

New Horizons

JULY and AUGUST 2023



RELAX AND ENJOY

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

Coffee and tea is served after Morning Worship

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

Tuesdays at 10.00 am **Is a special Time of prayer** together for: the Fellowship, those with special needs, our neighbours, and our worldwide Christian Family. All are welcome to join with us.

Church Meetings are held on alternate months. It is the decision of the Church Meeting that they shall be held after Sunday Morning Worship during the winter on a trial basis, but revert to Thursdays at 7.30pm in the summer. This may change so the actual dates and times will be published in this magazine and announced in Church.

What's on in the week

Mon	5.00 - 6.30pm	Messy Church (1 st Monday in the month)
	5.00 - 6.30pm	Pilots (2 nd , 3 rd & 4 th Monday in the month)
	7.00 pm	Bible Study (2 nd and 4 th Monday of each month)
Tues	10.00 am	THE HUB
		Starting with Tea and Coffee in the Foyer
	11.30 am	Followed with fellowship and activities on 1 st and 3 rd Tuesdays or as announced.
Wed	9.15 am	Cornerstone Toddlers during Term Time.
Thurs	6.00 pm	Beaver Scouts and Cub Scouts
	7.45 - 9.15pm	Scouts
Thurs	7.30 pm	Elders' Meeting (1 st Thursday)

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 contact the Church Secretary for details.



Letter to the Fellowship

Rest Rejoice Refuel

Recently a number of events, personal and communal happened around me and that made me think that there are times when we lose the view on our journey and we need to remember the importance of learning to rest, to rejoice, and to refuel our souls. It is easy to forget the simple significance of this and soon find the evidence of lack of it felt deep.

Taking the time to rest, rejoice and refuel in my day has not always been my habit. Yet, I have found, through those hard life lessons, this pattern has powerful results. More importantly, it keeps my heart close to the Father, the sole source of wisdom and peace which leads me to live out faith before those I love.

Jesus is our example in all things, wouldn't you agree? Like Christ we need to rest deep in the arms of the Father's care and love so that we become people who seek Him first.

Consider the powerful paradigm He gives us in scripture so that you can meet your daily journey with grace, *Rest Rejoice Refuel*

Let your soul wait in Rest.

Psalm 62:5 says, *"My soul, wait only upon God and silently submit to Him; for my hope and expectation are from Him."*

Waiting upon God, resting in the recess of His presence, gives us the ability to sufficiently address whatever comes our way. The power of operating from a position of rest can undeniably change the course of our day. This preparation leads us to enter to His courts, and our days, with thanksgiving and praise proceeding from our lips.

Our words have power, friends, creative soul-filling depth that will alter our existence and those who we are destined to serve.

Rejoice from the depths of your soul.

Joel 2:23-25 says, *“Be glad, ... rejoice in the Lord, Your God; for He gives you the former rain in just measure, and the latter rain in the first month. And the floors shall be full of wheat, and the vats shall overflow with wine and oil. And I will restore to you the years that the locust has eaten.”*

Sometimes it feels like we are stuck in a desert of drought during the daily toil; we desperately need a splash of holy rain to revive us, arming us to finish the mission well. As praise exits the door of our lips, something changes within us, our perspective is enlightened and our attitude is lifted.

This gift of praise, the power to rejoice in ALL things, is the fuel that ultimately recharges our batteries.

Refuel with the encouragement of His Word.

2 Thessalonians 2:16 leads us to the seat of encouragement where we find the resting and rejoicing culminate together. *“Now may our Lord Jesus Christ Himself and God our Father, Who loved us and gave us everlasting consolation and encouragement and well-founded hope through His grace, comfort and encourage your hearts and strengthen them [making them steadfast and keeping them unswerving] in every good work and word.”*

It is easy to feel defeated and want to throw in the towel when the journey seems long and the tasks are mundane. We need the encouragement, the reminder that joy is within our grasp.

As you tackle the to-do lists, inherent with each new day, take time to read through the life-words penned for the encouragement of our soul. Rest, Rejoice and Refuel.

Have a restful, refreshing and restoring Summer, ready to continue on our journey together.

**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 of our fellowship as we live in these worrying times of sickness, financial worries and the war in Ukraine.



We keep in our thoughts any of our fellowship who are unwell, in hospital, undergoing surgery/treatment or having tests. We pray for their return to good health.

We especially remember the family of Jan Fox, who passed away last month. Please keep Nicole and the family in your prayers and also remember families and friends who still mourn the loss of a loved one. Give them peace of spirit and the knowledge that God hears all of their prayers.

Father, hear our prayers.

Amen

A BIG THANK YOU!



I would like to thank everyone so much for your donations to our “*Tackle The Tower*” event.

Mike, Sarah and myself managed the 154ft abseil and the total amount we raised for the Special Nurse Team in urology was £1,585.50. The support from the family in this church means so much to us all.

**Thank you
Zoy**

What really is “doing good”?

The first thing that usually comes to mind is “How much is it going to cost me” or “Is it going to take a lot of my time”?

The answer to both questions is very often, **“Nothing”!**

A few words to think about:

Smile, laugh, nod, clap, hello, shake hands, hug, cross the road to see, encourage, sympathise, console, telephone, email.

“I shall pass this way but once; any good that I can do or any kindness I can show to any human being; let me do it now. Let me not postpone nor neglect it, for I shall not pass this way again.”
(Source unknown)

See, it’s very simple. It costs nothing, takes very little time, no dates in the diary and best of all, no boring meetings!

“Just do it”.

With apologies to NIKE

SOMEONE,
SOMEWHERE,
IS DEPENDING ON
YOU
TO DO WHAT
GOD
HAS CALLED
YOU
TO DO

SECRETARY'S NOTEBOOK



Secretary's Notebook

As I write these notes, it is early morning - before the sun gets round to the south facing bay window where my PC sits. It is far too hot to be there later in the day.

For the same reason, the washing is already hung out and Frank is busy weeding. Neither of us are normally keen to get up early, but isn't it amazing how we instinctively adjust to changes in external forces?

This got me thinking about the practical side of church life, and how things go much more smoothly when everyone plays a part. For example, on Sunday mornings, although we have rotas for most things- eg the people who stand at the doors to greet those coming in, there are often last minute reasons why someone cannot attend so if you see there is no-one at the door why not step in and cover?

Which brings me round to mention the AV desk; there was a Sunday recently when neither Derek nor Vic would be available and we were able to show Liz Helm how to work the desk so there was no real change to what the congregation saw on the screen. We do thank her for being willing. If anyone else cares to learn the rudiments of operating the desk please do speak to Derek or Vic.

I have noticed in recent weeks that some of my emails with your notices have bounced back. The probability is this is to do with your security settings and can be resolved by adding to your address book/contacts:

ruthdixon474@gmail.com and CornerstoneReception@outlook.com

This way you should receive all the information that is being sent. Sometimes (because my emails are sent as blind copies to multiple recipients) it will end up in your junk or spam folder so do please check if you are expecting something. With most systems, you can right click the email and mark it 'not junk' and it will then go to your in

box - the system should then remember this for the future (or at least until the next update!)

Our worship last month was brought to us by:

- 4th June John Amos, who spoke about the Great Commission and the part we each have to play; the imperative to tell people of our relationship with Jesus, set free from the past
- 11th June Church Parade. Our Minister's theme was Jesus the Good Shepherd. However well we know each other, Jesus knows us better; just like our domestic pets come to our calling, so the sheep know the shepherd's voice and come, otherwise they might get hurt or die. Do we come to Jesus' voice calling us?
- 18th June Father's Day. Roger Brett led the service speaking about God as Heavenly Father - more than just Creator He stays involved in our lives if we let Him and is a role model for earthly fathers.
- 25th June The Cornerstone 18th Anniversary service was a Songs of Praise, with various members sharing what special hymns mean to them. Sadly, our Minister was unable to be with us due to a national URC commitment. We do thank Machrina Ejaz for co-ordinating the Bring and Share lunch that followed and Shaleem for acting as the "Heavy Lifter".

It hardly seems possible that 18 years have passed since the various church meetings took the decision to merge, but there we are - we have come of age! And must trust God for the years ahead.

We followed the service on 18th June with the annual fire drill, we are aware this is difficult for some with mobility problems, but it is necessary for us to record it has taken place and the time taken to get everyone to the muster point so thank you for your co-operation.

The Church reception desk now has a new computer - thanks to Abneer Ejaz who built it, and the issues we were experiencing with the old one are but a memory. Over the coming weeks I will be transferring the church records (kept on my home PC since the first

lockdown) back to the church. Our printer/copier supplier recommended an upgrade as parts for the previous one were becoming harder to source - keeping it would have meant a substantial increase in the fees for the service contract. So ,we also have a newer (reconditioned) machine which we hope will serve our needs for several years to come. As ever, when you are using the copier, please select black and white unless colour is absolutely essential. It seems appropriate to remind everyone that if you are making copies from a copyrighted publication this MUST be recorded in the spiral bound notebook next to the machine. And if you are making copies for personal use, a donation would be appreciated (container on the side desk).

The gentlemen's toilets in the foyer have been a bit of a problem since we had the flood and installed the water shut-off valve, and had to turn off the continuous flush to the urinals. We have now installed a timer valve which will flush once every 12 hours - performance will be monitored to ensure this does not trigger the shut-off valve. Many thanks to Frank Dixon who sourced and installed this equipment.

On 22nd June some of us gathered at Hall Road cemetery with the family of Jan Fox as her body was laid to rest alongside her late husband. Sohail led a simple graveside service and those who remember Jan of old will not be surprised to hear she had left explicit instructions for the hymns and readings! Her daughter Nicole spoke movingly about her mum as carer and organiser and Sohail reminded us of the day of the Lord's coming when Jan and all believers will be resurrected with a new body. Meanwhile we take comfort in the knowledge that her soul is safe in His presence.

2023 is already half over, gone 'in a twinkling of an eye'. My own operation and recovery, coupled with Frank's unexpected brush with mortality, have been our focus. God-willing we are now fit enough to take up the challenges ahead for the rest of the year.

Ruth Dixon

The Tuesday Rendezvous - important changes!!!!

The name of the Group has caused some confusion and so in order for it to be a social gathering, we're renaming it

THE HUB

It will continue to meet on the 1st & 3rd Tuesdays of the month.

On the 1st Tuesday of every month, we will serve a ploughman's lunch, to which EVERYONE is invited.

We want to move on from it being a Craft Group, so there will be no furniture moving at 11.30, but those wishing to sit together to 'knit and natter' will be accommodated.



As a group of friends, it'll be good to spend some time together and we sincerely hope that you will all feel able to join in.

The group is yours; it can evolve in whatever way you would like it, but it is important that everyone feels welcome and can find friendship.

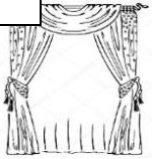
Look forward to seeing you all

Val and Nigel

**Be kind to people when you can;
some of them are going through
pains and miseries they never speak about.
Give them the
healing touch of your
kindness**



**Movement, Magic and Music
Flamboyant Festival of Film
At The Cornerstone**



Fish and Chips from 6.00pm
Order form available early August.
Awaiting confirmation of cost

Audience Participation
Singalong seamlessly to a
smorgasbord of songs
All FREE

**Harvest Festival
Evening
23rd September 2023**



One film we will see cost \$255
million to make
See it for **FREE**

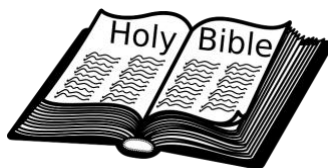
**Be our Guest and Feel Groovy.
Lean on a Lamppost or have a
dream. Remember a song, Be in
a familiar place Enjoy the
Advertisements and head down
Lambeth Way
All FREE**



Free entry unless you want
to order fish and Chips

OUR FAITH as we open up The Bible

We continue to look at some of the parables in The Bible, which have taught us some valuable lessons for today's world and given us some fresh ideas to help us spread the gospel of Jesus.



This is not a discussion group for “experts” but is for all to share and speak freely, without any right or wrong answers!

Our next session is on Monday 10th July at 7.00pm. Why not join us on zoom or at the Cornerstone, or have a word with Ruth, Sohail or Michael? We know that not everyone has transport or can access zoom, but we are sure that we can find a way for all to join in somehow.

Sohail and Michael

BEWARE A SCAM!



Whilst going about my daily business the other day, my mobile phone rang and, as I was expecting a call, I just answered.

A lady asked if I was the person she was wanting but I missed the name so I asked her who she wanted to speak to. Without hesitation she said that she had rung me to offer me a better deal on my mobile phone contact.

She refused to tell me who she needed to speak to, just went on with the sales pitch until deciding that she was not going to get anywhere she hung on me.

This was the second time I have received this type of call and so was aware of the scam, because it is a scam. As reported by ‘Which Magazine’

Sneaky scammers target O2 customers

Watch out for fraudulent phone calls targeting O2 customers with bogus discount offers. This 'vishing' scam involves criminals attempting to gain access to your account by promising a 50% discount on your mobile phone bill. If you accept the offer, you'll receive a text message containing a one-time passcode. And if you provide this to the scammer, they can change the password on your account.

While you're on the phone, you'll receive a text from O2.

The text tells you a one-time passcode has been requested and will arrive shortly. This genuine message will have been triggered by the scammer trying to log into your account on the O2 website.

Ultimately, the scammer wants to access the account and change your password - potentially enabling them to attempt to take out contracts in your name.

The text message from O2 includes a warning stating 'if someone's calling you and asking for a code, please end the call because they do not work for O2'. While this should arouse your suspicions, the scammer will try to talk you around and claim their request is genuine.

Next, you'll receive a follow-up text containing the code. If you read it out to the fraudster, they'll be able to use it to get into your account.

O2 confirmed to Which? that it never asks customers for passcodes, passwords, Pins or bank details over the phone.

Best advice is to hang up and do not engage.

Roger

Grateful thanks for all your help

I am extremely humbled and feel truly grateful for your extensive help for me and my future endeavours once again. I cannot put in words how thankful I am to God for choosing me for this PhD position and for putting it into your heart to assist me financially to embark on this new life journey. Every single penny that has ever been contributed by all of you means a lot to me as it has helped me to pave a way forward in my academic pursuits.

Once again, I'd like to thank you and vouch that whenever I attain a stable work position, I will continue this legacy of generosity that you people have started and bestowed upon me and try hard to make a greater change in the world by helping anyone out in need, just like you have done

I'll also want to be a part of your church and community once I settle into Dundee for my degree. Looking forward to meeting you all real soon. Thank you so much. May God bless you abundantly and may He always stand beside you in all walks of life.

Amen.

Shanzay Qamar

(Footnote. Shanzay obtained a Master's Degree in bio-science engineering whilst studying in her home country of Pakistan and did so well, that she has received an invitation to do a PhD over three years in Scotland. One of her problems was that she had to pay £2000 to cover healthcare by the NHS during the time taking her degree. Thanks to the generosity of church members at The Cornerstone, and other churches in the Eastern Synod, this problem has been readily solved. Faith in Action! Thank you all.)

**Always notice the
people who are happy for your
happiness, and sad for your
sadness. They're the ones who
deserve special places in
your heart**

Have a Chuckle

- A lorry carrying a load of snooker equipment has overturned on the A127. Look out for cues in both directions.
- I've got a date with a lady who self identifies as a wheelie bin but I can't remember if I'm taking her out Tuesday or Wednesday.
- Just heard that Pound-stretchers and M & S are to be merged. From tomorrow they will be known as Stretchmarks.
- I bought a new dog off a blacksmith today. As soon as I got him home, he made a bolt for the door.
- I dig, you dig, we dig, he dig, she dig, they dig. It's not a beautiful poem, but it's very deep.
- I checked my home insurance policy, and apparently if my duvet gets stolen in the middle of the night, I'm not covered.

An English Lesson

Remember i before e (except after c)?

Except when your foreign neighbour Keith receives eight counterfeit beige sleighs from feisty caffeinated weightlifters.

Weird!!!!

What if

What if, we are all characters in a book?

What if, when you forget what you were going to say, it's the author back spacing?



Grandma's Apron



I don't think many children nowadays know what an apron is. The principle use of Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses and aprons used less material.

But along with that:

It served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears and on occasion was even used for cleaning out dirty ears.

When company came, those aprons were ideal hiding places for shy grandchildren.

From the garden it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

It will be a long time before someone invents something that will replace that 'old time apron' that served so many purposes.

Health and Safety would go crazy now trying to figure out how many germs were on that apron. I don't think I ever caught anything from an apron - but love!

**When you think there
is no hope, God says
"Take my hand let me
lead the way.
We can do this together.**

Amen

SERVICES AND MEETINGS AT THE CORNERSTONE

July

Sun	2 nd	10.30am	Morning Worship	Roger Brett
Mon	3 rd		General Assembly Ends	
Thu	6 th	7.30pm	Elders'/M&M Meeting	
Sat	8 th	2.30pm	Closing Service of Brentwood URC	
Sun	9 th	10.30am	Morning Worship/Parade	Our Minister
Mon	10 th	7.00pm	Bible Study	
Sun	16 th	10.30am	Morning Worship	Roger Brett
Mon	17 th	5.00pm	Final Pilots meeting this 'year'	
Wed	19 th	9.15am	Final Toddlers meeting this 'year'	
Sun	23 rd	10.30am	Morning Worship (HC)	Rev Celia Whitman
Mon	24 th	7.00pm	Bible Study	
Thu	27 th	7.30pm	Church Meeting	
Sun	30 th	10.30am	Morning Worship	Ruth Dixon

August

Sun	6 th	10.30am	Morning Worship	John Amos
Sun	13 th	10.30am	Morning Worship	Our Minister
Wed	16 th	11am	Toddlers' meeting	
Sun	20 th	10.30am	Morning Worship	Roger Brett
Sun	27 th	10.30am	Morning Worship (HC)	Our Minister
Thu	31 st	7.30pm	PMG meeting	

September

Sun	3 rd	10.30am	Morning Worship	Rev Celia Whitman
Thu	7 th	7.30pm	Elders' Meeting	

The Next Issue of New Horizons will be for September 2023.



We always welcome contributions from our readers, whether they are from The Cornerstone or anywhere around the world. And don't forget to report back if you are going away on holiday!

Your next issue will be published on **Sunday September 3rd** and we will be pleased to receive any contributions for this issue by **9 a.m. on Thursday August 24th**.

**Thank you.
Anne and Michael**

Communion Offerings

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



Church Flowers



- July 30th Pat and Eric Garrard in memory of Mark
- Aug 20th Colin and Gwen McMillan
- Aug 27th Brenda and Michael Wardle

The future Flower List is on the noticeboard in the Foyer and at the moment only the above names are on it.

If you would like to supply flowers for any Sunday in the future, please place your name on the list or contact Val or Joan. They would be very happy to buy the flowers on your behalf and arrange them or alternatively, you are very welcome to do your own arrangement.

Sunday Coffee/Tea Rota

July 2nd Anne Clarke and Val Mead
 9th Sandra Russ and helpers
 16th Val Hayman and helpers
 23rd Machrina Ejaz and Sandra Russ
 30th Joan Harvey and Brenda Kemp



Aug 6th **Help please!**
 13th Anne Clarke and Val Mead
 20th Machrina Ejaz and Sandra Russ
 27th Val Hayman and helpers

Sept 3rd Sandra Russ and helpers
 10th Anne Clarke and Val Mead

Tuesday mornings “Drop in”

July 4th Stella Duboux
 11th Wendy Brett and Val Mead
 18th **See below**
 25th Carol Smith and Pat Pates

Aug 1st Stella Duboux
 8th Wendy Brett and Val Mead
 15th **See below**
 22nd Carol Smith and Pat Pates
 29th **See below**

Sept 5th Stella Duboux
 12th Wendy Brett and Val Mead



On the Tuesdays of the months that are in red type, someone will set up in the servery and we shall then rely on you to help yourself and perhaps assist others if you feel able.

Thank you.

WHO'S WHO?

Minister	Rev Sohail Ejaz MA (01702) 580879 tcsscp@yahoo.co.uk
Secretary	Ruth Dixon (01702) 464186
Treasurer	Elizabeth Helm 07973 199759
Envelopes	Ann Blackwell 07753 348856
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	Vic Crowhurst (01702) 588409
C'Stone Toddlers	Mary Goodhew (01702) 467512
Scout Group	Lorna Skippon (01702) 477309
Use of Premises	Roger Brett (01702) 479874
Flower arranging	Joan Harvey Val Mead (01702) 296189
Editorial Team	Anne Clarke (01702) 293102 af.clarke52@gmail.com Michael Wardle (01702) 613840 mjb23wardle@btinternet.com

**Please remember that your Elders are ordained
to serve our members and friends
who have pastoral concerns.**