



CONNECT

**NAILSEA UNITED
REFORMED CHURCH
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*Be still, and know
that I am God
Psalm 46 v10*

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Dear Friends,

You may have heard the expression: 'Talking to yourself is the first sign of madness!' However, the Bible encourages us to speak to ourselves and the late great preacher and minister Dr Martyn Lloyd-Jones exclaimed: "It is not listening to yourself but talking to yourself which is spiritual.'

I met with someone this week who was suffering with intrusive and negative thoughts, so there are plenty of times when we should be asserting our minds to conquer these unwanted incursions. The Psalms contain some of the greatest and most intimate writing. David was the author of the majority of them, and he enjoyed a close relationship with God. Here are some examples of David speaking to himself, his soul: Psalm 103 v 1 declares: 'Bless the Lord O my soul'. David turns inward - not in despair, but in determination - speaking truth to his soul in the face of fear, forgetfulness, or fatigue.

These moments give us language for our own struggles and a model for godly self-reflection. In another Psalm he wrote: 'Why are you cast down, O my soul and why are you in turmoil within me? Hope in God.' David doesn't ignore his emotions; he faces them head on. He reminds himself where hope truly lies. Psalm 116 v 2 states: 'Return O my soul, to your rest, for the Lord has dealt bountifully with you.'

Rest is not found in the absence of challenges but in the presence of God. Psalm 62 v 5 extols: 'I have calmed and quieted my soul, like a weaned child with its mother.' Stillness of soul involves deep trust in the presence of the one we trust completely and without reservation.

Sometimes the most important conversations we have are with our own soul. Don't be afraid to speak truth to yourself, to

encourage yourself in the Lord, and to stir your heart to worship, even when you don't feel like it! The Psalmist declared: 'Bless the Lord, O my soul and all that is within me praise His holy Name!'

God bless you, your Pastor, David

Autumn Bible Study dates and Topics

September 9 TH	The balance of Christian life
September 23 RD	Revelations
October 14 TH	Old Testament prophets
October 28 TH	The historical books from Joshua to Esther
November 11 TH	How the Old and New Testaments link
November 25 TH	Genesis to Deuteronomy
December 9 TH	Books from the Old Testament

Help Needed

Please can we have volunteers to assist with 'meeting' and 'greeting' at the door on Sunday mornings.. Also we would very much appreciate help with serving teas and coffees after the service.

Thank you

Equipment – clothes.

Bangladesh is a country where many clothes are made and are sold in the UK. As you look through your cupboards and drawers, see how many of them are made in Bangladesh. (It should say on the label) and ask God that the clothes we wear will be ethically made. Pray that factory owners will create safe working places and be compelled to pay their workers well. (Christian Aid)

Prayer

Dear God,

we thank you for our clothes.

We pray for the women in Bangladesh that work in poor conditions and for very little pay to make the clothes we wear.

We pray that you may hear their cries for better working conditions and pay,
and bless them.

Amen.

The URC daily devotions

The URC daily devotions can be accessed via devotions.urb.org.uk These are approximately 5 minutes long. The Sunday service can be accessed from the same site.

Communion Offering for August

Children's Hospice South West

For more than 30 years

Children's Hospice South

West has been caring for

children and young people

with life-threatening conditions

by providing children's hospice and professional family support services. We are dedicated to making the most of short and precious lives through the provision of the best possible hospice care for children and young people with life-limiting conditions. The care offered at each of our three hospices is not just about medical and nursing support for sick children but enriching lives of the children and their whole family.



Things Jesus never said (from Yvonne)

Jesus never said 'Be true to yourself.' Matthew 16.2

Jesus said 'Whoever wants to be my disciple must pick up his cross and follow me.'

Jesus never said 'Believe in yourself.' John 14.6

Jesus said 'Believe in me. I am the way, the truth and the life.'

Jesus never said 'Live your truth.' John 8 3

Jesus said 'I am the truth and you will know the truth and the truth will set you free.'

Jesus never said 'As long as you're happy that's all that matters' Mark 8:36

Jesus said 'What does it profit a man if he gains the whole world but loses his soul.'

Stop listening to what the world has to say.
Listen to what Jesus has to say

CHURCH EVENTS DIARY – AUGUST 2025		
SUNDAY 3RD	SUNDAY WORSHIP with Mr Bian Jones	11.00AM
SUNDAY 10TH	COMMUNION SUNDAY WORSHIP with Revd. David Jewell	11.00AM
SUNDAY 17TH	SUNDAY WORSHIP with Keith Clements	11.00AM
SUNDAY 24TH	SUNDAY WORSHIP with Mr Richard Paterson	11.00AM
SUNDAY 31ST	SUNDAY WORSHIP with Revd. David Jewell	11.00AM
SUNDAY 7TH	SUNDAY WORSHIP with Mrs Stella Paterson	11.00AM

Flowers

Readers

August 3 rd	Isabel	Isabel
August 10 th	Flower Fund	Jane
August 17 th	Sally	Philip
August 24 th	John B	Peter
August 31 st	Lorraine	Stella

Weekly date list will be on notice board in the corridor
 Thank you to all who donate to our outreach causes
 If you are willing to make a small donation to church flowers at any time of the year please let me know as I put into Connect a month ahead eg. anniversaries, birthdays that can be celebrated with flowers which are then given to those of our congregation or friends who will appreciate the thought, as we offer mission outreach.

Following God

Proverbs 3:1-8

On my free day in Paris during a visit a few years ago, I had some time to roam around the famed city by myself before meeting a friend by the Eiffel Tower for dinner. All was fine until my phone's battery died. I didn't have a map, so I wasn't sure where I was going, but this city girl didn't panic. I just continued to walk along the Seine River and kept my eyes on the towering Eiffel Tower. My plan worked until I got closer to the landmark that somehow disappeared behind the surrounding buildings.

I was astonished that such a large structure could be hidden in plain sight! I finally realised I needed help and direction. Asking Him helps us not to get lost along our journeys or be tempted to take detours or to quit. Especially when life seems hard or confusing, we can turn to God for guidance.

In Proverbs 3:5-6, Solomon encourages his readers by telling them to 'trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight,'

As we seek God's wisdom through prayer and reading the Bible, He'll guide us. Let's continue to trust Him and follow His lead.

Dear God, thank You for leading and guiding me

Source : Our Daily Bread

Great Expectations

Once all the colours in the world started to quarrel; each claimed that they were the best, the most important, the most useful or the most favoured.

GREEN said: "Clearly I am the most important. I was chosen for the grass, the trees and the bushes. Look into the countryside and you will see that I am in the majority."

BLUE intercepted: "I am the colour of the sea and the sky. The sea is the water that is the basis of life. The sky gives space, peace and serenity. Without my peace you would all be nothing but busybodies."

YELLOW chuckled: "You are all so serious. I bring laughter, gaiety and warmth into the world. The sun is yellow and the moon is yellow. Every time you look at a sunflower the whole world starts to smile. Without me there would be no fun."

ORANGE spoke next: "I am the colour of health and strength. I carry all the important vitamins. Think of the carrots, the pumpkins and the oranges. I fill the sky at sunrise and give you the majestic sunset to admire."

RED could stand it no longer: "I'm the ruler of you all." he shouted. "I am the colour of blood. I am the colour of courage and bravery. I am the colour of passion and of love, the red rose, the poinsettia and the poppy."

PURPLE rose up to its full height: "I am the colour of royalty and power. Kings, chiefs and bishops have chosen me, for I am the sign of authority and of wisdom."

INDIGO spoke more quietly than the others but just as determinably. "I am the colour of silence. I represent thought and reflection, twilight and deep waters. You need me for balance and contrast, for prayers and inner peace."

Then RAIN spoke: "You foolish colours, do you not know that the Creator made you all, each for a special purpose, unique and different. Join hands with one another and the Creator will stretch you across the sky in a great bow of colour."

No one should have personal great expectations, we should all live together in peace and harmony and not try to fight and dominate each other.