



**Newsletter:**

**Sunday 16th May 2021**

A special welcome if you are worshipping with us for the first time

## Sunday Message

**Title:** Babel

*...Listen online to the message from*

**The Rev Duncan Tuck**

**Scripture:** Genesis 11:1-9 The Old Testament story of Babel can confuse us and tell us a lot. Today we explore why God confused their language and how that relates to us, as we follow Jesus.

**NB: No Zoom Service this week.**

**Link to the message:**

<https://wringtonchapel.com/recordings/>

### Kiddie Link



No Sunday School this week, so you may enjoy this video **'Tower of Babel**

**Story**<https://youtu.be/CW-NXNzdZhM>

Song and dance video **'Jump into the Light**

<https://youtu.be/xVGORBCdh5A>

### Garden Get Togethers

**This Sunday: If you can offer a garden venue, or would like to join a Garden meeting, please contact Jackie Tester for further information.**



### Seeing Our Value

**This week (10<sup>th</sup> – 16<sup>th</sup> May) is Mental Health Awareness week**

**The Story of Jesus healing the Woman with the flow of Blood speaks powerfully to Hannah Stevens about self-worth.**

'You don't need to put yourself out for me.'

'Please don't go to any extra trouble.'

'I don't want to be a burden.'

You may have heard these words or similar, spoken by somebody who needed help. Perhaps you've used them yourself. This week is a time for reflecting on the issues surrounding mental health. How can we understand and support those who are suffering from poor emotional wellbeing? People often feel inadequate or ashamed because they are suffering with depression, grief or anxiety. They shy away from others, rather than seek the comfort and support they need.

There are characters in the Bible who had these types of experiences. The Woman who suffered with the flow of blood (Mark 5) was desperate. She had suffered with an illness that made her 'unclean' rejected by society. For 12 years doctors had been unable to cure her and with no money left she committed a desperate act. She hid herself in a crowd following Jesus, believing if she just touched his robe, she would be healed (secretly).

Jesus, knew what she had done, acknowledged her and praised her for her faith.

**If you are suffering, reach out, there is a local counselling service available.**

**Please contact: Vine counselling on 01934 876377**

**or e-mail: [vine.counselling@hotmail.co.uk](mailto:vine.counselling@hotmail.co.uk)**

**Need a Friend: That's us at URC. Whatever you need, whether its practical help, prayer or just a chat. Contact us, on one of the numbers below. Or join Anna Clements and friends for Zoom Coffee on Wednesdays.**

Secretary  
Marshall Clements Tel: 863285

For House groups Information  
Rev Duncan Tuck Tel:707143:

For Hall booking  
Jackie Tester Tel: 862060