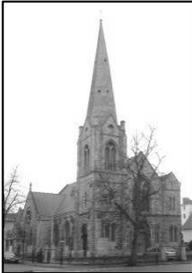


# Cheltenham United Reformed Church



# In Touch



May 2019



*'Through Faith,  
Fellowship and Care  
We Affirm that Jesus Is Lord'*

# CHELTENHAM UNITED REFORMED CHURCH

[www.urch.org.uk](http://www.urch.org.uk)

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<b>Lay Preachers</b>	Bob Alger Julie Jefferies	
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<b>Tuesday Forum</b>	Keith Norcott	
<b>Wednesday Women</b>	Donna Sutherland	

# Welcome to 'In Touch'

The magazine of **Cheltenham United Reformed Church**, a joint pastorate of the three United Reformed Churches in Cheltenham. The three churches work very closely together, sharing this magazine, the website and all activities.



**St Andrew's United Reformed Church** is in the Montpellier district of Cheltenham town centre. A former Presbyterian church founded in 1885, it became United Reformed on unification in 1972. St Andrew's offers impressive facilities, meeting the needs of 21<sup>st</sup> century Cheltenham.

**Prestbury United Reformed Church** is in the heart of Prestbury village on the northern edge of Cheltenham. A former Congregational chapel built in 1866, becoming United Reformed on unification in 1972.



**The Church in Warden Hill** is a Local Ecumenical Partnership (LEP) between the Anglican (St Christopher's) and URC communities of Up Hatherley and Warden Hill in the south of Cheltenham. Ministry is shared between the URC and Rev Gary Grady of the Anglican South Cheltenham Team Ministry.



Both the Anglican and URC buildings are regularly used for worship.

For other information about the Church in Warden Hill please see 'The Lantern' or visit [www.tciwh.org.uk](http://www.tciwh.org.uk)



*Jesus said:  
"For where two or three are gathered in my name,  
I am there among them." (Matthew 18 v20 NRSV)*

## News of the Church Family



**We are invited to pray for:**

John, Peter, Joan, Barbara,  
Jean, Anne, Joyce,  
Gwen, Alister



## Obituary

### **Doreen Steele 1925 - 2019**

Doreen was born in Cupar, Fife and both she and her sister, Edith Stalker, came to Cheltenham because their husbands were at GCHQ. Doreen worshipped at St Andrew's becoming a member in 1996.

Doreen's first husband died leaving her to bring up three children while going from administrator to managing director of a local engineering company. During this period Doreen met and eventually married Barry Steele and both of them ended up as stalwarts of the Scottish Society with Barry organising dancing for many years and becoming the first English born president while Doreen was secretary for about 25 years. Doreen had a second love and that was lawn bowls. She played to county standard for many years.

When not helping family and others Barry and Doreen enjoyed outings to the numerous National Trust properties within driving range of Cheltenham or of Torquay where one of her sons has lived for many years. They also spent many holidays with dancing as their main focus.

At St Andrew's Doreen was on virtually all rotas that involved helping in the kitchen and, with Barry, ran the 'bric a brac' stalls that were a feature of any fundraising events at the church for at least 30 years. She also hosted garden parties for our main redevelopment appeals. She is greatly missed for her quiet efficient approach to whatever activity she supported.

*David Black*

**This month's Pastoral letter comes from  
Geoff Tizzard-King, Elder at St Andrew's**



Dear Friends

In 1906 Selby Abbey- just 14 miles from York – was badly damaged by fire caused by a lightning strike; but following the determined effort of the local community was completely restored.

None of us will remember that, but 78 years later on 9th July 1984 the folks of Selby were reminded of their tragedy when one transept of York Minster was consumed by fire but which along with the rest of the building is now largely returned to its former glory. Many of us will remember that event, and the way the whole country was adamant that we should not lose such an iconic building.

But how many of you, as I do, remember the dreadful tragedy that befell Holy Apostles Church here in Cheltenham, when, on General Election night 1970 a freak storm raged over the town and a bolt of lightning struck the chancel, causing a major fire which burnt out the roof and destroyed the organ? Again, due to the resolve of the neighbourhood and other charitable organisations Holy Apostles is fully restored and thriving.

And now, we are horrified and heartbroken by the devastating inferno we all witnessed as Notre Dame in Paris went up in flames and appeared mortally damaged. But it was not, and from the outpouring of grief and incredible pledges of assistance from across the globe, it seems that the whole world is determined that this 800 year old building must be rebuilt – no matter how long it may take or whatever it may cost.

But why? Why do these wonderful buildings – some dating from the Middle Ages – have such enormous significance in our lives? Why do hundreds of thousands of visitors flock to Notre Dame, Westminster Abbey, York Minster and so many other places of worship in so many parts of the world; regardless of their ethnicity, belief or total lack of any religious conviction?

*Cont.....*

*Cont.....*

Is it not simply that these wonderful 'Temples' built as a statement of faith in God contain within their very fabric the hopes, fears, aspirations, joys and sorrows of generations? They surely are truly Spiritual Spaces of human pilgrimage and we all need them in our lives and in the lives of the generations to come. Notre Dame – Our Lady – on earth will rise again and continue to glorify our Father in heaven.

“Look to the Lord and be strong, at all times seek His presence” Psalm 105 v4

*Geoff Tizzard-King*

## **Thank You**

I would just like to say a big thank you for all the lovely cards and kind messages I received after my operation and then long stint in hospital. It really lifts your spirits to know people are thinking about you and wishing you well. I am now well on the way to recovery and am back doing and enjoying many of the things I did before the operation. So nearly back to normal.

Thank you all very much.

*Donna Sutherland*

## **Christian Aid Week 12-18 May 2019**

This year we are hoping to entice a few more collectors for the house-to-house collection in Christian Aid Week!

The money raised is a large proportion of Christian Aid's total

income. Across Africa, Asia, the Middle East, Latin America and the Caribbean. Christian Aid works with local partners to bring lasting change for people living in poverty, regardless of their faith, gender or race.

In the last 25 years, the streets allocated to St Andrew's URC have been yielding very little money. So this year we have decided, to join forces with St Peter's, to collect in Leckhampton. We hope that, for those who are able to help, the experience will be more uplifting this year and more money will be raised for Christian Aid.

If you could help, please speak to **Alison or Andrew Veal** or sign up on the notice board in the link gallery at St Andrew's.



## The Pulpit in April

### At St Andrew's

5 <sup>th</sup> May	Rev Canon Richard Atkins (Communion)
12 <sup>th</sup> May	Mr. Geoff Tizzard-King
19 <sup>th</sup> May	Rev Dr Dee Brierley-Jones
26 <sup>th</sup> May	Rev Penny West



**Jump 4 Joy** is on 19<sup>th</sup> May, 9.30am, followed by breakfast.  
Children of all ages welcome.

### At Prestbury

5 <sup>th</sup> May	Rev Dr Dee Brierley-Jones
12 <sup>th</sup> May	no service
19 <sup>th</sup> May	Rev Penny West
26 <sup>th</sup> May	to be advised

### At The Church in Warden Hill

12<sup>th</sup> May – Rev Canon Richard Atkins (Communion)

**Messy Church** is on 12<sup>th</sup> May, 3.30pm  
at the URC Centre, Warden Hill. Children of all ages welcome.

(For all other Services at The Church in Warden Hill, please refer to 'The Lantern',  
[www.tciwh.org.uk](http://www.tciwh.org.uk))

### Creative Cards

On sale at Prestbury, St Andrew's  
Warden Hill URC Centre and St Christopher's

**Cheltenham  
Choral Society**

**Love to Sing?  
Come and join us**

We rehearse on  
Wednesday evenings  
from 7.30 to 9.30

At Bethesda Methodist Church  
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cheltenhamchoralsociety.org.uk  
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**Are you going into hospital?**

Do you know someone who is in Hospital?

**The Chaplains offer:**

Spiritual support, prayer and a listening ear  
as well as Holy Communion for those who require it.

**But they can't help at all if they don't know you're there!**

**Contact the Hospital Chaplains:**

0300 422 4286 Cheltenham general Hospital  
0300 422 6200 Gloucestershire Royal Hospital  
Ghn-tr.spiritualcare@nhs.net

***\*\*Copied from a Gloucestershire Hospitals poster\*\****

## The Preacher Man

One day I was in Manchester quite close to Albert Square,  
I listened to a preacher man, with people gathered there.  
'Repent' he said, 'Confess your sins, because the end is near'  
'He's right, I thought, then off I went and had a glass of beer.

I went to bed, woke up in the night,

That preacher man... maybe he could be right.

I'll go to church next Sunday, and confess my every sin,

Cause if there is a Heaven, then believe me, I want in!

Next Sunday came, the weather, 'twas the nicest day by far,

Such a shame to waste it, so I went and washed the car.

I'll go the Sunday after, His forgiveness I will seek,

I'm sure the Lord Almighty will wait another week.

Next Sunday came, I did some work that simply could not wait,

The Sunday after, just the same, so was I tempting fate?

Always something else to do, so Sundays came and went,

And, sad to say, I must admit, were always badly spent.

This went on for weeks and months, and finally a year,

Forgot about the Preacher man, and lost my sense of fear.

But one day I was out walking when there came a mighty wind,

It filled me with such terror, I remembered I had sinned.

A great big tree came crashing down, it hit me on the head,

I floated ever upwards, and realised I was dead.

I thought about the Preacher man, 'Oh dear, is it too late?'

'Indeed it is', said Peter, as he firmly shut the gate.

Immediately I fell backwards and I thought: 'O gosh, what's this?'

As I hurtled ever downwards, down towards a great abyss,

To my horror I could see that leaping flames were lit,

'O help me, someone save me from the awful fiery pit'.

Then bump, I found I'd landed..... Upon the bedroom floor,

With great relief I realised 'twas a nightmare, nothing more.

Did I go to Church next Sunday, did I do as I was bid?

Ladies, gents and children folk..... you bet your life I did!!!!

*Anonymous*

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**WWW.SHOWCASEONLINE.CO.UK**

## Spring Cleaning

Done your spring cleaning yet? if not, hold on to those unwanted items as the Church is having another **Bric-a-Brac stall at the Montpellier Street Fair** on Sunday 30 June. Money raised from the stall will be for the Church spire appeal. If anybody else would like to organise a stall or help me with the Bric-a-Brac then please let me know.

*Ann Lewis*

## Wednesday Women

On Wednesday 1st May there will be a talk by Lauren Monument on the subject of sight impairment and Guide Dogs for the Blind.

Lauren will talk about her life since losing her sight as a teenager.

All are welcome to St Andrew's at 7.30 pm.

*Elspet Carter*

## Qi Gong at St Andrew's

Gentle exercises especially geared to the needs of older people based on Chinese traditional practice, promoting self-healing and self-regulation of the body.

Thursdays at 12.15 pm. £5.00 per session. Dates to be advised.

Contact Lida 01242 233949 [lida@blueyonder.co.uk](mailto:lida@blueyonder.co.uk)

## Freecycle

If you have any useful items you no longer need that might be of use to someone else please let Ann Lewis know.

with full details of the item and please leave your telephone number so we can get back to you.



**OFFERED:** A 5-wheel computer/office chair. Keith Norcott,

## **And Our Choice for May is .....**

These days it's all about choice isn't it, having options, being free to select whatever suits you best? OK, so go ahead, choose: black, green smoky, blended, scented, weak, strong, dandelion, nettle, strawberry, jasmine, imported, Cornish? Yes, see, choice can be pretty complicated can't it, especially if it's this big? Oh, didn't I mention, it's tea, but of course you twigged that ages ago. Cornish tea? No, it's not Typhoo on the shelves in Tesco's in Truro, it really is tea grown in Cornwall. See, we're nothing if not educational. Spoilt for choice? Maybe sometimes it's better to have the choice made for you. I mean, if you were about to have a serious operation you wouldn't want the anaesthetist to give you a choice whether you'd like an anaesthetic or not, would you? Nor would you want a daily choice of which side of the road to drive on. See what I mean? Sometimes it's best to have no choice at all. Well, ever ready to oblige, the Forum can offer you not one but two one-only choices in May.

**At the Forum and Afternoon Tea on Tuesday 14<sup>th</sup> May** you can choose as many cups of tea as you like, as long as it's the brand we have available. On the other hand, you can choose from any of the luscious cakes to accompany it.

The other choice in May is really "**Bill Cowie's choice**" on **Tuesday 28<sup>th</sup> May**. There'll be that choice of tea again and an even bigger choice of eats from our bring-and-share tea. Then we sign off with the outing to Friar's Court and the traditional cream tea, on June.11<sup>th</sup>.

I have a particular reason for using the term "sign off". Over the years the attendances at the Forum have steadily declined, and sadly we have reached the point where attendance numbers simply do not justify carrying on. So the June outing will be the final meeting of the Forum. Thank you to all those who have served the Forum in any capacity, and thank you to St Andrew's church for the use of the room and facilities.

The Afternoon Tea and the Forum are at 2.30 pm in the Garden Room at St. Andrew's church.

*Keith Norcott*

**Afternoon Teas on Tuesdays will continue**  
**Summer dates: 14<sup>th</sup> May, 9<sup>th</sup> July, 13<sup>th</sup> August**

**Community Film**

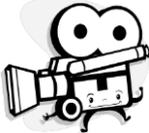
at Warden Hill URC Centre  
2.30pm (doors open at 2.15pm)

**Saturday 18<sup>th</sup> May 2019**

[Community.films@urcic.org.uk](mailto:Community.films@urcic.org.uk)

Free entry – Family and Friends welcome  
Refreshments available

Future Dates: 22<sup>nd</sup> June, 20<sup>th</sup> July



## **Report from West Midlands Synod meeting held on 16th March 2019 at Sutton Coldfield URC.**

CURC was represented by Julie Jefferies, David Black and Janet Kemp.

Business at this meeting was limited to the regular reports from Mission Council and Property and Finance.

Synod recognised all those churches which are working towards their ECO A Rocha Awards. CURC was commended as having gained the Bronze Award.

The Moderator shared his thoughts about 'Discipleship' following his sabbatical working on the subject. We also heard about the progress being made with 'Stepwise' the new training scheme for all.

A Synod wide **Pilgrimage** is being planned, to visit Sutton Park on 11<sup>th</sup> May, Bedworth on 8<sup>th</sup> June and Minchinhampton Common on 13<sup>th</sup> July.

*Janet Kemp*



## Spring Harvest 2019 at Minehead

The Christian Festival that includes ALL parts of Christianity

This year Liz, Carol and I went to the event at Butlin's, Minehead, for five days before Easter.

*Janet*

Liz writes about her experience:

### **THEME: 'PRAYER: UNLIMITED ACCESS'**

Matthew 6 ..."But when you pray, go into your room, close the door and pray to your Father who is unseen. Then your Father, who sees what is done in secret, will reward you."

We heard about many amazing Christians around the world:

Imagine yourself in solitary confinement in prison because you love Jesus, - this is part of **Ladan Nouri's** story. Ladan was born in Iran and was Muslim but after going to church for 8 months in 2005 she gave her heart to Jesus. One day she learnt that the police had arrested her pastor and members of her house church, she was out when the police came for her. Her mother said she must go into hiding but she decided to get a taxi to the police station and hand herself in, on the way she told the cab driver about the Lord.

Ladan was put into solitary confinement and interrogated on and off, all she wanted was a bible. The Lord answered her prayers for a bible by bringing scriptures to her remembrance and she started writing them on the cell walls with a pen she had removed from the interrogation room. This is how God answered Ladans prayer. Ladan now lives in Turkey.

What a testimony so inspiring and to hear Ladan praying in Persian was beautiful.

**Graham Kendrick**, who is loved by so many in England led us in praise and worship = an hour was not long enough, I could have gone on all night. In 1984 the theme for Spring Harvest was "Servant King" - the reason he wrote this song. He has written so many songs for Spring Harvest which have blessed the church. What struck me most is how humbled he is with his God given gift. 'Shine Jesus Shine', 'Knowing you Jesus', 'Meekness and Majesty', the list goes on and I'm sure you have your personal favourites.

**Adrian Plass** and his wife gave us a lot of laughs as they shared stories, sketches and poetry with us.

There are so many mission groups represented at Spring Harvest.

**Odry Agbessi** is Benin's first plastic surgeon and is a volunteer for Mercy Ships. At the age of 12 she saw a girl burnt with acid and she decided then and there she was going to be a reconstructive surgeon because there was no one at that time who could help this young girl in her own country. Another amazing testimony.

The Skyline at Butlins, where all the main events happen.



Janet, Carol and myself would love you to join us next year, come and spend a few days with your brothers and sisters in the Lord. There is no age limit and people living with physical disabilities are the VIP's, all their needs are met. The theme is the same but the delivery is different so that no one is left out.

Music, Art, Poetry small meetings large meetings sport and leisure - you choose – it's all available.

I guarantee you will be inspired uplifted and refreshed. Go into your room and pray, the answer may surprise you.

*Liz van Zyl*

### **Prestbury Coffee Mornings**

Our next monthly coffee mornings will be on:

**Saturday 4<sup>th</sup> May – May Fair**

**Saturday 1<sup>st</sup> June**

From 10.30am until 12.00noon

As ever, the legendary toasted teacakes will be on offer!

There will also be a raffle, cakes and books for sale.

Plenty of conversation guaranteed!



### **Prestbury Friday Circle**

This Social Group has been running at the URC for a couple of years now from 10 am till Noon every Friday morning. Conversation and refreshments guaranteed every week, but sometimes there will be games, quizzes, bingo and live music.

All Welcome – just drop by and see what’s happening!

Fiona Hall



### **Encounters**

23<sup>rd</sup> April – 12<sup>th</sup> May 2019

Cheltenham

### **Foodbank**

The Foodbank would be very grateful for gifts of the following items:

- |              |                   |                 |            |
|--------------|-------------------|-----------------|------------|
| Fruit Juice  | Tinned Fruit      | Tinned Tomatoes | Cup-a Soup |
| Toilet Rolls | Tomato Ketchup    | Mayonnaise      | Brown      |
| sauce        |                   |                 |            |
| Sweets       | Washing-up Liquid | Soap Powder     |            |
| Cat Food     | Dog Food.         |                 |            |

Thank you

## ECO

### Regeneration /Repair Cafe

32 items were brought in for repair at April's Repair Café. These included some lamps, a windmill (not full sized!), pressure washer, cycling jacket, kindle and food mixers. We had a new volunteer repairer join us and this month, the Repair Café celebrates its third birthday.

Why not pop in to see what's happening and have a drink and a piece of cake.

If you've been using **Christian Aid's 'Count Your Blessings'** material during Lent, you'll have found out more about the lives of those who struggle to survive as a result of climate change and been encouraged to think about our own attitudes and actions and what we could do. One suggestion was to try a carbon fast Sabbath, using as little fossil fuels as possible throughout the day by minimising your energy use.

### Greenbelt Festival

Greenbelt takes place over the August Bank Holiday, 23-26 August 2019.

The URC is again one of the festival's partners. As part of the URC's theme of "Walking the Way with Wit and Wisdom" and in keeping with previous years' contributions from local URCs, the URC is asking for postcard sized items with your favourite quotes, Bible passages and sayings which will be hung around their tent.

They can be embroidered on fabric, cross-stitched, knitted or even handwritten on a postcard. The only stipulation is no plastic or glitter and where possible, use materials you already have. For the past 2 years, St Andrew's has made a contribution to the URC at Greenbelt. If you'd like to be involved again, please contact me.

*Carol Drummond.*

### What is Greenbelt?

Greenbelt is an annual festival of arts, faith and justice. Celebrating artistry and nurturing activism, Greenbelt Festival is an act of the imagination – inspirational, provocative and fun. Energised by a progressive Christian worldview, Greenbelt creates a festival that is inclusive, open-minded, participatory and generous in spirit.

*From Greenbelt.org.uk*

## Footsloggers

The Footsloggers is a **Walking Group** for all ages, abilities and dogs organised by members of the URC in Cheltenham. We meet once a month and do a circular walk of about 3 miles and then have lunch together. As different people organise the walks we visit a variety of areas centred on Cheltenham.

The dates that we are meeting during 2019 are as follows:

- Friday May 17<sup>th</sup>                      Monday June 17<sup>th</sup>
- Friday July 19<sup>th</sup>                      Monday August 19<sup>th</sup>
- Friday September 13<sup>th</sup>              Monday October 14<sup>th</sup>
- Friday November 15<sup>th</sup>              Monday December 9<sup>th</sup>
- Friday January 10<sup>th</sup> 2020



Our Saturday Evening Social will be held on 2nd November 2019

If anyone would like details of future outings so you can join us for either a walk, a lunch or both please contact me. You can email me at [footsloggers@urcic.org.uk](mailto:footsloggers@urcic.org.uk).

All are welcome to join us. I look forward to hearing from you.

*Jenny Evans*

## Friday 22<sup>nd</sup> March      Nailsworth



Our walk in March was a pleasant walk along the old disused railway line that was the branch line from Stroud to Nailsworth. After meeting at Egypt Mill we went by bus to Dudbridge before walking back to Nailsworth passing some of the industrial heritage on the way. The footpath is now lined with trees and bushes which had masses of beautiful blossom. After arriving back at Egypt Mill, we were joined for lunch by more friends who had been unable to take part in the walk.

*Jenny Evans*

## **Monday 15<sup>th</sup> April      Hempsted**

Twenty or more Footsloggers set off from Hempsted near Gloucester on Monday 15th April on a chilly but dry morning for a three mile circular walk between the canal and the river Severn. Hempsted is very close to the Quays shopping complex yet within minutes we were walking down a quiet canal bank with only ourselves for company! Whilst we walked on the West side of the canal, passing houseboats and the odd dog walker, the East bank showed us what remains of Gloucester's industrial heritage with old engineering firms and boat yards dotted down the bank. After turning at the Sims Bridge we were heading for the Severn and after a few minutes we were walking through a wooded part of the walk. After taking a break on some sawn tree logs we walked along a tarmacked road until we crossed a field to walk along the banks of the Severn, with Gloucester Cathedral spire visible above the trees in the distance. We were close to the end of our walk now, as we walked across the fields with our destination of St Swithun's Church getting ever closer! A lovely two hours with pleasant company, no rain and no stiles to climb! What more could you ask for!



*Alison and Barry Stagg*



*Photo: Jenny Evans*

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## Cheltenham Chamber Orchestra



**Saturday 11<sup>th</sup> May**  
**7.30pm at St Andrew's**



Mendelssohn: Symphony No 10  
Violin Concerto in E minor

Beethoven: Symphony No4  
Conductor: Jonathan Mann  
Violin: Hannah Brookes-Hughes  
*(Gloucestershire Young Musician of the Year)*  
Leader: George Ewart

Tickets £16, Children Free

### **A letter received from Whittington House Nursing Home, Benhall**

Dear Sir/Madam,

I work at a Nursing Home in Cheltenham as an activity co-ordinator and am reaching out to the community to see if they would like to get involved in volunteering at our home. I wondering if you would be interested in linking up with us. I'm enquiring if some of your congregation may be able to come and spend time with our residents chatting and sharing their memories and reminiscing, singing, play music, baking, creating arts & crafts, knitting, gardening etc...?

Many thanks  
Jenny Spencer

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## Regeneration/Repair Café

Is it broken? We can help you fix it.

Regeneration Café volunteers have a go at repairing electrical and electronic items, textiles, small household items and do knife sharpening

**First Saturday of every Month**  
**St Andrew's 10.00am—2.00pm**

No charge but donations welcomed.

## Wednesday Social Group at Warden Hill URCC

Our Wednesday afternoons continue to be a treat!

### 13<sup>th</sup> March

Mrs Peel and Steve Franks gave us a musical quiz, songs of yesteryear plus guitar solos Segovia would have been proud to play. We are glad they return in September.

### 27<sup>th</sup> March

The Bard of Barnwood entertained us with gentle humour. Her choice of material drew us all into the performance as she triggered so many personal memories. We wallowed in our past foibles and immediately re-booked her.

### 10<sup>th</sup> April

1.40pm people beginning to arrive for our talk on George Formby – they are 20 minutes early – animated and happy to choose which friends to sit with. I think we must be doing something right for each other.

Matthew begins his talk and introduces us to his banjo ukelele. It seems we are going to learn the history of George's life and hear and enjoy some of his best well remembered songs. But as the afternoon progresses it proves to be a much more meaningful experience. We get insights into George's life with his wife Beryl – How can the highest paid star in Britain need 21 Rolls Royces!! – what gap is he trying to fill? Matthew gave us a beautifully constructed hour of enjoyment and with song and playing brought out the longing in simple songs. The masterpiece was to end with the wistfulness of "leaning on a lamppost" leaving us with much to ponder about our own lives and dreams.

Come and join the Group, for fun and friendship in 2019 and beyond. Don't be shy, a warm welcome awaits you.

We meet on the **2nd and 4th Wednesday afternoons in the month at 2.00pm, at the URC Centre.**

Please spread the word.



*John Howe*

## St Andrew's Charity for May 2019

### PARKINSON'S UK LOCAL BRANCHES

The Parkinson's Disease Society was founded in 1969, with a threefold objective:-

- to help sufferers and families cope with problems arising from the disease
- to promote awareness of the disease
- to promote research into the disease.

In 2010 it became Parkinson's UK and is well established as a national charity with 365 local branches. It is now extensively involved in research, which, in addition to investigating the causes of the condition, is devoting special attention to improving early diagnosis and developing better drug treatments for sufferers.

Parkinson's UK is also aware of the impact on carers, who might be in fulltime employment while also caring for a patient. The charity provides local support and information throughout the UK via its volunteer-led local branches, including those in Cheltenham, Gloucester and Tewkesbury. The branches provide local information, emotional support and regular contacts with fellow patients. Services include coping with first being diagnosed, the day to day impacts on patients and families, rights and entitlements, employment issues and social events.

Local advisors are also able to provide guidance on other local organisations where assistance is available. The Cheltenham branch meets on the last Tuesday of the month at 3.00 pm in St. Mark's Methodist Church hall in Gloucester Road.

More information is obtainable by email at [parkinsonshjm@gmail.com](mailto:parkinsonshjm@gmail.com) or from the national helpline on 0808 800 0303.

#### **St Andrew's Lunch Club**

St Andrew's URC, Montpellier Street

#### **OPEN to ALL**

*Does a lovely bowl of thick, homemade soup with a fresh bread roll, followed by a homemade pudding interest you??*

**Then join us on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month at 1.00pm and bring a friend.**

## From The Editor



Dear Friends

Over the past year the Elders at St Andrew's have been considering how, if possible we can help alleviate loneliness through our personal and church mission. I suspect we all meet people, at the bus stop, or in the street who could benefit from a smile, or perhaps a conversation. This should not be an onerous task, but somehow our native reserve holds us back.

Consider these sayings, which are mostly anonymous, maybe they will provoke action, of even the smallest sort to cheer someone up.

'Not all the darkness in the world can put out the light of one small candle'

'A stranger is a friend you haven't met yet'

'People are lonely because they build walls instead of bridges' (*J F Newton*)

'The smile that you send out will return to you'

'No-one is useless in this world who lightens the burden of it for another'

*Janet Kemp*

Please ensure that all items for the next edition of 'In Touch' are with the Editor by midnight on  
**SUNDAY 12<sup>th</sup> MAY 2019**  
at  
**magazine@urcic.org.uk**

Distribution is on the 4<sup>th</sup> Sunday of the month. Any alterations to the distribution, e.g. change of address, method of delivery, or cancellation should be sent to Fiona Hall. The current edition of 'In Touch' and some back numbers, amended for legal and privacy reasons, are available on the Church website.

(See inside front cover of 'In Touch' for relevant email addresses)

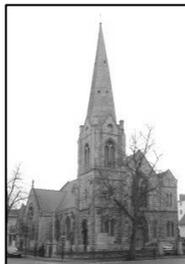
*Views expressed in this magazine are not necessarily those of the Editor, the Elders, the Minister, or of any authoritative body of the United Reformed Church*

## Diary for May 2019

Wed	1	1.00pm	Lunch Club	St Andrew's
Wed	1	7.30pm	Wednesday Women	St Andrew's
Sat	4	10.00am	Regeneration/Repair Café	St Andrew's
Sat	4	10.30am	May Fayre/Coffee Morning	Prestbury
Wed	8	2.00pm	Wednesday Social Group	Warden Hill URCC
Thu	9	2.00pm	Prayer group	St Christopher's
Tue	14	2.30pm	Tuesday Tea	St Andrew's
Wed	15	1.00pm	Lunch Club	St Andrew's
Fri	17		Footsloggers	
Sat	18	2.30pm	Community Film Show	Warden Hill URCC
SUN	19	3.15pm	Deaf Community Church	St Christopher's
Wed	22	2.00pm	Wednesday Social Group	Warden Hill URCC
Thu	23	2.00pm	Prayer group	St Christopher's
Tue	28	2.30pm	Tuesday Forum	St Andrew's
Thu	30		ASCENSION DAY	

## Diary for June 2019

Sat	1	10.00am	Regeneration/Repair Café	St Andrew's
Sat	1	10.30am	Coffee Morning	Prestbury



## Regular Weekly Events 2019

\*\* Term Time Only

### Monday

10.00am	Prestbury Urchins	Prestbury URC**
5.15pm	Rainbows	Warden Hill URC Centre**

### Tuesday

10.00am	St Andrew's Parents & Toddlers	St Andrew's
5.15pm	Brownies	Warden Hill URC Centre**
7.30pm	Bible Study House Group	St Christopher's**

### Wednesday

9.15am	Little Shepherds	St Christopher's**
7.00pm	Bellringing	St Christopher's

### Thursday

5.30pm	Beavers	St Christopher's**
6.00pm	Brownies	St Christopher's**
6.45pm	Cubs	St Christopher's**
7.45pm	Scouts	St Christopher's**

### Friday

10.00am	Friday Circle	Prestbury URC
10.30am	Bible Study House Group	51 Bournside Road**
6.15pm	TCiWH Choir Practice	St Christopher's

*(Please see 'The Lantern', Magazine for the Church in Warden Hill for other activities. Ed.)*

## Advertising in 'In Touch'

We are pleased to negotiate for Commercial advertising in 'In Touch' at the following rates:

Quarter Page	£22 per annum
Half Page	£44 per annum
One off Quarter page	£5

Please contact Advertisements Secretary Brian Smith for further information:  
adverts@urcic.org.uk

# Church Services

## St Andrew's URC

Every Sunday	11.00am	<i>Morning Worship</i>
1 <sup>st</sup> Sunday		<i>Communion Service</i>
2 <sup>nd</sup> Sunday	10.15am	<i>Prayer Time</i>
3 <sup>rd</sup> Sunday	9.30am	<i>Jump4Joy (for all the family)</i>

## Prestbury URC

1 <sup>st</sup> Sunday	10.30am	<i>All-age Worship</i>
3 <sup>rd</sup> Sunday	10.30am	<i>Morning Worship</i>
4 <sup>th</sup> Sunday	10.30am	<i>Communion</i>
2 <sup>nd</sup> & 5 <sup>th</sup> Sunday		<i>No service</i>

## The Church in Warden Hill

Sunday morning services are **all** held at **St Christopher's**

1 <sup>st</sup> Sunday	10.30am	<i>Family Worship</i>
2 <sup>nd</sup> Sunday	10.30am	<i>Communion in the URC tradition</i>
3 <sup>rd</sup> Sunday	10.30am	<i>Morning Worship</i>
4 <sup>th</sup> Sunday	10.30am	<i>Communion in the Anglican tradition</i>
5 <sup>th</sup> Sunday	10.30am	<i>Morning Worship</i>
2 <sup>nd</sup> Sunday	3.30pm	<i>Messy Church at <b>URC Centre</b></i>

Evening services are at St Christopher's **except** 4<sup>th</sup> Sunday at URCC

1 <sup>st</sup> Sunday	6.00pm	<i>Communion in the Anglican tradition</i>
2 <sup>nd</sup> Sunday	6.00pm	<i>Evensong</i>
3 <sup>rd</sup> Sunday	6.00pm	<i>Evensong</i>
4 <sup>th</sup> Sunday	6.00pm	<i>Evening Worship at <b>URC Centre</b></i>
5 <sup>th</sup> Sunday	6.00pm	<i>Choral Evensong</i>

Weekdays

Monday-Friday	8.00 am	<i>Morning Prayer at St Christopher's</i>
Tuesday	10.30am	<i>Communion at <b>URC Centre</b></i>