

# Parish Magazine



Photo by James Coleman

 **Parish of Rayleigh**  
Holy Trinity ✠ St Michael's

**July 2019 50p**

## **Parish Office Contacts**

Parish Office: Open Monday to Friday 9.00am – 1.00pm

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Associate Minister: Rev'd Tracy Nutter

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Readers: Mike Tautz and Duncan Johnson

Pastoral Team: Maree Gaskin, Christina Hall, Ann Fox, Mike Tautz, Tracy Nutter, Susan Bradshaw and Cara Parker

Church Wardens: Jacky Wragg and Wayne Prankard

Parochial Church Council: Gordon Simmonds (Vice Chairman)

**For all enquiries please refer to the  
Parish Office contact details above**

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## Letter from the Reverend ...

Dear Church family,



I'm sure by now you'll have seen the logo at the top of this page, and hopefully also picked up the thread of some of the sermons, the articles in Rectors Ramblings, our recent APCM, and also conversations taking place, around the idea "2019 – A Year of Preparation."

### **Why do we need a year of preparation, and what is it?**

A while back I had an idea that we might consider having a "Year of Invitation", where we'd put on community focused events to which we can invite friends, family, and neighbours as a means of building bridges with our community. At the time I was thinking and sharing this idea, several people said they didn't think the church was ready for this, and why not defer the idea for a year and instead focus on "getting ready" for that year. This is where "A Year of Preparation" came from, getting ourselves ready for the "Year of Invitation" in 2020.

### **So far this year we've:**

- Established our "Strategic Priorities" – which is helping shape our direction as a Parish for the years ahead.
- Run a Sermon Foundation Series – looking at what it means to be a church community.
- Run The Beautiful Loves (Home Group) study – exploring sharing our faith.
- Run The Mission Shaped Intro course (Home Group) – exploring what Church might look like for today's changing culture and context.
- We've also run A Course on Preaching.

### **Other things planned for the Church family to engage with:**

- Exploring the Bible course (written by the Bible Society) which will be run on a Thursday evening (date TBC).
- Sharing our Faith (x2 Saturday morning sessions, on the basics of sharing our faith with others, date TBC).
- Prayer Ministry Course (date TBC).
- Romans Bible Study (via Home Groups – providing the theological foundations of the Christian faith).

## What does it have to do with me?

Ultimately the “2020 - A Year of Invitation” will only work if the whole church family is involved, be that in helping run the planned events (details to be confirmed soon) or more importantly coming along with someone you’ve invited. The year will be a flop if no one invites anyone along; we are all called to serve God with the different and distinct gifts and ministries He’s given us, and we are all called to “share the hope within us”, but we have to start somewhere, and my prayer and hope is the “Year of Invitation” is a gentle way of helping us along that path, and the “Year of Preparation” is helping us be ready.

Rev David Oxtoby – Team Rector



## Note from the Editors

Welcome to the July edition of the Parish Magazine! We hope you’re having a lovely summer so far, enjoying the warmer weather and God’s glory in nature.

This month we draw your attention to several charity fundraisers going on in the parish (see page 10 and 21), and we have our latest (very exciting!) diary entry from Trinity Bear before the Teddy Bear Jump on the 13<sup>th</sup> July (page 12 and page 20). The Friends of Holy Trinity have been particularly busy this month, organising the Garden Trail on the August bank holiday weekend, having just got over a very successful Trinity Fair and Church Tower open day (see page 8). We are also delighted to have a book review in this month’s edition (page 18), along with an update from CAMEO and Homegroups.



**The deadline for the magazine is on the second Sunday of every month; if you would like to send in an article, review or photograph please email [magazine@parishofrayleigh.org.uk](mailto:magazine@parishofrayleigh.org.uk).**

## Parish of Rayleigh Flower Ministry

This month flowers have been donated to the glory of God by



- 7<sup>th</sup> July                      Hiranthi Fernando in memory of Sue Murphy;  
                                    Enid Grimwood in memory of her sister Anne;  
                                    Lynn Lee in memory of Pam and Derek Woodward.
- 14<sup>th</sup> July                      Grace Davison in memory of her parents Win and Leslie Harrison
- 21<sup>st</sup> July                      Yolanda Grainger in memory of Gran;  
                                    Stella Lutterloch and family in memory of Bob  
                                    Violet Bishop in memory of John
- 28<sup>th</sup> July                      Mr and Mrs Wilkinson in memory of Valerie

*If you feel you would like to support the flower ministry in memory of loved ones, to celebrate an occasion or just because you appreciate God's beautiful world please contact:*

**Deborah Pocock on  
Maggie Smith on**

*Cheques should be made payable to "PCC of Rayleigh" and can be handed in via the office or put in an envelope with "Flower Donation from ... for ..." in the collection plate.*

Deborah Pocock

## Parish Register



### Funerals

31-May-19	Vicki Ann George	50
12-Jun-19	Shirley Ellen Whitmarsh	83
17-Jun-19	Maria Johanna Nicholls	77
24-Jun-19	Edna Kathleen Toes	99



### Prayer

Lord God, bring us together as one, reconciled with you and reconciled with each other. You made us in your likeness, you gave us your Son Jesus Christ. He has given us forgiveness from sin.

Lord God, bring us together as one, different in culture, but given new life in Jesus Christ, together as your body, your Church, your people.

Lord God, bring us together as one, reconciled, healed, forgiven, sharing you with others as you have called us to do.

In Jesus Christ, let us be together as one.

Amen

*Bishop Arthur and Mrs Colleen Malcolm, A Prayer Book for Australia p.203*



**The friends of holy trinity rayleigh**

The Friends of Holy Trinity, Rayleigh, Registered Charity Number 1069853

Early Warning Notice! The Friends Garden Trail is almost upon us, so here is a taste of what is in store for the Bank Holiday Weekend, 25<sup>th</sup> and 26<sup>th</sup> August 2019.

We have had a marvellous response to our request for local garden owners to open their gates and share their love of gardening with the local community. Many of those who have agreed to take part have done so year on year and we are thrilled that they are still willing to be included in our Garden Trail, having expressed pleasure in being asked again. This year we also have several garden owners who are returning after a few years of absence and it will be wonderful to see what changes have taken place.

Many participants worry that their garden plots are 'a work in progress' but it is a wonderful opportunity to see how gardens evolve over time and inspire us to see what we can do with our own particular patch of land.

Some highlights include a garden railway and a very individual garden which featured in Monty Don's television programme 'Big Dreams, Small Spaces'. You can pay a visit to Sweyne Allotments and see what allotment holders produce there and also spend time at Rayleigh Bowls Club.

There are approximately twenty gardens opening during the weekend, giving those of us without green fingers a chance to explore what can be achieved in our own gardens. While some will be open just on the Sunday or Monday, ten will be open on both days, so be sure to purchase your Garden Trail guide and plan your route around the town.

The Trail Guides will be available before the event at a bargain price of £4 or on the weekend itself at £5 and can be purchased at various venues in Rayleigh, including the Parish Office.

The afternoon of Sunday 9<sup>th</sup> June saw the opening of the church Tower to people attending the Trinity Fair. Approximately 340 people made their way up to the top of the tower and were rewarded with stunning views across the town. We were lucky with the weather until the last tour when we had a few spots of rain, but this didn't deter anyone from make the climb.

Light refreshments were available in the hall any many took advantage of the chance to sit and enjoy a few quiet minutes, away from the bustle of the town activities.

The total raised for 'The Friends of Holy Trinity' from the refreshments, the bric-a-brac stall, the plant sale and the tower opening was in the region of £1350 which was a wonderful achievement, and a big 'thank you' goes out to everyone who worked so hard to make the afternoon a success.

Now – although it might see a long way off, a brief reminder of our coach trip to Rochester and Great Comp Garden on 7<sup>th</sup> September. Seats on the coach are filling up fast, so if you are thinking of going along, please contact Liz Simmonds on 01268 745825 as soon as possible.

Chris Redrup  
Committee Member

### **Open Swimming Pool for Summer Season – July 2019**

Sue will be opening her swimming pool again this month. Come along and join other folk from Holy Trinity, enjoy the comfort of Sue's heated outdoor pool, and swim and chat with a cuppa for as long as you are able. Sessions are between 2:30pm and 5:30pm on the following dates:

Monday 1<sup>st</sup> & Wednesday 3<sup>rd</sup> July  
Tuesday 9<sup>th</sup> & Friday 12<sup>th</sup> July  
Tuesday 16<sup>th</sup> & Thursday 18<sup>th</sup> July  
Monday 22<sup>nd</sup> & Thursday 25<sup>th</sup> July  
Monday 29<sup>th</sup> July

Address: Lone Maple, 71 High Road, Hockley.

Parking available on the drive and verge. Donations welcomed to support the Friends of Holy Trinity; no appointment necessary, just call in.

For any further information, call Sue  
on 01702 202175.



## The Leprosy Mission

You will have seen from our News Sheets and Parish Magazine that our parish has been instrumental in raising significant funds for The Leprosy Mission.



In recent months we have sadly lost some of our donors in the parish and I am asking if there is anyone in our congregation who would consider becoming a Leprosy Mission donor. We don't ask for big sums of money, perhaps a bit of "loose change". Some of you will have seen the boxes and phials used (shown in the photo) and I now have a number of these free. The small cylinder at the front will hold 20p or £1 coins. The others will have a mixture. A small amount of money from a large number of people soon mounts up. At the end of April and



October each year, I empty your boxes and phials and a cheque for the total amount from the Parish is then sent to TLM to aid their work in combatting leprosy.

In recent times we have raised £3000 per year. I will be pleased to explain further and answer any questions you have so please get in touch if you can help.

David Medcraft –

## Thank you from Marie Weir

Hamish and I want to thank everyone for their kind wishes, gifts, cards and visits. We felt very loved and cared for at our last Sunday in Rayleigh.

It was quite overwhelming. We have settled into holiday mode for the time being at our daughter's and will start to look for our new home soon.

I will do my best to keep in touch from time to time, meanwhile, God bless.

## Rayleigh Parish CAMEO Group ("Come & Meet Each Other")



Cameo is a very appropriate name for our group! We are friendly, caring, and have some interesting and inspiring speakers and meetings, thanks to our two secretaries.

Articles for the Parish Magazine have to be written a month in advance. So, although we are at the beginning of June, we can reflect on May, and look forward to July.

On May 23<sup>rd</sup> Barbara Townsend gave an inspirational talk about Shoeboxes in Bosnia. It was very poignant to hear how the Holy Spirit moves to provide the right items & people alongside the shoeboxes, in situations of specific need.

Our programme for June includes a film show, and a visit to Furzelea Garden in Danbury.

We only have two meetings in July:

Thursday 4<sup>th</sup> July: Informal (to be arranged)

Thursday 11<sup>th</sup> July: Lent Project (Bar n Bus) Garden Party.

On Saturday July 13<sup>th</sup> we will be supporting **Biggles Toogood** in his energetic Tower Jump! He is training hard!

**Biggles Toogood** is one of the older, more experienced Bears. He is also quite shy! Circus Bear is being closely supervised during training, Health & Safety rules were observed, and no Bears were harmed in taking these pictures!

For further information about Cameo please contact: Mrs S Bentley on 01268-772431, or Mrs H Jones on 01268-786245.

We wish all our friends at Holy Trinity & St Michael's a happy, relaxing, sun blest summer. Our meetings resume on September 5<sup>th</sup>.



## Trinity Bear Diaries

Hello Everyone!

For those of you reading this before the 13<sup>th</sup>, I am now counting down the days until 'The Teddy Bear Parachute Jump' and I am so excited!

I do so hope you have your sponsorship forms and are getting them filled out by your family, friends, neighbours and work colleagues. If not, you still have time, but don't delay. You can get the form from the Parish Centre and remember, the form is your soft toy's passport to a jump!

I was remembering back three years ago to the last Teddy Jump and thought, *how high it looks from up here!* The views are amazing but what I remember most was seeing all the helpers it took to make the jump possible. That's when I thought, *do we have enough human helpers for this one?* I put this question to the Friends' committee and they said "not so far."

This has worried me, so I am appealing to you. Please can you volunteer yourselves to spend some time, even an hour or two? There are so many different roles that need to be covered and it would be so lovely if you could help. You can either contact Jane Brown on 01268 742215 or email [friends@parishofrayleigh.org.uk](mailto:friends@parishofrayleigh.org.uk) to register any help you think you can kindly give. Thank you and let's hope the weather will be kind.

All of my furry friends are continuing to train hard as our excitement builds. Monkey, our coach, has been working us so hard – if you look up high in the church to where he sits you'll see he looks thoroughly worn out. Have you seen him?

Just in case you or your friends and family do not have a bear that wishes to parachute from the top of the tower, there will be some bears at the event who have trained but have no owner or sponsor. So, to make their day, come to the bear adoption stand and find a new friend!

If you are reading this after 4pm on Saturday the 13th July (the event begins at 10am) then it's all over! The helpers will have packed everything away and everyone involved will have been thanked and gone home. This includes Vets4Pets, who will come from their practice in Eastwood Road with paradedics to man the Tedical Centre and give any First Aid required. The parachutes will

have been packed away and the excitement of the day will just be a happy memory.

Of course, The Friends of Holy Trinity's treasurer Derek, will be busy counting all of our sponsorship money and in the August edition of the Parish Magazine, I will hopefully be able to tell you how we bears and other animals did, and how much we were able to raise for the ongoing preservation of Rayleigh's oldest building, our Grade II \* listed church.

That is what this Jump is all about: raising money for this purpose and having much so much fun doing it.

So, until next time, Goodbye and Happy Landings,

Trinity Bear



Trinity Bear (top left), Circus Bear (top right), Biggles Toogood (bottom left), Great Uncle Bulgaria (bottom right).

# **An Update from Homegroups**

## **Being Homegroup**

What does a home group do, you might ask? Good question, and I expect each group in this parish might answer that differently. What we can tell you is how our group operates.

We meet every other Thursday evening in a member's home – not always the same one, which means we can enjoy a variety of hospitality. Attendance will average around eight and the age range is from early fifties to around eighty, but we're not ageist – new younger or older members are always welcome.

We try not to be too rigid in structure but tend to spend the first half an hour or so catching up with each other over drinks, biscuits and cakes, before tackling the study. We have found that the various study series that are prepared for groups across the parish to work through are interesting and informative (so many thanks to the team who put all the work into those).

We found the recent study on Revelation particularly useful in encouraging group members to develop their study and leadership gifts, by asking individual members to prepare some background on the seven churches mentioned in chapters 1 – 3. We also look to share out the leadership of the evening studies within the group (although no one is forced into it!).

As important as the studies are, we also see fellowship and mutual support as key elements of the group. We share prayer requests confidentially within the group and look to intersperse the studies with social evenings, invariably involving food and drink of some description.

You would be very welcome if you felt you would like to join us!

Chris & Adrian Hall

# daytime Alpha

at St Michael's Sir Walter Raleigh Drive, SS6 9JB  
Tuesdays  
12 noon – 2.00 pm



## explore

life  
faith  
meaning

everyone has  
questions...

- is there more to life than this?
- how does God guide us?
- why and how do I pray?

Alpha is a series of sessions for anyone wanting to explore the basics of the Christian faith in a relaxed environment. Each session starts with food followed by a short film from the Alpha Film Series, then a time to chat about the topic covered in the film

(there is no charge for Alpha)



we would love to welcome you  
and journey together  
on our next Alpha

interested? email  
[alpha@parishofrayleigh.org.uk](mailto:alpha@parishofrayleigh.org.uk)  
or phone Rayleigh Parish Office on 01268 742151  
or just turn up on 17<sup>th</sup> September!



for more info go to

[www.parishofrayleigh.org.uk/alpha](http://www.parishofrayleigh.org.uk/alpha)

Alpha is run all around the globe  
[www.alpha.org](http://www.alpha.org)



## HOLY TRINITY

July	Theme	Time	Service
7 <sup>th</sup>	Revelation Series	8am 9am 10.30am	Holy Communion Holy Communion Holy Communion
14 <sup>th</sup>	Revelation Series	8am 9am 10.30am	Holy Communion Morning Worship All Age Worship
21 <sup>st</sup>	Revelation Series	8am 9am 10.30am	Holy Communion Holy Communion Holy Communion
28 <sup>th</sup>	Lectionary  Holiday Club	8am 9am 10.30am	Holy Communion Morning Worship Morning Worship

### Coffee at Holy Trinity after all services

**Choir and Music Group** provide our service music at Holy Trinity. To join the Choir please contact the choir director.

**A supervised Crèche** is available every week during the 10:30am service at Holy Trinity (except for school holidays) and it is located in the Cloister Hall.



## ST MICHAEL'S

July	Theme	Time	Service
7 <sup>th</sup>	Revelation Series	11am	Morning Worship
14 <sup>th</sup>	Revelation Series	11am	Holy Communion
21 <sup>st</sup>	Revelation Series	11am	Café Church
28 <sup>th</sup>		11am	Holy Communion

### Coffee at St Michael's after the 11am service

**Daily Services** – Morning Prayer daily at 9am until 9:30am in the Yew Tree Room. All are welcome – join us when you can. Enter through the Parish Centre.

**Wednesday Services** – Holy Communion at Holy Trinity, 1<sup>st</sup> and last Wednesday as common worship, others are Book of Common Prayer.

### Visiting Services

Rosedale Court:	3pm – 3 <sup>rd</sup> Tuesday
Great Wheatley:	2pm – 4 <sup>th</sup> Wednesday
Sweyne Court:	3pm – 4 <sup>th</sup> Wednesday

## **Book Review: *Reconciliation* by Muthuraj Swamy (Archbishop of Canterbury's Lent Book 2019)**

*Reconciliation* by Muthuraj Swamy is a daily manna for the lent days that strengthens us to understand lent positively and clearly in a simple manner. Reconciliation is the challenge faced by all the human beings across the globe and this book clearly answers the following questions of reconciliation:

- 1) What is reconciliation?
- 2) Why do we need reconciliation?
- 3) How should we reconcile?
- 5) How reconciliation helps us in our day-to-day life?

The questions for reflection at the end of every chapter really helps to relate ourselves and our day-to-day activities against the reconciliation between us and God, the church, fellow men, people whom we avoid, and our own family. In my opinion, when compared to other books, it demystifies the reconciliation in a simple language and correlates to the bible perfectly and easily.

Reconciliation is the crucial factor that differentiates human beings from other species, and it is quite important for our existence. This book is important for every human being, especially Christians, to understand reconciliation and to show it in our deeds. The author clearly states that the importance of reconciliation for the current world and insists how the church congregation should show this to the whole world. This book can be used not only on lent days but in everyday life.

This book can be brought from the Church bookstall for £9.99.

Frederick Manuel

# Church Open

quiet@trinity



enjoy the peace & quiet  
spend a moment in prayer, light a candle  
browse the book & card stalls

Monday - Friday: 10.00 am – 12.30 pm

Saturday: 10.00 am – 12 noon

everyone welcome 😊

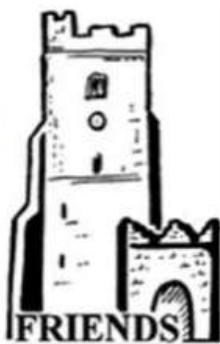
# **Teddy Bear Parachute Jump**



**SATURDAY  
13<sup>th</sup> JULY  
2019  
10am – 4pm  
at  
Holy Trinity  
Church,  
Rayleigh**

**Sponsorship/Entry Forms  
from Holy Trinity Church  
and Rayleigh Parish Centre**

**A FUN FAMILY DAY**  
**Refreshments, Handcrafted  
Cards & More**



## **Children in Need 2018 and Comic Relief 2019**

Further to “Children in Need 2018” and “Comic Relief 2019” events, The Trinity Sisters (Sandie, Maree and Clare) and associates wanted to put a small note to let everyone know that we successfully managed to raise the following total donations and to thank everyone for their very kind support (whether financial or items for sale) by everyone who helped or attended the following:

- \* Children in Need 2018:       £335 (three hundred and thirty-five pounds only)
- \* Comic Relief 2019:         £250 (two hundred and fifty pounds only)

Our next event will be “Children in Need” sometime in November 2019, and we look forward to receiving your support again.

## **Sally Stracey sails for MacMillan Cancer Support**

Between 12<sup>th</sup> and 19<sup>th</sup> June, I will be sailing a leg of a circumnavigation of Britain raising money for MacMillan Cancer Support. The leg that I am on is from Milford Haven to Plymouth, so I will be crossing the Bristol Channel and rounding Land's End. I'm no sailor, and apparently the ship to the Scilly Isles is called "the great white stomach pump", so I'm a bit apprehensive. I will be helping sail a significantly smaller yacht and have no idea what I have let myself in for as I have no sailing experience.

MacMillan help everyone with cancer live life as fully as they can, providing physical, financial and emotional support, and they have been fantastic for my family. If you would like to sponsor me, I would be most grateful. Any support would be greatly appreciated.

To sponsor me, please see my Just Giving page:

<https://www.justgiving.com/fundraising/sail4macmillan>



# Book of Revelation Sermon Series

Join us as we explore together the often mis-understood book of Revelation; please come having pre-read the chapter to get the most from the sermon.

30th June	"The Throne Of God" (Revelation 4)
7th July	"The Lamb And The Scroll" (Revelation 5)
14th July	"The Seven Seals" (Revelation 6-8:5)
21st July	"The Seven Trumpets" (Revelation 8:6-11:19)

----- Break for x2 weeks (Holiday Club) -----

11th August	"The Seven Key Characters" (Revelation 12-13)
18th August	"The Seven Bowl Judgements" (Revelation 14-16)
25th August	"The Seven Dooms On Babylon" (Revelation 17-18)
1st September	"The Return Of Jesus Christ" (Revelation 19)
8th September	"The Millennial Reign Of Christ" (Revelation 20)
15th September	"The Seven New Things" (Revelation 21-22)

 Parish of Rayleigh  
Holy Trinity ✱ St Michael's



# BACKPACKERS

Age 5 - 11 years



Families & Children Team

**Opening Service**

Holy Trinity Church, 10.30 am

**Sunday 28<sup>th</sup> July**

**Holiday Club Week**



£7.50 a child or £15 per family

Sweyne Park School, 9.30 am - 12.00 pm

**29<sup>th</sup> July to 2<sup>nd</sup> August**

**Closing Service**

Holy Trinity Church, 10.30 am

**Sunday 4<sup>th</sup> August**

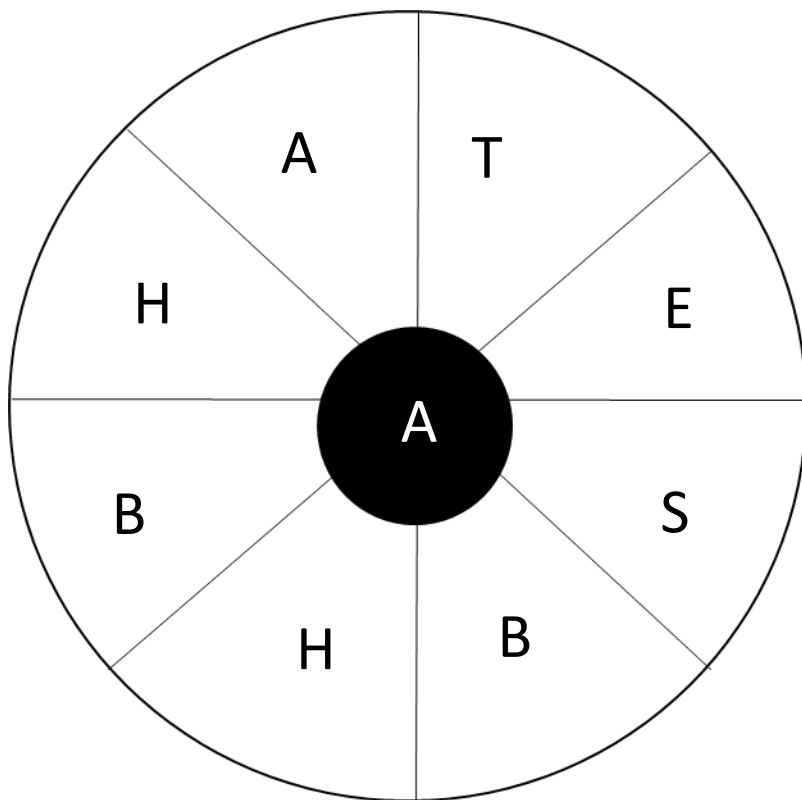


To reserve your place, please contact:

Tel: 01702 206156

Email: [PORholidayclub@parishofrayleigh.org.uk](mailto:PORholidayclub@parishofrayleigh.org.uk)

## Word Wheel Challenge



Find as many words of three letters or more in this wheel. Each word must contain the letter in the centre. No plurals or names are allowed, except one NINE letter word, which spells the name of a woman in the Bible.

We have found 36, but there may be more! Anything over 20 is good. Over 25 is very good. 30+ is brilliant!



**Interactive, informal family worship for all ages**

Bible story, songs, prayer and a meal

Also, includes:

**Activities** for children of all ages

**Monthly on the third Tuesday**

4:00–5:30 Holy Trinity Church

Incorporating

**Messy+** a discussion group for young people in school years 5–8

**Monthly on the fourth Saturday**

11:00–12:30 St Michael's Church

 **parish of rayleigh**



For more information please check out our Facebook page or contact the Parish Office on 01268 74215

Cards e.t.c.

10.30 and end 12.30pm.


St. Michael's

It is still on the third Thursday of the month and £3  
subscription each morning



# CLASSIFIEDS

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## Word wheel answers

Abash	Base	Beat	Haste	Sea
Abate	Bash	Beta	Hat	Seat
Abet	Baste	East	Hate	Shah
Ash	Bath	Eat	Heat	Shea
Ate	Bathe	Eta	Heath	Stab
Baa	Bat	Has	Sat	Tab
Babe	Beast	Hash	Sate	Tea

9 Letter name: BATHSHEBA

# Mr Tap Man

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e: mrtapman@outlook.com

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**Rayleigh: 01268 743102**  
**Thorpe Bay: 01702 586383**

[www.aradams.co.uk](http://www.aradams.co.uk)

Electoral Roll:

Wayne Prankard

## **CHURCH GROUPS**

HT Young Church

Contact the Parish Office

Talk & Tots

Contact the Parish Office

Teds 'n Tots

Deborah Prankard

Mother's Union

Contact the Parish Office

Friends of Holy Trinity

Contact the Parish Office

CAMEO

Sylvia Bentley (Sec)

Hazel Jones (Sec)

Christian Listeners

Contact the Parish Office

Home Groups Co-ordinator

Chris Griffiths

Parish Centre Bookings

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## Isaiah 4::26-31

26 Life up your eyes and look to the heavens: Who has created all these? He who brings out the starry host one by one and calls forth each of them by name. Because of his great power and mighty strength, not one of them is missing.

27 Why do you complain, Jacob? Why do you say, Israel, 'My way is hidden from the LORD; my cause if disregarded by my God'?

28 Do you not know? Have you not heard? the LORD is the everlasting God, the Creator of the end of the earth. He will not grow tired or weary, and his understanding no one can fathom.

29 He gives strength to the weary, and increases the power of the weak.

30 Even youths grow tired and weary, and young men stumble and fall;

31 but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.



Photo by Sam Bark