday	21	Rammy Pantry Clients
Friday	22	Helen
Saturday	23	For Street Pastors, Bury
Sunday	24	Our Service today led by Rev. Stephen Crook
Monday	25	For those attending Pilates within our building
Tuesday	26	Elaine F.
Wednesday	27	For those who live in the Great Eaves Area
Thursday	28	Pray for the street where you live
Friday	29	Good Friday – for all Jesus has done for us
Saturday	30	For those who are struggling and waiting for life to change
Sunday	31	Happy Easter! Thank God for the resurrection

# Christ Church Ramsbottom



# Saturday Coffee Mornings for Charity 9.30am - 12.30pm

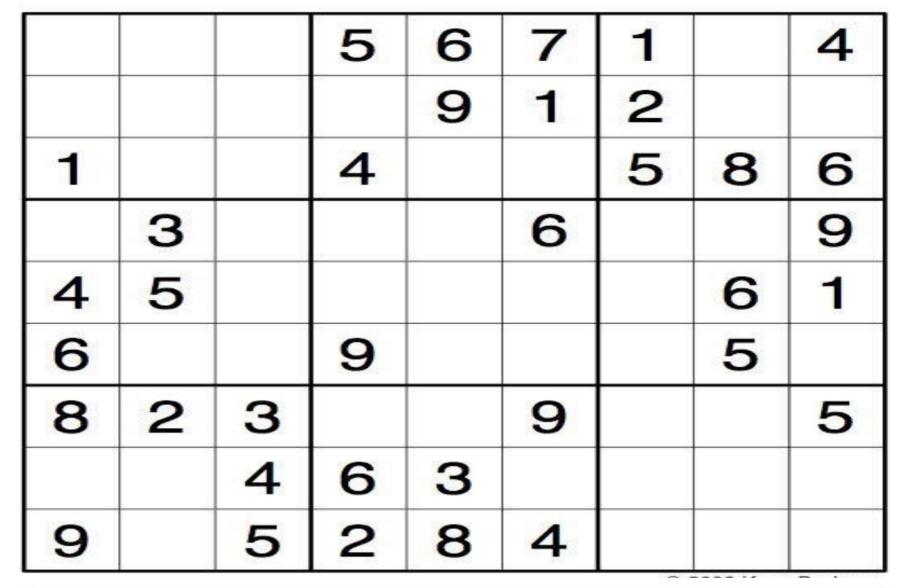
## February-May 2024

Date	Charity	Amt Raised
February 3rd	Boaz Trust	£160
March 2nd	<b>Red Nose Day</b>	
April 13th	tbc	
May 4th	<b>Christian Aid</b>	



# Sudoku

Sudoku is a number puzzle based on a 9x9 grid. The object is to place the numbers 1-9 in the empty squares so that each row, column, and 3x3 box contains the same number only once.



				9		5		4
	1	2		8		6		
								9
8		6			2		4	
	4		3		2	7		8
5								
		8		7		3	2	
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© 2008 KrazyDad.com

# CROSSWORD

1	2		65	3	4	5	5		6	7
1. 1.			88	29				1.1	3	
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			10							
11										
-			15						12	13
14			1			15				
6				1	16			-		6
		17	ξC.	8	8					12
18	19		22					2.9	3	252
20	2	10		20	10	3	3	21	32 - 35	
		10	53	35	18				25. 13	
22	<b>3</b> .3							23	3 6	

#### Across

- 1 Made from the fruit of the vine, symbol of the blood of Christ (4)
- 3 'You are to set an ambush behind the city. Don't go very far from it. All of you be on --' (Joshua 8:4) (3,5)
- 8 Seep (4)
- 9 Celebrated by Jesus on the night of his betrayal (Luke 22:15) (8)
- 11 One of the supposed sites of Christ's burial place in Jerusalem (6,4)
- 14 'A city on a hill be hidden' (Matthew 5:14) (6)
- 15 He inherited Elijah's mantle (2 Kings 2:12-13)(6)
- 17 Where Jesus prayed 'Not as I will, but as you will' (Matthew 26:36, 39) (10)
- 20 'Only in his home town and in his – is a prophet without honour' (Matthew 13:57) (3,5)
- 21 Sail (anag.) (4)
- 22 How Jesus was punished before his crucifixion (Matthew 27:26) (8)

### Down

- 1 Can't grow (anag.) (5,3)
- 2 A servant girl to Peter, 'You also were with that -, Jesus' (Mark 14:67) (8)
- 4 Well-being (Proverbs 3:8) (6)
- 5 Pentecostal denomination, of God (10)
- 6 One of the 'obvious' acts of the sinful nature (Galatians 5:19, 21) (4)
- 7 'I preached that they should repent and to God' (Acts 26:20) (4)
- 10 '--, the world will not see me any more, but you will see me' (John 14:19) (6,4)
- 12 He betrayed Jesus: Judas (Luke 6:16) (8)
- 13 Jesus to Peter: ' – of my sheep' (John 21:16) (4,4)
- 16 The centurion said, 'Surely this man was – of God' (Mark 15:39) (3,3)
- 18 Baked bread (Mark 8:14) (4)
- 19 'Blessing and honour, glory and power, be Him' (Handel's Messiah) (4)

23 Eye sore (4)

WORDSEARCH



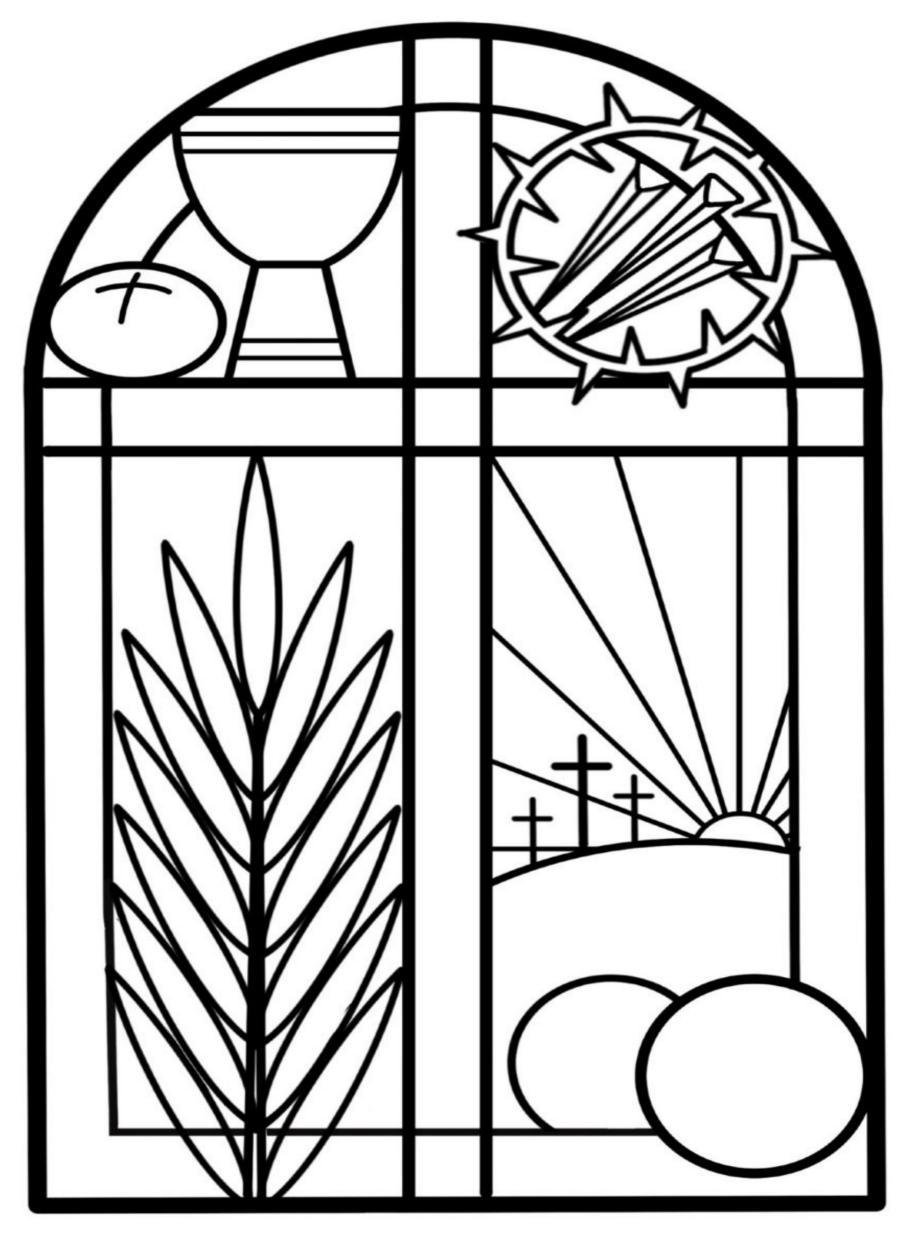
### Love and serve one another

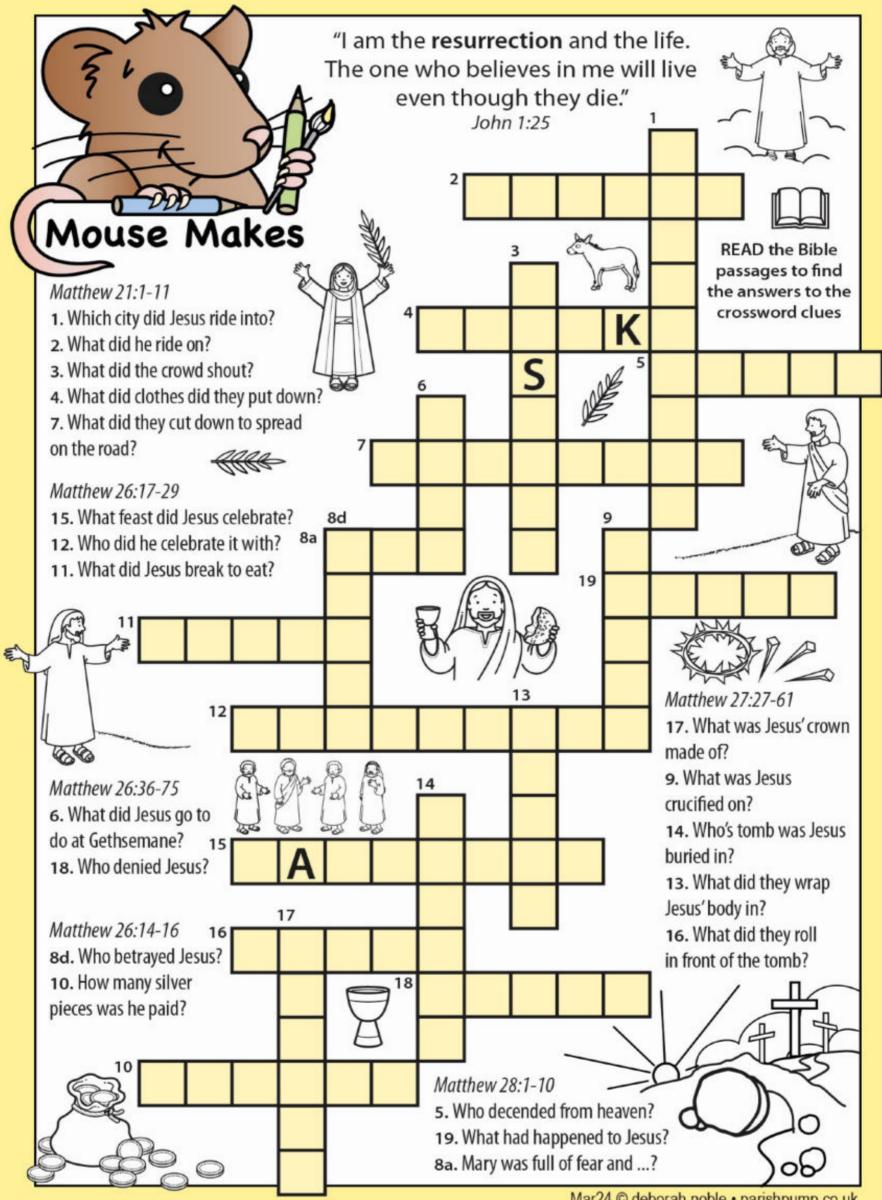
On Maundy Thursday we recall the final command that Jesus gave to His disciples before His death. After the Last Supper, He rose and washed His disciples' feet. This was astonishing for a 'teacher' to do, but He had a firm purpose in mind: "A new command I give you: Love one another. As I have loved you, so you must love one another." His disciples were to love through service, not domination, of one another.

In Latin, the opening phrase of this sentence is 'mandatum novum do vobis'. The word 'mundy' is thus a corruption of the Latin 'mandatum' (or command). The 'washing of the feet' ceremony was an important part of the medieval church's liturgy, symbolising the humility of the clergy, in obedience to the example of Christ.

Maundy	Disciples	Feet	Loved	Service	Humility
Thursday	Death	Astonishing	you	Domination	Obedience
Final	Last	Purpose	Must	Latin	
Command	Supper	Teacher	One	Ceremony	
Jesus	Washed	As	Another	Medieval	

# Mindfulness Colouring for all ages





Mar24 C deborah noble • parishpump.co.uk

# **Puzzle Answers**



Sudoku Easy

H R S A R Ν D E H E A E/ Ν С A E G М 0 M ÊΧΡ A S R Т NT R NR Ν SW Đ M H I E P E Н C D D H Ş S S F (OXP R N Ν Ę E FXU Н 0 0 O M È D Ρ Ì N N Ę Π D 0 R Ε R E M A D U Ε E Ε PP S S В E Н MMAN C(C 0 DA R E S S M U N C R M Ε С ۷

Sudoku Medium

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4	5	9	3	7	2	8	6	1
6	7	1	9	4	8	3	5	2
8	2	3	7	1	9	6	4	5
7	1	4	6	3	5	9	2	8
9	6	5	2	8	4	7	1	3

522 (SA)	82.153	14	803					
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4	8	5	6	3	7	2	1	9
8	5	6	7	1	2	9	4	3
7	3	9	8	4	5	1	6	2
2	4	1	3	6	9	7	5	8
5	7	4	1	2	3	8	9	6
1	9	8	4	7	6	3	2	5
6	2	3	9	5	8	4	7	1

	Rotas						
2024	Chairs	Opening up	Door	Closing	Vestry	Refreshments	Communion
3rd Mar	Diana & Steve	Diana & Steve	Julie	Diana & Steve	Susan	Diana & Steve	
10th Mar	Joan & Bill	Joan & Bill	Julie	Joan & Bill	Joan H	Joan & Bill	
17th Mar	Louise & John	Louise & John	John	Louise & John	Susan	Louise & John	Joan H & Julie
24th Mar	Valerie & Norman	Valerie & Norman	Norman	Valerie & Norman	Bill	Joan H & Julie	
31st Mar	Susan & Joan H	Susan	Tom	Marjorie	Joan R	Judith & Lesley	

	Thursday Drop in Café Rota						
2024	9-9.15 Set up 1	9.30 Set up 2	Baker x 2	Baker x 1	Helper with soup 11.45-1	12-1.30pm 2 x helpers to close	Soup maker
7th March	Susan	Julie	Judith	Judith		Susan	Carol (Pantry)
14th March	Susan	Julie	Lesley	Lesley		Susan	
21st March	Susan	Julie	Joan R	Joan R		Susan	
28th March	Susan	Julie	Marjorie	Marjorie		Susan	

Little Stars Helpers Rota Feb-March 2024						
28/2/24 Marjorie						
6/3/24	Joan H					
13/3/24	Joan & Bill					
20/3/24	20/3/24 Julie					



Christ Church Officials		
Pastor:	Stephen Crook	minister@christchurch-ramsbottom.co.uk
		Tel: 07795432996
Church Secretary:	Susan Applegate	<u>secretary@christchurch-ramsbottom.co.uk</u>
		Tel: 07814173027
Church Treasurer:	John Leyland	<u>treasurer@christchurch-ramsbottom.co.uk</u>
		Tel: 01706 827253
Church Telephone:		01706 821803



The Monday Mondays a cappella group and Monkuleles (Ukelele group) will be performing at:

Christ Church Ramsbottom (Great Eaves Rd)

Saturday 23rd March 2:30pm

Tickets £5 on the door (Refreshments included)

All proceeds going to Bury Hospice.

**Reserve your tickets now (limited numbers)** 

Contact Joan Raw on 07923445427

theraws@talktalk.net Or

Amanda Drew Facebook/Messenger