

Minister:	Vacancy
Diaconate Lead:	Mrs Janet Eastwood
Secretary:	Mrs Dawn Davies
Treasurer:	Mrs Eve Eates

Sandringham Road, Hunstanton PE36 5BN
Church Telephone: 01485 533309

www.unionchurchhunstanton.org.uk

Deacons

Date of Retirement

Dawn Davies	2026
Janet Eastwood	2026
Dawn Patterson	2026
Tony Ralph	2027
Eve Eates	2027

Everyone is welcome at
UNION CHURCH
An evangelical family church
serving God and the community

Enjoy your rest

We are in holiday season once again . As I write this article it is not like summer, I have had to put on a jacket this morning. We should all spend this holiday time to rest and enjoy time with our friends and family, and to maintain our relationship with God. God set us an example for resting Genisis 2 says. "Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done".

Jesus in the new testimony tells us we need to rest and seek him. Mathew 11 says "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light".

Over the last few months God has really blessed us as a Church to name a few things we have started up Churches together meeting with, Methodists, Anglicans, Catholics and The Way. We are starting to have inter Church faith meals. We have completed the work on the apse roof and the Hall has finally re-opened. On the 30th June we will be baptising 3 of our people. We are piloting Men's Breakfast on the 6th July.

It may be during our time of rest God may be telling us that as a Church and individually he may have new things for us or want us to do things differently.

Isaiah 43 V 19 says "See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland".

We need to have times of rest. During these times we need to be listening to God's still small voice. Have a good holiday time and if you feel God speaking to you about doing new things please speak to one of the Deacons.

God bless you all

Tony



Our thanks to the following people for donating flowers in July and August.

7 th	Alison
14 th	Daphne
21 st	Lucy
28 th	Heather

4 th	Kay
11 th	Alison
18 th	Daphne
25 th	Lucy

Fabulous Friday Fellowship

We would love to welcome you to our meetings every Friday. You don't have to be a member, regular attender or pay a subscription or make a donation. It's all FREE! Including the coffee, tea and biscuits before we start around 10:30am. It's for both men and women, and if you feel anxious about coming for the first time, just ask any of the Deacons to meet you beforehand. All five of them come on a regular basis.

We've now started to meet in the hall, and we have Tony to thank for setting up the sound system for us. We sing two or three songs before we start the bible study, and everybody can make their choice or just enjoy other people's favourites. There are over 300 to choose from so there's bound to be one that you would like.

Some interesting discussions take place after the bible study as we always have one or two questions to consider. It's then a short time of sharing people's concerns, and then praying for those and other people we don't always personally know.

Do come and enjoy around an hour and a half of fellowship on a Friday morning. We would love you to join us.



thankyou

Sometimes jobs in the church building get carried out, and you probably wouldn't notice or know that they'd been done, or by whom. Just lately, now that we've started using the hall, there have been quite a few smallish things that needed to be fixed. We have to thank Tony for doing some of these, usually when he's in church on a Wednesday. Clocks have been hung, a towel rail in the hall kitchen fitted, and some tiling around the sink. All completed voluntarily - and cheerfully. We've also had a great outside handyman do some work for us, and users of the hall will have noticed the little 'viewing' window in the ramp wall, and replaced missing skirting boards. We kept adding to the list and so the Ministers' photo frame was hung by the entrance door, a book rest repaired, and the retaining hook on the main door fixed.

We have a lovely building, and it's up to all of us to ensure that it continues to be that way. Do please let any of the Deacons know if there is anything amiss, or of concern, and we will do our best to rectify it.



Our first Men's Breakfast will be held on **Saturday July 6** at 9:00am. It will be held in the church hall and

there is charge of £5 - a real bargain. All men are invited, and to assist with catering, please add your name to the list on the notice board. Please also list any dietary requirements.

You don't have to be a church member; all men are welcome.

Steve Tong will be speaking about his work within the NHS and the Queen Elizabeth hospital.



THANKSGIVING AFTERNOON TEA

Please ensure that you have signed the list on the notice board for our Thanksgiving Afternoon Tea if you intend to come. Spaces are limited and we cannot accommodate more than 48 people in the hall. This is to ensure that there is adequate, comfortable, space for those attending. Names must be in by **Sunday July 7th** to assist our catering team.

FELLOWSHIP MEETING

Our next Fellowship meeting is on **Thursday July 11th at 6:00pm**. Please make every effort to attend as this is your opportunity to hear how we've progressed over the past few weeks. How we've used the church income, and to hear what is planned in the coming months. It is your church and your opportunity to express your thoughts and any concerns you may have.

Remember - you are the church!



We welcome the following preachers to our services in July and August:

7 th	Graham Maddison - Communion
14 th	Tamsyn Filby – Leprosy Mission
21 st	Omadchi Oganyi - King's Lynn
28 th	Mark Bish

4 th	Graham Maddison – Communion
11 th	Joella Nash
18 th	Mark Bish
25 th	Omadachi Oganyi – King's Lynn

REFLECTION ON THE PARADE SERVICE

What a lovely occasion the parade service turned out to be in June. A full church, not only our regular members and friends, but also parents and grandparents of the uniformed groups, and holiday visitors. The theme, suggested by the Guides, was based on The Good Samaritan and how everyone can be kind and compassionate to people, even if they are different in all sorts of ways to ourselves.

Thank you to Steve and all the Rainbows, Brownies and Guides who left us with such a 'feel good' feeling.

We are hoping to have a parade service each term, and the next one will be in October.



FELLOWSHIP MEETING

Thursday July 11th

6:00pm

HAPPY BIRTHDAY!

To our members and friends who have birthdays in July.

5 th	Betty Waslidge
20 th	Una Seely
30 th	Shirley Kelsall

And to those in August:

2 nd	Manfred English
4 th	Carol McLellan
13 th	John Cumming

We hope you have a lovely day whatever is planned for you.



FELLOWSHIP MEETING

Thursday July 11th

6:00pm

WORD FOR TODAY

How to have peace

'Be still, and know that I am God.'

Psalm 46:10 NIV

To have peace you must focus on God's presence. What you choose to focus on either fuels your fears or your faith. The Bible says, 'You will keep in perfect peace those whose minds are steadfast, because they trust in you' (Isaiah 26:3 NIV). That verse could be reduced to one sentence: 'Get your focus in order – look at me.' The psalmist says, 'God is...an ever-present help in trouble' (Psalm 46:1 NIV). Later in that psalm, He reminds us, 'Be still, and know that I am God' (v. 10 NIV).

These verses were written during the time of Hezekiah. Enemy armed forces had surrounded Jerusalem and the Israelites were tense, so they prayed this prayer! And five minutes before noon, God struck the Assyrians with a plague and 185,000 of them perished. Jerusalem was saved, and everyone was joyful. This psalm helps us remember that God is our refuge. No matter how overwhelming the odds seem, He is always with you to help.

This psalm informs us of two things about receiving God's help in times of trouble. The first thing is to 'be still'. Many of our troubles come from our inability to sit still. The second thing is to 'know that I am God'. Did you know that in the middle of a hurricane or tornado there is a quiet

centre referred to as an eye? Likewise, though everything is blowing apart around you, you can have a quiet centre. Be *still* and *know*. When you live this way, 'the peace of God, which transcends all understanding, will guard your hearts and your minds' (Philippians 4:7 NIV). When you think about it, it's the only sane way to live.

'Trust in the LORD.'

Proverbs 3:5 NKJV

The Bible says, 'Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths' (vv. 5-6 NKJV). God wants you to trust Him. As long as you're struggling to figure things out on your own, you're not trusting God and you won't have peace. You must trust Him with your health, your money, your relationships, and your future. Everything!

God never makes a mistake. All that happens in your life fits into His plan for you – even the problems and miseries and troubles you bring on yourself. He fits everything flawlessly into His plan for you (see Romans 8:28). And all He expects from you is to trust Him instead of attempting to figure everything out – that you acknowledge He is in control. When you do this, He promises to 'make your paths straight' (Proverbs 3:6 NIV).

When we aim at directing our own lives, we follow arbitrary paths filled with indecisiveness: 'Should I do this or that? Should I go here or over there?' And it produces stress! But

as soon as you trust in the Lord, He directs your paths and makes them successful, not stressful.

'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds' (Philippians 4:6-7 NIV). Note the order – prayer first, then peace. So if you're not praying, you're probably worrying. And worry is a worthless emotion – a waste! So when pressure starts accumulating, instead of panicking, start praying! Prayer is a remarkable stress reliever.

This excerpt was taken from the free devotional, The United Christian Broadcasters (UCB) Word for Today, Westport Road, Stoke-on-Trent, ST6 4JF. For more information please speak to Jan Groom.

UCB LISTEN.....UCB WATCH.....UCB READ

UCB.CO.UK



Saturday	July 6 th	Men's Breakfast
Thursday	July 11 th	Fellowship Meeting
Saturday	July 13 th	Thanksgiving Afternoon Tea
Monday	July 15 th	Alpha B-B-Q



SUNDAY MORNING COFFEE

We invite you to make a donation for coffee or tea, biscuits, and sometimes cake, on Sunday mornings. Each month a charity is chosen for the donations, and this is the choice of anybody within the church fellowship whether a member or not. If you have a particular charity that you would like us to support please give the details to Eve who will be pleased to display a poster. In July we will be supporting **Baby Basics** who are based in Dersingham. A charity hasn't been chosen for August - yet, so this is your opportunity to promote your favourite one. Names to Eve by the end of July at the latest.



You will have noticed that we are now using both entrance doors on Sunday mornings. This, of course, means that we need two people to welcome members and friends to the service. Please don't wait to be asked for your help, volunteer, you know it makes sense!

ALLERGIES

Lots of our members and friends suffer from allergies. During the summer months it might be hay fever, either grass, trees or pollen and an anti-histamine tablet taken in good time can prevent too much discomfort. BUT, and this is a big but, being allergic to nuts is life threatening. I'm not an expert, but we do have a member who I know can tell you more about this allergy, amongst quite a few other things.

When we are catering for events at Union, if we stress 'no nuts' if you're providing food, this definitely means nothing contaminated by nuts either in the preparation or in the food itself. This is not an exaggeration, or a fad, but as stated, life threatening.

We also have to be careful for those with a gluten free diet, hence we serve gluten free bread at communion services.

We always appreciate the donations people make for our social events, but if we ask for food to be nut free to avoid cross contamination, we really do mean it.



The deadline for the
September 2024 issue is,

August 20th

but items can be submitted at
any time.