

The cover features a photograph of a dense forest with tall trees and sunlight filtering through the leaves. At the top, there is a white banner containing the magazine's title and a blue silhouette of a family walking. The title 'the Christian Worker' is in a large, white, sans-serif font, with 'MAGAZINE' in a smaller font below it. The word 'the' is in a smaller font above 'Christian'.

the Christian Worker

MAGAZINE

November 2021 • Vol 53 No 11

Four new Christians!

**"Mental Health" - article by
Trevor Williams**

Update from the BBS

CONTENTS

- 3 MY PERSPECTIVE
New opportunities
- 4 CONGRATULATIONS
▪ **Three new Christian in Nottingham**
▪ **A new Christian in East Kilbride**
- 5 FEATURED ARTICLE
Mental Health by Trevor Williams
- 7 BRITISH BIBLE SCHOOL NOTES
Looking to a New Year
- 8 CALLED HOME
▪ **Dorothy Johnston (East Kilbride)**
▪ **June Wills (Bedminster, Bristol)**
▪ **Leslie Daniell (Bedminster, Bristol)**
▪ **John Morgan (Hindley)**
- 10 NOTICES
- 11 DIARY OF EVENTS IN UK
- 12 THE FINAL WORD
Disappointment



EDITORIAL AND PUBLICATION

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Editor-in-Chief: Trevor Williams

twilliams195@hotmail.co.uk

(0115) 837 6895

195 Hickings Lane, Stapleford, Nottingham NG9 8PJ

Production Editor: Jon Galloway

jdgalloway@mac.com

(07906) 060618

5 Aklins Lane, Netherburn, Larkhall ML9 3FH

Treasurer: Jenny Sparks

Website: Emmanuel Uwujare

Header Design: Kevin Nicholson

UK Congregation Directory Online: www.churchesofchrist.co.uk

Facebook: www.facebook.com/christianworkeruk

Former Editors: Albert E. Winstanley (1969-1973; 1980-1987); Robert C. Eckman (1973-1980); Graham A. Fisher (1987-2014)

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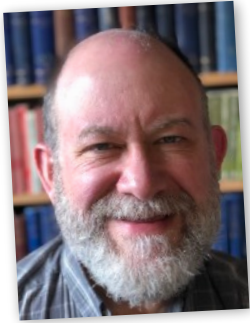
To receive *The Christian Worker Magazine* as a free pdf, send your e-address to jdgalloway@mac.com. Professionally printed copies are available at cost. Please contact Trevor for details – twilliams195@hotmail.co.uk.



Front cover and above: autumn scenes from Netherburn and Hogganfield Loch, Glasgow



MY PERSPECTIVE



**Proclaiming
Jesus to
those we do
not know**

New opportunities

Don't we enjoy it when something comes together after having been planned for such a long time? That was how we felt when we were told the architect had approved our house for habitation and we could finally move in. Although we are living amidst boxes and we cannot find many things we need, we are so thankful to be settled once again.

In moving to a small village (technically a 'hamlet' as there are no places of worship in Netherburn), I wondered how we would fit in. I had heard of small villages which did not readily accept new-comers due to families having lived there for generations. Fortunately that is not the case here. Most of the families surrounding us have also moved into this area from other places, so we are all equally new. I have found that the families I've met are very friendly. Very quickly we are feeling a part of this small hamlet.

Moving into a new area can cause anxiety or we can look at it as lots of new opportunities. We are meeting people for the first time – who knows, they may be interested in learning about Jesus. We are getting to know a new area. In my daily walks I have been exploring paths through woods and even made it to Craignethan Castle, which is about a two-mile walk from our house. We are very much enjoying the quietness of living in this area.

As I've been preparing to teach *Acts* for the British Bible School Residential Study Week, I've thought about Paul and Barnabas and later Paul and Silas

travelling to new areas to proclaim the good news of Jesus. They were in areas of the Roman world where they did not know anyone. Being visiting Jews they were usually invited to speak at the local synagogue but that brought both good and bad reactions. The good was that people were interested and wanted to know more and resulted in many choosing to follow Jesus. The bad was the persecution it brought from other Jews. Paul and those with him were often 'run out of town', but they left behind a nucleus of Christians who proclaimed that same message.

As we look at our lives we need to take up the challenge to 'speak a good word for Jesus' whenever and wherever we can. We often look for a sure-fire way to reach people and they become Christians, as if there is a magic formula we can say. There isn't – except that we need to realise that wherever we are and whatever we do we are representing Jesus. How terrible when people observe our lives and then are surprised when they discover we are Christians – our lives and our claims just don't match up.

We all have opportunities to say something to those around us that might spark their interest in spiritual matters. Be looking for opportunities to say something kindly to let them know that we live differently because we are disciples of Jesus. Sometimes simply inviting someone to come along with us to worship is all it takes.

Jon



CONGRATULATIONS!

New Christians in Nottingham

We rejoice that three teenagers have been immersed into Christ! All come from faithful Christian homes.

On 3rd October **Lois Frimpong Ansong** surrendered her life to Christ and on 24th October 13-year-old **Gideon Nana Bonsu** alongside his 16-year-old sister **Ruth Ohenenara Bonsu** also made the good confession of faith. These three worship with a congregation meeting in the Old Basford area in Nottingham.

The congregation in Ilkeston were delighted to host these occasions.

Trevor Williams



Lois Ansong

A New Christian in East Kilbride

We rejoice in the addition of **Rachael Fenton** to the body of Christ on Sunday, 17th October.

Rachael has been studying with several in the congregation for quite a while. She is friends of the Smyth family. Chris and Adrian Smyth immersed her into Christ for the forgiveness of her sins and to



Ruth & Gideon Bonsu

receive the Holy Spirit as a gift.

We welcome her into our fellowship and ask all to keep Rachael in your prayers as she begins her new life.

Jon Galloway



Rachael Fenton

MENTAL



HEALTH

We usually think in negative terms when we see the words 'Mental Health', as if it is something bad when in fact it is something positive. Every day, everyone has to make decisions about their life, often major decisions that may change their life or that of a loved one. The result can be draining. We become concerned and develop anxiety which may lead to panic. We are all in life together and we need the support of others around us. There are some things we can say and some things we cannot.

There is also a stigma attached to this for the Christian. We have the feeling that because we are followers of Jesus that we should not worry, that somehow life should be filled with sunshine. After all Jesus said, 'Come to me all you who are burdened' (Matthew 11:28-30). Then we read, 'Cast all your care on Jesus' (1 Peter 5:7). So what is wrong with us? We often think we do not have enough faith or our worship must be imperfect or even that we are so bad God will not hear us.

Life is complicated and if we are going to be faithful Christians we must realise that everyone is struggling, hoping, working, crying, hurting. No one is any better than anyone else. There are no super-Christians. There is no one out there who is miraculously touched with a perfect life

Some people may be familiar with the term 'S.M.A.R.T.', a system devised mainly for business but also recommended to help people cope with

illness. The five goals are Specific, Measurable, Achievable, Relevant and Timebound. (You can find more about this by doing a search on Google.)

Specific. As Christians we want to be specific about our state of mental health and what our problem is: what is causing us to be in the situation that we find ourselves? Can we write it down? Is it me or is it someone else? Is it the teaching of Scripture? At least when we know what our minds are concerned about we may be one step closer to a resolution. We need to be specific – not everything is bad.

Measurable. Can we measure the situation we are in? Is it life threatening, is it financial, does it depend on someone else? When we understand this we can then work towards trying to make the matter better. Being part of a church family is not always easy. Yes, we should love one another but that is tough when there is someone you just do not like. We need to learn to measure what it is we need to go forward. As someone who spent years as a baker I know how important it is to measure the ingredients – sometimes we have to do that in life. We can do some things, but we cannot do everything.

Achievable. If our goal is a possibility it is often useful to set out a plan of action. Doing nothing produces nothing. Perhaps our congregation is small or dying and we wonder what we can do as individuals? Are we blaming someone else for inactivity? Are we challenging ourselves to attain some Bible knowledge

or grasp some particular teaching? What we can do is a decision we have to make.

Relevant. Whatever it is that is causing our problem, we also need to check the relevancy of the situation. Something that happened years ago may not be relevant to today. We are living now and not in the steps of our grandparents. Often congregations do things a certain way because that is how it has always been done. If it is a system or style we may want to think about how relevant it is today. Are our hopes relevant to helping us and others grow and develop?

Time organised. So often we put ourselves under time constraints that push us into a corner and we cannot seem to get out. We put ourselves under pressure, at work, in family and in church. If we can only give one hour then it may not be possible to give more until we have cleared out other matters. Time is precious. We only have this day and this hour once.

Coping with our own selves can be difficult, so what can we do?

- Increase helpful activity. Do something useful, creative, and positive. Look outward, not inward.
- Talk to someone. Share your thoughts and be open to suggestions.
- Improve sleep patterns. Keep a note pad and pen at the side of your bed and when those worries or ideas come along all you have to do is jot down a word or two. No need to even turn the light on.
- Maintain a healthy life style. Eat properly and exercise somehow. Greet each morning with a smile.

- Be kind to yourself. You cannot change the world but you may be able to change you or the situation you find yourself in.
- Make a list. If you know what you want to do then at least you may accomplish some of it.

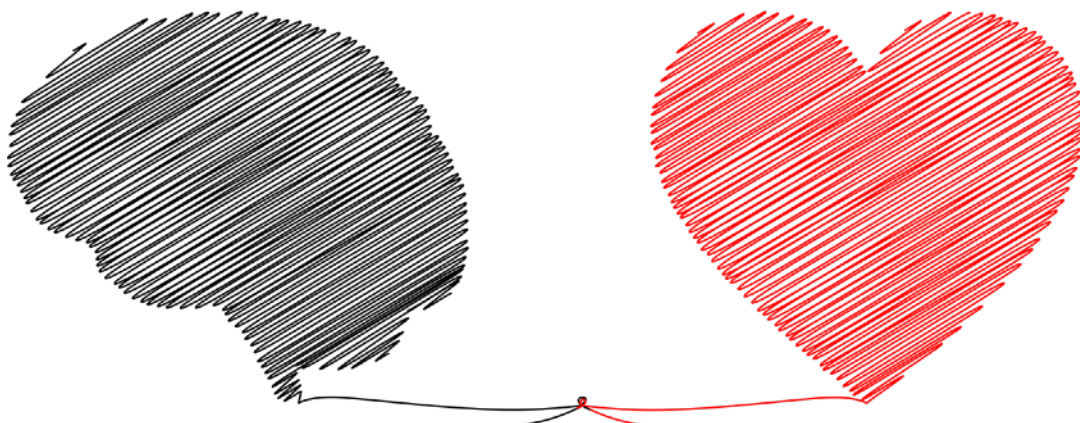
The Bible is filled with positive thoughts. Read the books of Ecclesiastes and Proverbs, underline relevant verses, and use post-it notes for thoughts that jump out at you.

Keep a prayer diary. Write down what your concerns are today and note when those problems are resolved. As Christians we know we are supposed to pray but sometimes we cannot put into language what is on our hearts. Psalm 46:10 says, 'Be still and know that I am God'. Our Heavenly Father does not need words but hearts, the Holy Spirit speaks for us (Romans 8:26-27). Some of the greatest prayers are said by sitting in the presence of the Almighty.

I am not a medical specialist but I have experienced mental stress. On two occasions I have been admitted to hospital with apparent heart attacks but my heart was fine – it was stress. Living, like everyone else, had put me under stress and when those twinges started again I knew it was time to do something about it. Grey clouds have surrounded me and they had to be dealt with. I am not ashamed of these tough times. During one of these occasions one well meaning sister asked me what had I got to be worried about. This was not a question but a statement.

We all need to care for our mental health and by realising that we need each other and we need Jesus many problems can be put into the right slot in life. Christians need to work together. Salvation is not pie in the sky when we die; salvation is also living the abundant life now offered by Jesus (John 10:10).

Trevor
Williams





BRITISH BIBLE SCHOOL NOTES

Autumn Study Week

As I write, final preparations are underway for our annual Autumn Study Week at Bassenfell Manor in the Lake District which begins on Monday evening, 1st November. Last year's event was unable to go ahead due to restrictions imposed upon us all, so we are very thankful to be returning after two years to what is a most delightful venue for this week of study.

Although our numbers are slightly down from our last residential study event, largely due to ongoing repercussions of this virus, we are very much looking forward to being back in the classroom for this intensive week of studies. This year we are looking at the book of Acts within the context of God's purpose for mankind, and with a consideration of some key missional implications as the good news of Jesus continues to be taken across cultural boundaries throughout the world.

Looking ahead to 2022

We are looking forward to returning to Bassenfell Manor again in January for our

Winter Family Retreat from 14th to 16th January 2022. We will be sending out more information on this shortly, but you may want to be making a note of these dates if you'd like to join us.

And as we look ahead to what might lie ahead in 2022, we are hoping to be able to resume a programme of Study Weekends and training events around the country. Though we are planning to continue much of an online presence, we are eager to resume more face-to-face activities and look forward to being able to serve wherever we may.

Please remember the work of the British Bible School when you pray. Please remember those who teach, those who lead, and those who help to support our work in so many different ways. If you would like to hear more of what we have to offer, please do get in touch with us and let us see how we might serve together as we move forward in the service of Jesus.

Patrick Boyns

britishbibleschool.com

ACTS

**British Bible School
Autumn Study Week**

Bassenfell Manor, Bassenthwaite, Lake District
Monday, 1st to Friday, 5th November 2021

- Three full days of study and reflection away from the cares of life
- Delightful accommodation, good food and decent company
- All inclusive cost: £150 per student

Dorothy Johnston (East Kilbride)

17th September 1947-20th August 2021

It was with sadness that we learned of the passing of Dot Johnson. Although she had to spend her life in a wheelchair, she not only lived a full and active life, but she brought joy to so many.

We met Dot when Arlene Galloway, who was working with a care company, began to support her. In fact, Dot was Arlene's first person to work with. That began a long friendship that extended beyond working and taking care of her.

Dot realised that Arlene was a Christian and she wanted to know more about the Bible. Iain Cameron became involved in studying with Dot which led to her being immersed into Jesus in her bathtub using her hoist. Arlene would schedule her shifts to be on Saturday into Sunday so that she could bring Dot to worship, initially with the Clydebank congregation and later in East Kilbride. Arlene moved into training for the company and was no longer supporting Dot, but Dot was still able to join us for special events.

Dot suffered from Cerebral Palsy for her entire life. Her parents tried to care for her at home but eventually she lived in a group home for physically disabled adults. It was later that she was able to get her own house and be supported to live on her own in the community.



She enjoyed travelling. Whether it was day-trips in Scotland or travelling to Europe in 2001 or the USA in 2005, accompanied by Arlene and another carer, she enjoyed seeing and experiencing different areas of the world.

Although communication could be a challenge, those who knew her well could understand her – she had no problem understanding us!

But whether you could understand her or not, her broad smile always came through and brightened the lives of those who knew her.

We will miss Dot but are thankful that she became a Christian. She now enjoys eternal life with Jesus.

Jon Galloway

June Wills and Leslie Daniell (Bedminster, Bristol)

The congregation in Bedminster, Bristol, has been saddened recently by the loss of two dear Christians. Our sister **June Wills**, who had been baptised in the year 2000, was a loyal part of the congregation and was regular in her attendance until her health weakened in recent years. Since then she had been confined to her home but she remained in contact by phone, visits and by

AT REST

reading our weekly bulletin. She had only recently been transferred to a nearby care home, where she passed away peacefully on 8th September.

Our brother **Leslie Daniell**, passed away on the 11th September. He had only recently become unwell, but he remained in good spirits and welcomed the opportunity to share prayer time with his visitors. He became a Christian in August 1949 and was a much loved and valued brother.

We miss them both, but our sadness is mixed with reflection on their faithful lives and the knowledge that their presence is now with their Heavenly Father.

Geoff Daniell

John Morgan (Hindley)

It is with regret that we mark the passing of **John Morgan**, a faithful servant of Christ and congregation leader in Hindley, on 11th October. The funeral service was held in the Hindley chapel 22nd October. John was a man of encouragement and a blessing to many.

Trevor Williams

Video by Tony Coffey: "Will Everyone Go to Heaven?" Watch on YouTube:

<https://youtu.be/VH6wyqqcH9A>



This appeal is being put out by DOCUK ladies' ministry which was launched on 24th July 2021. We are at the

stage of identifying, planning and structuring events and programmes for 2022/2023, God willing.

Calling all sisters – your services are needed to help us deliver these events and programmes. If you have the desire but think you do not have the experience or the know-how to deliver, do not worry help is at hand.

Please email us at: docuklm2021@gmail.com. You can also visit the link below if you want to serve in any other capacity.

https://docs.google.com/forms/d/e/1FAIpQLSfQdtp5RsOTNherixOa23s23rNV-4qxE5bSqEnjI_UdOUipdg/viewform?usp=sf_link

A TRIP OF A LIFETIME
TO THE BIBLE LANDS OF
ISRAEL & JORDAN

2022

January 22nd – February 3rd

Book Now!

LIMITED SPACES



I'm sure that we can all agree that the past year has been challenging in many ways. It's now over a year since our first lockdown so as we emerge from this why not join us on a trip of a lifetime to the bible lands of Israel and Jordan. This will be a journey of spiritual refreshing, growth in bible knowledge and understanding all in the company of your brothers and sisters in Christ.



If you are interested in joining us please contact
Ian Starrs for further details.

email: jes22ian@msn.com

NOTICES



Mondays at 8.00 pm
from
27th September
... for 12 weeks

The of Gospel Matthew



Thursdays at 8.00 pm
from
30th September
... for 12 weeks

Paul's Second Letter to Corinth

FRIDAY NIGHT

QUIZ NIGHT

Fridays at 8.00 pm



All are welcome!

STORY OF REDEMPTION: Faith Sharing Seminar Hosted by Northampton church of Christ

Saturday, 13th November 2021

9.00 am – 3.00 pm

www.StoryofRedemptionFilms.com



With James Nored, Executive Director of Next
Generation for Christ

www.NextGenerationforChrist.com

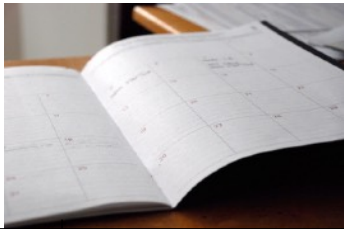
In this seminar, we will focus on training to share faith using the Story of Redemption (SOR) Film Series. This Bible study series, filmed in Israel and around the world, is a series of short videos with discussion questions designed to lead seekers to faith and strengthen the faith of believers. SOR has Evangelism, Discipleship, and English Learning Tracks and is available in over 40+ languages.

During this seminar, participants will gain both familiarity with God's incredible story and practical, hands-on experience in sharing this story in groups and one-on-one.

For more information and to let us know numbers attending contact: Mark Hill –

northamptonchurchofchrist@yahoo.co.uk.

All BBS evening classes on Zoom. Links can be found on the BBS website (<http://britishbibleschool.com/news-and-events/online-events>) and social media.



DIARY

November

1st-5th – British Bible School Autumn Study Week at Bassenfell Manor: Acts. Teachers: Patrick Boyns, Jon Galloway, and Mark Hill. Cost: £150 all inclusive. For further information and registration form: <http://britishbibleschool.com/news-and-events/upcoming-events/autumn-study-week-2021>.

1st November-13th December – British Bible School: Evening Online Class – “The Gospel of Matthew” (taught by Jack Paton) each Monday at 8.00 pm. Please see British Bible School website for details (<http://britishbibleschool.com/news-and-events/online-events>).

4th November-16th December – British Bible School: Evening Online Class – “Paul’s Second Letter to Corinth” (taught by John Griffiths) each Thursday at 8.00 pm. Please see British Bible School website for details (<http://britishbibleschool.com/news-and-events/online-events>).

9th – Encouraging One Another: Zoom meeting, 10.00 am-11.30 am; speakers: Bob Eckman & Tony Coffey (plus prayer and discussion). Venue: Zoom <https://us02web.zoom.us/j/83456576293?pwd=RmgwSndMVy9ERzJhZ2lYdWRhOVNhZz09> (Meeting ID: 834 5657 6293; Passcode: Edify). Contact: Tony Coffey (tonycoffey@gmail.com) or Jon Galloway (jdgalloway@mac.com).

13th – Northampton: Story of Redemption Faith Sharing Seminar, 9.00 am-3.00 pm. Contact: Mark Hill (northamptonchurchofchrist@yahoo.co.uk).

December

11th – Great Barr (Birmingham): An Evening of Prayer and Psalms, 7.00 pm. Contact: Sola Adeosun (sola.adeosun@gmail.com).

18th – Second International Ladies’ Day of Fasting and Prayer: Join sisters from around the world in prayer, songs & scripture reading. Contact: Bernie Wells (docuklm2021@gmail.com).

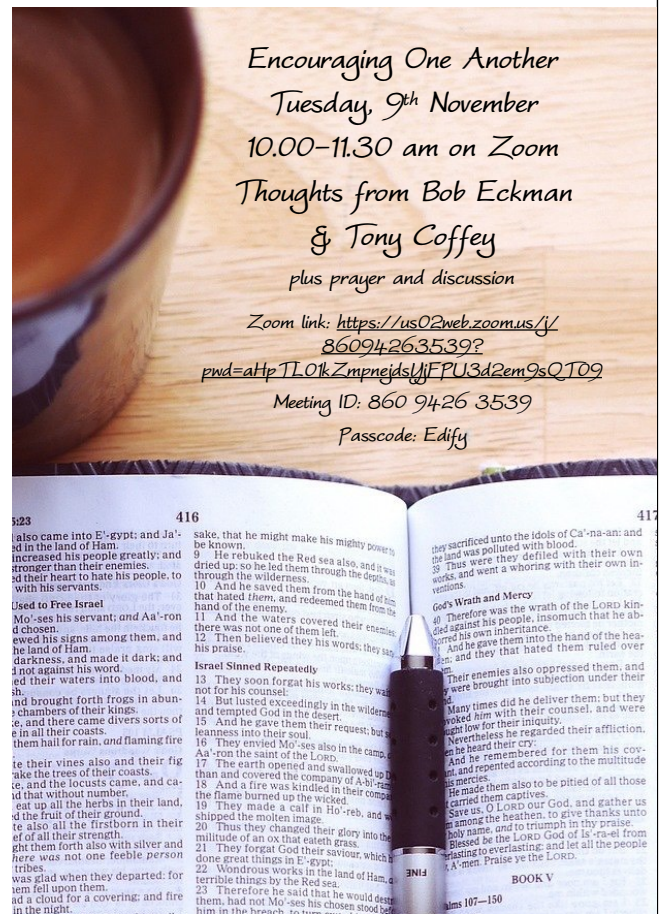
January

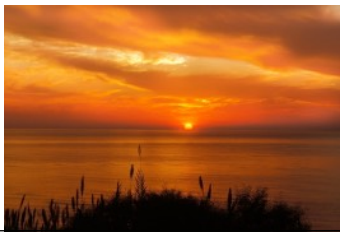
14th-16th – British Bible School Family Retreat at Bassenfell Manor. Registration will be open soon. Contact: study@britishbibleschool.com.

22nd -3rd February – Trip of a Lifetime to the Bible Lands. Contact: Ian Starrs (jes22ian@msn.com).

February 2021

14th -20th February – Advanced Bible Study Series in Gemünden, Germany. Space this year is limited to 30 people due to Covid restrictions. Hotel rooms will be available in the village. ABSS I (Monday-Friday) and ABSS II (Friday-Sunday). Contact: Paul Brazle (brazle.paul@gmail.com).





THE FINAL WORD



Disappointment

A great deal is heard nowadays about mental illness and quite rightly so – it seems more than ever there are people who are burdened with problems and many are unable to share them. The fellowship of Christians should be a place where anyone can share their heartaches and find encouragement as much as possible.

Disappointment is a scourge of both heart and mind. Many of us will be disappointed with others, what they say and do; our families can let us down and often when we help others we do not even receive a ‘thank you’. Then we turn inward to our own selves and feel that at times we have not said the right thing, done the right thing or even thought the right thing. Self criticism not only creeps in but hits us so hard when it arrives that we lose confidence and feel physically ill.

Jesus knew all about trouble. He reminds us: ‘In this world you will have trouble but take heart I have overcome the world’ (John 16:33). Brave-hearted Christians have been told and so we must listen. Our Lord wants the best for

us, some things we can do something about, some we cannot no matter how hard we try. So we have a choice: do our best or grind ourselves into despair.

There are lots of verses to encourage us. ‘The mind controlled by the spirit is life and peace’ (Romans 8:6). ‘Each of you should look not only to your own interests, but also to the interests of others’ (Philippians 2:4). ‘Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving present your requests before God. And the peace of God which transcends all understanding will guard your hearts and your minds in Christ Jesus’ (Philippians 4:6-7). [Read also Proverbs 3:5-6, Psalm 34:17-20, 1 Peter 4:7-11, 5:6-7.]

The theory is of course wonderful. The practice of doing good and being rebuffed is difficult. Sometimes we need to decide to get on and do our best in every situation; if it is not appreciated by others then they have the problem and not you.

We can never fully understand another person and often we cannot even understand our own selves. We need peace, love, and joy. Proverbs 17:22 encourages us to have a cheerful heart because it is a good medicine. Open hearts need open minds. Try not to be disappointed but love your way out of it.

Trevor

Father God, we do become disappointed, we do feel hurt, our hearts ache and it seems as if there is only darkness. Be our light, our joy, our peace. Lift us up from the times we seem to be on the floor. Hold us tightly, please. Amen

