

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

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### **Deacons**

#### **Date of Retirement**

Dawn Davies	2025
Janet Eastwood	2025
Dawn Patterson	2025
Tony Ralph	2027
Eve Eates	2027

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

Dear Friends

It is hard to believe that we are now moving into the month of November, and we wonder where has the year/time has gone.

Time is special, and in the Bible it says that believers are called to perceive and utilize time. I try my best with time, but there are days you wonder if you are going to get done all that you want to, as the time seems to shoot by. which is silly really, being retired should I be worried, I have to remember God is in charge of time, He knows how much time you need to accomplish the things you really need to do.

As Christians we are urged to balance our time between work, rest and spiritual activities which means we should be setting time aside for Sunday worship, as well as daily moments for prayer and reflection, a time we can give to God an opportunity for us to grow in faith, serve others.

This is not always easy, but we should never give up, and maybe the month of November is a time to do just that reflecting on many things, maybe this is the time to give thanks for the many blessings in our lives and to prepare our hearts for the coming Advent season, a spirit of thanksgiving. I know I can reflect on the many blessings God has given me and there are many times I can see His hand at work in my life.

**Remember, remember the fifth of November,  
gunpowder treason and plot!**

I suppose when we think of November we think of bonfire night. Maybe I did think of it more when I was younger, not so much today, but, as a child with friends and family we collected the wood for the bonfire weeks before, bought the few fireworks we could afford with our little spending money, and looked forward to the evening when it got dark and my dad would light the fire. As a northerner on bonfire night we would have potato pie, black peas in a cup with vinegar sprinkled on, and toffee apples. Oh, what a delight. BUT bonfire night marks the anniversary of the Bonfire Plot, a historical event that reminds us of the importance of vigilance and faithfulness. Just as the plot was uncovered and foiled, we are called to be watchful and steadfast in our faith, trusting in God's protection and guidance.

To reflect I think we must remember that as Christians time is not just a measure of moments for us passing by, but a sacred trust from God. Each day is an opportunity for us to grow in faith, serve others and prepare for eternity. The Alfa follow up courses, which are for everyone, are a great opportunity to learn and study together, and I would encourage anyone who has the time to try and attend, at least one of the courses or even try just one session, it is a chance to share and a real blessing.

Every Blessing to All

Love in Christ

Janet Eastwood

## Well, Finally Moved

I would like to put virtual pen to paper, and give a huge thanks to all the support and help we have received, I feel so blessed to have such people around me.

Christine Cumming and Jan Groom helped with packing of boxes.

Anne McKimm and John Burkett from HDFFA assisted with getting straight altering curtain poles and curtains and putting curtains up.

Wendy Croucher and Mike Ruston delivered a Mobility Scooter to us. Wendy Croucher is storing and charging a Mobility Scooter so when I go to town, I can just pick it up.

My Grandson Dylan helped Painting.

Grandchildren Dylan, Teyla and Miles helped complete clearing the flat.

Our son Steven worked very hard helping transporting goods.

Bob has threatened to emigrate; Steve has told us if we ever mention moving again, he is going to lock the windows and doors so we can't leave.

It was an horrendous job bigger than we naively thought. Me and Bob have both really struggled with pain and without the amazing help of the above we really couldn't have managed.

A huge Thank You to all the above who went above and beyond the call of duty!

Dawn D.

At the beginning of our service on Sunday September 29 Dawn Patterson read the following, and it's reproduced here if you were not able to be at the service.

### **Why Amazing Grace is the hymn to help your heart**

Singing Amazing Grace for ten minutes can reverse the effects of heart disease, a study has found.

US researchers studied the impact of singing four different songs on the blood vessels of older people with heart disease.

The results showed 22 per cent of volunteers saw their blood flow improve when they sang Amazing Grace, written by John Newton in 1772. Belting out The Beatles' Hey Jude brought smaller benefits, as did Dolly Parton's Jolene. Only 10 per cent were boosted by Woody Guthrie's 1940 folk song This Land Is Your Land.

The effort of singing the hymn was 'comparable with walking at a moderately brisk pace', the Medical College of Wisconsin study, published in the journal medRxiv, said.

Thank you Wendy Mozzat for this interesting and helpful article. The words follow in case you don't have a hymn book at home.

## AMAZING GRACE

Amazing grace – how sweet the sound  
That saved a wretch like me!  
I once was lost, but now am found,  
Was blind, but not I see.

'Twas grace that taught my heart to fear,  
And grace my fears relieved;  
How precious did that grace appear  
The hour I first believed.

Through many dangers, toils and snares,  
I have already come;  
'tis grace hath brought me safe thus far,  
And grace will lead me home.

When we've been there ten thousand years  
Bright shining as the sun,  
We've no less days to sing God's praise  
Than when we've first begun.

John Newton  
[1725 – 1807]

*"Amazing Grace" lyrics are **based on John Newton's experience of receiving God's grace and mercy, despite the terrible things he had done.** Prior to John Newton's life as an ordained minister, he participated in the Atlantic slave trade and captained a slave ship.*

**18<sup>th</sup> October is Anti-Slavery Day**

## Psalms – The Soul

In the September Newsletter I shared the first part from a series which ran on BBC Radio 4's "The Daily Service" earlier this year. The week-long series of short services took the theme of The Soul, drawing inspiration from The Psalms.

Here is the second instalment which was prepared and presented by Steve Benson:

### 2) Fearfully and wonderfully made

One of the delights for me of the daily service as a listener is over the course of a few weeks, a huge variety of people will lead the prayers and reflections. Artists, teachers, theologians, physicists, actors, musicians, each talking about their own experience of God and their view of the world through their particular discipline. Now I was none of those, I began my working life as an engineer and always had a fascination about how things worked and I can clearly remember what got me started. At the age of 8 a friend of my mother gave me a battery-operated radio. It was old and broken and she didn't want it, but thought that I might like to take it apart and explore whatever was inside. Well, my goodness was she right! I did more than explore, I actually took the thing to pieces, fascinated by the huge number of tiny components, and lights and wires and circuit boards that made up this little marvel. And in spite of being only eight, I know that somehow, the whole was so much greater than the sum of its parts, even though I hadn't a clue what each of the individual components did. Today I'm thinking about how we work. The inner functioning of our soul – that which is at our very core. What influences our soul and why does it matter?

Prayer: Lord, we give you thanks today that we live as your offspring, and that you alone know how fearfully and wonderfully we are made. Help us consciously to live and move and have our being in you, that we may live the life that you have made for us, and so reflect your glory to the world. We ask it through Jusus Christ Our Lord, Amen

Now you may have guessed that the ending of the radio story wasn't a particularly happy one. Having tried to reassemble it, I found myself with almost as many bits left over as would have made a second one, so I can't claim any success in my first foray into engineering. But as we are thinking about the soul, and today in particular about what part it plays in our make-up, it's obvious that in trying to understand the things of the heart and mind, the language of engineering doesn't really help us. The soul isn't something that can be measured or whose performance can be assessed using empirical data. You can't take it apart the way you can take apart a radio to see what the constituent bits are. So where can we turn to explore this idea, and with what confidence can we say anything about part of our being which has no physical form?

The 20<sup>th</sup> century German American theologian Paul Tillich believed that art made a significant contribution to any understanding of things whose value was being assessed. The truth, he wrote, of science is 'correctness'. The truth of art is 'power of expression'. And so it is to an artist that we turn to draw us more deeply into our understanding of the soul. The artist is the poet and musician David, and in his writing of Psalm 139, we find one of the most delightful and intimate expressions of the creator's involvement in the story of each of us.



Reading: Psalm 139 - 13-18

*"For you created my inmost being; you knit me together in my mother's womb.*

*I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.*

*My frame was not hidden from you when I was made in the secret place,*

*when I was woven together in the depths of the earth.*

*Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.*

*How precious to me are your thoughts,<sup>[a]</sup> God! How vast is the sum of them!*

*Were I to count them, they would outnumber the grains of sand – when I awake, I am still with you."*

There is nothing here to measure; there is nothing to be taken apart and explored; there is simply delight in the recognition that it is the infinitely great creator who has taken the love and care to craft each of us, and bring us into being. Science is lost for words!

And so, in our prayers, conscious that we are fearfully and wonderfully made, we give thanks to God.

Prayers:

1. God, we thank you that you know us and continually search us out. Daily you call us from sin and despair, and from fear and apathy. You call us towards the light of your love, your healing renewal and your powerful gospel, which can transform the world. Strengthen us to walk in your footsteps, that the love you have shown us might be the same love we show to the world. We ask it for Jesus Christs sake, Amen

2. There are so many ways that, as individuals and communities and nations we fail to live by the values of the kingdom of God. The way we treat God's creation, our habitat; the way we waste and squander resources; the apathy towards working towards a fairer and more just world; the appalling way in which we sometimes treat other human beings. Lord God, you came to show us the way, and came that we might have life, and have it in all its fullness. Forgive our selfishness and our indifference. By your mercy turn our hearts of stone into hearts of love. Lord, in your mercy, hear our prayer. Amen

Go into all the world and do what the Lord requires. Live with kindness and justice, walking your path humbly with God, then you will find yourself blessed.

The realisation, the awareness that we are each created and wonderfully made by God, should both motivate us and give us the confidence to proclaim the love of God to all the world.

Steve Tong

FELLOWSHIP MEETING  
Thursday November 14<sup>th</sup>  
6:00pm

Please try to attend as this is an opportunity to hear what is currently happening with our church. including membership, finances and fabric. Do please ask if you need help with transport. The meeting is open to everyone whether a member or not; your opinions and comments all count.

## **Your daily bread**

‘Jesus said to them, “I am the bread of life. He who comes to Me shall never hunger.”’

John 6:35 NKJV

After World War II, Europe was devastated with hungry, homeless children who had been orphaned by the battles. They were put in large camps where they were given food and care. Yet they didn't sleep well at night; they were nervous, fearful, and fidgety. The caregivers were baffled until a psychologist taught them to offer each child a piece of bread every night, not to eat, but to hold in bed. The outcome was astonishing. The children slept through the night because they realised they wouldn't go hungry the next day. Clutching the bread gave them a sense of protection (they were safe), importance (somebody cared about them), and happiness (there will be more bread tomorrow).

Those three things were what those children needed – and they are what you need too. And all three can be found in a relationship with Jesus. When He said, ‘I am the bread of life. He who comes to Me shall never hunger,’ He was saying, ‘I am to your soul what food is to your body.’ Bread is one thing most of us have in common. It doesn't belong only to a particular region or nation. It's available in all shapes and sizes. In the UK, it may be scones; in South America, tortillas; in New York, bagels; and in Ethiopia, injera. In a simple statement, Jesus reminds us that He is our nourishment, everywhere, every time. So, be sure to read your Bible every day; it's your daily bread.

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

## BIKE RIDE

Congratulations to the three people who raised money for The Norfolk Churches Trust Bike Ride. The amount donated totalled £616, including £100 from Wild Ken Hill who Marilyn persuaded to contribute to her total.

Our grateful thanks to Marilyn, Tony Groom and Elcio for their efforts on our behalf. We will receive half the amount raised early in the new year.

Apologies to Elcio as his name was incorrectly spelt in the October Newsletter.

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## CHURCH DIARY

<i>Sunday</i>	<i>November 10</i>	<i>Remembrance Service - 10:00am</i>
	<i>November 30/December 1</i>	<i>Heacham Brownies Sleepover in Hall</i>
<i>Saturday</i>	<i>December 14</i>	<i>Hunstanton Concert Band. Concert at Union for Union -2:00pm</i>
<i>Sunday</i>	<i>December 15</i>	<i>Christmas lunch</i>

Reminder: It's a double issue for December 2024 and January 2025 Newsletter
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We welcome the following Preachers to our services in November:

3<sup>rd</sup>                    Graham Maddison  
10<sup>th</sup>                    Mark Bish [**10:00am**]  
17<sup>th</sup>                    David Crispin  
24<sup>th</sup>                    Russell Wate

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*Thank you to the following who will be donating and arranging flowers for our services in November:*

3<sup>rd</sup>                    Lucy  
10<sup>th</sup>                    Heather  
17<sup>th</sup>                    Kay  
24<sup>th</sup>                    Alison



If you wish to have a Christmas message in the December/January Newsletter please send them in as soon as possible. Thank you.



*To those members and friends who share a birthday in November. We hope you have a lovely*

*day.*

*5<sup>th</sup>*

*John Churchman*

*6<sup>th</sup>*

*Janet Eastwood and Penny Tong*

*9<sup>th</sup>*

*Rosemary Reed*

*15<sup>th</sup>*

*Isabel Moore*

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We are repeating our Christmas card options that we used last year. A post box for cards will be available from the first Sunday in December for **regular attendees** of services. Alternatively, you can have a message in the Newsletter or place one card on the notice board, the choice is yours.

**Please include surnames on the envelopes** as this helps with distribution.

Cards posted on any of the Sundays can be collected the following week.

# NewsLetter DEADLine

The deadline for the  
December 2024/January 2025  
issue is,

**November 20<sup>th</sup>**

but items can be submitted at any  
time.