

Belfairs Methodist Church

Where old friends meet and strangers feel at home

Newsletter

Issue 234

July/August 2025

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Thought for the month

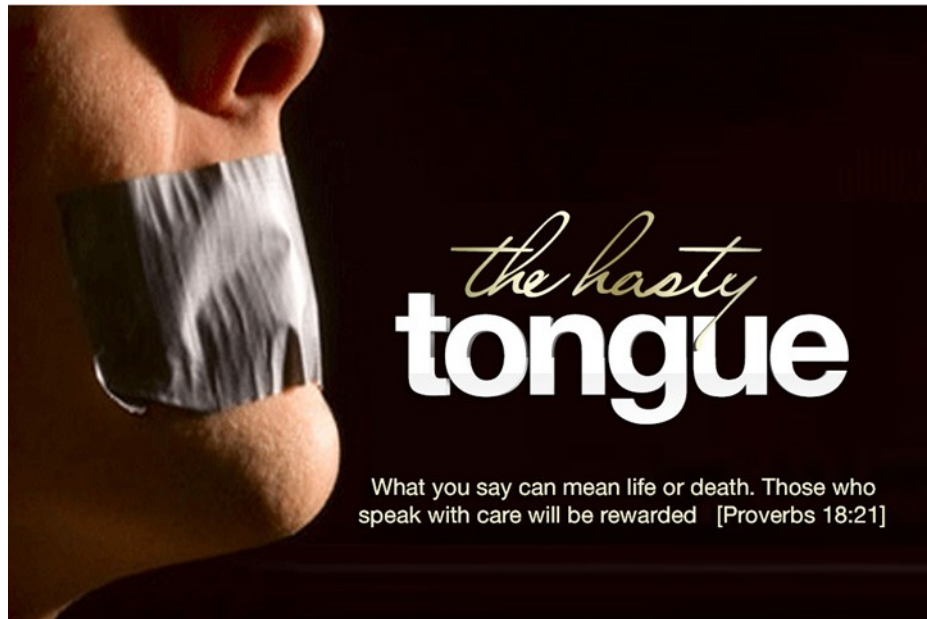
Stir us up to serve you, Lord
that in our serving, others may see you;
and, as others see you in us,
we may meet with you afresh in them,
so that we in turn are stirred again
to serve you with joy,
day after day. Amen.

The BRF book of 100 prayers



Our mission is to provide an open, welcoming and accepting, living place of Christian worship and service in our community, in which we seek to serve and follow Jesus Christ.

www.belfairsmethodistchurch.org.uk



I have been reminded recently about the power of the tongue. James says in his book, in chapter 3:3-6; ³ *When we put bits into the mouths of horses to make them obey us, we can turn the whole animal.* ⁴ *Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go.* ⁵ *Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark.* ⁶ *The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell.* [NIVUK]

Our tongues can cause a huge amount of damage not only to those we come into contact with, but also to the wider church. Small negative, derogative comments can cause huge pain and division even though the tongue is one of the smallest parts of the body. James refers to the tongue as a ship's rudder or a horse's bit, able to affect a much larger object.

This portion of scripture is usually used to warn us about the damage our tongues can have when we use them unwisely. But what if we were to flip the coin, so to speak, and consider the massive amount of good that can also be achieved with the tongue.

Passing on positivity to others not only benefits them, but also gives us a sense of fulfilment and well-being.

Stopping for a moment when we are about to respond to someone, and then considering the consequences, may enable us to build others and the church up, rather than demolishing!

"Pick your words carefully as it has the power to make the sentence beautiful or ugly....." [Adil Adam Memon]

May God give each of us the wisdom and strength to control our tongues when necessary.

Every Blessing

Revd. Steve

01702 483827

revdstevemayo@gmail.com

Sunday Services July 2025

6th	11.00 a.m.	Mrs. Jane Fulford
13th	11.00 a.m.	Rev. Steve Mayo - Church Anniversary - Holy communion
20th	11.00 a.m.	Rev. Heather Simmons - Parade Service
27th	10.30 a.m.	United Service at Highlands Methodist Church led by Rev. Heather Simmons

Other July dates for your diary

5th	Coffee Morning 10.00 a.m. - Mike & Sue Spaul
6th	Family Summer Crafternoon 3.00 p.m.- 4.30 p.m. (see notes on tables in front foyer)
10th	Thirsty For?? Café worship at 7.00 p.m. - All are welcome
12th	Coffee Morning 10.00 a.m. -11.30 a.m. - Rev. Steve will be at the church to receive your gifts for our Anniversary gift morning, Coffee will be available during this time.
12th	Anniversary Barbeque 12.00 p.m. - 2.00 p.m. - Southend Brass band will be providing musical entertainment.
24th	A.C.T.I.O.N at 2.00 p.m. - all are welcome
27th	Youth Camp leaves for Littlehampton

Point of Contact

Below is shown details of the Sunday Stewards, Communion Stewards, Musician, Flower Rota and coffee/tea stewards relevant for this month.

Sunday 6th July

Sunday Steward a.m. - Jan Andrews

Musician a.m. - Sue & Mike Spaul/MIDI

Coffee/tea stewards Ann Kendall & Sue Spaul

Sunday 13th July

Sunday Steward - Phil Gladman

Musician a.m. - Patrick Dromgoole

Communion Stewards – Neeltje Charles & Dawn Howard

Flowers - Smitha Thomas - Harun's Birthday - arranged by Smitha

Coffee/tea stewards Mike Spaul & Phil Gladman

Sunday 20th July

Sunday Steward a.m. - Pat Crabb

Musician a.m. - Mike /MIDI

Coffee/tea stewards Jan Pope & Jackie Heinrich

Sunday 27th July

United Service at Highlands Methodist Church

Sunday Services for August 2025

3rd	11.00 a.m.	Mrs. Anne Briant
10th	11.00a.m.	Rev. Steve Mayo - Holy Communion
17th	11.00 a.m.	Mr. Paul Saunders
24th	11.00 a.m.	NO SERVICE (Services will be held at either Highlands at 10.30 a.m. or Wesley Methodist at 11.00 a.m. if you wish to attend)
31st	11.00 a.m.	United Service at Belfairs - Rev, Steve Mayo

Other August dates for your diary

2nd Coffee Morning - Phil Gladman - in aid of Help for Heroes (VJ Da)

14th Thirsty For?? at 7.00 p.m.

25th Summer Bank Holiday



Point of Contact

Below is shown details of the Sunday Stewards, Communion Stewards and musicians relevant for this month.

Sunday 3rd August

Sunday Steward a.m. - Phhil Gladman

Musician a.m. - Sue & Mike Spaul/MIDI Box

Coffee/tea stewards Ann Kendall & Sue Spaul

Sunday 10th August

Sunday Steward a.m. - Pat Crabb

Musician - Patrick Dromgoole

Communion Stewards Dawn Howard & Neeltje Charles

Flowers - Pam & John Plummer remembering Tony - arranged by Marion

Coffee/tea stewards Mike Spaul & Phil Gladman

Sunday 17th August

Sunday Steward a.m. - Mike Spaul

Musician a.m. - MIDI Box

Coffee/tea stewards Jan Pope & Jackie Heinrich

Sunday 24th August

NO SERVICE

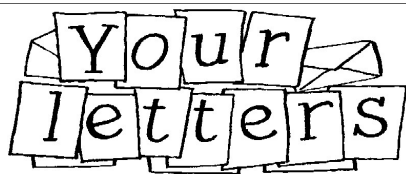
Sunday 31st August

Sunday Steward - Mike Spaul

Musician - Patrick Dromgoole

Coffee/tea stewards Anthea Meek & Jan Andrews

Letters Page/Church family news



Anthea and Alix would like to thank everyone for the tremendous effort in raising money for the British Heart Foundation in June.....

.....those who made cakes, ate them, helped on the stalls and made donations. And Balloonacy for donating balloons and Nanny Kay for the fruit basket.

Now all the various monies have been added together, plus the matched funding from KeyMed, we are able to send them a cheque for

Just under £1400

A brilliant effort!!

Many, many thanks!!



...and don't forget

CHECK YOUR PULSE!!

Birthdays

For all of you who celebrate birthday/anniversaries, or remember loved ones during this month, the following is for you, although of course everyone can read it!

Jesus' blessing be in you and around you

Under you and over you

Let your heart be filled with God's love

Your spirit be filled with his peace.

Ed.



Please remember you are free to put your prayer concerns on the board at the back of the church. If it is not for you, please make sure you have the named persons consent .

Please add your name and date to the request on the reverse of the white cards provided which are by the board. These will be removed after two months, but can be updated if necessary (please make sure you re-date the update).

If you have any questions or queries, please speak to Sue.



Birthdays

For all of you who celebrate birthday/anniversaries, or remember loved ones during this month, the following is for you, although of course everyone can read it!

Anticipate all our needs, Lord

Understand our thoughts before we form them

God be our strong fortress

Under us his strength and support

Source of all good things

Truly may God guide you.

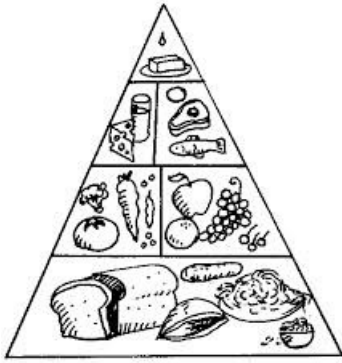
Ed.

Six Little Stories with Lots of Meanings

1. Once all the villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. That is faith.
2. When you throw babies in the air, they laugh because they know you will catch them. That is trust.
3. Every night we go to bed without any assurance of being alive the next morning, but we still set alarms to wake up. That is hope.
4. We plan big things for tomorrow in spite of zero knowledge of the future. That is Confidence.
5. We see the world suffering, but still, we get married and have children. That is love.
6. On an old man's shirt was written a sentence "I am not 80 years old; I am sweet 16 with 64 years of experience". That is attitude.

Ed.

Belfairs Youth Camp



We will be having a Youth Camp at Littlehampton Baptist Church, Littlehampton, West Sussex starting on Sunday 27th July until Friday 1st August and we would like to ask for your support regarding items of food as this has greatly helped with finances in previous years.

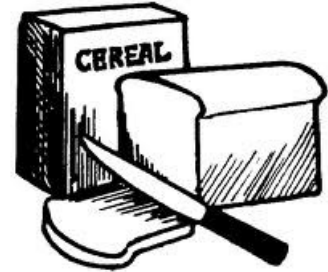
There will be a list of foods in the foyer together with an approximate cost against each item and we would ask you to write your name against a food item and put the money in the box duly marked Youth Camp 2025.

We are taking 26 children and 8 staff who need to be fed. This means 5 days of breakfast, lunches and dinners which amounts to a large shopping bill!

To give you some idea of the types of food required, below is an example of some of the meals provided.

Breakfasts: Fruit juice, cereals, toast, spread, jam, marmite, chocolate spread etc.

As alternatives on some days we provide croissants and on one morning bacon sandwiches.



Packed lunches: Rolls, eggs, ham, tuna, cheese, crisps, fruit, mini biscuit packs.

Dinners: BBQ (Burgers/Sausages), Meat balls, sausages with Yorkshire puddings, vegetables, chicken dippers, salad.

One night we give them a takeaway from the fish and chip shop - Cook gets a night off, well almost, still pudding to prepare!

This is just an idea of the meals provided while we are away and the amount of shopping we have to do. Although we take the majority of food with us, we obviously need to buy some foods almost daily for freshness.

We thank you in advance for your support and we will be thinking of you as we tuck in at meal times!!

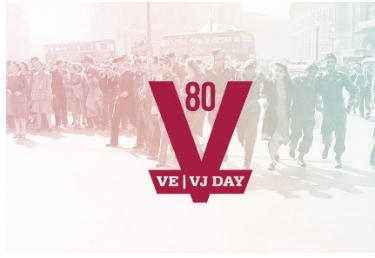


Youth Camp Staff

Barry, Andrea, Mike, Sue, Steve, Jan, Matt and Martyn

P.S. We thank you for your support so far, which is greatly appreciated. There are still a few items left and if you could possibly help in any way to complete this list it would be very much appreciated.

VJ DayThe forgotten Army.....Frank Osborne



In May 80 years ago, great celebrations were held as the war in Europe was over after 6 grueling years. BUT many, many people could not celebrate that day as their loved ones were still away, they still didn't know where, and they had no idea when, or if ever, if they would see them again. So they found the joy and jubilation of V E Day very hard to watch.

But by August, and indeed by dint of the Americans making the onerous decision to drop 2 atomic bombs on Japan, the war in the Pacific region did at last end, and those forgotten men and women at last boarded troop ships to come home. It was months before they arrived and by then the mood in Great Britain had changed and hardly anyone cared to celebrate again, unlike in America, where a large majority of their fighting forces had been engaged in the Far East.

The official surrender was signed on September 2nd. This is perpetuated as America's annual VJ Day.



The cost of the war, and the defeat of Winston Churchill in the General Election was taking its toll on the population. The horrors of the Japanese camps were being revealed and the returning men had little stomach to keep remembering.

But gradually over the years it began to be important that they **were** remembered, and this year in particular, as the survivor numbers dwindle, Britain will celebrate the 80th Anniversary on August 15th.

We at Belfairs will mark this with a small tribute in the foyer and the August coffee morning will be in aid of Help for Heroes. I will particularly think of a former member of our congregation, **Frank Osborne**, who was a prisoner of war, involved in the building of the infamous railway, and remained thin and emaciated all his life. He rarely talked about it, but walked out of a Remembrance Day Service when the preacher's sermon was on forgiveness. He, at that stage, simply could not. His poor health was a daily reminder. But he gradually put it behind him and with the love of 2 wives and a strong faith, came to accept that bitterness does you no good.

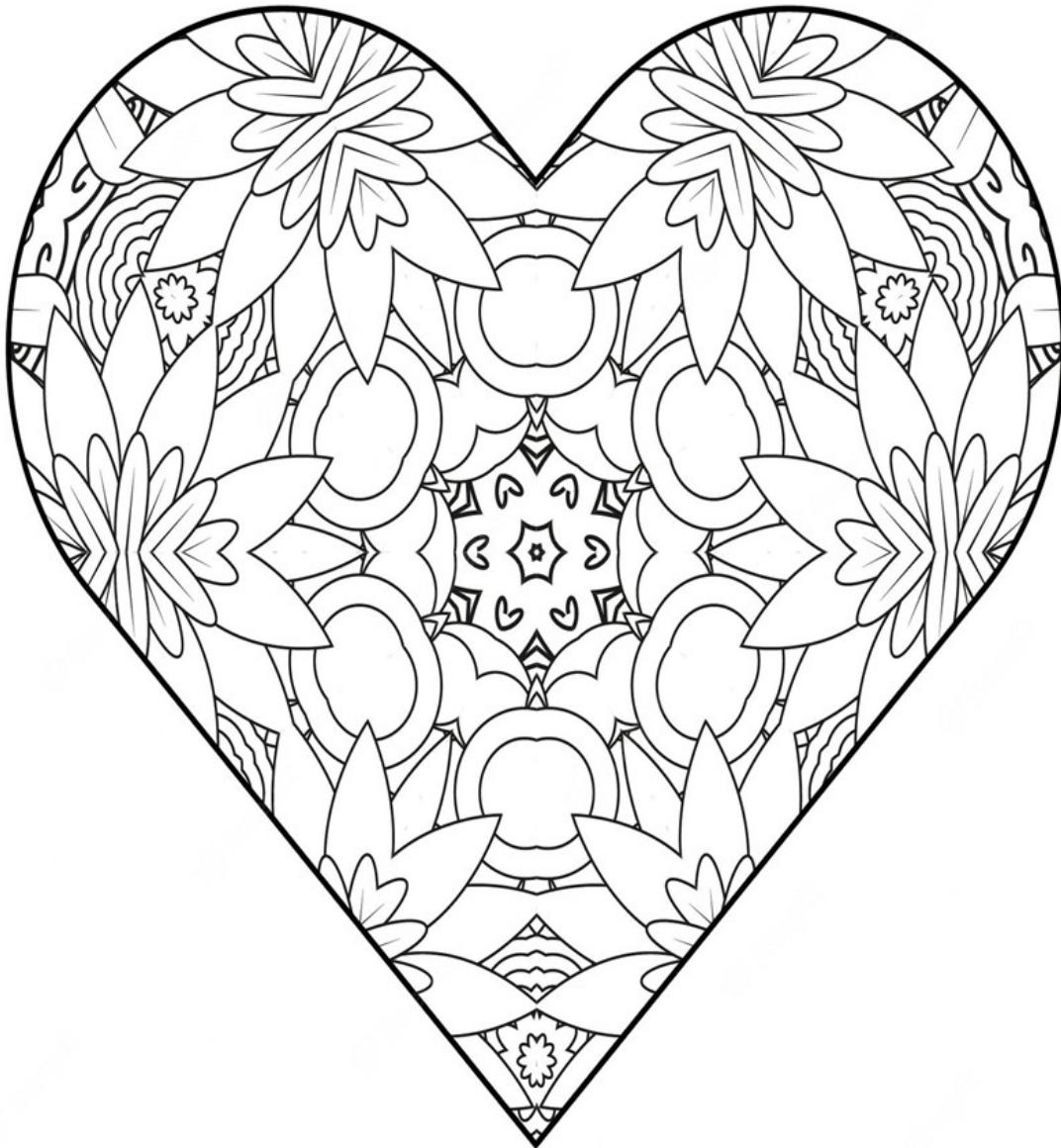
It remains to be seen how the first use of those bombs has affected us all in the 80 years since they were dropped. As Oppenheimer, the inventor, said "What have I done?"what indeed!!

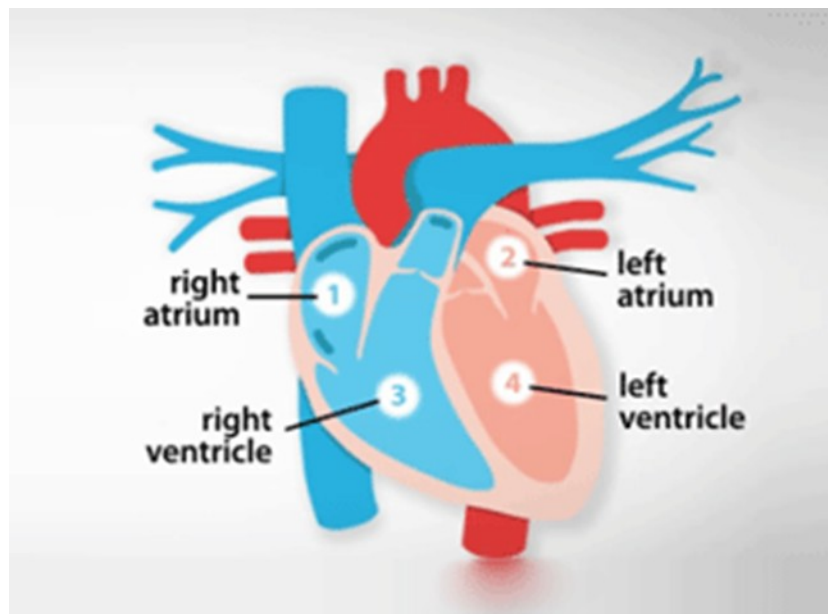


Anthea Meek

A couple of pictures, on this page and the next, for you to colour, to while away the hours, providing relaxation and mindfulness. Then if you would like to, there is a word search and the finally some maths puzzles! (perhaps you should do those first and then relax with the colouring)Ed.

Pictures and puzzles supplied by Anthea Meek





Supplied by Anthea Meek



BEATING HEART DISEASE TOGETHER

Name: _____

The Healthy Heart Word Find

M P U Y B X S J Z W X T Q P P V J P R S R E L I
N W L X J W A W D L B V M D J F D G J E V L H K
P I F H J O V Y Y O C G B V E I N T Z L P E M M
H G C Y M W W P M L O S I R S B X W D F A Y T V
K X C H G D V M U D S L V B E F H N I R A T A N
S S S D Z O Q R N M Z V B X P Q D B T K Z D N J
U M G B Y K L L O J P G M I T X W B X I H T O S
J K C U E J D O D W C P U F U S E X G B I J I D
C A L Q A V N V I K D U I M M A L X R H J O T E
H O Y C C M R K J D P S R F T U T J C Z H I A M
U R H O D M A T Q S R P T R I G X E H G M M L V
P T P H W T B E F B Y A A Q J Z N X H N N C U I
U A T B X R B I R P G P C Y C H G E B X S M C A
O B E F E V R V M T U F X S T U Y A D M B N R C
X M O E N B E V M G S L L E M W E E E L C M I L
S I H U C V C S L Z V D M Q V R J G W S R Q C D
D T N C A N Z J S K L V O O T L I C Z E A V T O
P Z R F H D N R Q E H C K O N Y A I T I D K U N
C R G A I C E A L W L S W R L A A V W D H T A F
M C H E E N G F R S S T M R I B R D D L P T A T
C V W K B H Y H U T Q W B L O R G Y P U A U I Z
F T I U Y B X H G L E X R F P X O K P L S S G W
L F L O X I O A J B V R L P F U B X U I Z U S I
R H P Q L K R U F W N R Y T Z V H G F Q S X V P

BLOODSTREAM
HEARTBEAT
ATRIUM
VESSEL
HEART

CIRCULATION
PULMONARY
OXYGEN
AORTA
VALVE

CARDIOLOGY
ARTERY
SEPTUM
BLOOD
VEIN

Solve If You Are Genius !

If $1 = 5$

$2 = 25$

$3 = 325$

$4 = 4325$

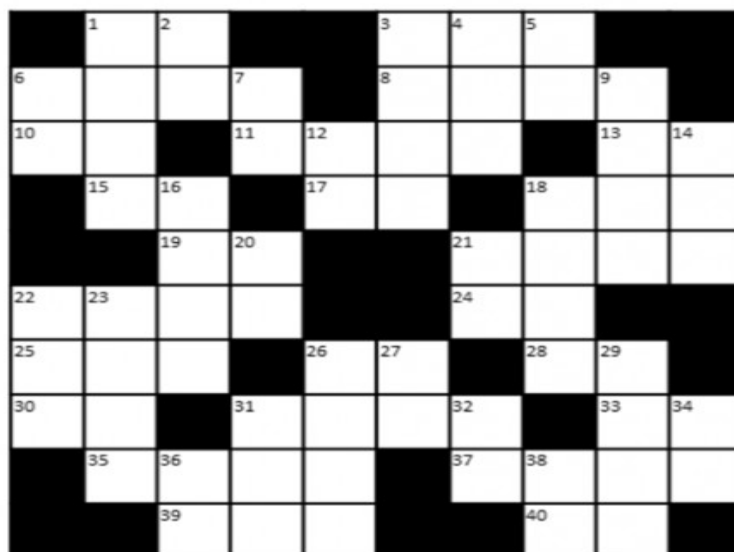
Then,

$5 = ?$



	X		+		11
-		-		+	
	+		+		15
X		-		-	
	-		X		-47
-54		-4		-4	

Cross Number #1



ACROSS

1. $22 - 9$
3. $159 - 13$
6. $465 + 750$
8. $2329 + 3294$
10. $25 - 10$
11. $18833 - 9266$
13. $20 - 7$
15. $15 + 16$
17. $120 - 24$
18. $952 - 344$
19. $99 - 40$
21. $445 + 8975$

22. $1496 + 930$
24. $124 - 46$
25. $1290 - 300$
26. $98 - 44$
28. $11 + 5$
30. $27 + 40$
31. $9284 - 2589$
33. $44 - 10$
35. $3292 - 768$
37. $9 + 1616$
39. $858 - 356$
40. $1 + 10$

DOWN

1. $710 + 543$
2. $46 - 15$
3. $297 + 1269$
4. $235 + 232$
5. $83 - 21$
6. $15 - 4$
7. $29 + 30$
9. $5457 - 2355$
12. $24 + 35$
14. $560 - 180$
16. $381 + 1139$
18. $12346 + 5865$

20. $27 + 69$
21. $183 - 86$
22. $338 - 42$
23. $280 + 4692$
26. $10786 - 5144$
27. $27 + 22$
29. $12200 - 5879$
31. $687 - 67$
32. $62 - 11$
34. $21 + 24$
36. $61 - 6$
38. $17 + 44$

My daily to-do list:

Count my blessings
Let go of what I can't control
Practice kindness
Listen to my heart
Be thankful
Just breathe

Laziness kills ambition
Anger kills wisdom
Fear kills dreams
Ego kills growth
Jealousy kills peace
Doubt kills confidence

Now read that right to left.

The most beautiful things in life are not things
They're people and places, memories and pictures.
They're feelings and moments and smiles and laughter.

Never regret a day in your life
Good days give you happiness, bad days give you experience,
Worst days give you lessons and best days give you memories.

Five sentences that shifted my perspective:

- What you give power to, has power over you.
- It's not hard, you've just never done it before.
- Choice is the most powerful tool you have
- Let today be today, and tomorrow be tomorrow
- You can't change what's going on around you, until you change what's going on within you.

It's okay to cry when there's too much on your mind. The clouds rain too when things get heavy.

Golden rules for living

- ♦ If you open it, close it
- ♦ If you turn it on, turn it off
- ♦ If you unlock it, lock it up
- ♦ If you break it, admit it
- ♦ If you can't fix it, call in someone who can
- ♦ If you borrow it, return it
- ♦ If you value it, take care of it
- ♦ If you make a mess, clean it up
- ♦ If you move it, put it back
- ♦ If it belongs to someone else, get permission to use it.
- ♦ If you don't know how to operate it, leave it alone.
- ♦ If it's none of your business, don't ask questions.

REGULAR WEEKLY MEETINGS :

Family Sunday School 3.00 p.m.-4.30 p.m. (Dates as announced)

TUESDAY 8.00 p.m. Badminton Club

THURSDAY

FRIDAY

SATURDAY	10.00 a.m.	'Open House' Coffee Morning - first Saturday of the month
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MONTHLY MEETINGS

Thirsty For??	7.00 p.m.	2nd Thursday
A.C.T.I.O.N	2.00 p.m.	4th Thursday

Articles are welcomed at any time, but the deadline for last minute items is **24th August 2025**.

Articles can be e-mailed to sue.spaul@hotmai.co.uk or placed in the newsletter box in the front foyer. Thank you