&

## Tell Your Story

MMANUEL

We are all on a journey with God and for me on my journey I think that genuine stories of God's provision, sustaining faithfulness, equipping and what God has been doing in my life and others around me have made an impact.

OOTHVILLE

My journey through church and college to becoming an Ordained Minister can't help but speak to my family and friends. It is clear God has always provided what I needed along the way, even if the way has not always been easy. Our stories are significant, they talk to people, so I encourage you to share with those around you what God is doing in your life- the ups and the downs too.

Along the way there have been natural opportunities to speak about my faith such as with English language students, as they also shared about their faith and culture. Good conversations and discussions can come from being open to one another. I Have felt more equipped to jump in on those unexpected discussions about God that come up out of nowhere.

When we spend time with God in prayer, learn to trust in him and his strength in us, understand his invitation to join him in what he is doing in our communities- and to extend that invitation, we can be equipped to share his compassion and hope naturally, authentically, and joyfully with those around us.

Confidence in sharing our faith in God is helped by being confident in who God is, his love, his restoring movement in us and our communities. We can be confident in a God who gives grace so freely and loves us so abundantly that he would give up his only son for us.We can be confident on his call on our lives and every one of us is called to share our faith, despite whether we feel we are gifted in evangelism or not- let's be encouraged that God calls on everyone. 1 Peter 3:15 says we are all called on to "set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect."

We are to share our faith through action and integrity too. Because of our trust in God, we allow him to change the way we live. Faith calls forward a heart response, stepping up for people around us and living in the light of his love. Sometimes we will make mistakes, but our confidence in sharing our faith is made stronger by knowing of God's amazing grace and mercy to us. Thankfully, God is mighty and will move in people's lives despite our mistakes.

The story of Jesus and the Samaritan woman offers us a big dose of confidence and encouragement. The Samaritan woman misses the point, doesn't understand, and becomes distracted. After seeing God, people see themselves and sometimes this is uncomfortable for them, so they may become uncomfortable with us too. We can know that Jesus's conversations were often not straight forward! None of this is meant to be easy. In attempting to share our faith with

others in word and action, we need a good dose of humility too, like Jesus in this story where he sat down with a Samaritan woman and spoke with her. She was a woman, not a Jew, a sinner, and an outcast. She lived alone, apart from community, likely cast out. God gives us the confidence to reach out to people we are unsure of, who are different from us.

Jesus was compassionate towards outcasts and reaching out in this way speaks to people, he went out of his way to reach the cast out. On the way to Galilee, Jesus took the less preferred route through Samaria which had a long history of tension with Judea. Jews normally avoided Samaria by travelling elsewhere, but Jesus chose to go to a land everyone else avoided, Bethany was one of those places too. Jesus Listened to a sorry story and showed understanding, he broke through barriers of nationality and orthodox Jewish custom. God loves the world in action too.

ECTORY FARM

IMES

Everyone needs to hear about God's grace and hope and life-giving water. Let's be encouraged by Jesus. I wonder, where you have had your most significant conversations? Could we offer a meal or a chat over coffee with those around us being open to their story and who they are without judgement? And perhaps in doing so, be a part of pointing to Jesus and what it means to drink living water.

Thanks to Jesus' conversation with the Samaritan woman, she acknowledged Jesus as Lord, remained in the light, and revealed signs of discipleship. Jesus displayed humility, he was relational and showed understanding, he shared truth and enlightened too. Responding with heart, she desires follow him.

The Samaritan woman hurried to share the wonder with those who shunned her. She ran knowing who she spoke to and what he offers to all, she was overflowing with awe. She says to them, this is who I was and now this is me. This is what Jesus Christ has done for me.

We live in a broken world, we don't have to reflect for long before thinking about the situation in Afghanistan, war in Ukraine and around the world, the economic and environmental crisis, and the suffering of our family and friends. Our communities need to hear of God's forgiveness, compassion, grace, mercy, healing, restoration, and hope. They need to know that Jesus is the saviour of the world.

You may still feel unworthy to share your faith, but God trusts us with his life -giving authority, to go and make disciples of all nations (Matthew 28: 18-20.) Remember, God uses the foolish, weak, and lowly for his purposes (1Cor 1:27.) As Paul said, "I can do all things through Christ who strengthens me."

#### Rachael Warnock

# Valentine's Day reminds us of the importance of expressing our love to those close to us. But how can we go beyond simply offering flowers and a card?

Jesus says: 'A new command I give you: Love one another. As I have loved you, so you must love one another' (John 13:34). How can we express love like Jesus in our everyday relationships to our partner, children, neighbours or work colleagues?

#### Listening

We need to listen to others, just as Jesus did. He asked questions of people and waited for them to process their answer. According to James, *'everyone should be quick to listen, slow to speak and slow to become angry'* (James 1:19). How well do we listen to others? How often do we find ourselves already thinking of what we want to say before somebody's finished speaking? Listening takes time; don't rush it!

#### Touching

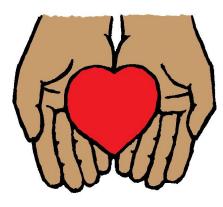
Jesus reached out to touch the untouchables in His world, including lepers, the sick and children. This was completely out of character for rabbis of His day. For us today, a warm handshake may be of value. Of course, it should always be an *appropriate* touch – helpful for the other person, not just for ourselves.

#### Speaking

Jesus' conversation was always full of grace and truth (John 1:14). Do we speak words of *grace*, by offering comfort, giving encouragement or expressing care and concern? However, we should also be ready to speak words of *truth*, in asking for forgiveness, seeking reconciliation or addressing conflict. As Paul urges us, don't avoid: *'speaking the truth in love'*.

Where is the challenge for us in expressing love this Valentine's Day?

#### Paul Hardingham



## Some hints about prayer this Lent

Prayer is instinctive for human beings, even those who don't regard themselves as religious. You are standing at a bus stop in the wind and the rain, thinking 'I do hope the bus will come soon'. It's an inner yearning. It defies logic: either the bus is coming, or it isn't. But we all do it. It's instinctive and it's the raw material of prayer. Hoping for something better is basic. Like all instincts, it needs to be trained.

To whom do we pray? What you<br/>pray, and the way you do it will<br/>be shaped by your view of<br/>God. Christian prayers are fash-<br/>ioned by what we know of Jesus<br/>and what He taught aboutbullock is yoked to a mature<br/>ox. Have a look at Matthew<br/>11:28-29, which concludes "H<br/>my yoke is easy and my burd<br/>is light". When Marion Barto<br/>unexpectedly won the 2013<br/>Women's Wimbledon final, s

We pray by invitation. Again and again, Jesus encouraged His companions to pray. A couple of His parables on the subject have been misinterpreted as instructions to persuade a resistant God to do what we want. Have a look at Luke 18, verses 1-8, about a widow whose perseverance finally persuaded an unwilling judge to rule in her favour. The lesson is that God is *not* like that! Similarly, an unwelcome neighbour who persistently calls for help in the mid-

creati

dle of the night gets what he wants (Luke 11:5-13). The lesson? If tenacious lobbying can overcome human unwillingness, *how much more* our gracious God will heed His children's cry.

Pushing at an open door. Jesus is already praying for us. So, when we start to pray, we step on to an already moving staircase. Sometimes prayer seems tougher than it need be. Jesus invited us to be linked to Him, in the way an inexperienced ox. Have a look at Matthew 11:28-29, which concludes "for my yoke is easy and my burden is light". When Marion Bartoli unexpectedly won the 2013 Women's Wimbledon final, she said "I believe if you put all your heart and effort into everything you are doing, then God is there to help you."

Is your prayer on the right lines? Try adding "for Christ's sake" at the end.

"Please let my marrow win the Gardening Club competition"? No. "Not my will but yours" is the key.

So when praying, don't give God instructions, just report for duty.

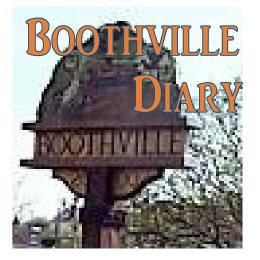
The Ven John Barton

keduce Your Waste

"And when they had eaten enough, he told his disciples, 'Gather up the pieces left over, that nothing may be lost." A good way of helping reduce the burden on creation is to to reduce the amount of household waste we are sending to landfill.

Start by looking into items that seem to be cropping up a lot in your waste bin and see if there are alternatives such as a waste-free refill shop, using a reusable shopping bag, and most supermarkets are collecting more recyclable packaging.

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On Advent Sunday we, of course, lit our first Advent candle but it was a first in another way.



Jo Pearson not only led the service but preached for the first time at Boothille and indeed the Emmanuel Group. How many of us knew

that Jo had completed Licensed Worship Leaders training? She

kept that quiet for some time. Her sermon was both interesting and thought provoking. As a member of our congregation with many years preaching experience said, 'It ticked all the boxes'. By the time you read this edition of Bert I am sure Jo will have led another service at Boothville.

#### The community centre in Boothville always looks so festive for our Christmas

**services.** Those who attend the Saturday morning coffee group decorate the hall each year for the benefit of all the hall users. This is much appreciated by us. The coffee morning group always have a Christmas raffle which the users support in order to raise money for

our hall.



As some of you know the Boothville Community Choir was



formed a good number of years ago and is still going strong. Members are a mixture of church and community. Concerts are held three times a year, usually to a full house, to raise money for a variety of charities.

The Christmas concert this year, on 11<sup>th</sup> December, was in support of the food bank and the magnificent sum of **£637** was raised! I am sure this money was very welcome to the food bank in their run up to Christmas.

This year, for the first time, the choir joined us for our Carol service on 18<sup>th</sup> December. James Fearnley came to lead the service. It was good to see James as he rarely comes to Boothville. hopefully he enjoyed his visit. It was a lovely Carol service. The hall was full. Some old faces returned for the occasion and there were other people we had not seen before. Most enjoyed a chat afterwards over mince pies and a cup of tea or coffee.



## As usual, we had a service on Christmas Eve and Christmas Day.

The Christmas Day service, which Precious led for the first time, was particularly well attended this year. We decided in January that we really should have another congregational meeting.

We have not had one since before Haydon left. I think we were all expecting a new Team Rector to be in place before this time. It is good to have the opportunity to get together to discuss things particularly related to Boothville, to keep the congregation up to date where necessary and to work at keeping our church running smoothly.

We always take the opportunity after these meetings to share lunch together. Everyone stays if they possibly can. As has been said before, eating together is very much a Boothville family tradition and we enjoy this time together. On this occasion it is a cold buffet with jacket potatoes and puddings of course!

We do our best to support the food bank throughout the year. The congregation are invited to bring in donations on the fourth Sunday of each month which we can take to Moulton Park. We thank the Lord for everything he has done and continues to do for our church at Boothville and for the love shared amongst us all.

BERT

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#### BERT THE BI-MONTHLY MAGAZINE OF THE EMMANUEL GROUP OF CHURCHES





#### **Congratulations to Angie Kennedy, CEO of C2C Social Action,** who has received a High Sheriff's Award in recognition of her valuable services to the community; namely for her work in uniting everyone who worked together on the Knife Angel project which saw a significant drop in knife crime across Northamptonshire.



Are looking for 6 people from Northamptonshire to support their work in assisting community activity & making a real, positive difference in our local area.

- 3 volunteer Grants Assessors
- 3 volunteer Grants Advisors

There are many benefits to volunteering with Northamptonshire Community Foundation. You will get free training and support from us, you will be invited to our events and get an annual "thank you" gift. Interested?

For more information and to register your interest, email: enquiries@ncf.uk.com by 20 February 2023.



"It's funny the way you always decide to get down and pray whenever the vicar scans the congregation for volunteers."

# Have you been scammed?

#### Unfortunately, scamming is on the rise and has become quite common in recent years.



#### Scammers are also becoming more

sophisticated and making it harder to spot a scam. They can come in the form of fraudulent phone calls, emails, text messages or websites. However, there are many simple measures we can all put in place to increase our safety.

#### What is a scam?

A scam is fraudulent activity or a deceptive scheme designed to cheat a person out of something. It involves tricking people into sharing their personal information, so that scammers can steal their money.

Most of us would like to think we could easily spot a scam, yet the number of successful scams is still on the rise. This is because scammers are often very insistent and persuasive in their approach.

#### Who is most at risk of scamming?

Anyone can be a victim of a scam, so it is important to be aware of the signs as much as possible. According to Citizens Advice, people aged 55 and over are most likely to be targeted by scammers – but it is younger people (34 and below) who are more likely to become victims of a scam.

#### What does a scam look like?

There are lots of different types of scams, which makes it difficult to warn against one particular type of message. Often, scams will involve a fraudster pretending to be someone they aren't. They may say that they are from a fake company, or a trusted brand, bank or a government agency, to trick you into a false sense of security.

Scammers tend to base their deception around issues that are currently in the news or that affect lots of people. There have been recent warnings of scammers pretending to be from an energy grant scheme or the People's Postcode Lottery.

#### How to spot a scam

Three popular channels that are used to target people are: emails, text messaging, and phone calls on landlines and mobile phones.

**'Phishing' emails** are designed to steal your identity by 'phishing' for information. They look as though they are from a trusted company and ask you to click through a link.

Keep a close eye on the spelling, grammar and unusual or inconsistent font in unexpected emails. This could mean that it isn't from a legitimate company.

**Scam text messages** will usually ask you to reveal personal information ie. a password or account number, to gain access to your email or bank accounts. This type of message often features a link to a 'free prize', 'gift card' or other financial incentives.

Other messages may claim to have noticed unusual activity in your bank account, tell you that there's a problem with your payment information, or that you need to click the link to pay an invoice.

Text messages with fake delivery track links have also become more common with the rise of online shopping. Click the link, and you'll often end up on a fake but authentic-looking website. If you try to log in, the scammers will have your username and password to use themselves or sell to other scammers.

A 'vishing' phone scam is a cold call that typically involves a criminal deceiving a person into believing that they are talking to a member of bank staff, a police officer or some other trusted figure. They will often tell the individual that they have been a victim of fraud and ask them to 'confirm' personal details that they claim to have on file.

#### 10 tips to avoid scams

Be wary of any cold calls or texts from unknown phone numbers. If you get an unexpected phone call, you might feel that you need to pick it up and talk to the person. But remember, it's better to be safe than sorry – consider blocking any unknown numbers that pester you with unwanted calls.

2. Legitimate companies should never call you to discuss personal details or ask for sensitive information. Your bank will never ask for details such as your card number or PIN over the phone. And since 2019, there has been a ban on cold calls about pensions, so you will only be called to discuss your pension if you've asked the pension company to contact you.

**3. Fraudsters will often push you to make decisions fast,** so don't feel pressured into making any decision you are not comfortable with. If in any doubt, hang up and contact the company directly using a number you find in correspondence from them.

**4. If an offer you receive sounds too good to be true... it**'s always safest to assume that it is.

**5.** Choose your passwords very carefully. Make sure you mix upper and lower case letters, numbers and symbols. Don't use one password for all your accounts and never share your passwords with anyone else. If you need to write them down somewhere, make sure you keep any notes in a safe place.

#### 6. Protect your personal details:

Shred all bills and documents that include any personal details before throwing them out.

Review your privacy settings on social networks. Limit how much personal information you make public. Scam-

mers can access those details and piece together a profile of you to make their approach more convincing.

**7.** Never open suspicious texts, links or attachments in emails. Take a screenshot in case you need evidence, and then delete the message immediately.

**8.** Don't give them access to your computer. Scammers often claim that they can fix a problem with your computer or install a 'free upgrade'. If they say they need you to give them remote access to your personal devices, be suspicious. Doing this could allow them to install a virus onto your device, which can enable them to access your passwords and personal details.

**9. Take great care when shopping online.** When you pay for your items, ensure that you are using a secure payment page. You can check if it is secure by seeing whether there is a 'closed padlock' to the left of the browser's address bar. Avoid using websites without a locked padlock.

**10. Regularly check your bank statements.** This will allow you to identify any unfamiliar transactions, so you can make sure that any payments being made from your account are all legitimate.



#### What to do if you are scammed:

Report any suspicious activity as soon as possible. Contact your bank immediately, if you think your personal financial details might have been accessed or compromised in any way. You should also make sure you protect yourself from any further risks – Citizens Advice has a useful list of things to do if you have been the victim of a scam.

To report any suspicious emails, texts, websites or phone calls, contact the National Cyber Security Centre.

Taken from: Fraud and Cybercrime Report and Citizens Advice research



## OPENING TIMES FOR FOOD PARCEL COLLECTIONS

Wednesday 10.00-14.00pm Friday 10.00-14.00pm

Please take any donations of food to Tesco Weston Favell or Emmanuel Church Office

The church office is open

Monday Tuesday Wednesday Friday 10.00 -14.00

If you take your food donation to Tesco they will add another

**20%** 

### December '22 was the busiest month in the history of our foodbank. Thank you for all your support and donations which helped many people in this cost of living crisis.

We have had a very busy time at Foodbank. What with Christmas and the impact from the cost of living crisis, in December we fed 1567 people compared to 1209 in November. Due to our supporters wonderful generosity we were able to give 187 gifts to children during December, so although busy, it was also a very rewarding time.

We have used a grant from Postcode Places Trust to help people out of poverty and debt, and into training, volunteering and employment, working alongside our team at <u>Weston Favell Centre Foodbank</u>. We've helped over 500 people in a year. We helped people with money management. We worked with partner organisations like Edge who helped people out of debt, eg got a Debt Relief Order for one lady who came for food parcels. One male guest said, "Honestly the help was amazing, if it wasn't for the help of you guys with the work application process I wouldn't be in work."

Another Male attended food bank as was unemployed and had been made homeless due to not being paid for contracted work. Was given assistance with CV and job interview skills, and was successful in gaining employment.

11 food bank guests became volunteers and we helped 9 to secure part-time employment, 2 full-time employment; two other food bank users are now studying at college, and one at University for a degree. One man said, "The support provided direction" and was a "lifesaver" and gave him "hope, when he felt that there was no hope for him".

We realise that the rising cost of living is impacting on everyone and so foodbank is extremely grateful to people continuing to donate, and enable us to continue to feed those in need.

To maximise resources we are cutting costs and promoting the need for donations to foodbank where ever we can.



#### If you have already donated food or given financially to foodbank, or volunteered to help,

#### We thank you for your support

If you have some time to spare could you offer a few hours to help at foodbank? We are looking for packers, runners, stockroom helpers and people with computer skills. Plus drivers to pick up donations from local supermarkets.

If you are able to offer us some time or would like to know more, pop in to foodbank, or email Simon at:

#### Info@westonfavellcentre.foodbank.org.uk

#### 07467 074 496

If you prefer to make a financial donation instead of food this can be done via bank transfer to:

Emmanuel Group of Churches Sort Code - 60-15-55 Bank Account Number - 73955787

**Or** you can download a standing order mandate from the Emmanuel Church/foodbank website:

#### www.emmgroup.org.uk

**Or** via the Weston Favell Centre foodbank page and follow the local giving link:

https://locagiving.org/charity/weston-favell centrefoodbank

## The only pet food bank in Northants is in Rushden.



Therefore, support for pet owners coming to our food bank is invaluable. Donations of pet food will be much appreciated. Thank you



Tinned vegetables Tinned fruit Pasta sauce Curry sauce Tinned or packet soup Tinned fish and meat Tinned beans/spaghetti Biscuits Tea/coffee Sugar Custard and rice pudding Toiletries mens and ladies

#### THANK YOU FOR Your generosity

Our Foodbank would not exist without our amazing, wonderful **volunteers!** 











### See BERT in full colour on our Website emmanuelgroup.org.uk

+ lots of other information about our group of churches

### REGULAR GIVING

If you give regularly to the work of The Emmanuel Group, please consider giving via the envelope scheme and, if you pay income tax...'Gift-aid' it so that we can claim tax back, maximising your gift. For further information, enquire at Emmanuel church office (next door to our coffee shop) or ask a steward at one of our services. THE BI-MONTHLY MAGAZINE OF THE EMMANUEL GROUP OF CHURCHES

BERT PAGE 9



Baby-

basics" Northampton

NEW Donation

Drop Off

Point

**Emmanuel Church** 

Weston Favell Centre

Church Office

Emmanuel Church has long supported us and

we're pleased to have them

officially re-open as a

Baby Basics Northampton donation drop off point again They can accept donations from 10am-1pm

on Mondays and

10am-2pm Tuesday-Friday. The office is on the Upper Mall, under the library and through the automatic double doors

is our newest donation drop off point!

## Good bye to Doug and Hilary

A special service to say 'good bye' to Doug and Hilary Spenceley, at which Doug will preach, will be held at Boothville on Sunday February 5th at 10.30. All are very welcome, although the regular services at Emmanuel and Rectory Farm will also be held that day.

Contributions to a leaving gift can be made by any of the following methods:

Direct payment to the Emmanuel Church bank account, clearly marked as a gift for Doug and Hilary.

Cash or cheque payable to 'Emmanuel Group of Churches' in a clearly marked envelope either to the church office or in the collection plate at any service.

Refreshments will be served following the service.

## **Baby and Me**

A 4-week programme of 1 hour weekly play based sessions for parents with babies under 6 months promoting confident, responsive parenting.

#### **Starting in January**

#### Venues -

- Blackthorn Children's Centre NN3 8QD,
- Camrose Centre NN5 7DF,
- Daventry Children's Centre NN11 4EY,
- Kettering Children's Centre NN16 8RX,
- Oundle Children's Centre PE8 4PS

Please book at https://strong\_start\_team.eventbrite.co.uk



## Str ng Start



## **CAFÉ** EMM *A HOME FOR THE COMMUNITY* We are open 10.00 – 2.00 Monday to Friday.

A warm welcome awaits you at Café Emm. We offer good quality, well cooked food, drinks and home-made cakes at very reasonable prices. Our Special hot dinner days are Tuesday and Thursday - £7 for two courses.

courses. Calkes Do pop in for coffee or lunch. *Mmmm...* We really would love to see you and your friends and there is always room to welcome one more....

Home made

## The New Year brings a time for change.

Following the Christmas break, Café Emm opened again on 2<sup>nd</sup> January. Life has been very hectic since then. People continue to come in regularly and it is good to see new faces too.

Lucy left us in December to start her maternity leave. We will all miss her very much. She hopes to return in September. In the meantime, we have been joined by our new cook, Ruth and we hope she will be very happy in her new role with us.

Sadly, we have also said goodbye to Annette, as her funding had come to an end. Annette ran our community sessions at Cafe Emm. There will still be board Games on Monday mornings from 10.00am. We are hoping this will be run by the existing members.

The Memory Café every other Wednesday at 2.30pm and Singing for the Brain at 2.00pm on Tuesdays are closed for the time being. We hope to find another way to run these sessions as soon as possible. Keep a look out for news about these sessions We will miss Annette and wish her well in her new job.

As we continue to grow busier, there is an urgent need for more volunteers. If you can help in way or have friends that have time to spare in the week, please let Julie know, she will be very happy to talk to you. Our volunteers usually work for 2 or 4 hours on the same day each week.

Please do keep us all and the people we serve in your prayers.

Congratulations to Lucy and family on the safe arrival of her new baby girl – Eleanor Ruby, who weighed in at 7lb 8oz.

Lucy and Eleanor are both doing very well. They have already been on a visit to the coffee shop.





Sunday lunches will resume on 29<sup>th</sup> January. Please book early and watch out for future dates.

We are open 10.00 – 2.00 Monday to Friday. We offer a place that is warm, good quality, well cooked food and drinks and homemade cakes all at very reasonable prices. Please do come and visit when you are in the shopping centre.

#### We welcome new volunteers.

If you have time to spare and would enjoy meeting new people, pop in and talk to Julie.

We are also looking for new trustees and a new treasurer. If you are interested or would like to get involved, please do get in touch with Julie or Kevin Potter.

óday Menu reamy Chicken pie, Roast Potatoes & Veg Creamy fish pie emon Sponge 2 courses for E7.00 Main Only E5.50 Dessert Only E2.50

#### Café Emm is a charity in need of financial support. Any donations will be very welcome.

If you want to donate by bank transfer the bank details for Café Emm are: Emmanuel Coffee Shop Sort Code – 60-15-55 – Account Number – 73106291

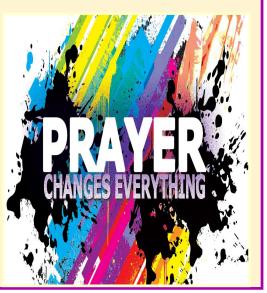
Thank you !



### Every Monday evening at 7.30pm via zoom, for an hour.

We pray mostly for our local communities and for our churches but also issues from all over the world. Anyone can pray as they feel led, or you can use the time to be quiet, listen and reflect. We find it very encouraging. It Is wonderful how much we can feel the Holy Spirit's presence in a zoom meeting

Would you like to join us? Contact Pip, she would love to send you the zoom link.



Are you confident driving in the winter weather? There are a few simple things you can do to make sure you're prepared for the roads over the coming months.

#### Prepare for your journey

#### 1. Have an Emergency Kit

You should always keep an emergency kit in the boot, which includes a warning triangle, jack and essential first aid equipment. In winter, especially on a long journey, it's advisable to keep a can of de-icer or an ice scraper, a blanket and some snacks in there, too. You might also want to keep any other items that are specific to your needs, just in case you do have to wait somewhere for assistance.

#### 2. Be mindful of fuel and range during winter

It might seem obvious, but always make sure you have enough fuel for your journey. Wintry conditions can reduce your vehicle's fuel economy, so it's a good idea to always keep your tank topped up.

If you are driving an electric vehicle, make sure to plan your journeys so you won't run out of charge. If you have a home chargepoint, this might mean charging up your car overnight so that it has a full battery in the morning.

Similar to petrol and diesel cars, the driving range of an electric car is usually reduced in colder conditions – so even on routes you might use regularly, you might need to charge somewhere different. There are several great apps to help you plan your journey and find places to recharge.

#### 3. Make sure your mobile phone is charged

Keep a phone charging cable in the car, so that your phone always has enough power if you get stuck somewhere for a while. Some of the latest cars even have a wireless charging pad to keep your phone topped up, which means no messy cables. You should save the contact numbers for roadside assistance in your phone, too, just in case you are in an area with no data signal and are not able to look them up.

#### 4. Keep your windscreen clean

Being able to see properly through your windscreen is vital, so ensure the de-mister is working well and that you have a windscreen washer fluid that can cope with low temperatures.

#### 5. Lights and visibility

Longer nights, heavy rain, freezing fog and snow can all reduce visibility dramatically, so it's important to make good use of your car lights. If your car has daytime running lights or an automatic headlights function, it will work based on the level of light that it detects – so if visibility is reduced during the day due to fog, rain or snow, be sure to turn your lights on manually.

#### 6. Checking your tyres

It's always essential to ensure that your tyres are in good condition and check the pressure but it's even more important in winter when the grip on the road might be limited.

If you live in an area that experiences very wintry conditions, you might want to consider whether winter tyres could be helpful for you. These are special tyres that give you a better grip and control of the vehicle in slippery conditions – although they are not suitable for normal driving conditions, and are not a necessity or legal requirement in the UK.



#### What is the Eco Church group?

The group is made up of people that care about the environment. We believe that part of our responsibilities as Christians is to look after all forms of God's Creation and to advocate for others to do the same.

It is at a time of enormous change in the UK with a new King and a new Prime Minister in place. Our environment is also changing around us faster than some scientists predicted, as we've seen with devastating consequences in Pakistan and elsewhere.

Thankfully, we believe in a God who is unchanging, the same yesterday, today and forever, and it is with this framing that we celebrate God's creation and are prompted to act to protect it.

WHAT CAN WE DO?

#### When you buy meat and fish

take your own airtight food container into shops and supermarkets to cut out the plastic packaging.

**Wrap parcels** the old-fashioned way - in brown paper, tie with string then secure with sealing wax, rather than using sticky tape.

#### Save power

Turn off lights when not needed, run your washing machine at 30 degrees, install double//triple glazing or thick curtains, insulate the roof. Don't leave your TV on standby.



#### What can I do?

Volunteer to be on the Eco Church group There will be simple Eco changes you can make at home in each edition of BERT Be more aware of God's Creation and our impact on it and how we can improve it If you have any ideas or suggestions please tell Rachel Tighe or Rachael Warnock

More information can be found at <u>www.ecochurch.arocha.org.uk</u>

## Refuse plastic wherever you can.

Say 'No, thank you' to any single -use plastic items, from cutlery to straws – in shops and food outlets and explain why.

Cut coffee-cup waste by carrying your own reusable cup eg. bamboo and corn travel mugs, with earth-friendly silicone lids.

Invest in a refillable glass water bottle and carry your own reusable straw for juices eg. bamboo or silicone drinking straws

## Use organic cotton face/hand cloths

Rather than wet wipes or make-up remover pads and <u>never</u> put wipes down the loo.

Made of polyester, a plastic that takes years to degrade & releases millions of tiny fibres into rivers. The Dept for Environment now classes wipes as a serious environmental hazard. BERT



On Sunday 8 January we bid farewell to Bishop Donald in a service of Evensong after 13 years as Diocesan

Bishop. Attended by over 400 members of the diocese, the service was also streamed on the Cathedral facebook page enabling over a thousand viewers to join in the service.

During the service Bishop Donald spoke of his continued focus on the future and on Jesus, saying that although his years in Peterborough Diocese had ended, and that partings and endings were part of the human condition, we were not together to focus on each other, but to focus on the Lord Jesus Christ, whose years will never end. On Sunday much of the Church was celebrating the Baptism of Christ and the beginning of his public ministry, and that looking at the beginnings in transitions was much better than focusing on endings, but the difference with Jesus was there is never an ending.

A number of people representing different areas of Bishop Donald's ministry spoke, including the Dean of Peterborough who reflected on Bishop Donald's lasting legacy in securing the New Cathedral Measure. The Revds Oliver Coss, Haydon Spenceley and Morna Simpson spoke of the support they had received from Bishop Donald, whilst Revd Jenny Bland focused specifically on his encouragement of youth ministry. The Revd Canon Helen Dearnley, Deputy Chaplain General of Prisons and Anglican Chaplaincy Advisor for HM Prison and Probation Service, reflected on Bishop Donald's role in supporting chaplaincy. Precious Luke spoke of his role in developing lay ministry and Dr Sarah Furness, Lord Lieutenant of Rutland, spoke of his role in civic life.

Thanks were also given for Bishop Donald's role in interfaith relationships and ecumenical cooperation by Abdul Chourdhuri, the Chairman of Peterborough Mosque and Revd Helen Cameron, President of Churches Together in England. Bishop John paid tribute to his quality of leadership, clarity of vision and above all faithfulness in over 40 years of ordained ministry, ending with Jesus' words 'well done thou good and faithful servant'.

The service concluded with a moving ceremony where Bishop Donald laid down his mitre, cope and pastoral staff on the altar as a sign that he was laying down his public ministry as pastor to the diocese, before walking the length of the Cathedral to the West Door as the organ played one of his favourite pieces of music, 'Sheep may safely graze' by J.S. Bach.

From all of the diocese, we wish Bishop Donald and his wife Janice, a very happy and blessed retirement.

#### **Billy**

#### One hundred years ago this year, a famous sporting event took place in London.

On 28th April 1923, the Empire Stadium, Wembley, was opened to the public for the first time and hosted the FA Cup Final between Bolton Wanderers and West Ham United. The final was preceded by totally chaotic scenes as vast crowds surged into the stadium. In those days, with most spectators standing, the capacity was a staggering 125.000.

However, an estimated 300,000 gained entrance and the terraces overflowed onto the pitch. Mounted policemen, including one on a white horse were brought in to clear the crowds from the pitch and enable the match to start.

The match began 45 minutes late with thousands of spectators still standing around the perimeter. Bolton won 2–0. The pre-match overcrowding prompted discussion in the House of Commons and led to the introduction of safety measures for future finals.

Not surprisingly, the match is often referred to as the "White Horse Final" and is commemorated by the White Horse Bridge at the new Wembley Stadium. An added piece of trivia is that the horse's name was Billy.

Out of the 300,000 people who attended the final, the only name people tend to remember 100

years on is Billy, the police horse. Since



horse. Since when has a horse played the starring role at a football match? Billy wasn't even meant to be there. Once Billy

arrived, it was only meant to be a walk-on role. He was just doing his job. One horse amongst many, surrounded by 300,000 people.

But we still remember his name. Ever felt anonymous? Ever felt invisible? I was talking to a Big Issue seller who told me that it is soul-destroying being 'invisible', as people rush past and even avoid eye contact.

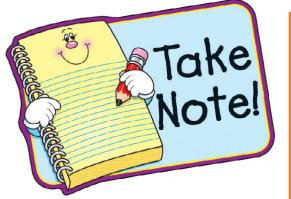
Ever felt that you simply don't matter? Ever felt like you're just another brick in the wall, to quote Pink Floyd?

The Bible tells us that God knows us by name. He has our name written on the palm of his hand.

At every Confirmation Service, the bishop lays hands on the candidate and says, "God has called you by name and made you his own." By name. He knows you and loves you. He always has and He always will.

Richard Ormston Archdeacon of Northampton





Reflective Mornings

are held at the Methodist Chapel in Great Billing on the first Tuesday of the month 10.30-12 noon. Coffee and Tea at 10.15 a.m.

Different themes or starters are used followed by a quiet, reflective space and then the opportunity to share our thoughts.



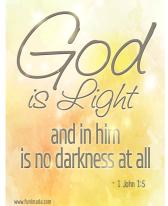
A time to step aside from the day-to-day rush of life.

### **United African Association**

United African Association provide advice, support, advocacy for and represent the African community. The group promote community cohesion through events, projects and activities that showcase African culture and heritage. Including African drumming, a food bank providing culturally appropriate foods, 1:1 support, signposting to other organisations, befriending services, ladies swimming and much more.

We would love you to get in touch with us (contacts information below) for more information about United African Association or to get involved in any of our activities or projects, we look forward to hearing from you! Visit us: Barratt House, Unit F5B,

Kingsthorpe Rd, Northampton NN2 6EZ Mail us: uafricanassociation@gmail.com Call us: 07932 519532 / 07508 417140



### Bishop's Bible Day Saturday 18 March

Northampton High School Newport Pagnell Road Hardingstone NN4 6UU

We are thrilled that our speaker this year is one of the leading Bible teachers in the country. The Revd Dr





#### The Sandringham Hotel Weston Super Mare Somerset Saturday 15<sup>th</sup> July 2023 – Saturday 22<sup>nd</sup> July 2023 Cost: £559.00 Trips included are as follows

West Somerset Steam Railway – Extra £25.00 per person Glastonbury, Bath, Minehead, Shepton Mallett, Clarks Retail Park Two full day out and two half days out. Double/Twin Rooms only

Please contact: Precious 07941 124159 or Simon 07955517798

Isabelle Hamley, a former Chaplain to the Archbishop of Canterbury and the author of last year's powerful Lent Book "Embracing Justice" will give the two keynote addresses on Psalm 23 "The Lord is my Shepherd" and Psalm 137 "By the rivers of Babylon".

There will also be a range of workshops and an opportunity to "grill the bishop"

There is no set fee to attend the conference, but we do ask that you make a contribution towards the cost of the event; due to venue requirements we are providing lunch which is increasing the cost to the diocese to approximately £20 per person.

We do not expect you to pay this in full, unless you wish, but do ask that a donation towards this cost is made when booking.

We suggest bringing a water bottle as there are water machines available at the school.

www.peterborough-diocese.org.uk



#### **The Ministry Team**

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### EMMANUEL GROUP of CHURCHES Billing Brook Road NORTHAMPTON NN3 8JR

#### RECTORY FARM COMMUNITY CHURCH

Rectory Farm Community Centre Olden Road NN3 5DD Sunday service at 3.45pm (see back page)

#### **BOOTHVILLE COMMUNITY CHURCH**

Boothville Community Hall Booth Lane North (access via the lane by the hairdressers) Sunday service at 10.30 (see back page)

#### **EMMANUEL CHURCH**

Weston Favell Centre, Billing Brook Road <u>Sunday service at 10.30 (see back page)</u> Weds Communion at 11.30 am

Group Office - Mon - Fri 10 - 2

Financially, these are tough times for everyone. Churches and charitable institutions will not be exempt from the struggle. If you normally give financially to the Church, thank you. Please keep giving as generously as you are able to. If you would like to give regularly to the Church, you can do this via bank transfer:

Emmanuel Group of Churches NATWEST Sort Code: 60-15-55 Bank Account Number: 72882948

If you'd prefer to give another way, you can give via: <u>https://localgiving.org/charity emmanuegroup/</u> which has the option for single or regular gifts.

Similarly, the Foodbank: https://localgiving.org/charity/weston-favell-centre-foodbank/

Cafe Emm is also in need of support to enable them to keep delivering food to those who are most vulnerable.

Emmanuel Coffee Shop a.k.a. Cafe Emm is part of the Coop Local Community Fund, to find out more about our project and to choose us as your cause, visit: https://membership.coop.co.uk/causes/70035 Then swipe your card whenever you shop. Using the app on your phone is easy and it will remember your cause. This applies to all Co-op stores with the blue logo (NOT the green logo) anywhere in the country. In Northampton, it's these locations:

Bushland Road Coop Bellinge Birchfield Rd Olden Road (Rectory Farm) Barry Road Semilong Rothersthorpe Rd Upton Place Old Duston Pineham Wotton Fields Raising money for free food for people in need struggling with the cost-of-living crisis **PAGE 16** NTHLY MAGAZINE OF THE EMMANUEL GROUP OF CHURCHES **BFRT** THF

SER	VICES	5 IN FE	BRUAF	<b>RY 2</b> (	023
Sunday	Emmanuel @ 10.30	Boothville CC @ 10.30	Rectory Farm CC @ 15.45	Midweek Communion 11.30am	NEW
5th	Communion	Morning Worship	Morning Worship		VENUE
	Yvonne Desroches	Maureen Luke	Fiona Potter + Obi Hez	Weds 8th Kris Hatherly	FOR MID - WEEK
12th	<b>Morning Worship</b> James Fearnley	<b>Communion</b> Peter Goodlad	<b>Communion</b> Rachael Warnock	Weds 15th Rachael Warnock	COMMUN- ION EMMANUEL
19th	<b>Communion</b> Rachael Warnock	<b>Morning Worship</b> Yvonne Desroches	<b>Morning Worship</b> Kristin Hatherly	Weds 22nd TBA	OFFICE TOP FLOOR NEXT TO
22nd @ 7pm	Ash Wednesday Communion Chris Pearson + Yvonne Desroches				CAFÉ EMM UNTIL
26th	Morning Worship Peter Angus	<b>Communion</b> Chris Pearson	<b>Communion</b> Rachael Warnock + Yvonne Desroches	Wed 1st Feb Kris Hatherly	FURTHER NOTICE

**SERVICES IN MARCH 2023** 

Sunday	Emmanuel 10.30	Boothville 10.30	Rectory Farm CC @ 15.45	Midweek Communion 11.30am	NEW VENUE
5th	<b>Communion</b> Rachael Warnock & David Spears	<b>Morning Worship</b> Maureen Luke	<b>Morning Worship</b> Obi Hez	Weds 8th TBA	FOR MID - WEEK COMMUN- ION
12th	Morning Worship James Fearnley	<b>Communion</b> Peter Goodlad	<b>Communion</b> Yvonne Desroches	Weds 15th Kris Hatherly	EMMANUEL OFFICE
19th	<b>Communion</b> Rachael Warnock	<b>Morning Worship</b> Yvonne Desroches	<b>Morning Worship</b> Kristin Hatherly	Weds 22nd Yvonne Desroches	TOP FLOOR NEXT TO CAFÉ EMM UNTIL
26th	Morning Worship Peter Angus	<b>Communion</b> Chris Pearson	<b>Communion</b> Yvonne Desroches	Weds 29th Kris Hatherly	FURTHER NOTICE

please visit our website for more information

www.emmgroup.org.uk