

# MRBC

CHURCH MAGAZINE—APRIL 2020



**Mansfield Road Baptist Church**

## Message for April

Andy Wilson, our Minister, writes:

Dear friends

This year our journey of Easter is so different, as we will not be sharing physically together the services of Holy Week to Good Friday and Jesus'



death on the cross or the celebration of resurrection on Easter Sunday. [See Luke's Gospel Ch23 v.44-46 & Ch24 v1-3]

Living through this season caught up in the Coronavirus epidemic is something of experiencing ongoingly the time of Easter

Saturday, that which is part of the continuum of Easter. Easter Sunday needs Good Friday and equally can only have meaning with the Saturday that links the two together.

Richard Rohr writes in his book "Hope against Darkness": *We have no reason to apologise for our Christ. He is a flawless image, especially in his crucified and risen form, of all that God is doing on earth. He is our living icon of transformation. Jesus holds together the tension of opposites, and in their ultimate shapes of life and death.*

***Humanity itself could be defined as that which is eternally crucified and eternally resurrected – all at once!***

Today we are alongside the pain and suffering of so many, the giving selflessly, itself bringing cost and struggles. Equally we are alongside the hope, possibilities and the promises of the future. This year we are caught up in the reality of Easter Saturday. Words for this time are Paul's to the Ephesians in chapter 4: <sup>4-6</sup> *You were all called to travel on the same road and in the same direction, so stay together, both outwardly and inwardly. You have one Master, one faith, one baptism, one God and Father of all, who rules over all, works through all, and is present in all. Everything you are and think and do is permeated with Oneness.* (The Message)

We are invited to make these words our own.

With love & prayers  
Andy





Photograph of some art work painted by Ann Peace

### **A Prayer – On Facing the Future**

Lord, I need to sit and be quiet in Your presence;  
I need to hand over to You my concerns for the future;  
I need to trust You to guide and help me.  
Let me bathe in the warmth of your sunlight;  
Let me bask in the Joy of your love.  
Fill me afresh with Your Holy Spirit.  
Grant to me the knowledge of Your wisdom;  
Help me in all things to discern and obey your will.  
Lord, use me to be a means of blessing to others:  
Be glorified in my life.  
This is my prayer.

Amen

Stanley Fitzsimmons  
Based on 2 Corinthians 4: 6 -7



## Health Tips

*By Jennifer Maxwell, Registered Nurse Nutritional Therapist*

### **It's important to support your immune system to keep healthy.**

We've had good advice as to how to reduce our chances of catching Coronavirus and prevent its spread; social distancing, stay at home, wash our hands, cough / sneeze into tissues, elbows etc. This is good infection control, however what is missing is advice on boosting your health to beat the virus if you get it.




Coronavirus is a virus; we don't have a drug against this virus. But we do have a God given self defence system that can fight it; it's called our "Immune System". It is our natural defence against viruses and other "pathogens" – things that can harm us and kill us.

Think of the immune system as a military system that we have guarding and protecting us 24/7. It's the most complex organ system in our body, made up of different organs, a range of white blood cells and proteins called antibodies. They all have distinct roles and work together to protect us and allow us to survive and thrive in an environment full of threats. There are "Natural Killer Cells" primed to recognise and kill cells that become infected with viruses. White B cells produce antibodies that stick to the virus marking them out for the NK cells to destroy.

You've probably never thought about your immune system; inadvertently you may have neglected it and it may be in a weakened state. But you can change that by focusing on things to support and boost your body's natural defences.

### **Three key things to support and boost your immune system—**



1 Eat the Right Food	2 Prioritise Sleep	3 Exercise
<p>Nutrient dense foods are the best – natural as close to nature as possible.</p> <p>People eating 5 or more servings of vegetables and fruit daily have been shown to produce more antibodies against respiratory pathogens.</p> <p>Green leafy vegetables cruciferous vegetables are excellent choices. Kale is one of the most nutrient dense foods you can eat. Broccoli is able to rally your immune system. Cauliflower, cabbage brussels sprouts are also good.</p> <p>Eat a rainbow of colourful vegetables and low sugar fruits to nourish yourself.</p> <p>Cook fresh meat, fish, chicken, beans, eggs, lentils, peas and eat seeds and fresh nuts for protein, vitamins and minerals. Keep hydrated—drink water (1.2l daily).</p> <p><b>Not every meal needs to be gourmet, but every meal should be nourishing.</b></p>	<p>Our bodies need good quality sleep 7-9 hours per night to function properly. It enables our systems to cleanse, repair and eliminate waste.</p> <p>Uninterrupted sleep is best but if you wake and get back to sleep quickly that's also good. Those who get less than 7 hours are x3 more likely to pick up the cold virus.</p> <p>It's important to regulate our natural circadian rhythm (sleep-wake cycle) for immune health. Aim to go to bed when melatonin (our sleepy hormone) is released (after sunset); get into a regular bedtime routine and stick to it.</p> <p>Don't feel sleepy? Have a warm bath/shower, sniff lavender essential oil, read something printed, listen to relaxing music, meditate, pray calmly. AVOID blue light from computers, TV and mobile phones at least 1 hour before bedtime.</p> <p>Have an afternoon siesta if you wish – sleep is healing and healthy. Follow your body and rest when you feel the need.</p>	<p>Getting enough fresh air and exercise is very important for overall health and wellbeing. Try to get outside in the mornings before 12.00md to help reset your circadian rhythm and have a good stretch to energise your body. Take your morning drink or eat breakfast outside if possible. Have a walk daily to improve your mental health and get your body moving. If you are able to walk in a park or area with trees, research says that will benefit your mental health – just remember social distancing. Getting sunlight on your face, neck and upper arms will also boost your vitamin D levels; this will also help your immune system.</p> <p>Can't get out of the house? Find exercise on YouTube suitable to you—try pilates, yoga, qigong or tai chi.</p> 



**A POEM SHARED BY BETTY HOLMES**

***Why People Liked Jesus***

When Jesus walked this earth of ours,  
He did not talk with Kings;  
He talked to simple people  
Of doing friendly things.

He did not praise the conquerors,  
And all their hero host,  
He said the very greatest  
were those who loved the most,

He did not speak of mighty deeds  
and victories --- He spoke  
of feeding hungry people and  
Cheering lonely folk

I'm glad his words were simple words,  
Just meant for me and you  
The things he asked were simple things  
That even I can do.

Anon

**A SAYING CONTRIBUTED BY  
EUNICE CAMPBELL**

**NOTE TO SELF:**

Peace does not mean  
to be in a place where  
there is no chaos,  
trouble,  
or hard realities  
to deal with.  
Peace means to be  
in the midst of all those things  
and still remain  
mentally, emotionally,  
and physically centred.

-marcandangel

**Q. How does Moses make tea?**

**A. He brews it!**

**A WALK IN THE WOODS—BARRY BOSELEY**

Most mornings I get up shower / shave /  
breakfast.

Then I go for a walk in the woods; it does not  
matter if it's raining or sun shining, the walk is  
important.

Sometimes you meet people walking their dogs  
Sometimes they will say good morning and  
some will say nothing.

The walk in the woods is great.

God's work - tall trees - fresh air - time to think about things.

I talk to God in the woods and at times he talks to me.

What I am doing now is some think I could never believe me doing.

This is God's doing - this is what God told me to do **PASS HIS WORD ON.**





## ROCK AND STONE PAINTING - a Craft Activity -

submitted by Mary Wilson who writes: Our grandchildren have been busy doing this. Here is a photo of their results. You might like to paint stones that tell the Easter story?



**Palm Sunday**—a donkey and palm leaves

**The Last Supper** - bread and a cup of wine

**Betrayal and Crucifixion** - the 3 crosses on a hill.

**The Tomb** - the stone over the tomb (on your stone!)

**Easter Sunday** - the risen Jesus. Reading from a children's bible you could use the stones to understand the sequence of events.

Acrylic paints and markers are good but you could definitely have a go with any paints on clean stones. There are lots of ideas and advice on the internet. Have fun and don't forget to share your results with pictures on WhatsApp and Email etc!

### Talent within our Arnold Housegroup!

Pauline Boseley kindly made an Easter sheep for all of us this time last year. We were very impressed by her sewing skills!

Have you got a talent you could send a photo of?



### A Celtic Circle Prayer

Circle us Lord, keep fear without, keep trust within.  
Circle us Lord, keep anxiety without, keep faith within.



## Ceinwen Harris writes:

Like most of you, I am finding self-isolating quite trying, as I am a person who likes to be out and about. BUT I have to confess that the past week has in many ways been a real time of blessing for me. I have found the time to reflect and meditate as well as the sharing I have had with people on the phone or at a 2m distance a real blessing – camping chairs on a neighbour's pavement was an ingenious way of sharing our faith.

**“Our spiritual journey can continue when our physical journey is limited.”**

*Quote from the BU Prayer Broadcast I listened to on 25 March\**

I have also found that music has been a great blessing. An appropriate hymn will just drop into your mind at the right moment. The meaning of an “Omnipresent God” is certainly more meaningful these days.

*\*Editor's note: . The Baptist Union is broadcasting live each Wednesday and Sunday at 7.00 pm– See their website:*

*[https://www.baptist.org.uk/Groups/338268/Prayer\\_broadcasts.aspx](https://www.baptist.org.uk/Groups/338268/Prayer_broadcasts.aspx)*

*These broadcasts are recorded, so can also be accessed and listened to after the events.*

We hope you have enjoyed this first edition. This newsletter is being distributed by email wherever possible, and is also available to view or download from the church website: [www.mrbc.org.uk](http://www.mrbc.org.uk) in the Resources section. **If you have received this by post, it is because we have no email address for you.** If you do have an email address, or someone in your household does, could you let David Mangan know – [secretary@mrbc.org.uk](mailto:secretary@mrbc.org.uk)? It will save postage and printing if more can be sent by email in future.

To continue monthly we need YOUR news, YOUR testimony, YOUR input. Please pray about this and send a short article, poem, bible verse, really anything you would like to share with others. Although we can't meet at present, we are communicating by phone, email, online etc. This newsletter is just another way of keeping in touch and feeling part of the church community. SO—**THANK YOU** in advance for your support. Please send by email to [susan@msbye.co.uk](mailto:susan@msbye.co.uk), or phone and dictate, or by post, to arrive by **21<sup>st</sup> April** for the May edition.

Editors: Susan Bye, Rosemary Mangan

© Mansfield Road Baptist Church, Sherwood Rise, Nottingham NG7 6JN