

Dear Church Family,

*'Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.'* 1 Peter 5:6&7

In Mary's great song we call the Magnificat she sings that God, 'has scattered those who are proud in their inmost thoughts... but has lifted up the humble.'

We are living in times when we need to stay humble and trust in the 'mighty hand' of God.

Mainly we need to intentionally unload our anxiety on to God - God cares for us.

However long the present circumstances endure may God hold and lift us up; may we each find a place of peace.

### **Prayer Update**

Jill Zak has been experiencing acute stomach and abdominal pain, she has been admitted to Preston Hospital Surgical Assessment Centre for tests.

Dorothy Douglas is still receiving end of life care.

### **Online Services**

Our next online service will be available on Sunday from 10:30. It will include communion so, if you'd like to join in, have your bread and wine ready.

All services can be found on the HBCC Facebook page and are now also on YouTube

<https://www.facebook.com/Hesketh-Bank-Christian-Centre-137989929662209/>

<https://www.youtube.com/channel/UCI-q5TmlygGFnooTXluT6kg>

### **Special Birthday Congratulations**

Happy Birthday to Megan Scott for last Tuesday when she celebrated her 21st!

### **A Blessing for NHS and Care Workers.**

I read this blessing the other day and wanted to share it with you. It's an adaptation of John O'Donohue's 'For A Nurse'.

*'In this fragile frontier-place, your kindness  
Becomes the light that consoles the broken-hearted,  
Awakens within desperate storms  
That oasis of serenity that calls  
The spirit to rise from beneath the weight of pain,  
To create a new space in the person's mind  
Where they gain distance from their suffering  
And begin to see the invitation  
To integrate and transform it.*

*May you embrace the beauty in what you do  
And how you stand like a secret angel  
Between the bleak despair of illness  
And the unquenchable light of spirit  
That can turn the darkest destiny towards dawn.'*

[Excerpt from the blessing, 'For a Nurse,' found in his books,  
To Bless the Space Between Us (US) / Benedictus (Europe)]

### **Online Giving**

Don't forget you can give directly to the church using online banking.

Bank Sort Code: 40-24-14

Account No: 10429627

### **Contact Numbers**

You can reach us on the numbers below:

Mark	- 07526 989665
Steve	- 07484 268297
Alex	- 07701 042458 (Youth and Young People)

Please also keep in contact with all the groups of which you are part with the social media tools at your disposal.

### **Stay Home, Protect the NHS, Save Lives**

Grace, peace and every good to you,

The Leadership Team 30.04.2020

(This bulletin is available in the 'latest news' section of the church website along with all previous communications.)