

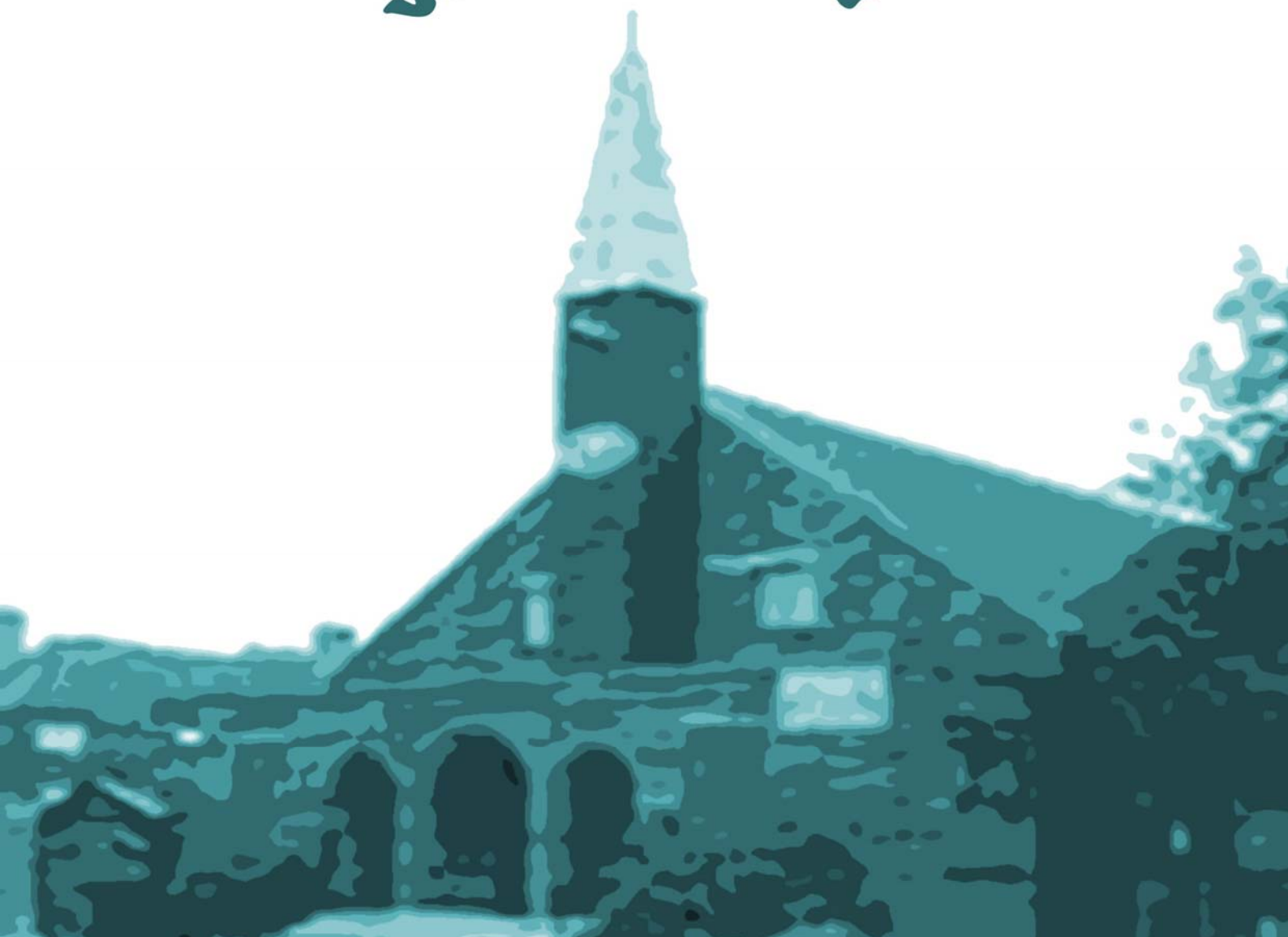


St Paul's



The Big Question

June 2007



SUNDAY SERVICES – JUNE

Sunday 3rd (Trinity Sunday)	8.30am 10am	Holy Communion Morning Praise
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Sunday 10th (1 st after Trinity)	8.30am 10am	Holy Communion Family Service
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Sunday 17th (2 nd after Trinity)	8.30am 10am	Holy Communion Morning Praise
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Sunday 24th (3 rd After Trinity)	10am	Holy Communion
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SUNDAY SERVICES – JULY

Sunday 1st (4th after Trinity)	8.30am 10am	Holy Communion Morning Praise
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Sunday 8th (5th after Trinity)	8.30am 10am	Holy Communion Family Service
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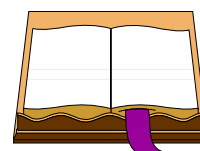
Sunday 15th (6th after Trinity)	8.30am 10am	Holy Communion Morning Praise
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Sunday 22nd (7th after Trinity)	10am	Holy Communion
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Sunday 29th (8th after Trinity)	8.30am 10am	Holy Communion Holiday Club Service
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There is also a service of Holy Communion or Morning Prayer each WEDNESDAY at 9.30am



followed by coffee shop until 11am

There is a prayer meeting at 9.30am until 9.40am each Sunday. Everyone is welcome to join us as we pray for the main service

THE WEEK AT ST. PAUL'S CHURCH

Sunday	8.30 am	Holy Communion (not 4th Sunday)
	10.00am	Morning Service (every week) including: Climbers for Jesus (0-6's) Rock Solid (7-10's) in term time Highlanders (11-18's) in term time
Monday	1.30pm	Homegroup – 7 Stoke Avenue (alternate weeks) Joan Lingwood ☎8500 5178
	8.00pm	Homegroup – (alternate weeks) – phone for details Jill James ☎8501 1162
Tuesday	9.15am	Prayers for the Church in the Side Chapel
Wednesday	9.30am	Holy Communion
	10.15am	Coffee Shop in the Hall
	12.30pm	Wheels and Squeals (Carer and Toddler Group)
	7.30pm	Highlanders Group meet in the Church Hall (alternate weeks)
Thursday	8.00pm	Homegroup – (alternate weeks) – phone for details Jill James ☎ 8501 1162 & Helen Duke ☎ 8500 6678



The Prayer Chain is organised so that prayer can be offered quickly for an individual or a particular situation. Ring the first person on either or both the lists. If they are not in, then ring the second and so on. Make your request clear and straightforward. The members of the chain will then pass on your request to the others and commit themselves to pray.

Chain 1

1. Maggie Sansom 8500 2341
2. Charmaine Andrews 8500 0164
3. Joan Lingwood 8500 5178
4. Joanna Cant 8500 3366
5. Sue Hartley 8500 4592

Chain 2

1. Beryl Gough 8550 0957
2. Sandra Lee-Down 8262 4494
3. Kathy Habberley 8501 1386
4. Will Davies 8551 3620
5. Sue Hartley 8500 4592

Deadline for the JULY edition of The Big Question:
Sunday, 10th June (please put material in the tray at
the back of the church, or email us:
Nicky Cleaver: mpacp.net@gmail.com
Jamie Taylor: jellytots_1@hotmail.com

The Vicar's Letter

Marie's Ordination

Very soon now, on July 1st, Marie Segal will be ordained deacon in Chelmsford Cathedral. Marie has been a member of St Paul's for over 20 years and has been very involved. She started Wheels and Squeals, organised Holiday Clubs for 15 years, ran our Sunday School and Friends of Jesus, took services and was Secretary of the PCC. She also had a full time job teaching at John Bramston. About five years ago she sensed God's calling her into ordained ministry and now at last she is ready to embark on this new phase of her life.



It reminds me that it is 20 years since my ordination: 31st May 1987 in St Thomas Cathedral, Hyderabad in Pakistan. I looked out the certificate and this is what it says:

"I, Bashir Jiwan by Divine permission chosen and installed the bishop of the Church of Pakistan in the diocese of Hyderabad certify that on the 31st Day of May in the year of our Lord 1987 in the jurisdiction of my diocese I did admit the beloved in Christ Christopher Cant of whose virtuous and pious life and conversation and learning and knowledge of the holy Scriptures I am well assured, into the Holy Order of Deacon according to the manner and form prescribed and used by the Church of Pakistan . . ."

Looking back I certainly did not feel virtuous and pious but I was ready to serve the church and love its people. It was only because the word 'deacon' means 'servant' that I was willing to be ordained at all! Even 20 years seems like just a beginning.

What I know is that Marie is much better prepared for ordination than I was and yet she too will feel very weak at the daunting task before her. As the service says:

"In your great love you sent Jesus Christ to take the form of a servant; he came to serve and not to be served; and taught us that he who would be great among us must be the servant of all . . ."

And now we give you thanks that you have called these your servants, whom we ordain in your name, to share this ministry entrusted to your Church."

To be a servant is very ordinary but to be called to follow the servant heart of Jesus is something awesome.

We do pray for Marie in these last weeks of her time of preparation that she will know in full confidence that God has called her and will help her each step of the way. We will miss her at St Paul's but feel excited that her first appointment is Curate at St Andrews Ilford. She will also continue teaching at John Bramston.

Christopher

June 2007

Sunday	3	3.00pm	Deanery Youth Event at St. Laurence Church
Monday	4		Back to School
			Homegroup at 18 Ascot Close
Wednesday	6	7.30pm	Highlanders
Thursday	7	7.30pm	St Paul's Staff Meeting
		8pm	Homegroup
Saturday	9	11-3pm	Summer Fun Day
		7.30pm	SatNav
Sunday	10	1pm	Tom's Birthday Lunch
Monday	11	1.30pm	Homegroup
Tuesday	12	7.30pm	PCC Meeting
Monday	18	8pm	Homegroup
Wednesday	20	7.30pm	Highlanders
Thursday	21	8pm	Homegroup
Saturday	23	10-4pm	Diocesan Environment Conference
		7.30pm	SatNav
Thursday	28	7.45pm	'Patience' by Gilbert & Sullivan
Friday	29	"	Lantern Light Opera in St Paul's Church
Saturday	30	"	

July

Sunday	1	11am	Marie's Ordination
Saturday	7		SatNav at Coppice Fayre
Thursday	19	7pm	Summer BBQ in Vicarage Garden

Diocesan Environment Conference – 23rd June 2007

The environment and how we look after it is such an important topic. Will the way we live today affect the quality of life for future generations? Whereas that used to be considered a nebulous question we now know the real urgency of the problem.

On Saturday June 23rd the Diocesan Environment Group is organising a day conference in Chelmsford with Elaine Storkey, UK President of Tearfund as the main speaker. Lunch will be provided and the cost of the day will only be £5.

10am – 4pm in The Chapter House of Chelmsford Cathedral

If you would like to come with me then let me know and I will book places and we can travel together.

Christopher Cant

What Happened at the PCC Away Day?

Saturday 28th April

The new St Paul's PCC met at St Peter's, Aldborough Hatch on a glorious sunny but chilly April day. Our task was to reflect on what God is doing in and through our church and to develop and focus our vision for the future.

We talked about how to balance the needs of different generations in our regular worship on Sunday mornings. We aim to choose more traditional songs and hymns for the Communion service once a month. We even talked about having a

hymn or two at the 8.30am service and starting the main service at 10.30am. That would be a major change when 10am Sunday Service has been the pattern ever since St Paul's began.

We looked at the challenge of integrating the new group of young people who have started coming to SatNav, to the Alpha Course and more recently to the Lent course. Some of them want to join Highlanders. One idea to pursue is regular film nights. We will start with a series telling the stories of different Bible characters.

In September we want to join in with the national initiative: 'Back to Church Sunday'. We will leaflet the schools and nearby streets and make it a really fun day for people to come to.

We spent time looking at our wish lists of all the practical improvements we want to make at St Paul's. One thing we must do is replace the pew bibles. The Summer Fayre is on June 9th and any money raised will be used to provide an external power socket behind the lounge and put up permanent lighting behind the hall and church. If there is enough we will also widen the path beside the hall to make it safer.

There are so many more things we want to do and as always we ran out of time even to talk about them. May God help us as a church to serve Him faithfully this coming year.

Christopher

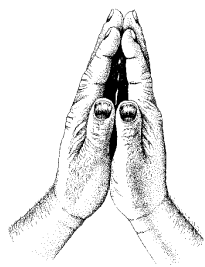


Visiting the horses on our lunchtime stroll

PRAYER MINISTRY AT ST PAUL'S

WHAT IS PRAYER MINISTRY?

As followers of Jesus, we are exhorted to pray for one another. In chapter 5 of his letter, James writes, “Pray for one another so that you may be healed”. Of course we can take our needs directly to the



Lord in prayer, but there are occasions when it is helpful to have the support of others. One of the titles of the Holy Spirit is “Paraclete”, which comes from the Greek word to come alongside. That is exactly what we are doing in prayer ministry; we are letting the Holy Spirit use us to come alongside our brother or sister in their need. In 1 Cor. 12, Paul writes that different gifts of the Spirit are given to each member for the good of the whole church. Prayer ministry is one aspect of the Lord’s gift of healing to his church, through which we can express God’s care and our care for one another.

A NEW TEAM

Prayer Ministry is now available at our 10am Sunday service. A new team has been formed and was commissioned by Chris in the morning service on the 29th April. At the present time, the team includes Tom and Beryl, Sarah C-M, Charmaine, Sharon, Bernie, Dave Lovelock, Lisselle, Will, Sam Wilkes as well as Chris and Sue. We are encouraged that team consists of men and women who have such a deep desire to serve the Lord and the church family in this way; and it is also great that there is good mix of younger folks and folks who’ve been on the Christian journey for many years. Team members will be accountable to the Vicar and ongoing training will be provided for them

HOW IT WILL WORK

During Communion services, members of the team will be available to pray with people after they have received the bread and the wine. If you would like someone to pray with you, there will always be someone coordinating the ministry who will guide you to an available team pair. If you do not receive Communion and would still like prayer, just come forward when invited. At other services members of the team will be available after the final hymn.

WHAT CAN I BRING TO PRAYER MINISTRY?

People can bring any need they wish. Here are some examples;

- You may have been challenged by the sermon and want to respond to God with some sort of renewed commitment
- You might be seeking God’s guidance and want someone to pray with you—but it’s not the place of the team to tell you what to do!
- You might be struggling with prayer
- You might want to give thanks to God for a special blessing
- You might be hurting inside
- You might be seeking physical or emotional healing

We look forward to experiencing more of God’s love and power in our lives as we move forward in faith and obedience to him.

If you would like to explore being involved in this ministry, we invite you to come along. The sessions will be held on a regular basis and will be in the notice sheet.

Sue Hartley

My Testimony - Sam Wilkes

I was very lucky to have been brought up in a Christian family and I believe this is where I got my major Christian values. I am very thankful to my family for giving such a strong upbringing. They took me to church when I was young, Ashurst Drive Baptist Church, but always said once I got old enough it was my decision if I went to church or not. I enjoyed church from a young age and saw it was a place to meet with friends and learn about God. As I grew older I felt my relationship with God develop and felt that there was only one decision I could make... to let Jesus into my heart. I can't remember when I first committed my life to Christ but I remember feeling fine and just carried my life in the same way.

One day when Tough Talk came to my church and I was really touched by what they said. They were talking about how they used to stab people but when they let God into their lives they realised how much they needed to change. This rang alarm bells in my head, granted I've never stabbed anyone, but I realised that I had to change. At the end of the service they said did anyone want to give their life to God; I really wanted to but thought I'd already given it to him... I can't really do it again, can I? Eventually I put my hand up and they prayed. At the end of the service a guy came to talk to me about the decision I had made, so I explained and we prayed again. During this prayer I felt so many emotions and felt I was becoming right with God. At that point I got my first vision from God, of which I will never forget! It was of my heart and it was all black with like arrows and scars etc. all over it. Then a white dove flew into it and it became a pure white heart. This really confirmed to me that I had made the right decision and that I really needed to live my life for God.

For the next few years I strived to do that. At the age of 11 I decided I wanted to be baptised so we prayed about it as a family and felt that the decision was right, my brother was also baptised at the same time. As I went to a Baptist church this was a major thing as it is full emersion and was not a decision to be taken lightly so I went through baptismal classes, to make sure it was really what I wanted to do. On the 26th march 2000 I was baptised at my church. I had to give my testimony which was really scary, for the people that didn't know me I was really quiet when I was young and extremely shy. I saw my baptism to be the next step in my relationship with God and a public declaration that I wanted to live my life for him. I still remember the feeling I had when I got out of the pool it was of refreshment and a feeling of being clean and looked up and saw Mark Waterfield standing there with my towel, Mark is a man I owe a great deal to as I always looked up to him and as you will read later he had a big impact on my life.

Previous to this I was considering what secondary school to go to and as I have mild special needs this was very important decision to make. So we went to see St. Edwards and decided to apply there, here's where the problems come; I didn't get in so it looked like I was going to valentines which we felt wasn't the right school for me. So I said to my parents I'll go where God wants me to go, so we prayed about it once more and I still felt I really wanted to go to St. Edwards but if it weren't right, it weren't right. My family appealed and the panel let me in to St. Edwards, this really taught me to fully rely on God and that prayer actually works and is very important. I'm so sure that I was supposed to go to St. Edwards as I grew in confidence there and through the hard times that I faced, when my Nan died, their pastoral care helped me through! At St. Edwards I thought I was a little bit of a rude boy and a bit of a gangster and started to lead my life in a way that wasn't pleasing to God. This time I didn't realise it and continued to



Me and the guys at CYFA

slip into bad habits! This continued but one day Mark Waterfield came round my house and told me about this camp he was leading on and asked me if I wanted to go, I was really scared as I didn't know anyone who was going and wasn't sure if I wanted to go, but he persuaded me, so I signed up. This decision was one of the best ones I have ever made as it meant I was going to CYFA! I was still a bit scared but I went to school on the Monday and started talking to a guy called Paul Wragg, I hadn't really talked to him before. We started discussing what we were doing in the summer and both found out that we were on the same CYFA camp! How cool is that? So that summer off I went to CYFA with Wragg and a few other crazy people from the highlanders who later became the best set of friends I could ever ask for!

On the first night I went to the meeting and found out that the topic was 'It is finished (last words)'. I wasn't particularly looking forward to a long service and wasn't excited about it. The talk began and I felt myself starting to listen to what was being said and was hit by this conviction; I wasn't living my life the right way and all the things I was doing wrong were revealed to me, I burst out in tears and cried for ages, a leader called Graham talked to me and helped me. This happened every night and I think they were starting to run out of tissues! By the end of CYFA I realised that God loved me no matter what I had done and Jesus' sacrifice on the cross had made me right with God.

From there I moved on in my faith, I was extremely thankful for what Ashurst did for me but I felt that at that point it was the right point to go. So I started going to St. Paul's and developed some great relationships with the people there. They are so amazing I felt accepted immediately for whom I was, the friends I made then will stay with me forever and I love all of you so much. You have all had an impact on my life and helped me move on in my faith. Thank you so much for all you have done and always being there for me.

I went to CYFA again the next year and there I prayed about many things and one night I was sitting with Moffat and I felt the Holy Spirit so much. At the end of the meeting I started praying with him and literally I couldn't stop my mouth from praying words of amazing praise for God, we were praying for about 1 - 2 hours but it felt like seconds, I really discovered the amazing love of my God, how great prayer is and a gift of prayer. I felt like I could do anything for God there was nothing that could stand in my way. I came home and life was great I was so on fire it was



Taunton 2005! Brrrrap

unbelievable but then I got attacked! I was sitting in CU and something was said that I didn't really agree with and I let it dwell in me instead of letting it go and discussing it. I walked away feeling crushed and so low. For ages I couldn't even walk into CU. One lunch time I walked past the door about 30 times and just couldn't open the door. I still went to church but for only one reason that was to see my friends. Eventually I couldn't bear it any more and spoke to Rachel about it briefly and she really encouraged me and reminded me of the times when I was on a high, thanks so much for that, I'll never forget it and I owe you one. I went to a Steve gig and Moffat was there we had a really long conversation we prayed and I came away feeling slightly better. I said to God I still wanted to be his and I wanted him to still use me but I was finding it hard. I love God so much because when I spoke to him and said I was his, he started to give me dreams and visions for me and for others and I felt that God was still using me even though I felt far away from him.

I was reminded of the poem Footprints, which I love, and I started to feel God was building me up again. God started using me in so many ways it was unbelievable he really developed my gift of prayer and people were given visions for me and I was finally living my life for him again. I felt so right with God and once again felt I could do anything with him and through him. This is a real testament to how God never leaves or rejects you and is always willing to pick you up and give you a great big hug.

So what am I doing now, well as you may I'm a leader in Highlanders, SatNav and recently Alpha and feel God is developing a gift of leadership in me. Even through I have been through a lot in my relationship with God I'm still astounded by what he has done for me and what he is doing daily in the world we live in and in people's lives. I just hope I will continue to grow in my faith and live my life on the path he has for me and live it for him!!

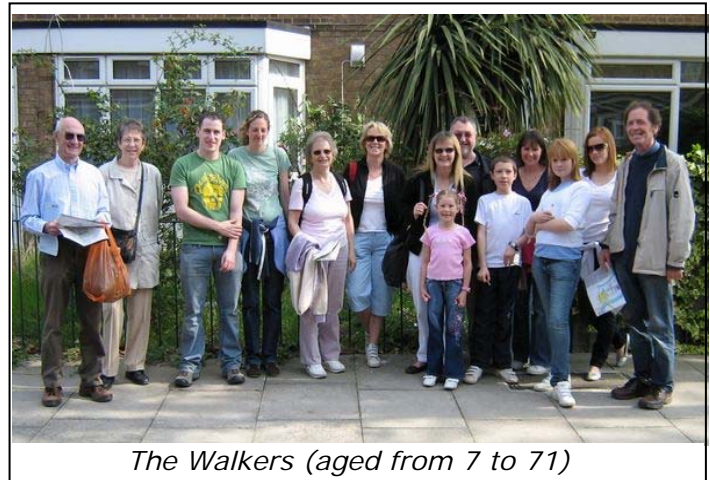
I hope this testimony a real encouragement to you all, and remember God never lets you go and he does have a plan for you and your life!! Just remember Jeremiah 29 v 11 - 13, God Bless, Sam

For even longer version and if there are any questions please see **Sam Wilkes!**

The 2007 Unlock Walk

Sunday the 22nd April saw one of the annual highlights of London life – the London Marathon. This, however, was overshadowed the day before by an even more momentous occasion – the annual Unlock Walk. A group of the congregation of St. Paul's, accompanied by various family members and other 'hangers on', set off on the 8½ mile route in glorious sunshine.

The route started at Island Gardens on the north side of the Thames opposite Greenwich and went up through Docklands and then west along the Thames. It then crossed the Thames at Tower Bridge and turned east back towards Greenwich.



The Walkers (aged from 7 to 71)



St. Peter's Barge

The plan was to have lunch somewhere near Tower Bridge, perhaps in St. Katherine's Dock. As the morning progressed it became clear that this plan was hopelessly optimistic as by midday we were still languishing in Docklands having spent too much time looking at the buildings and in St. Peter's Barge which is a floating church moored at Canary Wharf. You can find out more about this impressive project at <http://www.stpetersbarge.org>.

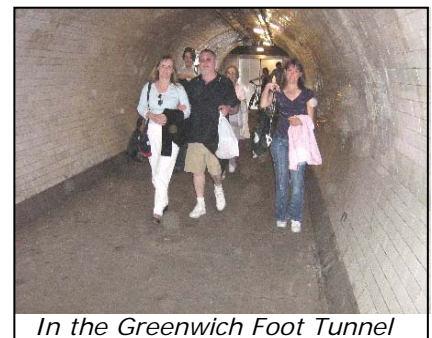
The walk consists of short-ish hops between churches that have opened their doors for the day and a packed lunch was had at St. Paul's Church in Shadwell. The children (and Rob) had fun exploring the balconies and the organ loft and even found the old manual organ pump.

We eventually arrived at St. Katherine's Dock where the Marathon preparations were much in evidence. Some of our group became distracted by Starbuck's and a French Market taking place in the dock and some strict marshalling of walkers was required to get things going again.

Once over Tower Bridge, and in possession of much needed ice creams, we turned left along Tooley Street and started heading back towards Greenwich. After passing through Southwark Park (which by the way is a really nice park that I had never seen before) some confusion occurred which resulted in Chris (the Vicar), Jill (the Churchwarden) and Steve (Jill's husband) hopping on a bus and disappearing in a cloud of diesel fumes.

When we caught up with Jill and Steve at the next stop, Jill's excuse was 'the Vicar told me to get on the bus so I did'. While this level of discipline and devotion to her immediate boss is admirable, we felt a little surprised at how easily Jill had been persuaded to quit walking and take the bus! Chris seemed to have a pretty good excuse – he needed to get home and finish preparations for the Sunday service. They only missed out on about half a mile of walking so we'll let them off this time...

The final part of the walk was through the Greenwich foot tunnel (lifts out of order at both ends!) and then back to Island Gardens. It sounds odd to people when you try and explain that you are planning to trudge the streets of London between churches all day but everybody that comes enjoys themselves and they keep on returning year after year. More photos are available on the St. Paul's website.



In the Greenwich Foot Tunnel

The walk is the main source of funding for Unlock which is a Christian charity based in Sheffield which dedicates itself to helping urban churches of any denomination to respond to challenges in their area. See <http://www.unlock-urban.org.uk> for more details.

Next year's walk is on 19th April 2008 so make a note in your diary!

Rob Whittaker

Link2God

L2G

I would like to create a place where anyone that is hurting, depressed, lonely or confused can find love, acceptance, help, hope, guidance and encouragement.

It will be called [Link2God](#). (L2G)

A group of Christian volunteers will be involved and trained to give information and practical help where possible, or emotional support.

[Link2God](#) would not just be for victims or violence or abuse, but also elderly, lonely and hurting people are also welcome.

(Matthew 11:28): *Then Jesus said, "Come to me, all of you that are weary and carry heavy burdens, and I will give you rest."*

Where appropriate they would be referred to appropriate Christian centres or agencies, for advice on financial, housing, medical or other matters, or for Christian counselling. When trust in [Link2God](#) has been established, we will start visiting people's homes. We could also extend by visiting the elderly in care, in hospital, etc...

(Matthew 25:35-36), (Matthew 7:12), (Matthew 5:13-16)

Every Christian is welcome to join [Link2God](#) and be involved. Even if they just have an hour a month to give, they can be part of the project and help. It would be about putting our gifts together in order to make a difference in people's life. In a practical way, it could be about repairing locks, changing light bulbs, shopping for the elderly etc...

No time commitment is required; it will be absolutely in your own time.

Keep watching, because you will hear from us again in the next magazine.

I believe that EVERYBODY is able to give something to someone. I repeat again, together we can make a big difference in people's life.

We pray with people for a miracle, why don't we try to be their miracle?

If you need more information, or feel that God wants you to be part of the project, please don't hesitate to contact me:

Christelceraline@yahoo.fr Tel: 079515282856/02089247346 May God bless you. Christel
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A letter from Rachel Thorpe in Cambridge:

Dear all at St. Paul's,

Some of you might have noticed that I haven't been around at church much. I thought I'd just let you know a little bit about what I've been up to... and so that Nicky and Jamie can fill up another page of the magazine!

I am in my second term studying at the University of Cambridge. Cambridge is organised in colleges rather than having a central campus, and I am at Sidney Sussex. The main benefit is that Sainsbury's is about 5 steps from my college so I know most of the special offers by heart! Sidney is also on the smaller side so it's easier to get to know everyone. It's also a fairly old college, one which used to be a monastery. Oliver Cromwell attended Sidney and his skull is now buried under the chapel, and Carol Vorderman was also a college member so I'm following in famous footsteps!!

I'm studying English Literature so I often have my nose in a book – I've probably read more books in the last two terms than in the rest of my life. By now I should have a comprehensive knowledge of English writing from the Victorian era to the present day, and from the Renaissance...well, that's the idea anyway.

Teaching is done mostly in lectures and a few classes. However, what makes Cambridge really different from all other universities (except Oxford and maybe Durham) is the supervision system. This is an hour one-on-one or two-on-one with your 'supervisor'. They are a fellow in your college who is almost certainly a world expert in the field you are studying. This makes for a very helpful, interesting, yet extremely challenging and intense meeting once a week.

It is a fascinating course and a really enjoyable one but the work load is a bit insane. I think at last count I had written 19 essays!

It's not all work, there are plenty of other things to do. I am an Ents Rep on my college union which means I organise fancy dress parties in the bar every fortnight. I'm certainly well practiced from decorating St. Paul's Hall! This year so far I have been seen dressed as a zebra, a pirate, Nemo and a Christmas tree to name but a few.

I also do lots of other stuff – I help run a cell group which is part of a movement called Fusion, I was in a short play last term, I still go to dance lessons and I have even tried out the gospel choir.



Me as Nemo!

I have found a fantastic church called CLC (City Life Church) which is attached to a movement called Plumblin. It is largely made up of students, but there is a mix of all ages. We meet in the university music hall which is very new and modern – and sitting on the padded chairs is a real joy after 18 years of pews. Unfortunately we also start at 10 so there is no lying in, but it's worth getting up for. Every week is different and they are really keen to keep us on our toes and make sure we never get too comfortable and complacent.

My church is on the same site as my lecture block. To get there I have to walk for about 15 minutes. My route takes me through the market place, through Kings College across the river Cam (by bridge as my swimming isn't too good!). It is beautiful to walk through the backs almost every morning. My parents will tell you how much I whinged about being made to look at scenery as a child, but almost every day I have to stop for a second and realise how lucky I am – I must have the most beautiful walk to lectures in the country.



My Family coming to visit



Cambridge in the snow

Cambridge is fantastic because there is always something new to see or do. About two weeks ago I went in to Kings College Chapel for the first time and it was totally amazing. There is a different play to see every night, a million restaurants to try out, pokey bookshops to explore hiding around every corner and more tourist attractions than I'll ever have time to visit. There are also museums and galleries everywhere you look. I want to attend formal at some other college too. Formal is a sit down dinner where we all have to wear our gowns and it is all rather Harry-Potter-esque, but very fun. There are also non-stop activities – next term I'm our college

Christian Aid Rep, and I might even try a spot of coxing for the ladies rowing team... will the fun ever end?

With life at Cambridge being so manic it's very easy to fall into a mind set that you are so stressed and no one in the world has as much to do as you do. There is also the temptation to go into the eight week terms with a survival mentality – "If I can just make it to next week, I'll be ok" and so on, every week, until term has disappeared. I sit here now having just returned from Spring Harvest wearing a bracelet which says it all,

"The joy of the Lord is my strength" Nem 8:10.

Every day at Cambridge God is teaching me new lessons about who I am and who I am made to be in him. I am surrounded by more non-Christian friends than ever before and he challenges me constantly to be a servant. He forever reminds me to find joy in my work. I am forced not to worry too much about my essays and instead let my worries shape my prayers. And the list goes on...

Basically, God is just as good in Cambridge as he is in Hainault, and every day I am surer that I am where he wants me.

I miss you all tons and pray for you all the time though. Really, with terms being so short, I have two amazing lives, one in Hainault and one in Cambridge.

And until next time I return to my Hainault life, God Bless,

Dream big in Him,

Rachel Thorpe

P.S. I promise to write soon!

The Stress Exam page

Hello all you students who now have to go through the boredom of revision and then the pressure of only having an exam to prove that you know what you have been studying.

Well, we all know that we can get really overloaded by work and constantly feel overwhelmed by the pressure; which then results in the S work. . . . STRESS!!!!

I don't know about you, but I constantly feel under pressure and then result in a mood swing or something. But, hopefully the following bible passage and quote by David Gatward will be helpful in keeping your focus on your goal, and the process of getting there.

I always feel that my exams are so important and that I won't be able to get anywhere without my grades. Well, if you focus on God you'll come to realize that to fulfill your purpose and dreams, God doesn't want qualifications from us, he wants a pure heart and for us to listen to us. God will be the one to open all the doors if we stay open to him!

This prayer and bible passage was left on the kitchen table by my lovely mummy for my first exam of this year:

Lord, I trust you with all my heart, and I will not lean on my own understanding. I acknowledge you in all my ways and ask you to direct my paths. Order my day and be in charge of it. Help me to do all I need to do. Amen

A man's heart plans his way, but the LORD directs his steps. Proverbs 16.9

The short extract that I always look at when I feel rushed and feel in a mess because I try to do as much work as possible but get nowhere:

Exams

Help me, Lord, to be able
to pass the test, to run life's race,
and never give up.

To do my best – for you.
And, when swamped by a pile of books
and confused by countless questions,
then help me to pause and give thanks
that in all the stress,
the work and the pain,
I have at least the opportunity
To try and do well.
Thank you, Lord.

Jamie Taylor.

Can you please pray for these people as they go through the strenuous time of the exam process:

May

Monday	21st	General Studies	A level	Josh Wilkes
				Moira Clarke-Moisley
Tuesday	22nd	Psychology	A level	Lorna Wright
				Jamie Parnell
				Moira Clarke-Moisley
		English Language	A level	Josh Wilkes
				Moira Clarke-Moisley
		English Literature	A level	Stacey Coughlan
				Jamie Parnell
		Biology	A level	Steve Musker
		English Literature	GCSE	Andrea Demitriou
				Liam Smith
				Dan Wragg
				Lace Parnell
Friday	25th	Chemistry	A level	Steve Musker

JUNE

Monday	4th	Mathematics	GCSE	Andrea Demitriou
				Liam Smith
				Will Davies
				Dan Wragg
				Lace Parnell
		Geography	GCSE	Andrea Demitriou
Tuesday	5th	Government and Politics	A level	Josh Wilkes
		Product Design	A level	Jamie Parnell
		English	GCSE	Andrea Demitriou
				Liam Smith
				Stacey Coughlan
				Katie Ridley
				Dan Wragg
				Lace Parnell
		Graphics	GCSE	Andrea Demitriou
				Liam Smith
Wednesday	6th	Chemistry	A level	Nicky Cleaver
		History	A level	Josh Wilkes
		Biology	GCSE	Andrea Demitriou
		Science-Double Award	GCSE	Liam Smith
				Lace Parnell
				Dan Wragg
		ICT	GCSE	Liam Smith
		Business Communications		Will Davies
Thursday	7th	Media	A level	Lorna Wright
		R.S	A level	Josh Wilkes
		English	GCSE	Andrea Demitriou
				Liam Smith
				Dan Wragg
				Lace Parnell
				Katie Ridley
				Stacey Coughlan
		German	GCSE	Liam Smith
		Science	GCSE	Alicia Hunt

Friday	8th	History	A level	Rachael Nejman
		History	GCSE	Liam Smith
				Andrea Demitriou
		French	GCSE	Liam Smith
Monday	11th	English Literature	A level	Jamie Taylor
		Mathematics	A level	Steve Musker
		Mathematics	GCSE	Andrea Demitriou
				Liam Smith
				Dan Wragg
				Lace Parnell
				Will Davies
		Geography	GCSE	Andrea Demitriou
Tuesday	12th	German	GCSE	Liam Smith
Wednesday	13th	Science-Double Award	GCSE	Liam Smith
				Lace Parnell
				Dan Wragg
		Chemistry	GCSE	Andrea Demitriou
		Business Organisations		Will Davies
Thursday	14th	Mathematics	A level	Steve Musker
		Psychology	A level	Rachael Nejman
		History	GCSE	Andrea Demitriou
				Liam Smith
Friday	15th	Sociology	A level	Rachael Nejman
		French	GCSE	Liam Smith
		Physics	GCSE	Andrea Demitriou
Monday	18th	Chemistry	A level	Nicky Cleaver
				Steve Musker
		Media	A level	Jamie Taylor
		History	A level	Rachael Nejman
Tuesday	19th	Music	A level	Nicky Cleaver
		Biology	A level	Steve Musker
		English Literature	A level	Jamie Taylor
		Database Exam		Will Davies
		Word processing 1		Will Davies
Wednesday	20th	Psychology	A level	Rachel Nejman
		Sociology	GCSE	Andrea Demitriou
		Word processing 2		Will Davies
Thursday	21st	English Literature		Jamie Taylor
		Media		Jamie Taylor
Friday	22nd	Biology	A level	Steve Musker
		Graphics	GCSE	Andrea Demitriou
Monday	25th	Chemistry	A level	Nicky Cleaver
				Steve Musker
		English Language	A level	Jamie Taylor
Wednesday	27th	English Language	A level	Jamie Taylor
		Sociology	A level	Rachael Nejman

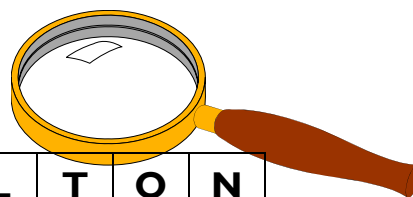
May God really inspire them to revise for these exams, let them revise for the right things. As they go in the exam room, don't let them panic, but comfort them. Fill them with the knowledge they need, let them achieve how you want them to achieve.

Amen

Blast from the Past

This Word Search is from April 2006, another chance to find the words!

WORD SEARCH



W	H	E	V	E	N	I	N	L	T	O	N
E	I	D	N	E	D	D	I	B	R	O	F
A	S	C	H	Z	W	V	M	S	I	B	X
R	E	T	K	A	E	I	Y	T	H	E	Y
Y	L	T	S	E	N	R	A	E	S	H	W
R	O	H	H	D	D	M	D	N	I	A	N
G	H	R	O	H	A	N	O	J	L	V	W
N	W	E	W	L	F	I	S	K	L	I	O
A	F	E	C	Y	T	R	O	F	A	O	D
H	T	O	L	C	K	C	A	S	P	U	T
S	R	F	A	S	T	Y	E	B	O	R	G
P	D	E	T	N	E	P	E	R	A	N	D

JONAH OBEYS THE LORD

Once again the Lord spoke to Jonah. He said, "Go to Nineveh, that great city, and proclaim to the people the message I have given you." So **JONAH** obeyed the Lord and went to Nineveh, a city so large that it took **THREE** days to **WALK** through it. Jonah started through the city, and after walking a **WHOLE DAY** he proclaimed, "In **FORTY** days **NINEVEH** will be destroyed!"

The people of Nineveh believed God's message. **SO THEY** decided that everyone should **FAST**, and all the people, from the greatest to **THE** least, **PUT** on **SACKCLOTH** to **SHOW** that they had **REPENTED**.

When the king of Nineveh heard about it, he got up from his throne, took off his **ROBE**, put on sackcloth, and sat **DOWN** in ashes. He sent out a **PROCLAMATION** to the people of Nineveh: "This is an order from the king and his officials: no one is to eat anything; all persons, cattle, **AND** sheep are **FORBIDDEN** to eat or drink. **ALL** persons and animals must **WEAR** sackcloth. Everyone must pray **EARNESTLY** to God and must give up his **WICKED** behaviour and his **EVIL ACTIONS**. Perhaps God will change his **MIND**; perhaps he will stop being **ANGRY**, and we will **NOT DIE!**"

God saw what they did; he **SAW** that they had given up their wicked **BEHAVIOUR**. So he changed **HIS** mind and did not punish them as he had said he would.

Jonah, Chapter 3 vs1 – 10

June Clare



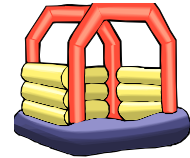
SUMMER FUN DAY

Saturday 9th June



11am - 3pm

ST PAUL'S CHURCH
HAINAULT
Arrowsmith Road Chigwell



Bouncy Castle

Plant Stall
Tombola



Hook-a-Duck



White Elephant



Cake Stall

Talent Show

X FACTOR

Bring your props and
CD's with you!

*** PRIZES ***

City Limits Bowling Tickets

Family Ticket to Southend
Pleasure Beach

Colchester Zoo tickets

Book Stall



**Nail Art and
Hair Braiding**



Face Painting

Special Events



Lantern Light Opera



*Free Admission!
Everyone Welcome
Hope to see you soon!*

Raffle
Great prizes!
Fun & Games
for all



Toy Stall