



## *Staple Diet April 2014*



### **Staple Hill Corps**

– A Good NEWSS Corps for all people

(Nurture, Evangelism, Worship, Service to Corps, Service to Community)

Our Purpose is:

- To be a vibrant, worshipping Christian community actively introducing Jesus to the people of our area.
- To be a place where all can belong and grow in their relationship with Jesus.
- To serve the local community.

### **Major's Musings**

Dear friends,

I, probably like many people, have been captivated by the Paralympic Winter games. If it wasn't hard enough for a British athlete to win medals at the winter Olympics we now have medallists in skiing events at the Paralympics. Jade Etherington has returned a hero after becoming the star of the games for Team GB. The 23-year-old Lincoln skier, who has just five per cent vision, won four medals: silver in downhill, slalom and super combined, and bronze in the super-g. Hurtling down the ski slopes behind guide skier Caroline Powell, Jade became Britain's most decorated Winter Paralympian.

The sight of Jade and others like her following their guides started my mind thinking. There must be great trust in the guide; the guide must be totally aware of the abilities of the one they are guiding and respond accordingly and the one being guided must be willing to unquestionably respond to the guides directions.

If only we, at times, were only so trusting of God? We believe that God knows us better than we know ourselves, so why do we hesitate and question so often when he puts something on our minds and in our hearts?

I am reminded of Agnes Heathcote's words:

I HEARD a voice so gently calling;  
Take up thy cross and follow me.  
A tempest on my heart was falling,  
A living cross this was to be;  
I struggled sore, I struggled vainly,  
No other light my eyes could see.

I'll follow thee, of life the giver,  
I'll follow thee, suffering redeemer,  
I'll follow thee, deny thee never,  
By thy grace I'll follow thee.

2 I heard his voice unto me saying:  
Take up thy cross and follow me.  
My heart is thine, now thee obeying,  
Speak all thy will, dear Lord, to me.  
Make weakness strength, thy power now give me,  
And from this hour I'll follow thee.

May in these days we all learn to follow God with the total trust as seen in a Paralympic Skier.

### Major Ian

### Corps News

Brian Smith has recently celebrated a special birthday showing us his renewed strength with a hop, skip and a jump! We hope that you enjoyed your day.

Congratulations to Emily Hall who will celebrate her 21<sup>st</sup> Birthday on 23<sup>rd</sup> April. Have a great day.

Major Susan Walters was welcomed when she led morning worship which included the dedication of Oliver Mark Fielding, son of Kirsty and Mark. Family and friends joined in this occasion which included a duet from Grandma Linda and Aunty Emily.

Thoughts and prayers have been with Pat Baldwin, Peter Belcher and all those related to them with the passing of their mother Ann Belcher. We pray that in these days you will find comfort in each other and with God.

Those currently on the 'Wish you were here' prayer list are:

Madge Rickards; Edie Phillips; Marion Davis; Irene Ackerman; Francis & Ruth Shepherd; Gladys Shellard; Frank Snell; Edna Heath; Pam Henderson; Gordon Stone;. Valerie Scott, Tom and Ruth Cable Joyce Lear, Gwen Lear; June Wallington;

### THOSE AT COLLEGE / UNIVERSITY

Natasha Bennett (Bristol Uni); Esther Kasumba (U.W.E. Bristol);  
Esther Dickens (U.W.E. Hartpury, Glos); Andrew Campbell (Plymouth);  
Paige Hassard (U.W.E.).

### Viv Wallington

Photograph taken by the Nee family when Jenny Jones returned from the winter Olympics to her home town Downend.



We would like to thank all our friend of the Staple Hill Corps for all their prayers, telephone calls, letters, cards, flowers and plants both on our moving house and Pat's accident. We have been bowled over by your kindness and thoughts.

We pray God's Blessing on you all,  
love  
Arnold and Pat.

### **Leadership Team Meeting 3<sup>rd</sup> March 2014**

**Present:** Major I Urmston, Major H Urmston, E. Brewer, N. Bennett, K. James, L. James, N. James, M. Willetts, M. Boxell, L. Hall, P. Heath

**Apologies:** M. Dickens, T. Bessex, L. Palfreman, M. Bessex

**Devotions:** Major Ian opened with a reading from mark 9; and prayer

Leaders as listed presented their findings on the words as per previously agreed the main conclusions for each being:

**Fellowship** (Marc Willetts) Whilst it is important that people enjoy and feel the warmth of the fellowship at Staple Hill it is more important that they are invited to be 'in the fellowship' which only comes from a personal knowledge of Jesus Christ and his salvation.

**Inclusion** (Kelvin James) The Bible is clear in its message that all can belong to the Kingdom and that all Christians are one in Christ Jesus. We should be in a place where all are valued and can participate as the Spirit leads. Taking note that we are all at different stages of our walk with God and levels of commitment; It was noted that inclusion will require significant discussion and sensitivity as the corps moves forward.

**Community** (Liz Brewer) Serving those around us is an important factor that the corps must develop. It was noted as with fellowship, service is not enough in its own right, we must be moving people forward into fellowship with Christ.

**Relationship** (Les Palfreman) 3 aspects to Relationship were noted; Relationship with God, Relationships with in the Church and Relationships in the local community. As with community our relationship in the community must be born out of the other two or else we are failing in our divine calling.

**Belonging** (Nathan James) We should be a place where all people should know and feel that they belong. There are many lonely people that need a family to belong to (Ephesians 2:19) 'We should be a church where people should feel that they are missing out on something when they are absent, whilst at the same time, they should know that when they are absent they are missed.' (I Urmston)

**Whosoever** (Paul Heath) As found in the Bible, Staple Hill Corps is on a journey of discovery with this word that developed from being a word of exclusion and exclusivity in the Old Testament to a word of inclusion and meaning literally all without exception with the statements of Jesus.

**Welcome** (Tash Bennett) Reference was made that welcome and Staple Hill Corps has a very strong link. The march that the band has resurrected 'Staple Hill Citadel' contains the tune for 'Come along to Beulah there's a place for you'. It should be a continual welcome, not just a first greeting and most importantly should be a welcome for all seen through our continuing action.

**Moving Forward** These words will be presented by members of the Leadership Team during Sunday morning meetings devoted to each subject as arranged by the corps officers. The presentations will be available during the week of prayer in Holy week for all members of the corps to meditate and search God's guidance. We will meet again in early June to further discuss these themes and agree on corps theology approach to mission.

## **Actions**

Titles and dates to be agreed ASAP.

Presentations to be made available for the prayer week

## **Salvation and the Cross**

The New Testament places great emphasis upon the cross of Christ. Whenever Paul went into a city the first thing he did was to preach Christ and Him crucified (1 Cor. 2:1-5). He told the saints at Corinth that "the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God" (1 Cor. 1:18). Christians in the first century suffered "persecution for the cross of Christ" (Gal. 6:12), while others were freely willing to bear "the offence of the cross" (Gal. 5:11). The Law of Moses, the "handwriting of requirements that was against us, which was contrary to us" was "taken out of the way" and "nailed to the cross" (Col. 2:14). Paul spoke of some who were "enemies of the cross of Christ" (Phil. 3:18).

After reading these passages which deal with the "cross of Christ," we need to ask, did Paul preach about a piece of lumber? Did he suffer for timber? No! Paul was using a figure of speech known as synecdoche which is "a figure of speech in which a part stands for a whole or a whole for a part" (Doubleday Dictionary). If you ask a friend what he had for lunch, he might say, "I stopped at McDonald's for a sandwich," but what he meant was a sandwich, fries, Coke and a hot apple pie. Whether he is aware of it or not, he used a figure of speech -- a synecdoche. New Testament writers often used "the cross of Christ" as a figure of speech, a synecdoche, to represent many other things -- Central to this being the cross speaking of salvation or redemption or many others words associated with a restoration of the relationship between God and His creation.

### **God's Hatred Of Sin**

People often ask, "Why did Christ have to die on the cross anyway?" The answer is that sin had separated man from God (Ezek. 18:20; Isa. 59:1-2) and the penalty for sin is death (Rom. 3:23; Rom. 6:23). In order for sins to

be removed, blood had to be shed (Heb. 9:22). But, instead of man dying, God allowed an animal to die (Heb. 10:4).

Christ came to this earth as "the Lamb of God who takes away the sin of the world" (John 1:29). Paul said "we see Jesus, who was made a little lower than the angels, for the suffering of death crowned with glory and honour, that He, by the grace of God, might taste death for everyone" (Heb. 2:9).

### **God's Love Toward Man**

You cannot think of the cross of Christ without thinking of the infinite love of God. John 3:16 is one of the best loved verses in the Bible -- and rightly so -- for it tells us how "God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life" (John 3:16).

The death of Christ was in the eternal foreknowledge of God. Peter told those on Pentecost about "Jesus of Nazareth, a Man attested by God to you by miracles, wonders, and signs which God did through Him in your midst, as you yourselves also know -- Him, being delivered by the determined purpose and foreknowledge of God, you have taken by lawless hands, have crucified, and put to death" (Acts 2:22-23).

Centuries before the Son of God came into this world, the prophet Isaiah, in one of the "suffering servant" passages, told of how "it pleased the Lord to bruise Him; He has put Him to grief. When You make His soul an offering for sin, He shall see His seed, He shall prolong His days, and the pleasure of the Lord shall prosper in His hand. He shall see the labor of His soul, and be satisfied. By His knowledge My righteous Servant shall justify many, for He shall bear their iniquities. Therefore I will divide Him a portion with the great, and He shall divide the spoil with the strong, because He poured out His soul unto death, and He was numbered with the transgressors, and He bore the sin of many, and made intercession for the transgressors." (Isa. 53:10-12).

### **The Power Of The Gospel**

The cross was the means by which Christ would draw men unto Him and the salvation He offers. In the very shadow of the cross we hear Jesus

praying to His Father: "Now My soul is troubled, and what shall I say? Father, save Me from this hour? But for this purpose I came to this hour. Father, glorify Your name. Then a voice came from heaven, saying, I have both glorified it and will glorify it again. Therefore the people who stood by and heard it said that it had thundered. Others said, An angel has spoken to Him. Jesus answered and said, This voice did not come because of Me, but for your sake. Now is the judgment of this world; now the ruler of this world will be cast out. And I, if I am lifted up from the earth, will draw all peoples to Myself. This He said, signifying by what death He would die." (John 12:27-33).

The story of the cross is the very foundation of the gospel (1 Cor. 15:1-4), which is God's power unto salvation (Rom. 1:16). "For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God" (1 Cor. 1:18).

Jesus Christ is the centrepiece of human history -- time throughout the world is reckoned by His birth. For all eternity the redeemed will be with Jesus, "the firstborn from the dead, and the ruler over the kings of the earth," the One who "loved us and washed us from our sins in His own blood and has made us kings and priests to His God and Father" (Rev. 1:5-6). New Testament preachers did not use carnal means to draw men to Christ -- the story of the cross was sufficient. To those who love the Lord the story of the cross will never grow old. There will never be a cry to "preach something new" or "update the message for the times." Are we still loyal to this message, it is Christ that saves not us by any chosen method or media, we are called to preach Christ and him crucified.

## Easter Reflections 2014

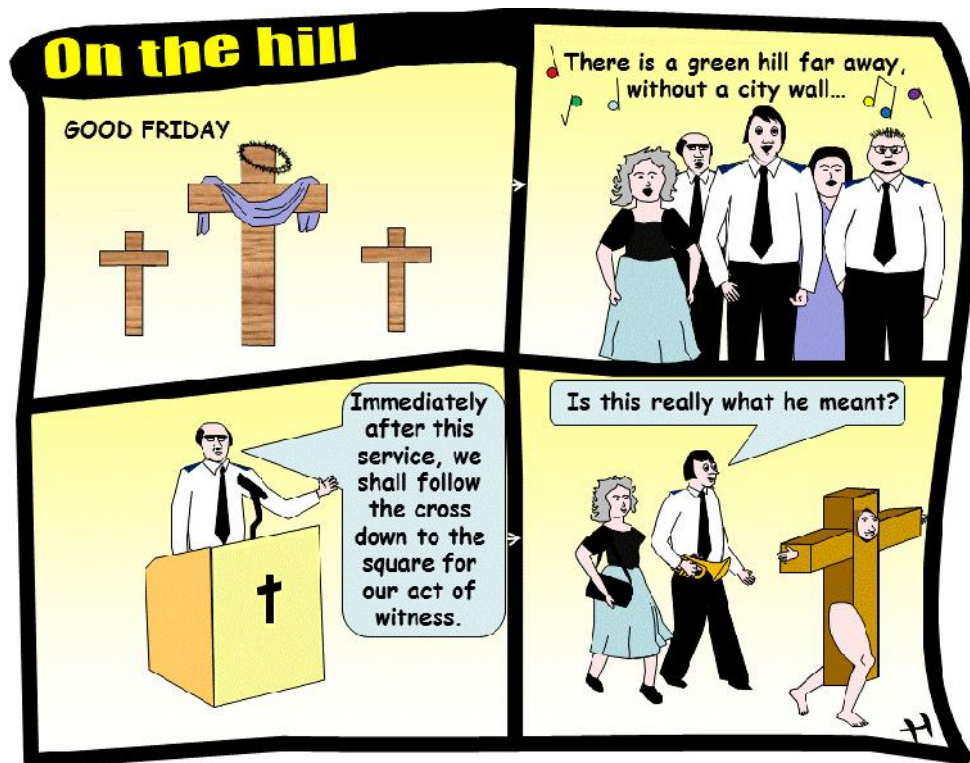
Last year in the week before Easter, we declared that it was "*The End of the Beginning*". And so it was. Since then, we have been on a journey. We have been reminded that the cross should be at the centre of our theology. As a result, we feel we have been led to the following words you the Corps have identified: **WELCOME, WHOSOEVER, BELONGING, RELATIONSHIP, COMMUNITY, INCLUSION & FELLOWSHIP**. Along with the Leadership Team, I am sure you are praying & reflecting on these words and what they mean to you and the Corps and what God is saying to us through them. And it is that approach we want to take this year in our reflections leading up to Easter.

From Monday 14<sup>th</sup> April though to Easter Saturday 19<sup>th</sup> April, we want the Hall open for discussion, reflection and prayer from 10am to 10pm culminating in Easter Sunday morning Worship at 11am followed by a Corps Easter Dinner together. The Hall will be prepared with the right furniture, atmosphere, music, words & a range of resources. We will also provide refreshments. The Hall can be used by many, some or few. Some sections of the Corps will be responsible for preparing some of the sessions. We would like you all to sign up to be responsible for an hours session – you may use it for yourself or you may be joined by others. The spirit will lead & God will speak – we need to be there to listen.

A spreadsheet will go up on the noticeboard over the next few weeks. Please sign your name, or a group of you, or your section to be responsible for a session either in the Prayer Hall or for the refreshments – would be great if we could all make cakes to share with each other.

Jesus spent time before Easter with His disciples. As His disciples in Staple Hill, let us use our time this Easter to come close to Him and hear His voice which will lead us forward.

*Marc Willetts*. Corps Sergeant Major



## Cakes Wanted

Homemade cakes are always wanted for Saturday Coffee mornings. If you are one of the growing number of people that cannot help on a Saturday morning why not bake a cake and pass it to Mary White so that it can be frozen and then used on a suitable occasion.



## Recovering from Divorce

I would like to highlight our next Aquila course for those recovering from divorce or relationship breakdown, starting on Wed 23rd April in Staple Hill.

Aquila has been running at different venues in Bristol for several years, and many people have been helped to move forward to a place of greater healing and hope, whether they faced divorce recently or a long time ago. For more details go to [www.hope-after-heartbreak.co.uk](http://www.hope-after-heartbreak.co.uk) contact me if you would like to find out more.

In Christ,  
Anita

Anita Dobson  
Family Worker  
Christ Church Downend  
Registered Charity 1131689

## The All New Staple Diet from May 2014

It is with great pleasure that I take on the editing of the Staple Diet. I hope you will enjoy the new Staple Diet which will be issued from May 2014.

I am open to suggestions from anyone on new ideas for the newsletter but hope to incorporate the following:

- Updates from Sections (Band, Songsters, YP Band & Singing Company)
- Updates from Youth, Lighthouse Club & Primary
- Updates from Brownies & Rainbows
- Major's Musings or 'From the desk of the Commanding Officer'
- News about People
- A Spot Light on people in the corps - A short questionnaire on a certain person in the corps each month, starting with leadership team so people in the corps get to know each other more
- A Note from the Editor
- Finance Update
- Monthly Calendar
- Annual Calendar
- Traveller's News
- Reports about recent events (i.e. a report on the Youth Retreat, Band League Festival etc)

There has been an email address created purely to send and receive emails only for the Staple diet and you can use this any time with items for inclusion and this is **stapledietnewsletter@gmail.com**

**The deadline for the May 2014 issue will be Good Friday 18<sup>th</sup> April 2014**

Thank you all in advance for your support as I take on this important responsibility in our corps.

Neil Baker

## Corps Diary

Sunday 13<sup>th</sup> April – Divisional Celebration at Staple Hill 3pm  
Sunday 20<sup>th</sup> April – Easter Sunday 11am Meeting followed by corps lunch

Saturday 10<sup>th</sup> May – Band Concert  
Sunday 11<sup>th</sup> May – Candidate Sunday

Saturday 28<sup>th</sup> June – Armed Forces Day (Band leading procession)  
Sunday 29<sup>th</sup> June – YP Anniversary

Sunday 6<sup>th</sup> July – Farewell Meeting Majors Ian & Helen + Abi  
Saturday 19<sup>th</sup> July – Proms Evening  
Saturday 26<sup>th</sup> July – Sam & Emma's wedding  
Sunday 27<sup>th</sup> July – Welcome meeting Majors Colin & Nicola Hylton-Jones  
+ Carys and Senan

Sunday 28<sup>th</sup> September – Back to Church Sunday

Saturday 4<sup>th</sup> October – Visit of Portsmouth Citadel Band  
Sunday 5<sup>th</sup> October – Harvest  
Sunday 12<sup>th</sup> October – Corps Anniversary  
Sunday 19<sup>th</sup> October – Songsters @ Reading Central

Sunday 9<sup>th</sup> November – Remembrance Sunday

Sunday 7<sup>th</sup> December – 11am Toy service  
- 5pm Light up a life Service

Sunday 14<sup>th</sup> December – 5pm YP Carol Service  
Sunday 21<sup>st</sup> December – 5pm Corps Carol service  
Wednesday 24<sup>th</sup> December – Carols by Candlelight  
Sunday 28<sup>th</sup> December – morning meeting only

Other dates to add in the coming month – watch for announcements



### **April Meetings**

- 6<sup>th</sup> 11am A Place for All – Revelation 22:17**  
**5pm Sunday Supper – Hilton Baker**
- 13<sup>th</sup> 11am In Fellowship Together – Luke 22: 7 - 23**  
**3pm Sunday Worship – Divisional Celebration**
- 20<sup>th</sup> 11am Easter celebrations – Luke 24**  
**1pm Sunday Lunch**
- 27<sup>th</sup> 11am A Place to Belong – Matthew 4: 18 - 22**  
**5pm Sunday Celebration – Andrew Wicker – Piano & Staple Hill Sections**



**The Salvation Army**  
**Staple Hill Corps**  
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**Staple Hill**  
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**Tel: 0117 956 5232**

[www.staplehillcitadel.com](http://www.staplehillcitadel.com)

The Salvation Army is a Christian Church and a registered charity, No 214779

**Sunday 22<sup>nd</sup> June**

**‘C’ in the Park Celebration**  
**King George V Park**  
**Downend**

**More details in May’s Staple Diet**