

Imagine!

June
2017



Imagine a very tense or worrying situation. You might feel angry at someone, or just frustrated about how things are going with your day. Imagine you just got out of bed the wrong side! Dr Brian Alman suggests one technique for changing the way one reacts to troublesome situations or an unsettled mind is by using cues. You can call upon them at any time to help you to focus on your good intentions and readjust your mind. One of his patients calls to mind a yellow balloon that summons up an image of a peaceful and beautiful time in her childhood. Cues are just like the prompt to remind you to say your line in a play but in his notion they are cues intended to readjust our behaviour or emotions.

As Christians we are also subject sometimes to moods and worries, but we have sources of cues, such as the Bible and great hymns, that help us through the troubled times. Sometimes Bible passages can take us back to peaceful and calm times in the past. One night I recalled the baptismal song we used to sing in the Presbyterian church in the 1960s: *The Lord bless you and keep you, the Lord make his face to shine upon you and be gracious unto you, the Lord lift up his countenance upon you and give you peace.*

This month Tear Fund are running a competition called *What's your favourite Bible moment?* You are asked to submit your favourite passage and say where you would most like to listen to it and why. Ben Cohen gives a suggested example: Malachi 4 v 2 *But for you who revere my name, the sun of righteousness will rise with healing in its rays.* You can imagine this might come to you while you are sitting watching the sun rise in a favourite picturesque spot. Regardless of whether your passage is a competition winner or not, isn't it a lovely idea to summon up special scriptural passages and focus our minds and our whole selves on them, re-enforcing their meaning for us?

Imagine that when we are suffering or see our loved ones passing through deeply troubling times, these special passages can help us direct our love and care towards ourselves or our loved one and beckon God's peace and healing power to dwell in the situation.

I am brought back to the words that brought me peace and a sense of his grace so long ago: *The Lord lift up his countenance upon you and give you peace.* I wonder where those little babies are now? I imagine God's countenance is still being lifted upon them as they live their adult middle-aged lives.

Alan Wheeler

Phyllis Harrison

Phyllis passed away on 22nd May. She was our eldest member, much-loved by everyone, and we will all miss her very much. She would have been 98 years old in June and had been a widow for almost 25 years. In the 1980s and 1990s she was a very active member of Stansted Methodist Church and Stansted Association of Christian Churches. She was also one of the early editors of the Link Magazine. Phyllis always took an interest in those around her, giving support and encouragement.

There will be a Memorial Service at 1 pm on Friday 30th June in St John's Church, to which all are invited.

Retirement of Rev'd David Mullins

David's last service at Stansted is on 25th June. We shall be joining the Methodist Circuit farewell service at Bishop's Stortford on 23rd July.

GENERAL ELECTION 2017 Come and meet the Candidates

Who are they?

What are their Policies?

Why do they think you should vote for them?

Monday 5th June 7.30 - 9.30 pm Saffron Walden Baptist Church

Doors open 7 pm - written questions to be submitted by 7.20 pm

Entry free

Organised by Churches Together in Saffron Walden and Saffron Walden Amnesty International

WHAT'S ON IN JUNE

Worship at Stansted Free Church

- 4th 10.30 am Richard Lewney - New Directions
11th 10.45 am Revs Roy Fowler and Paul Wilkin (*note start time*)
18th 10.30 am Mike Dyer
25th 10.30 am Rev'd David Mullins - Communion

Other Activities

- Sat 3rd 7.15 pm Concert for Christian Aid at St Theresa's Parish Centre
Mon 5th 7.30 pm General Election Hustings at S Walden Baptist Church
Tue 6th 7.30 pm WEBS Bible Study at Newport URC
Wed 7th 8.00 pm LPWT Meeting in the Hall
Mon 12th 8.00 pm Shalom at 7 Blythwood Gardens
Wed 21st 7.30 pm Churches Together Forum at St John's Church
Mon 26th 8.00 pm Shalom Party at 7 Blythwood Gardens
Fri 30th 1.00 pm Memorial Service for Phyllis Harrison at St John's Church

WEBS BIBLE STUDIES

All will be Revealed!

How on earth do we understand the Book of Revelation?

Led by Rev'd Caroline Vodden

Tuesdays 7.30 pm - 9 pm Newport United Reformed Church

6th June *Behold, I stand at the door and knock*

4th July *Behold, I am coming soon!*



STANSTED U3A SINGERS



An evening of Light Hearted Song

Sat 3rd June 7.15 pm St Theresa's Parish Hall

**Tickets Adults £5 Under 16s £3 (*includes light refreshments*)
from Catherine**

All proceeds to Christian Aid

Stansted Free Church (Methodist / URC)

www.stanstedfreechurch.org.uk

**Part of the WEBS (West Essex & Bishop's Stortford) URC Pastorate
and the Bishop's Stortford Methodist Circuit**

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Fairtrade

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Sunday Service

10.30 am Morning Worship
Some months we hold New Directions which is an informal service

The Place on the Hill Drop-In (Everyone Welcome)

Every Monday, Wednesday and Friday 9.30 am - 12.30 pm
Tel Marion & Mike, Catherine & Alan or Fran
Email: theplace@stanstedfreechurch.org.uk