



Queen Edith Chapel

Together - With Jesus at the centre - Reaching our community

"Let everything that has
breath praise the Lord"

Psalm 150:6



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David Writes



Holes can be dangerous, and they often signify trouble, for example when things aren't going right, we might exclaim 'I'm in a hole'. When I was a child, I fell into a coal hole and cut my head open so badly I needed stitches, and a bath! And when I lived in South Africa we had potholes, like we have here, but over there even the pedestrians had to be careful because thieves were stealing metal drain covers for their scrap value. You could be walking along the path, and next second you're falling down the drain into a

dark abyss.

But not all holes are bad. It was expensive to bury a relative in ancient Rome, and as Christians were usually from the poorer community, they started burying people in deep caves called catacombs. In time, persecution led the Christians to hide in these dark holes and to hold their services there among the dead.

God uses holes as an opportunity to make us stop, listen, and turn to Him. Elijah was tired and depressed and hiding in a cave. It was here that God met with him and gave him new instructions and the strength to do all that he had to do. Jeremiah writes in Lam 3:52-58

"Those who were my enemies ... tried to end my life in a pit and threw stones at me; I called on your name, O Lord, from the depths of the pit. You heard my plea: ...You came near when I called you, and you said, do not fear". Joseph was thrown in a pit and sold into slavery by his brothers. But God used his situation to save all his family and to make them a great nation.



God uses holes to show His power to save; consider Daniel who was in the lion's den, and his friends in the fiery furnace and Lazarus who was dead in the tomb. Then there was Jonah inside a big fish; he said, *"In my distress I called to the Lord, and he answered me. From the depths of the grave I called for help, and you listened to my cry... you brought my life up from the pit, O Lord my God. When my life was ebbing away, I remembered you, Lord, and my prayer rose to you, to your holy temple... Salvation comes from the Lord"*.

David had many troubles, but he said in Psalm 40, *"I waited patiently for the*

Lord; he turned to me and heard my cry. ² He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. ³ He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the Lord”.

If you are in a hole, everything in the bottom of the hole is dark, and any light is up above. You want to escape but where is the way out? It's up above. Which way are you going to look? Up above, to light, to salvation. When we are in trouble, when we have problems, when we are in a hole, it forces us to stop and look up to heaven, to look for help from above. When you're in trouble, look to God. It may be the opportunity that God is using to draw you near and change your life.

Look at the example of Jesus - He was in a hole too. History tells us that Jesus died on the cross. It's a fact, there is so much evidence to prove that Jesus died on the cross, but what you believe happened afterwards is very important, a life and death issue. About 2000 years ago, Jesus was in a tomb, in a hole cut out of rock. His body lay in the dark, He was dead. His disciples and everyone else were convinced that it was the end. They shut themselves away, frightened, sad, and hiding in the upper room.

Muslims and Jews believe that Jesus body was stolen. That His bones are still hidden somewhere in some other tomb or grave, still in a hole. If that is true, then we are without hope; the Christian faith is meaningless, useless. That is exactly what the disciples felt when Jesus died - hopeless. But God is not afraid of holes. He uses them for good. In that cave, that hole in the rock, God did something wonderful. He raised Jesus from the dead.

One day they will dig a hole for you, about 6ft deep; they'll put you in and cover you with earth. Our lives end in a hole. But even as Jesus died on the cross, He gave us a taste of what is to come. Matthew 27:50-53 says, *“And when Jesus had cried out again in a loud voice, he gave up his spirit. At that moment the curtain of the temple was torn in two from top to bottom. The earth shook and the rocks split. The tombs broke open and the bodies of many holy people who had died were raised to life. They came out of the tombs, and after Jesus' resurrection they went into the holy city and appeared to many people”.*

The dead came to life when Jesus died, as an example of what He will do at the end; *“For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first.”* ¹ Thess 4:16

So, look up and call on the Lord, and you won't need to be afraid of holes!



Report From The Core Team

There were 54 folks attending Sizewell on the 20-22 October this year. Chris Tanton led the teaching on the theme 'Freed to Serve'. It was lovely to have so many young people there, almost half were under 30. I think it all went well.



We were thankful that everyone arrived safely through unprecedented rain and flooding. Some took up to 5 hours to get there, having to navigate traffic jams and flash flooding. Apparently other travellers had to be put up in Saxmundham village hall overnight, just 5 miles from Sizewell, as they were cut off by floodwaters. What a contrast to drive home in beautiful sunshine on Sunday, though I passed several abandoned cars on the way.

The CIO application was submitted to the charity commission on Monday 23 October. Please pray that this stage of the process will go smoothly, and after that, as we get the new board of trustees established and transitioning into their new roles and responsibilities.

Work on a new front door and improvement to the entrance is ongoing. Thanks to John P who has installed new ceiling lighting and will fit the glass front doors in the near future. We have also installed some CCTV cameras to try and deter any further anti-social behaviour. We continue to keep a log of incidents and would be glad to know of anything you may witness. If using the church, please be aware of who enters the building and we recommend locking the doors if appropriate. When leaving, carefully check that the building is empty and that all the doors, even the fire exit, are locked. The Building Committee met with the architects recently as we consider the next stage of the interior design improvements to QE1.

Ruth will be retiring next summer and we need to continue in prayer for the future of the children and families ministry at QEC. The CT are having a retreat morning at St Andrews Church Centre in Cherry Hinton on Saturday 2 December. As part of the retreat we are going to hold the Saturday morning prayer meeting there and would like to invite everyone to come along from 9 - 10 a.m. to pray with us.

We are encouraging more groups, prayer and planning meetings to be held in-person as we think it improves participation and makes for more effective communication. However, we acknowledge that Zoom can be convenient and draws in those who cannot otherwise attend and so the prayer meeting will be hybrid as per the Sunday services.

The Warmer Together Café and Coffee morning continue to be popular. Please come along and invite a friend. A big thank you to all who provide the soup and rolls.



The Answer Is Salvation

Li Tee Tan

I wonder how many of you are, like me, struggling to know how to pray for our troubled world today. Everything I looked at on the internet while trying to find something to fill this page was earnest and heartfelt - prayers for peace between enemies, for men and women to let go of prejudice, hatred and anger, to seek truth with humility and openness. However, I found it difficult to see how these things would come to pass given the culture that prevails today.

Then this morning, I read the preface to the book of Exodus in *The Message*. For those of you who are not familiar with this version of the Bible, it was written by Eugene H Peterson, a pastor from Baltimore USA. Peterson wanted to produce a contemporary version of the Bible which would be more assessable to today's readers. So while he worked from the original Greek and Hebrew texts to guarantee authenticity, his language is very much paraphrase rather than literal translation which some people may object to. However, I personally find that it often gives me a different perspective, very much like listening to a sermon in church.

Peterson writes a preface to each book in the Bible and I want to share what he wrote about Exodus as it really struck a chord with me.

“The human race is in trouble. We have been in trouble for a long time. Enormous energies have been and continue to be expended by many, many men and women to get out of the trouble we are in – to clean up the world's mess. The skill, the perseverance, the intelligence, the devotion of the people who put their shoulders to the wheel to pull us out of the muck – parents and teachers, healers and counsellors, rulers and politicians, writers and pastors – are impressive.”

It seemed to me however that all this human effort hasn't got us very far. But Peterson goes on to say, “At the centre and core of this work is God. The most comprehensive term for what God is doing to get us out of the mess we are in is *salvation*. Salvation is God doing for us what we can't do for ourselves.”



For me, praying for salvation is more likely to bear fruit than praying for people or circumstances to change. Norah mentioned a couple of Sundays ago that this is already happening in Israel and Gaza and we have heard similar stories from Ukraine - more and more people are finding God in the midst of today's trouble. Salvation is the only answer to the mess that is the world today.

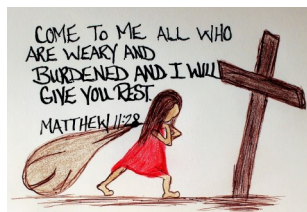
Psalm 23 For Busy People

By Toki Miyashina

The Lord is my Pace-setter, I shall not rush;
He makes me stop and rest for quiet intervals.
He provides me with images of stillness,
which restore my serenity.
He leads me in ways of efficiency
through calmness of mind,
and His guidance is peace.

Even though I have a great many things
to accomplish each day,
I will not fret, for His presence is here;
His timelessness, His all importance,
will keep me in balance.

He prepares refreshment and renewal
in midst of my activity,
By anointing my mind with His oils of tranquillity.
My cup of joyous energy overflows,
surely harmony and effectiveness
shall be the fruits of my hours,
for I shall walk, in the pace of my Lord
and dwell in His house forever.



Calendar

The Heart of Christmas

Nov-19	1 John 4:7-21 (John 3:16-19)	Perfect Love is at the heart of Christmas	David Stearn (W: TBC)
26	Focus Sunday		
Dec-03	Luke 2:1-20	Blessed Peace is at the heart	David Stearn
10	Matt 1:18-25	Certain Hope is at the heart of Christmas	TBC (W: David & Anne Stearn)
17	Matt 2:1-12 (John 1:9-14)	Glorious Joy is at the heart of Carol Service 6pm	Rory Simmons
24	Gal 4:4-7 (Luke 2:11,22-38)	A Saviour, Jesus, is at the heart of Christmas	David Stearn (W: Darren & Rose Carr)
25	Christmas Day		David Stearn (W: David & Anne Stearn)
31	Commitment Sunday		David Stearn (W: Will Rogers)

