

1946 - 2024



**CHURCH IS NOT  
SOMETHING YOU GO TO,  
IT'S A FAMILY  
YOU BELONG TO.**

# Broxburn Baptist Church Newsletter

*- The church on your doorstep for 78 years*

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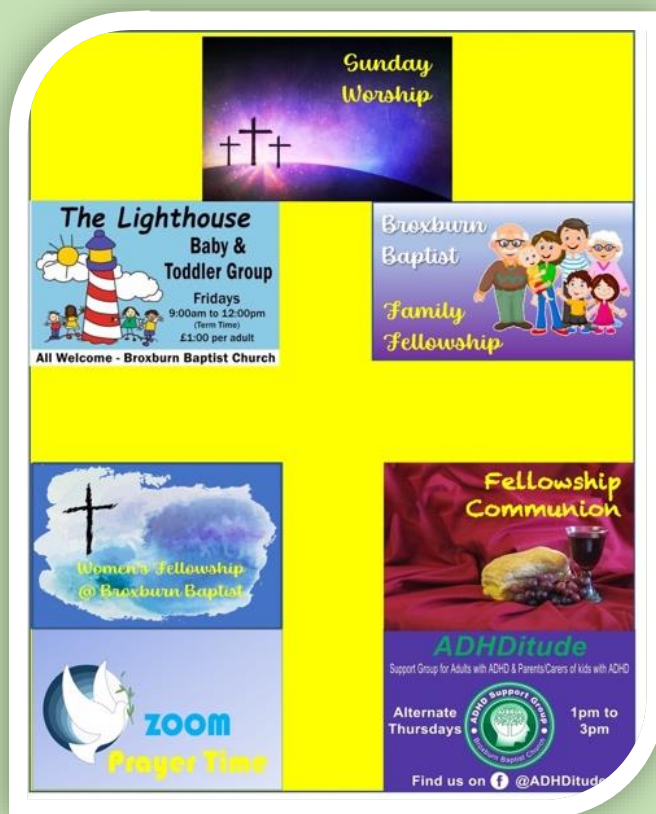
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No. 198 2<sup>nd</sup> March 2024

*'We are ambassadors for Christ'*

## Some thoughts.....

*On Tuesday morning of this week, we were enjoying our Special K (other cereals are available) and watching Morning Live on BBC - has to be BBC in the morning (let me know if you disagree...on second thoughts don't bother!). Anyway, something caught my attention - Sara Davies – the craft lady from Dragon's Den was talking about her recent Comic Relief Arctic Trek She was talking about the challenges which she personally faced, admitting that she is probably several stone overweight, doing the challenge in the company of folk who were fitter and more equipped for what it involved. At times she was really down and struggling- 'the lows were really low but the highs were unbelievably high'. She said that this adventure had proved to her the truth of the saying 'To appreciate the mountains you've got to have been in the valleys.'*

*Later that day we visited my sister in Peebles and went for a slightly late lunch to Dawyck Botanical Gardens. The sun had broken through and the run along the Tweed valley was ok. After lunch we left Dawyck heading back to Peebles and we turned off the road following a sign which said Dreva. It was a road which I had wanted to explore before but this was the first time for the three of us. It climbed steeply up out of the Tweed valley so that very quickly we were high above the valley – not quite on the mountain top but certainly high enough to look up the valley and appreciate the beauty of what lay before us. The picture to the side is in the area but not as panoramic as some of the views we saw. To really appreciate the view from the heights we had to experience the valley first. And the thing is that when we climbed up to the heights, out of the valley, we could see the beauty of the valley – we didn't really appreciate it when we were going through it. Sometimes life is like that – we need the valleys, the difficult times to appreciate the good times, the mountain tops, and sometimes when we're on the tops we can see the beauty of what we went through in the valley.*

*Robert*

*2<sup>nd</sup> March 2024*

### **Baptist Union of Scotland Prayer Calendar 2024**

Here are the subjects for prayer this week..

#### **W/c 4th March**

Cathcart Baptist Church  
CBC Community Church  
Central Baptist Church  
(Dundee)  
Glenn Innes - BUS Future  
Church Lead



You can sign up for prayer points via Facebook at

<https://scottishbaptist.com/prayer/>



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**Psalm 23:4** Even though I walk through the darkest valley,<sup>[a]</sup> I will fear no evil, for you are with me; your rod and your staff, they comfort me.

## Lent Bible Studies and Holy Week Services

### Lent Bible Study

Tuesdays from 10.30-11.30am in Broxburn Parish Church Small Hall

Wednesday evenings from 7-8pm in The Open Door, Uphall

The Session themes are:

**This week: Session 4 – Finding Jesus as our Hope – Psalm 110, Psalm 100 and Hebrews 7**

Session 5 – Finding Jesus as our Strength – Psalm 69, Matthew 26 and John 18

Session 6 – Finding Jesus as our Saviour – Psalm 22, Matthew 27 and John 20

# Broxburn and Uphall Council of Churches.

## Holy Week Services all at 7pm.

Monday 25th March  
Praise and Prayer.

Uphall South  
Church.

Thursday 28th March  
Communion.

Broxburn  
Baptist Church.

Friday 29th March  
Good Friday

Strathbrock  
St Nicholas Church

It's just over a year since our brother-in-law, Hugh passed away and Margaret is still coming across the sermon notes etc Hugh accumulated over many years of sharing God's word. Many of them are particular to him but here's one that she gave me this week that speaks for itself - written on a post card...

IF YOU MEET ME AND FORGET ME, YOU HAVE LOST NOTHING;  
BIT IF YOU MEET JESUS CHRIST AND FORGET HIM, YOU HAVE LOST EVERYTHING.

**From the Council of Churches Bible Study this week**

Finding Jesus in Psalm 23

verse 1 – PROVIDER...verse 2 – PEACE....verse 3 – POWER.....

verse 4 – PROTECTION...verse 6 - PRESENCE

## **BMS Prayer Guide 2024**

*The UN has estimated that 30 per cent of widows and orphans in sub-Saharan Africa experience illegal property seizure. Traditionally, a woman is not married to an individual but to the family, so when the husband dies, she is still the property of that family. Widows who challenge cultural norms and complain to humanitarian organisations risk ostracism.*



### **SUNDAY 3**

*Give thanks for BMS World Mission's partners, the Uganda Christian Lawyers' Fraternity (UCLF) and the Mozambican Association of Christian Lawyers (AMAC), as they empower women through their justice programmes.*

### **MONDAY 4**

*Pray for Jolly Atimango, a BMS-supported worker serving with UCLF in Uganda. As part of her role, she raises legal awareness and protects the land rights of women, girls and the elderly in Acholi sub-region.*

### **TUESDAY 5**

*According to the UN, 259 million fewer women have access to the internet than men, even though they account for nearly half the world's population. Pray for opportunities for BMS partners to facilitate access to technology for women and girls, including using computers, connecting to the internet and accessing smartphones.*

### **WEDNESDAY 6**

*Pray for BMS worker Jane Edwards as she supports AMAC in Mozambique. Pray too for courage for lawyers to influence policy makers to implement just and equitable land laws.*

### **THURSDAY 7**

*Pray that upcoming gender training with BMS personnel and partners will result in increased commitment to gender equality. Pray also that the BMS partners will be able to access online training.*

### **FRIDAY 8**

*Pray for God's wisdom and knowledge for the Gender Justice Co-ordinator as she works towards securing justice and equality and ending discrimination against women.*

### **SATURDAY 9**

*Praise God for male gender champions committed to advancing gender equality in the workplace. Pray that men and women will continue working together as allies and agents of change.*

## **Bible Reading ..... – the whole Bible in 2 years.**

3 <sup>rd</sup>	Genesis 50:18-26; Exodus 1:1-22; Exodus 2:1-16
4 <sup>th</sup>	Exodus 2:17-25; Exodus 3:1-22; Exodus 4:1-5
5 <sup>th</sup>	Exodus 4:6-31; Exodus 5:1-14
6 <sup>th</sup>	Exodus 5:15-23; Exodus 6:1-30; Exodus 7:1-9
7 <sup>th</sup>	Exodus 7:10-25; Exodus 8:1-21
8 <sup>th</sup>	Exodus 8:22-32; Exodus 9:1-28
9 <sup>th</sup>	Exodus 9:29-35; Exodus 10:1-29; Exodus 11:1-2



## A Thought from Charlie

*“Why are you downcast, Oh my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God.”*

*(Psalm 42:5)*

Have you ever started out your day feeling downhearted, a little blue? The Psalmist asks a good question: “Why are you down-cast Oh my soul?” Is it the weather? Is it to do with something you had for dinner? Is it the memory of someone you have lost who is near and dear to you? Is it an annoyance that that's been building, or just a vague, dullness of soul that can't be explained? Often there is no reason for being downhearted.

That's why the Psalmist quickly advises to put our hope in God and to do it by praising Him. Nothing lifts our spirits quicker or higher than to place our cares at the feet of the Lord Jesus Christ. Why don't you do that right now by saying from your heart, or, if you wish, singing it from your heart something like this old familiar song of praise.

Though Satan should buffet, though trials should come.

Let this blest assurance control:

That Christ has regarded my helpless estate,

And has shed his own blood for my soul.

And, Lord, haste the day when my faith shall be sight.

The clouds be rolled back as a scroll:

The trump shall respond and the Lord will descend.

Even so... It is well with my soul.

### Duty Rota                  Preaching                  Door                  Vestry Prayer                  Communion Prayer

March	3	<b>Donna</b>	Mark	Robert	Jen
	10	<b>Archie</b>	Lindsay	Robert	
	17	<b>Donna</b>	Doreen	Jim B.	
PALM SUNDAY	24	<b>Robert</b>	Mark	Donna	
EASTER	31	<b>Donna</b>	Kevin	Mary	
April	7	<b>Archie</b>	Isobel	Jen	Jim B.



### Church This Week

#### Sunday 3<sup>rd</sup> March

**11.00am Worship Service – Donna**

To join on zoom just click the link below.

<https://us02web.zoom.us/j/85227893884>

#### **Thursday 7<sup>th</sup>**

**10.30am Zoom Prayer Time**

**2.00pm Women's Fellowship – Donna, Community Pastor**

#### **Friday 8<sup>th</sup>**

**9.00-12.00 The Lighthouse**

## 'How to Survive Almost Anything 8.'

Well, this week we look at Part 3 of 'The Survivor's Mindset' – 'Letting go of trauma.' In the writer's case the trauma from his own life was, as a child, being attacked and nearly killed by a mother chimpanzee defending her baby from what she thought was a threat.



All of us have experienced trauma at some time in our lives – some trauma greater than others – which have left us with scars visible or invisible. When we experience trauma it affects how we behave in the future. There is a tendency in all of us to want to be safe and previous trauma affects how we behave. If we've had an electric shock when trying to fix a plug we'll be much more careful the next time we're in a similar situation.

The instinct for survival is powerful but there is also in us a need for adventure – what else could explain the need some folk have to jump out of a perfectly good, safe aeroplane with a square of material attached to their back, or dive from a high bridge with the only thing saving them from certain death being a mega rubber band? Trauma tends to reinforce the survival instinct. Here's how the writer puts it – *'We are more naturally driven to survive at a basic, safe and modest level, and that's why so many of us are happy to rub along in 'comfort zones' that offer no real comfort, no growth whatsoever.'*

We can take these thoughts and easily apply them to our lives as Christians and as churches. There is a tendency in all of us as individuals and as churches to operate in safe, survival mode, comfort zones that offer no real comfort, no growth whatsoever. But is that what being a Christian is all about? The early church did not operate in safe, survival mode, - they were in full adventure mode. Paul could have opted for a quiet life of enjoying his new-found Christian faith but he was driven into adventure mode by the need to share what he had experienced with others – despite the trauma he had experienced (see below).

Are we operating in survival mode? Is this church happy operating in survival mode – safe and comfortable in what we are used to or are we prepared to be adventurous knowing we are not relying on a square of material or a rubber band to keep us safe. Let the trauma go!

*..... I have worked much harder, been in prison more frequently, been flogged more severely, and been exposed to death again and again. <sup>24</sup> Five times I received from the Jews the forty lashes minus one. <sup>25</sup> Three times I was beaten with rods, once I was pelted with stones, three times I was shipwrecked, I spent a night and a day in the open sea, <sup>26</sup> I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my fellow Jews, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false believers. <sup>27</sup> I have laboured and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked..*

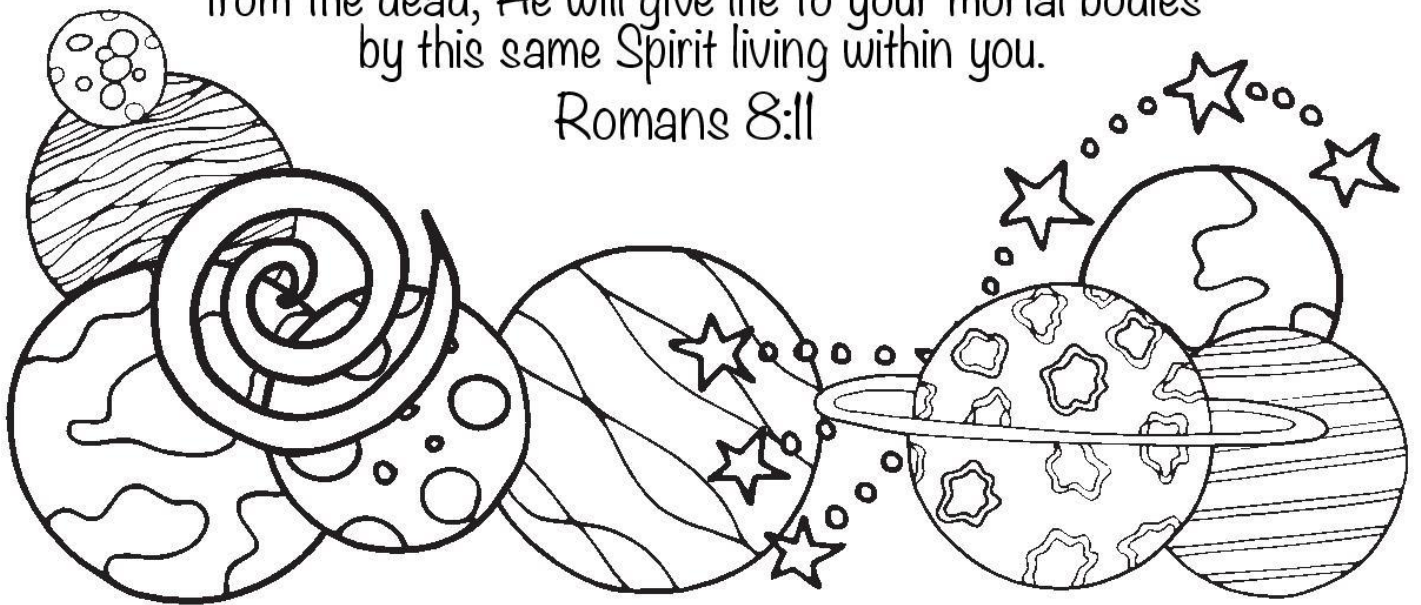
*Paul*



# I AM FILLED WITH THE SPIRIT OF GOD.

The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, He will give life to your mortal bodies by this same Spirit living within you.

Romans 8:11



# The Prayer Wall

*Dear Lord,*

*As I look back over the past week I can see times when I have been true to what I believe and other times when I haven't been the person I should be. As I think over these times please forgive me and give me the strength not to make the same mistakes again.*

*In Jesus' name*

Father, I thank you for the advances in medicine which we have seen over the years, for the way suffering can be alleviated and the quality of life improved for many. I thank you for those who have devoted their lives to help others including me.

Amen

Lord, as pressure increases for a debate in parliament on an assisted dying bill may you be present in every consideration and discussion. Grant Lord that debate will be marked by mutual respect for those holding opposing views and that your will, will be done.

Amen

Lord – thank you that you love me even though I find it hard sometimes to love myself. Make me realise the truth of sins forgiven and set me free from the chains of my past.

Amen

Lord, thank you for my friends and family. Bless those who are estranged from family and find it difficult to form friendships. Show them that you can be a friend to them – closer than family.

Amen

Lord, I thank you for the movement there seems to be to another ceasefire in Gaza. Lord stop those on both sides set on violence, protect the aid givers; and loose your Holy Spirit to change this part of the world for good.

Amen

'...the plans of the Lord stand firm forever, the purposes of his heart through all generations. '(Ps. 33:11 Father, thank you that while rulers come and go and nations rise and fall your plans for our good stand firm forever.

Amen

*See Him in Jerusalem  
Walking where the crowds are  
Once these streets had sung to Him  
Now they cry for murder  
Such a frail and lonely man  
Holding up the heavy cross  
See Him walking in Jerusalem  
On the road to save us*

[https://youtu.be/fx\\_Pn36nwZ4](https://youtu.be/fx_Pn36nwZ4)

*Father, as I look forward to another week help me to live for you, to tell those I meet about your love for them, and honour you in everything I do.*

*In Jesus' name, Amen*

*Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

*1 Thessalonians 5:16-18 NIV*