

New Horizons

OCTOBER 2019



I hear the sound of rustling
in the leaves of the trees

THE CORNERSTONE



Bournemouth Park Road,
Southend-on-Sea, SS2 5JL
(For car park on Central Ave, sat navs
use SS2 5HR no 59)

www.thecornerstonesouthend.org.uk

Email:

cornerstonequestions@outlook.com

WORSHIP AND ACTION

Sunday 10.30 am **Morning Worship** and Junior Church.
Holy Communion is celebrated during Worship on the
4th Sunday

FAIRTRADE Coffee and tea is served after Morning Worship

Please stay to talk with each other in an informal atmosphere.

Sunday 6.30 pm **Evening Worship** will be held, and Holy Communion
celebrated, as set out in the monthly magazine and
as announced in Church.

Tues 10.00 am **Time of prayer** together for, the Fellowship, those
with special needs, our neighbours, and the world-
wide Christian Family. All are welcome to join with us.

Church Meetings are generally held in alternate months on the third
Thursday at 7.30 pm. The dates and times will be published in this
magazine and announced in Church.

Tues 10.00 am Tea and Coffee in the Foyer
11.30 am "Cornerstone Crafters"
(1st and 3rd Tuesdays or as announced)
2.30 pm Christian Forum (2nd and 4th Tuesdays)
4.00 pm Messy Church (1st Tuesday in the month)
19.30-21.00pm Digging Deeper (3rd Tuesday of each month)

Wed 9.30 am The Cornerstone Toddlers during Term Time
5.45 pm Pilots. Ends at about 7.00 pm.
6.00 pm Beaver Scouts and Cub Scouts
7.45-9.15 Scouts
7.30 pm Elders' Meeting (1st Thursday)

Fri 6.00 pm Junior Badminton
7.00-9.00 Youth Club

**We do offer Christian Marriage, Baptisms and Funerals so please talk to
the Secretary or any Elder if you feel that we can help.**

Little Turtles Pre-School meets on Monday to Friday from 9.00 am during
term time. Please see one of the Junior Church Leaders for details.



Letter to the fellowship

Rest, Relax, Recharge and Reflect

Every evening I plug in all our family devices; such as Mobile phones, Laptops, Tablets into electric sockets making sure that everyone in the family has their gadgets fully charged for the next day.

And yes, one more thing, my electric car. I have been using and loving my fully electric car for the last three years. I charge it regularly; keeping it topped up for the next journey.

But the other day I forgot to charge my car overnight. Hoping there was a bit of power remaining the next morning, I optimistically started the car. As soon as the car started, the computer said, “very low battery; search for a charging point nearby”. There wasn’t even enough to take the children to school. My car was less than a metre away from the charging point, but not plugged in. It was useless without being connected to the charging point. Anyway, I plugged my car in for only half an hour, and it was quickly charged, (it charged quickly) enough for me to take children to school.

There are days I wish it were just as easy to recharge my own batteries. Days when my to-do list outlasts my time and energy. When I'm feeling depleted. Exhausted. Empty.

But energy depletion is not limited to the physical realm. We can be depleted emotionally, especially if we're entangled in stressful situations or relationships. We can also be mentally drained.

How should we recharge ourselves? Should we take a nap? Have a snack? Go for a walk? Play with our pets? Maybe your go-to energy source is caffeine. Or a high protein diet.

There are so many things that stop us from taking a positive step towards resting, relaxing and recharging.

To rest, we must trust God to take care of things for us. Those things that concern us and weigh heavy on our hearts. We must trust, that if we take a few days off, the world will not stop turning on its axis.

And relax? The best way to relax is to lessen our grip on our own lives, and on our families, our careers, and give them all over to Jesus, who is Lord over our lives anyhow.

And how do we recharge? Well, we certainly know how to re-charge our gadgets, don't we? How often do you need to plug your gadgets in? The Bible tells us in Psalm 19:7 "*The Law of the Lord is perfect, reviving the soul.*" We simply need to be plugged into the Lord, read His Word, meditate on His Word, and have our systems recharged and revived.

When my electric car gets low on battery, I need to go easy on the accelerator pedal while driving, in order to go a little further, because when you take your foot off the gas, the battery recharges itself and lasts a bit longer.

In the same way, after a few years in ministry, one starts to feel a little tired and drained. And that is the time to take your foot off the pedal and get connected to the source of energy; God and his word, to get recharged.



When you read this article, I will already be on my Sabbatical; a gift from the Church, preparing myself to rest, relax and recharge for my future ministry.

I will also be re-evaluating and reflecting upon my last ten years of ministry, as well as searching for Lord's guidance for the next phase of my ministry; whatever and wherever that might be.

Wish you all the best for the rest of the year and looking forward to seeing you in 2020.

God bless,

Sohail

Prayers for our Fellowship and those we know

Prayers can be for joy and sorrow, health and sickness, good news and bad in addition to those for our own needs and guidance.



Please pray for all our church activities that take place during the month. There are many who come along to our premises, week by week who some of us may not know by name or even by sight but who are in need of our prayer. We may not be able to attend the clubs and organisations but our prayer is essential to support the leaders and attendees.

We remember in our prayers the family of Morag Holloway, who passed away last month. Her mother, Ann Cassells, also only recently died so the family are mourning both their deaths.

There are many who find it difficult to get to Worship week by week and we think especially of Hilda Burgess, Jan Fox, Pat Goodhew, Win Holmes, Margaret King and Hilda Prior. We pray for those who are ill, in constant pain, recovering and awaiting or receiving treatment:

Ann Crowhurst, Roy Davis, Olive Goodyear, Lisa McCrae, Ron Root and Mick Thorp.

We also pray for those of our fellowship who are finding life difficult at the present time either with health, job or family worries. Give them peace of spirit and the knowledge that God knows of all their difficulties and hears all of their prayers.

Father, hear our prayers
Amen

Please feel free to use the Prayer Book placed on the Prayer Table, in the Foyer, to write down any names or events you want to be prayed for during the Service and in the Church Prayer Meeting.



Do make use of our prayer cards, whether to give thanks or to request prayers in specific need. You may remain anonymous if you wish.

There is a collection box on the prayer table in the foyer. Requests will be prayed over at the Tuesday prayer group and other appropriate times.

Prayers for peoples and matters outside of our fellowship

Please pray this month for all people throughout the world that they may:-

Listen and not shout down
Negotiate and not fight
Help and not resist
Be pleasant and not hateful
Be humble and not full of pride
Be straightforward and not devious
Share and not be greedy.

As for us; continually remind us that we do not have to like everyone but, as Christians, we do have to love them.



SECRETARY'S NOTEBOOK

September came and went in a flurry of resumed activities and preparation for the months ahead. The children and young people's groups got off to a slow start as the local schools did not all start the new term early in the first week.

As the month progressed things have got back into routine. At home, the rebuilt garage/workshop is back in use, and all ready for those 'do-me-quick' repairs as well as bigger projects. The garden continues to be productive with more tomatoes than we could possibly need, courgettes still producing and the runner beans have finally taken off with the cooler temperatures. For the first time this

year we grew butternut squash, and although two plants yielded 12 fruits I have yet to decide whether the space they took up is justified. Do you sometimes feel life is like that, you get involved in something interesting and it threatens to take over?

At worship, we started September with Roger Brett leading the first service of the month in his usual energetic fashion and at Messy Church on 3rd we learned through various crafts and activities about Giving Generously; the bible passages were Malachi 3 (the Tithe) and Mark 12 (the Widow's Offering) and we saw a short video from New Zealand about how one little boy's new pyjamas prompted him to do the same for others :<https://www.tvnz.co.nz/one-news/new-zealand/good-sorts-fletcher-armer> and concluded with a song that is fast becoming a favourite prayer with our children's groups <https://www.youtube.com/watch?v=n3iG1gkW9R0>

We welcomed Sohail and the family back from their extended stay in Pakistan, (arriving in the early hours of Thursday 5th minus some items of luggage). He was able to take our service on 8th September, speaking on the Cost of Discipleship and the need to put God before everything and everyone (Luke 15: 25 ff). The Sarah (Wilson) and Peter (Hunt) double act helped engage our thoughts on 15th September and Peter led the concluding Communion.

The following weekend was our Harvest Celebration with around 90 people gathering for our meal on Saturday. This was the biggest Harvest Supper for many years and our thanks go to Mike, Linda and their team for preparing and serving the food. The following entertainment was an excellent chance to have a good evening without enormous cost, except perhaps the cost in time to Roger who put everything together, Nigel, Clive and the Singing group who spent several sessions practising the medley from



Joseph and His Amazing Technicolour Dream Coat. We welcomed Victoria Goodman to play the flute for us, and her rendition of "Memories" was truly moving. Sadly Victoria was suffering from a nose and throat infection and could not complete her programme,

we wish her well. A number of other people contributed to the successful evening, thank you all. The following morning, we gathered to thank God for his goodness and in response bring our Harvest gifts for those less fortunate. The Storehouse was very appreciative when they collected the next day.

At the time of writing these notes, we expect a visit from Rev Celia Whitman to take our service on 29th September.

Last month I suggested I was probably not the right person to write a review of our services for the magazine, as I am almost always upstairs with the young people. I was hoping someone else would offer and that opportunity is still available

ED: Many thanks Ruth for all the produce of your garden that you bring along to Church, to sell for church funds. Personally, I just love the apple and blackberry jam - **Anne**

Prayer Book

When our Minister leads the Sunday service, he includes prayers for the fellowship within the Intercessions; when he is elsewhere the fellowship prayers are said by an Elder, usually as a stand-alone contribution to the service. This can be difficult when there is nothing written in there other than the regular few names on rotation.

When you arrive on a Sunday please do remember to write in items of special need either for yourself or others, and matters for thanks and rejoicing too. Elders felt that some people might be reluctant to use the book for fear of falling foul of GDPR. Although prayer is an intrinsic part of church life and would not necessarily contravene regulations, it is wise to be cautious and it is therefore suggested:

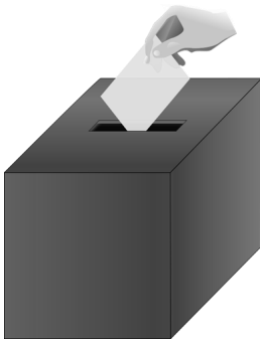
- you can mention a name without any personal details (God knows what is needed)
- you can mention a name and details if the subject has agreed (please state “with permission”)
- you can mention a name and details if the subject matter is already known among the fellowship
- if you mention a name and details but do not indicate prior permission, and the subject matter is not already known to

the fellowship, the Minister or Elder will either name the person without any details, or will pray for the circumstances without mentioning a name.

Please note that anything written in the prayer book is also prayed over at the Tuesday morning Prayer Group.

Sohail is writing separately about his forthcoming sabbatical, and I just need to add that I am on hand to field any news or questions you might normally expect to address to him, during this time. I may not be the most appropriate person to respond, but I will find someone!

Ruth Dixon



Elders' Election

Our annual election of Elders takes place at the November Church Meeting and nominations are open throughout October. So now is the time to prayerfully consider whether or not you could be an elder in our church. Or do you know someone who would make a good elder who is waiting to be asked? The leaflet "Called to be an Elder" is quite informative or talk to any existing elder to find out more. Nominees should be at least 18 years old, and have been a full member of the church for at least one year.

There is a total of six vacancies, including those carried over from previous years. Elders who retire at the end of 2019 are Mary Goodhew, Peter Hunt, Alison Shannon and Derek Goodyear of whom Peter, Alison and Derek are eligible for re-election; those who retired last and are now eligible for re-election are Ann Thorp and Mike Mead.

Nomination forms are available at the reception desk, and should be signed by Nominee, Proposer and Seconder.

Harvest Festival Meal and Entertainment The big Thank You's



Here we are then. The chores are all finished including removing footmarks from the ceiling; the Big Piano is rolled up; the mouse is back in his hole and the sailor on his ship; Ella Fitzgerald is off researching a better rhyme than 'Bad' and 'Noel Coward' and we all drove home safely. But these were just the 'bit' players on the evening. The supporting acts if you like. The real stars were our performers, the food providers and those in the background.

So big thanks go, in no particular order, to:-

- Linda, Mike and their team who worked hard over several days to prepare and deliver our food on time.
- Vic on IT
- Derek for the programmes
- To the people who helped set everything up and those who helped take it all down
- To the audience who, albeit quite slowly, got the message that they had to sing as well.

But my greatest thanks must go to those who performed, from the most to the least experienced without whom we would have been stuck with celluloid and the 'Return of the Vicar'.

Thank you to everyone.

Roger

ED

And we, the audience, would like to express our thanks to Roger, Clive and Nigel for all their hard work in the organisation of the event. We all thoroughly enjoyed ourselves.

News from the Forum

The new forum year has started and we had our AGM meeting. All is well with the group. The committee stays the same and the finances are in good order thanks to some excellent work by Joan. I have said I will remain as leader ,DV, for this next year after which a rethink will need to be made.

After the business part of the meeting we had a fun, but taxing, half hour with some Dingbats set for us by Brenda. As she promised, they were not easy but “less difficult”!!

Our second meeting, just yesterday, as I write, was completely different. We were charged with bringing along a photograph showing a group of folk of differing generations, with the brief “Where are they now?” What a fascinating afternoon it turned into, with photos of a wedding, baptism family group and a family all involved with the Girls and Boys Brigade. We were left to wonder where all the young from Auntie Joan's playgroup are now, and the story Roy told us of a death at sea found in some long-hidden reports made us all 'see' the boat and the tragedy that befell a relative from the past.

Our October meetings are arranged and on the 8th Bob Delgano is coming to show us his presentation about the Parish of St Lukes, the area we are situated inside. Then on the 23rd, Shelagh is setting our brains whirring with one of her quizzes. Bring your best thinking caps with you that afternoon!!



I would just like to add a plug here for an event in Church on November 2nd as the November magazine will not be out until after the event. I am sure there will be details elsewhere in the magazine also but we have all got friends and family members who are no longer with us. We never forget these loved ones but there are times when we can remember them in a very tangible way. Flowers in church, visits to churchyards and crematoria and this Saturday in church at the beginning of November is one such time.

There will be an opportunity to light a candle for your loved one(s), a

chance to find a quiet reflective spot if that is for you, and there will be tea and cake in the foyer so that you can relax and chat with each other.

This is possibly new to us here at the Cornerstone but I have been part of such an event over many years and I can assure you it is very special. Come along and see for yourselves just how special it can be.

See you there and at the Forum

Alison Shannon

Science says that we need at least 4 basic elements to survive.

1. Water
2. Air
3. Food
4. Light

And look what the Bible tells us about Jesus.

1. I am the Living Water
2. I am the Breath of Life
3. I am the Bread of Life
4. I am the Light of the World

Science was right, we need Jesus to live.

**God grant me the serenity
to accept the people
I cannot change, the courage
to change the one I can
and
the Wisdom to know it's me.**



The Cornerstone
Bournemouth Park Road
Southend on Sea
SS2 5JL
(car park entrance Central Avenue)

Invites you to

Space to Remember

Saturday 2nd November 2019 3 – 5 p.m.

*A time and space for you to quietly remember relatives and
friends
who have passed away.*

Calming music-pictures and poems-light a candle-say a prayer-or
just sit

Refreshments served.

No strings attached but an opportunity to talk if you wish

NB

Please take a flyer to anyone who may benefit from this event



We are borrowing this initiative from West Kirby URC and during this month will erect a dedicated post box on the railings by the Bournemouth Park Road entrance inviting members of the neighbourhood to send us their prayer requests for our Tuesday group.

The scout group will be delivering leaflets and prayer cards around the immediate area and you can help by

- taking some for a few homes next to yours
- praying that this scheme will help The Cornerstone be and be known as a church that cares

Ruth Dixon

THE GIFT

This is a URC publication, inspired by the Children and Youth Department, aimed primarily at Godparents and Grandparents with some particular tips on speaking to in a godly way to children living in a virtually godless society.



The booklet was reviewed by one of our Elders, herself a grandparent, and thought to be a useful tool for others, so we have obtained a supply. Please do claim your copy from the foyer table.

Commitment for Life

Life-giving Faith | Defiant Hope | Generous Love

Commitment for Life's new Programme Officer, Kevin Snyman shares his thoughts on our changing world in a recent newsletter.

“The good news is that absolute poverty levels have decreased across the world. But the bad news is that the last few years have produced a massive increase in inequality, a worrying increase in anti-semitism, Islamophobia, along with a concerning increase in refugee populations, US aggression and the reemergence of slavery and endemic child labour. Many of these issues have been made worse by the despoiling of our eco systems and polluting of the atmosphere.

We dare not despair, however. As Christians we are called to be agents of hope. To be sure, the changes we will be forced to make in our lifestyles in the next five years will be enormous. We will need a massive and urgent shift towards renewable energy. We need a new economic system founded on gift, sharing, justice, equity and fairness. We must make food free, and localise its production. But we must act for the sake of the kingdom.

These ideas may seem untenable, impossible or even crazy. But they are what Jesus called for and demonstrated as real. We've been practicing for 2000 years. Now there is not a moment to lose to live kingdom lives.”

At our annual Commitment for Life Service on October 13th I will be sharing stories and looking at challenges ahead. Envelopes will be available for personal contributions to the programme. If you are a tax payer, please complete the gift declaration on the back of the envelope. I will also have some small boxes for coins if you would prefer to give this way.

Please do look at the notice board with the new logo and poster.

Linda Mead

To learn more about Commitment for Life
visit: www.cforl.org.uk



Would you Believe it?

During a recent password audit, it was found that a lady was using the following password:

“MickeyMinniePlutoHueyLouieDeweyDonaldGoofeyLondon”

When asked why she had such a long password, she said she was told that it had to be at least 8 characters long and include at least one capital.

**My grandad always said
“as one door closes, another opens”,
lovely man,
terrible cabinet maker**



Peter's Piece

The Lord's Prayer. 5.

Hallowed be thy Name.

Names in the Bible are frequently very important and none more so than God's Names. Names are closely associated with the bearer and when used, call to mind the person whose name it is. With humans, attributes like physical appearance, character, personality, all that makes that person who they are, come to mind. For example, Peter the Apostle, Peter [Greek Petrov *Petros*,] means stone or boulder, but his character, that comes to mind, is that he was loyal but somewhat impetuous. With God, his Name(s) declare his divine being, in fact are part of his divine being, belonging to him, and are therefore Holy.

Titles are expanded information about the person to whom the title is attached and add to the name. For example, Christ [Messiah, Anointed.] is our Lord's title, not his name. Titles demand equal respect. In English we have, King/Queen, Lord/Lady, Sir/Dame, Mr/Mrs, Ms and Miss, are all titles demanding respect for the holder. 'God' [Hebrew is El but more often the plural form Elohim is used with a singular verb! c.f. Genesis 1 vv.1 & 26.] has numerous names and titles which include those attributed to the three Persons of the Holy Trinity. All Persons in the Godhead.

God's personal Name is YAHWEH (Note - not Jehovah) which in our traditional translations¹ is printed as 'LORD,' (note the capital letters) this is the translation of the OT Hebrew word Adonai (LORD) used by Jews who consider God's personal Name YAHWEH too sacred to vocalise. When God is speaking means - I AM or when referring to God, - HE IS. Exodus 3:13-15.

Hallowed is a rather old fashion and dated word and has no doubt lost power in its depth of meaning - it means to make Holy, set apart as sacred, consecrate, sanctify, sacrosanct. A common offence here is the use of the word 'God' as an expletive, expressing emotion or reaction both good and bad! It can slip out nowadays without us thinking. We, as Christians, need therefore to be on our guard that

we don't even accidentally follow the world's ways! We need also to be aware and avoid using minced oaths or euphemisms, [gosh, golly, for God] often abbreviations of blasphemies. c.f. Matthew 5:13-17

Today, we are surrounded in all areas of life, by those with scant interest in or care for the things of God; his Names and Titles being just words to them. If we are not careful, because the misuse of God's Name(s) is so common, and we are not aware, we too can easily find ourselves unwittingly and unintentionally using the same expressions and therefore not honouring the sacredness of God's Names and, instead of them being precious to us, using them in vain, or carelessly, thus breaking the third commandment. This applies equally to the Lord Jesus, the Christ - God the Son and to God the Holy Spirit. [c.f. Matthew 12:31-32 & Mark 3:29]

You shall not take the Name of the LORD your God in vain. Exodus 20:7

1. In some modern English translations the word YAHWEH is used. [But could this be discourteous to any Jewish reader!]

Revised Common Lectionary for October 2019

October 6, 2019	Lamentations 1:1-6, Psalm 137, 2 Timothy 1:1-14, Luke 17:5-10
October 13, 2019	Jeremiah 29:1, 4-7, Psalm 66:1-12, 2 Timothy 2:8-15, Luke 17:11-19
October 20, 2019	Jeremiah 31:27-34, Psalm 119:97-104, 2 Timothy 3:14-4:5, Luke 18:1-8
October 27, 2019	Joel 2:23-32, Psalm 65, 2 Timothy 4:6-8, 16-18, Luke 18:9-14
November 03 2019	Habakkuk 1:1-4; 2:1-4; Psalm 119:137-144; 2 Thessalonians 1:1-4, 11-12; Luke 19:1-10.

Lessons for All Saints Day November 1, 2019 which will be used for Sunday 03 November.

Daniel 7:1-3, 15-18; Psalm 149;
Ephesians 1:11-23; Luke 6:20-31

COME JOIN OUR

BIBLE



Digging Deeper

They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Acts 2:42

We are pleased to welcome Sarah Wilson, to the Planning Group for this Church activity, who has agreed to join Rev Sohail Ejaz, Dr Vic Crowhurst, Robert Wiseman and Peter Hunt. We shall now have the valuable benefit of a committed female voice in planning these Bible Study times. Digging Deeper is open to all and anyone to join us in supplementing the unavoidably limited teaching we receive on a Sunday. Our faith in Jesus Christ and his completed work of Salvation on the cross and our subsequent Christian walk has an invaluable guide book, The Bible, but we need the help and encouragement of one another, under the guidance of the Holy Spirit, to learn from it and discover God's leading and direction, to receive his strength and power and to know his love, joy and peace in these turbulent times as we live out our Christian life. God has set us together in companies [Bible word '*ecclesia*' 'congregation', traditionally translated 'church'] for that very purpose

As we have recommenced our studies in the Epistles, letters, written, through the inspiration of the Holy Spirit, during the first century of the life of the Church and preserved by God for our *growth in the grace and knowledge of our Lord and Saviour Jesus Christ*. 2 Peter 3:18. BUT we need to read and apply them in our own 21 century lives to benefit from the help, support and reassurance God has provided in them. All are warmly invited to come, join in and to discover.

Please let us know if there are any passages of the Bible or topics that you would like explored in Digging Deeper so that we can be focused in what we do.

Future Meetings, third Tuesday of each month, and Subjects:

All at 7.15 p.m. for cuppa, if required, and prompt start 7.30 - 9.00 pm.

15 October 2019 Colossians
19 November 2019 1 & 2 Thessalonians
17 December 2019 1 & 2 Timothy & Titus

The Church Prayer Meeting (formerly called the Prayer Group)

Those of us who meet regularly on a Tuesday morning are somewhat saddened that there are so few who regularly join together in prayer. Having given this matter some prayerful thought it occurred to us that the name we have gone under is, the Prayer Group, and we wondered if this title appeared to suggest that we were a specialist group, rather like the Singing Group and the Music Group, consisting only of those who had sufficient ability, interest and calling to prayer.

But that is not so with prayer, we all pray personally I'm sure, but our church should be a church that prays together, as well. Much was done in the early days of the church because they were together in prayer. Acts 2: 42ff. note '*devoted themselves to four activities, one of which was, prayer.* Then Acts 4:23-31 N.B. v.24 *they raised their voices together in prayer to God.* Note the result vv.32-35! So throughout Acts we see 'the church at prayer,' not a group within it, the whole church, with sometimes the result that even surprised those who were praying! Acts 12:12-15. Who were just gathered together, to pray.



This means that praying is not an activity for those who are reasonably good at it, who is? and are willing to help, enhance and

lead the fellowship in worship, as with music and singing. Praying is something we can all do, there are no specialists, so all the church should come together, as and when able, to pray. We propose therefore to change the name from Prayer Group to the 'Church Prayer Meeting'. The emphasis being by that is, that it recognises it is for the whole church to meet together and not just that of a dedicated group within the church.

It is appreciated that Tuesday morning may not be convenient for a some; if that is so please let me know and I'm sure we can arrange an additional other day and or time that is more convenient. The result, it is hoped, will be that more of the church will feel free to join together in prayer! Any and all are warmly welcome to join in. Let me say emphatically, coming does not mean you have to pray aloud. Nor do you have to pray extempore, please feel free to write your prayer(s) beforehand or select a prayer(s) from a book¹ and read them. Just come and pray, silently or maybe aloud!

There is a free paper on the Prayer Table in the vestibule answering some of the reserves of coming together to pray. Please help yourself and perhaps then join

*They **devoted themselves** to the apostles' teaching and to fellowship, to the breaking of bread and **to prayer**.* Acts 2:42

¹ Readily available from the Southend Christian Bookshop.

**When you come
out of the storm
be prepared to
dance in a puddle of
blessings**

Touched by Love

Each one of us, in one way or another, has felt the pain of rejection and isolation. This can make us feel worthless, defensive and disconnected. At such times, we may want to retreat into ourselves or, conversely, rebel.

Deep down, we all long to be accepted for who we are; to be loved for who we are. When someone accepts and affirms us, they give us that feeling that we are worthwhile, that we are somebody.

Acceptance means that we are free to be ourselves, we don't have to cower or hide behind anything. This doesn't mean that there is no need for growth and change, because there is. But feeling accepted and loved empowers us to change because, in part, we become open and undefended.

It is the love and acceptance of others that affirms the uniqueness of who we are; I'm not just another human person, I am ME!

When we recognise our value and uniqueness, we in turn appreciate the value and uniqueness of others.

Our value and dignity is being rooted in our true selves, not in what we have or what we do.

Jesus is the key in being our true selves.

He looks at us and reaches out to us in compassion and love. In the scriptures he changed many lives He can change ours too.

Before you speak - **THINK**

T - Is it True?

H - Is it Helpful?

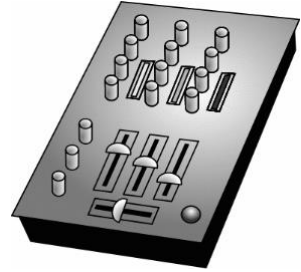
I - Is it Inspiring?

N - Is it Necessary?

K - Is it Kind?

Recording of services

We are now sound recording every Sunday service, so please let Vic Crowhurst know if you would like a copy for yourself, someone who could not be with us that day or perhaps to give to someone to listen to how well we sing!



For special and festival services we may make video recordings and if you would not wish to appear in these, then please speak to anyone at the sound and vision desk before the service starts. There should be a prior warning of the services involved.



Sunday Morning Refreshments

I know that we all enjoy a cup of something and a biscuit after Morning Service on a Sunday so, I shall be drawing up a new 2020 rota of those who kindly prepare these for us towards the end of October.

At present, the teams only have to do it about every ten or eleven weeks, although two ladies do help every month.

Whilst we are not desperate for volunteers, it would be helpful if anyone is able to help, either on a regular basis or as a “fill-in” when we have a problem. It would also slightly take the load off those who already do so much in the other parts of our fellowship

If you feel that you can help, or would like to know more, then please have a word with Michael Wardle. (Contact details on back page.)



The next edition of New Horizons!

The next magazine will be for November and will be published on 3rd November 2019.

Due to technical reasons (one of the editors is going on holiday!) we are having to bring forward the closing date for contributions to **Monday 21st October**. Please by **9.00 a.m.** on that day.

We always welcome contributions from any of our readers, wherever they are. Reports, stories, thought provoking articles and even funny stories are all very welcome.

**A large print version of this magazine is available.
Please ask an editor if you would like one.**

Alternatively, you can view it on line.

See the website address on the front cover

I know, I know!

It's nowhere near Christmas, but would our contributors please remember to let the editors have any important days that they need highlighting in the November Magazine ready for Advent and Christmas.

Thank you.
Michael Wardle

**“The trouble with quotes on
the internet is that you
can never know if they are genuine.”**

Abraham Lincoln

Flower Donations

Oct

- 6th Alison Shannon
- 13th Eric and Pat Garrard
- 20th Robert Wiseman
(in memory of Joan)
- 27th Allan and Hilda Prior



Nov

- 3rd Geoff and Val Hayman
- 10th Ron and Shelagh Root
- 17th Shawn and Anne Clarke
- 24th Parent & Toddler Group

Sunday Coffee/Tea Rota

Oct

- 6th Suzanne and Paul Dyer
- 13th Anne Clarke and Val Mead
- 20th Gwen McMillan and Val Hayman
- 27th Linda and Mike Mead

Nov

- 3rd Val Hayman and Stella Yates
- 10th Anne Clarke and Val Mead



Tuesday mornings "Drop in"

Oct

- 1st Stella Duboux and Brenda Melling
- 8th Joan Harvey and Maureen Stone
- 15th Carole and Alan Cornwall
- 22nd Carol Smith and Pat Pates
- 29th Joan Harvey and Maureen Stone

Nov

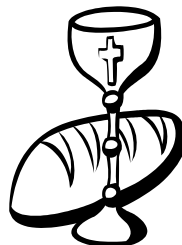
- 5th Stella Duboux and Brenda Melling
- 12th Joan Harvey and Maureen Stone

Communion Offerings

These collections are taken at the two Sunday Communion Services during the last hymn and are for charitable organisations outside of The Cornerstone.

Thank you for your generosity in September for collecting £65.95 for Havens Hospices

October	Peaceful Place
November	Rumania



Peaceful Place

Peaceful Place is a local charity that helps those living with Young Onset Dementia, which can feel daunting, whether it is yourself or a loved one that is affected. It offers support to people with this condition as well as their loved ones and carers.

Also, support is offered to people with Multiple Sclerosis, Motor Neurone Disease, Parkinson's Disease and Huntingdon's who have developed dementia as their disease has progressed.

They have a charity shop in North Avenue, which is very close to **The Cornerstone** and it welcomes a wide range of items.

**The best things
in life are free:
hugs, smiles, friends,
kisses, family, sleep,
love, laughter
and
good memories!**

DATES FOR YOUR DIARY

(Also see weekly Notice Sheet)

Oct (Our Minister starts a three month sabbatical)

Tue	1 st	4.00 p.m.	Messy Church		
Thu	3 rd	7.30 p.m.	Elders' meeting		
Sun	6 th	10.30 a.m.	Morning Worship	Roger Brett	
Sat	12 th	9.00 a.m.	Big Breakfast		
Sat	12 th	10.30 a.m.	Eastern Synod meet at Bury St Edmunds		
Sun	13 th	10.30 a.m.	Morning Worship (No parade)	Linda Mead	
Tue	15 th	7.30 p.m.	Digging Deeper		
Thu	17 th	FINAL DAY FOR RETURN OF GDPR FORMS (Data)			
Sun	20 th	10.30 a.m.	Morning Worship	John Amos	
Sun	27 th	10.30 a.m.	Morning Worship	Rev Andrew Royal	

Nov (Our Minister on the 2nd month of his sabbatical)

Sun	3 rd	10.30 a.m.	Morning Worship	Sarah Wilson and Peter Hunt
Tue	5 th	4.00 p.m.	Messy Church	
Thu	7 th	7.30 p.m.	Elders' meeting	
Sat	9 th	9.00 a.m.	Big Breakfast	
Sun	10 th	10.30 a.m.	Morning Worship	Roger Brett
Thu	14 th	7.30 a.m.	P.M.G. meeting	
Fri	15 th		Mission Council at Swanwick (Ruth attends) until 17 th Nov inclusive	
Sun	17 th	10.30 a.m.	Morning Worship	Rev Celia Whitman
Tue	19 th	7.30 p.m.	Digging Deeper	

**When you can't forgive
someone, pray for them.
It may or may not
change them.
But it will always change you.**

WHO'S WHO?

Minister	Rev Sohail Ejaz MA	
	On Sabbatical, please contact The Secretary	
Secretary	Ruth Dixon	(01702) 464186
Treasurer	Ann Blackwell	07753 348856
Envelopes	Mike Mead	07802 749912
Gift Aid	David Osborn	(01702) 611337
Preachers List	Mary Goodhew	(01702) 467512
Junior Church	Ruth Dixon	(01702) 464186
Joint Leaders	Mary Goodhew	(01702) 467512
Pilots	Derek Goodyear	07863 208914
Prayer Fellowship	Peter & Zoy Hunt	(01702) 864814
Digging Deeper	Peter Hunt	(01702) 864814
C'Stone Toddlers	Mary Goodhew	(01702) 467512
Scout Group	Lorna Skippon	(01702) 477309
Christian Forum	Alison Shannon	(01702) 464737
Use of Premises	Roger Brett	(01702) 479874
Flower arranging	Joan Harvey	
	Val Mead	(01702) 296189
Editorial Team	Anne Clarke	(01702) 293102
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	mjb23wardle@btinternet.com	

Please remember that your Elders are ordained to serve our members and friends who have pastoral concerns, and especially so during the time of our Minister's Sabbatical.