

**“My heart grew hot
within me,
and as I meditated,
the fire burned . . .”
Psalm 39:3**

HELLO AGAIN! Once again it's your favourite loud Elder writing this weeks "STAYING CONNECTED." Hazlett and Helen are having some well-deserved time off. I hope this finds you all well during this strange and interesting time

Meditation, Glass Bottomed Boats & Silence

Hearing and reading the Word of **GOD** are important and effective spiritual exercises but **meditation** on **GOD's** word brings a new dimension to this precious exercise. Hearing and reading the Word of **GOD** is like crossing a calm beautiful lake, whereas **meditating** on the Word of **GOD** is like sailing across the same lake in a **glass bottomed boat**. You see more, you experience more, it opens up new stuff you could not imagine. Jerry Bridges expressed it this way: "Reading gives us breadth; but study gives us depth".



Sadly **meditation** is linked with Eastern mysticism. There is a vast difference between, say, transcendental meditation and biblical **meditation**. Biblical **meditation** is deep focussed thinking. It involves taking a text, putting it on your tongue like a sweet and holding it there until you have sucked every drop of spiritual juice from it. The added exercise of **meditation** acts like a bellows on a small flame and transforms it into a blazing fire.

But how do you start? **SILENCE !**

There is little town of Green Bank, West Virginia, known as "the quietest town in America." It's the location of the Green Bank Observatory, the world's largest steerable radio telescope. The telescope needs "**silence**" to "listen" to naturally occurring radio waves. It stands in the center of the National Radio Quiet Zone, a 13,000-square-mile area established to prevent electronic interference to the telescope's extreme sensitivity. This intentional quiet enables scientists to hear "the music of the spheres."

When meditating on the Word of **GOD** we need to **silence** ourselves enough to listen to the One who created the universe. This enables us to open up **GOD's** word in ways we could not imagine and hear what **GOD** has to say to each one of us

**COME TO ME WITH
YOUR EARS WIDE OPEN.
LISTEN AND YOU
WILL FIND LIFE . . .
ISAIAH 55:3**



John & Janet Wilby

We have been in a period of Coronavirus pandemic lockdown restrictions, of varying degrees since March. Janet and I have been blessed throughout this time by being able to get groceries delivered and our elder daughter Claire keeping a caring eye over us

I believe I'm coping better than Janet, as I'm no stranger to keeping my distance having practised it for years but Janet struggles being more sociable than me.

Like many we have been prevented from going on holiday. It's been particularly hard unable to see our grandchildren. Missed going to Spring Harvest and our annual visit to Jersey. I was most looking forward to a day trip to Stratford upon Avon by steam hauled train.

I'm only starting to discover that it has hit Janet hard. Suffering persistent chronic back pain and being unable to visit her osteopath during lockdown. More recently arthritis in her knee limits the distance she is able to walk pain free. Would you believe she is receiving Virtual Physio? The deteriorating health of our dog Daisy, who 17 years old, is also causing her considerable concern.

We both miss attending TCF Sunday Services and Janet really misses chatting with the mums at Chatterbox.

Both of us recognise and acknowledge that the disruption we face, bears no comparison to what some have had to endure.

Whilst Janet is spiritually fed by listening on YouTube to preachers in whom she is confident I have attended each week, albeit incognito, the NWBA online Sunday Service.

Twice weekly I've zoomed into House Group, which has proved to be an excellent way of keeping in contact. During which we share our thoughts, which has not always been easy depending on the personal nature of the questions, based on the reflections by Phil Jump.

Thanks are due to Ruth for leading the meetings, having to come to grips with the technology, and now Georgina is a welcome addition being able to share the task.

We have welcomed the Mission Prayer and the Communion Zoom meetings and are grateful to those who have organised them. Perhaps, considering that it's looking like a digital Christmas and there appears no end in sight.

TCF PRAYER POINTS

- Phil & Brenda after surgery & long term care
- Sylvia # wrist / Susie continued improvement
- Mental Health issues of COVID
- Migrant Boat Deaths
- Best Way Forward for TCF

Happy Birthday

30th October	Hazlett Bloomfield
5th November	Carol Colburn
7th November	Grace Parker

FUTURE EVENTS

4th Nov. 10.30am Mission Prayer ZOOM

4th Nov. 17.30pm: From Darkness to Light Online service of reflection. (Facebook, Christian Aid)

14th Nov. 12.00: MEN UNITED Stroll, Rossall Point Free Car Park

16th Nov. 7pm: Ladies CHRISTMAS Craft Evening

18th Nov. 7pm: Church Members Meeting ZOOM

God has not changed. Although everything around us is constantly changing, God remains the same. He is the consistent faithful God taking care of us before this outbreak, in the midst of it and when it eventually draws to an end.

Our Trust and hope can remain steady because our God is faithfully unchanging, and His faithfulness is most demonstrated even when we are most unaware of His presence.