

### A message from Si, our vicar:

Dear friends,

Philippians 4:13 I can do all things through him who strengthens me (ESV).

I once heard of a weight lifter gasping this as he struggled to lift the weights off his chest. I admired his faith, but I have to say, it may have been misplaced! The 'all' Paul is speaking about is in the verse before: 'the secret of facing plenty and hunger and abundance and need.' This is not a promise, therefore, to be able to break the Guinness World Records. It is the promise that you can survive the trappings of 'having it all' or conversely the challenge of 'losing everything.' We can face whatever trials come against us, with our great Lord Jesus Christ at our side. In this sense, we can do all things through the one who strengthens us.

We sometimes get asked what we believe at St John's, as you would expect by those joining or considering joining the church. As a church we're committed to transparency and so since 2019 we have had 'what we believe' made clear on our

website [https://www.stjohnshensingham.org.uk/Groups/344222/What\\_We\\_Believe.aspx](https://www.stjohnshensingham.org.uk/Groups/344222/What_We_Believe.aspx). Where possible we try to offer explanations for these beliefs, in some cases with further 'leadership positions'. We want you to know how we connect to the wider Church of England as well- of which we are an engaged and active parish. If you have any questions, concerns, or would like to chat about anything, please speak to myself or one of our other leaders. If we can't answer on the spot, we'll get back to you!

### This Week's Bible Reading:

Genesis 11:1-9 'come let us build ourselves a city' and Psalm 119:137-144 from our daily Psalms

### The Collect:

Blessed Lord,  
who caused all holy Scriptures to be written for our learning:  
Help us to hear them,  
to read, mark, learn and inwardly digest them  
that, through patience, and the comfort of your holy word,  
we may embrace and for ever hold fast  
the blessed hope of everlasting life,  
which you have given us in our Saviour Jesus Christ.

### What's On This Week:

Sunday 26th 9.00am: Holy Communion Service (& refreshments in the lounge afterwards)

Sunday 26th 11.00am: Morning Service with children's groups (& refreshments in the hall afterwards)

Children are welcome to stay in the service and there is also a relay in the lounge for parents to take their child to if desired.

Sunday 26th 8.30pm Zoom Prayer Meeting for half an hour. Everyone is welcome to join us for this; there is no pressure to pray out loud. The zoom meeting link is: <https://us02web.zoom.us/j/85963653180>

Wednesday 29th 10.30am: Mums bible study

For midweek bible study groups see Karl Turner.

### Catch Up:

If you miss the Sunday sermon, you can watch a video of it on the St Johns YouTube Channel. It's usually uploaded on a Monday.

### Dates for your Diary:

2nd November 11am - 2.30pm: Visit by Mountain Springs Ministries

4th November - Explorers Jesus is Light party

12th November 9am - Prayer with Bishop Rob Saner-Haigh

15th November: Women's Day, entitled Gospel Friendships, at St John's Church Hall. The day will commence at 10am and close at 1pm - bring lunch to eat together afterwards.

22nd November 3pm: Winter Concert at St Mary's, Westfield

29th November 2-4.30pm: Christmas Unwrapped

13th December 1.30pm: Seniors Christmas tea

14th December 11am: All Age Christmas Service

21st December 4pm and 6.30pm: Candlelit carol service

25th December 8am & 10.30am

## News

- On the 2nd November, we have a visit from Khalid at Mountain Spring Ministries. Please bring a packed lunch and plan to stay at church after the service, where we can eat together and pray together.

- 4th November the Explorers will be hosting a 'Jesus is Light' Party. This will be held during the normal Explorers session. All children aged 7-11 are welcome.

- The Bishop of Carlisle, Rob Saner-Haigh will be visiting our deanery on Wednesday 12th November. The Rural Dean has asked us to host a morning prayer meeting to start off the day. Please can I invite you all to come and join us at 9.00am at St John's Hensingham. We will finish by 9.45 for him to go to his next appointment.

As the newly installed Bishop, Rob is going around all the deaneries and would love to seek the Lord together in prayer; for his ministry and all of the gospel proclamation in the Diocese.

- Donny and Jema have returned from their trip to Argentina and have brought some updates which can be found at the back of church

- We would like to thank you for your kind generosity in continued financial giving to St John's. An update from the treasurer is available to read at the back of church.

## Volunteering Opportunities:

**1 Peter 4:10 Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms**

- **Christmas Unwrapped** - this much loved community event takes a lot of volunteers. We need people to make cakes in advance, then on the day we need singers and musicians, plus people to help on craft tables, to man the bouncy castle, make and serve popcorn, make and serve refreshments, help with bowling and pool, and probably other roles that I've forgotten! Please talk to Mel or Sue to offer your much needed help.

- **Seniors Christmas tea** - another much loved event that needs a lot of support from the St John's family. We need people to donate food and also to come along in the morning to make up the tea boxes. In the afternoon, we need musicians, people to serve refreshments, man the car park, welcome guests, take coats and of course the big clean up afterwards. Please talk to Sarah, Kay or Diane to offer your help.

- **Christmas Carol Services** - we need people to serve tea/coffee/hot chocolate and mince pies after each carol service. Please talk to Sue to offer your help.

## Please pray for:

- David Maudling, Christopher Vaughan, Sam Ford-Powell, Sophie Murfitt, Phil Holland. Emily Lane

- The churches in our mission community

- The work of the PCC, who next meet on the 5th November

## Pastoral Visits

Si and the pastoral visiting team are available to visit you at home, or elsewhere if you prefer. Pastoral care is very important to us, so please don't be afraid to ask for a visit. To organise a visit, please get in touch with Sue on 07563473620 or [office@stjohnshensingham.org.uk](mailto:office@stjohnshensingham.org.uk)