



# Vítal Signs

Bethel Christian Fellowship - December 2016





One Christmas Eve, a man sat in reflective silence before the blazing fire, pondering upon the meaning of Christmas. "There's no point to a God who becomes man," he mused. "Why would an all powerful God want to share even one of His precious moments with the likes of man? And even if He did, why would He choose to be born in an animal stall? No way! The whole thing's absurd! I'm sure that if God really wanted to come down on earth, He'd have chosen some other way."

Suddenly the man was roused from his reverie by a strange sound outside. He went to the window and saw a couple of geese frantically honking and aimlessly flapping about in the snow. They seemed dazed and confused. Apparently they'd dropped out in exhaustion from a flight formation of a larger flock on its way from the Arctic to slightly warmer weather further south. Moved with concern, the man tried to "shoo" the poor, almost frozen, birds into the warmth of his garage, but the more he "shooed" the more they panicked. "If they only realised I'm simply trying to do what's best for them," he thought to himself. "How can I make them understand my concern for their well-being?"

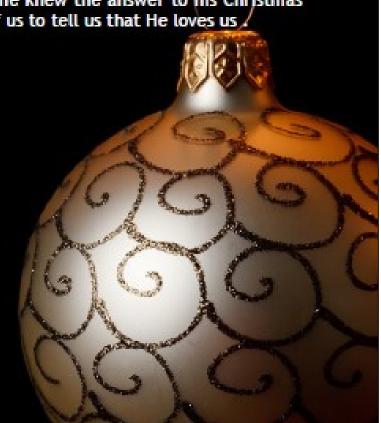
Then, this thought came to him: "If for just a minute, I could become one of them, an ordinary goose, and communicate with them in their own language, they'd know what I'm trying to do for them." And suddenly... suddenly, he remembered Christmas and a smile came over his face. Suddenly, the Christmas story no longer seemed absurd. Suddenly, he pictured that ordinary-looking infant lying in the manger, in that stable in Bethlehem, and he knew the answer to his Christmas problem: God had become one of us to tell us that He loves us

www.gabrielsreport.com Submitted by Keith Taylor

> The Son of Man came to seek and to save what was lost.

Luke19:10





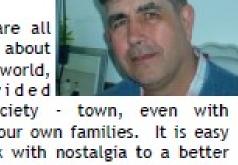
### Christmas Light

I was talking with a colleague at work, who was telling me about growing up in Denmark as a boy, and his Father's practice of using real candles on the tree. The tree was selected to be large, well spread, and with branches separated by about six inches. There were a set of 50 candle holders. weighted with lead with a metal hoop that went over the branch. The candles were about half an inch wide and three inches high. On Christmas eve the candles were lit, only once, and the family allowed in to the large living room. It was by my colleague's account, a magical sight, with the candles flickering in the dark, and reflecting on the glittering decorations.

Real candles on the tree? Real fire? It is hard to imagine that these days.

The world has become an uncertain

place, we are all concerned about our divided world, our divided



country, society - town, even with divisions in our own families. It is easy to look back with nostalgia to a better time - much more challenging to look forward with hope.

Jesus brings hope, and Christmas is a good time to remember that he is the true source of light in our world. I am so grateful that we can know Jesus as the source of real light, real fire, and for all eternity long, the source of life.

To quote the Apostle John, in 1 John 5 v11 "This is the testimony: that God has given us eternal life, and this life is in His Son."

#### Gordon





When Did Christmas Begin? John 1:14

Have you ever wondered when Christmas began? Not the celebration of Jesus' birth on 25 December because we don't know exactly when he was born, but when did the earthly life of Jesus Christ really begin? John 1:14 tells us that "the Word (referring to Jesus Christ) became flesh and lived among us". That takes us back before Bethlehem to the conception of Jesus in Mary's womb. Christmas began not in Bethlehem but nine months earlier when the Holy Spirit overshadowed Mary and implanted within her the divine human Person of the Lord Jesus Christ.

Christmas began in the womb of a virgin girl; God spent his first nine months on earth as a preborn baby. Fully alive, fully human, fully God; he didn't become the God-man at Bethlehem, he was God incarnate from the moment of conception.

John 1:14 may not seem like a great Christmas text; but it's the truth behind the story of the angels and shepherds and the Magi and the journey to Bethlehem. Without this 4 verse, the rest of the story has no meaning - it tells us what really happened 2000 years ago and what it means for us today.

The whole truth about Christmas is contained in the first phrase of that verse: "The Word became flesh." Suppose I say, "I'm thinking of a word, do you know what it is?" You reply "No. I don't know unless you tell me". If I'm thinking of a word, I've got to tell you what it is or you're never going to know what it is. Better still, I need to say it and then I need to show it, and then you'll understand what I'm trying to communicate. Something like that is what John means when he says, "The Word became flesh". Jesus is God's Word made flesh and so now we know what God was thinking when he tried to communicate his love to us. Jesus is the visible Word of God; he's God in human flesh.

Theologians call this truth the Incarnation. It's a hard concept to understand, and in the early church there were many debates about what it really meant. Some people said Jesus wasn't really a man, he just looked like a man; maybe he was something like a ghost. Others said he had the body of a man but he didn't have a human soul. Still others said he was two people in one body - sort of half-God and half-

man. Unbelievers said it was all nonsense; that Jesus wasn't God at all, they claimed he was an ordinary person like you and me with a sin nature just like everyone else on planet earth.

But all those ideas are wrong. When Jesus was conceived in Mary's womb, the infinite God took on the form of a tiny unborn baby boy. Eternal God added humanity - surely the greatest miracle of all. No one can say just how it happened, or even how God can become man without ceasing to be God. But that's exactly what the Bible teaches. To be clear, the Son

didn't cease to be God when he became a man, he added manhood but he didn't subtract deity. He was fully God and fully man - the God-man.

Just think on all that for a moment. The Almightiness of God nestled in a human arm at a human breast. The love of God now beat in a human heart. The wisdom of God now spoke from human lips. The mercy of God reached forth from human hands. God was always a God of love but when Christ came to the earth, love was wrapped in human flesh. Jesus was God with skin on.

Keith Taylor

This is how the birth of Jesus the Messiah came about:

His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be pregnant through the Holy Spirit. Because Joseph her husband was faithful to the law, and yet did not want to expose her to public disgrace, he had in mind to divorce her quietly.

But after he had considered this, an angel of the Lord appeared to him in a dream and said, "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins."

All this took place to fulfill what the Lord had said through the prophet: "The virgin will conceive and give birth to a son, and they will call him Immanuel" (which means "God with us").

When Joseph woke up, he did what the angel of the Lord had commanded him and took Mary home as his wife. But he did not consummate their marriage until she gave birth to a son. And he gave him the name Jesus.

Matt 1: 18-25



#### Bethel Bakes & Makes

For those who love cookery, crafts and being social, the much loved Bread Club is planning to relaunch in the New Year under the new name of 'Bethel Bakes & Makes'. I have collated feedback from previous members and helpers, the majority very positive, and I'm planning some meetings to discuss the relaunch. All are welcome, so if you are interested in helping or taking part please let me know.

Bread Club aimed to bring people together doing the things that they love. Breads made went from basic sourdough to stunning french fougasse, milk rolls shaped like bunnies and scones filled with lashings of cream and iam. Crafts created went from cards to beautiful hand-painted mugs and jewellery boxes. Kids crafts went from painting to making yummy cake pops and hand decorated bags, A very social feast was always

had at the end, so that we could share and try out our edible creations. This was much akin to a traditional Italian family table and was enjoyed by all.

I'd like to extend my appreciation to the founder, Jenny Wijekoon, who is sadly stepping back due to other commitments. She has put a lot of hard work and love into Bread Club, for which we thank her for. Also to all the helpers who will hopefully be rejoining us, we make a great team! A big thank you to you all.

Bethel Bakes & Makes will follow the same ethos and structure as Bread Club. Additionally you will create a recipe book to keepsake all those much loved recipes that you make each month. We will do vegetarian and non-vegetarian mains and desserts in the adult section. The children's section will be based on different much loved children's stories which the food items and crafts will be centred around i.e. The Gruffalo, which will be followed by the kids making "Gruffalo (Fruit) Crumble", Gruffalo themed masks and other makes. Adults should bring

their own ingredients and utensils. Lists will be on the Bethel Bake & Make Facebook Page and sent out via email. Children just need to bring the requested baking container and an apron i.e. January's children's bake requires a baking dish big enough to hold a crumble ready to bake at home.

Bethel Bakes & Makes' proposed 2017 dates are Saturdays at 10.30-1.30pm on: 7th Jan, 11th Feb,

11th March, 13th May, 10th June, 9th Sept, 7th Oct and 11th Nov at Bethel Building, Church St, Witham.

Any queries, please contact me!

Amanda Harrison thesugarfloristscakeshop@gmail.com 07450831969



#### We have this treasure in jars of clay - 2 Cor 4:7

If someone called you a jar of clay, what would you think? It probably wouldn't be the best compliment you'd ever received, especially as jars may be chipped, flawed or broken! We can all feel we're chipped, flawed or broken. None of us are perfect. But the truth is that Jesus changed that: "For by one sacrifice he has made perfect forever those who are being made holy" (Heb 10:14). We may feel like we have nothing to offer and that we're too broken to be used by God, but that's simply not true. God has a habit of using the most unlikely people.

Throughout the Bible, we see God choosing people who had problems, issues and flaws. From Moses' struggle with public speaking, Sarah's refusal to believe that God would give her a child, to Jonah's stubbornness... the

list goes on. We can't use our brokenness as an excuse to avoid what God's calling us to do. God wants to use us now. When we're struggling, we can still inspire others, because they can see God's grace working through us even though we're as broken as they are.

There's a Japanese tradition of mending broken pottery with gold. The cracks are still visible but now they're filled with something beautiful. That's what God does with us. As the potter (Jer 18:1-4) he takes us, the cracked jars of clay, and puts us back together again to create something even more beautiful than before. He's healing all our broken places but He's also calling us to partner with Him while that process takes place.

Taken from "Word For You" daily reading, submitted by Brian Pease.

#### Men's Breakfasts

An opportunity for the men of BCF to spend time together, talk and pray. Running 8.30-10am at the Bethel building, Church Street, on:

Saturday 21 January February date tbc Saturday 1 April Saturday 6 May Saturday 24 June Saturday 22 July

See Chris Taylor for more details.





We lost our firstborn Isaac in May 2015 at full term, which was devastating, but in the midst of our grief we felt God so close to us. The day after we buried Isaac | went to his grave and there was a white dove that came and sat in the tree close by, which I felt God had sent as a sign of his peace with us, 2 grey doves spent the whole week after we lost Isaac sitting on the fence or in the tree by our house. was led to Psalm 22, for Isaac that he was cast upon God from birth vs 9-10. for me that He was near and would bring comfort, verse 24, and a promise for future children, verses 30-31.

We chose to trust that God is good, this is an undeniable truth of His character, whatever our circumstances. I learnt to stop asking why and instead to ask for what purpose? God has used me to comfort and help others that have lost babies. His goodness has been proved in how He upheld and healed us and used His body, the Church, to surround us and lift us up, we thank you all for your overwhelming love and support in g our time of grief.

We decided to try for another baby quite after we lost Isaac. conceived triplets 3 months later. At Isaac's memorial service there was a word for us that as we'd known great sorrow we would know great joy, what an abundant blessing! I had the name Abigail come to mind, which means 'the Father's joy', we didn't have a girl, but I feel this is a Spiritual name the Lord wanted to speak over me. I had an experience at Soul Survivor that summer where the Holv Spirit came upon me and flooded me with joy, I could not stop laughing!

struggled with anxiety over the pregnancy, but key weapons were worship and prayer, and we had several words of God's protection over us. I was also led to Isaiah 54:9-17 which speaks of restoration, and talks about how God promised in the days of Noah that He would not flood the Earth again. I felt that this was a promise from Him that we would not lose another Babies born after loss are often referred to as Rainbow babies, and ours truly are! Hence we chose a Noah's Ark theme for our fabulous Dedication cake made by the wonderfully talented Amanda

#### Harrison!

At the beginning of the pregnancy our Consultants were concerned that one of the babies was larger than the others and later this baby was surrounded by too much amniotic fluid and there was talk of a very premature delivery, but we held on the promise of restoration and also a promise I had early on from 1 Corinthians 3 verses 5-7, that it is God who makes the seed grow, and that he would bring our babies into the world healthy and whole. Within weeks the amniotic fluid returned to normal levels and with much prayer, William, Oliver and Zachary were born at 34 weeks as planned. They were all breathing independently by day 2 and had no major health complications.

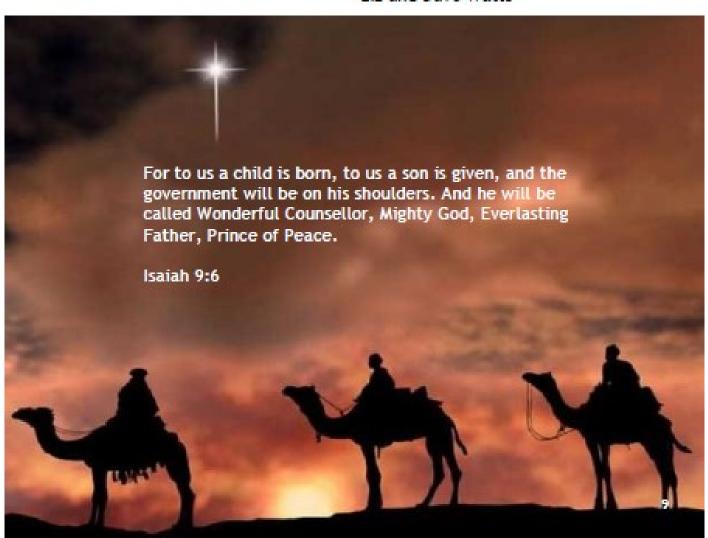
We chose our boys' names based on the journey that the Lord had led us on: William (protection, courage) Daniel (God is my judge)

Oliver (after the olive branch the dove returned to Noah) Noah (after the story of Noah)

Zachary (God remembers) Samuel (Dedicated to God)

We feel so blessed by the Lord's gift to us in our boys and want to encourage you all to believe God for abundant blessing too, as He says in His Word, he has come to give us life, and life in abundance! (John 10:10). We would also like to take this opportunity to say a heartfelt thank you to everyone that has supported us in emotional, financial and practical ways. We feel so overwhelmed by the love of our Church family. God bless you all!

Liz and Dave Watts



## Let it be to me according to your word

Luke starts his gospel by recording the miraculous conception of John the Baptist. Elizabeth and her husband Zechariah are righteous people who long for a child but are 'advanced in years'. Zechariah, on duty alone as a priest in the temple, sees an angel, Gabriel, who says he is to be a father. His son is to be called John. God has a most important ministry for him. 'He will be the new Elijah, herald of the long-promised, long-awaited Messiah.' (Lion Handbook to the Bible)

Gabriel's work is not yet done. Luke continues - "In the sixth month (of Elizabeth's pregnancy) the angel Gabriel was sent from God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David." Here we meet Mary for the first time.

By tradition, Mary, Elizabeth's young relative, was in her early to mid teens. I guess she was still living in her family home when the angel came though Luke doesn't tell us that. Gabriel's message to her was even more remarkable than the one delivered to Zechariah. 'You will conceive in your womb and bear a son, and you shall call his name Jesus. He will be great and will be called the Son of the Most High. And the Lord God will give to him the throne of his father David, and he will reign over the house of Jacob for ever, and of his kingdom there will be no end."

Mary may have been young but it's clear that she knew how babies arrive! "How will this be, since I am a virgin?". Impossible. Can't be true. Some mistake somewhere! Gabriel's answer

is quite simply supernatural. It's at the very heart of the Christmas story. "The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be called holy - the Son of God." Impossible? Ah, says Gabriel, 'nothing will be impossible with God'.

I am struck by Mary's response to this staggering news. She might have been terrified. Angelic visits aren't ten a penny! Also the news must have been deeply disturbing. Scandalous! She's about to become the unmarried mother of a completely unique son. How will she cope? Who will care for her? Must she live a life of disgrace? betrothed, Joseph, rejects her, will any other man ever consider her for a wife? It's a very real fear since Joseph, according to Matthew's account of the story, considered ending the betrothal quietly when he learned of Mary's pregnancy and had to be reassured by another angel that "that which is conceived in her is from the Holy Spirit. She will bear a son, and you shall call his name Jesus (meaning Jehovah is Salvation), for he will save his people from their sins."

But, despite her doubts and fears, Mary's response is clear, firm and unequivocal, "Behold, I am the servant of the Lord; let it be to me according to your word." Astonishing! There's no argument (remember Moses when God sent him to Egypt to confront Pharaoh? Lord please send someone else!). This is going to change her life completely and She will face challenges, for ever. confusions, uncertainties and sadnesses too. But she's willing. She's a model for us in terms of obedience and submission. If we know what God's will is for us in any area of our lives we can choose to say 'yes' or 'no'; obedience or disobedience. Jonah said 'no' and ran away when God told him to go and preach to Nineveh. That worked out well didn't it?!

Mary describes herself as 'the servant of the Lord'. That's key to understanding her response I think. In past times people understood clearly that their natural lord was the one who had rightful power and authority over them. He had duties towards them and, in return, their obligation was to show him obedience and loyalty. Mary understands this. If the Lord commands it then she must obey but there's no sense that she does it grudgingly. Her obedience and submission is willing. She understands that God is bestowing on her an honour beyond words to describe. She cries out, in her famous song of praise in Luke 1, 'For behold, from now on all generations will call me blessed: for he who is mighty has done great things for me and holy is his name".

As we seek to follow Jesus, to walk the path of discipleship, we shall encounter challenges to our obedience. God grant that, when we do, we may display the spirit of Mary -'let it be to me according to your word'.

Alan Battley



#### Alpha Course

We will be starting a new Alpha course in January for those who might be interested to find out more about Jesus and who he is. The course is suitable for non Christians as well as new Christians who might want to find out more.

The course will run for 9 weeks on Tuesday evenings, 6.30pm at The Well, starting on January 17th with an introductory session called 'Is There More To Life?'

See Chris Taylor for details.





#### On the eighth day...

The forgotten corner of the Christmas story. Luke 2:21

Whenever churches read the Christmas story from Luke 2, they invariably start at verse 1 and end at verse 20, or skip over to Simeon and Anna. But verse 21 contains much truth that we don't normally associate with Christmas.

This article's about circumcision, and even though it's biblical, it seems out of place at Christmastime. We've domesticated Christmas and made it a beautiful, safe and enjoyable family time. But the birth of Jesus wasn't like this, there's nothing fun or beautiful about giving birth in a stable or laying your newborn child in a cattle feeding trough.

Jesus was the best man that ever lived but for Him it was affliction from the very beginning. After the scandalous conditions in which He was born, His life was threatened and He barely escaped death by becoming a child refugee in Egypt; and so it went on until He was crucified some 30 years later. We can't understand Jesus' circumcision apart from that truth.

Something else happened on the eighth day that was of great significance - the baby boy received His name. Our verse makes three points about this: (1) He was named Jesus; (2) the angel gave Him that name; (3) that name was given before He was conceived. Mary and Joseph didn't have to agonise over what to name their son. The name Jesus means Saviour and His name comes right from the heart of God. His name tells who He is, why He came, and what He'll do. Is there a connection between His circumcision and His name? I believe there is. What would it cost Jesus to be 12the Saviour of the world? He paid for our sins with the price of His own blood and here is the vital connection. Jesus is just one week old, and in circumcision His blood is already being shed.

How far is God willing to go to save us? Maybe, as in many other poor families, Joseph performed the circumcision himself. If that's true, then it's also symbolic. Jesus begins His life by shedding His own blood at the hand of His father and those drops of blood point to the way His life will end. There's a contemporary Christmas card captures this well. A baby's footprint appears on the cover with the words "Unto you is born this day a Saviour". When you open the card, the phrase "Which 15 Christ the Lord" superimposed over a grown man's handprint, complete with bloody hole in the palm. Oh yes! There's a direct line from His birth to His circumcision to the cross.

How far is God willing to go to save you? He's willing to leave the glories of heaven; to be carried in a virgin's womb; to be born in a stable and wrapped in rags; to be ignored by the world; to become just like you; to shed His blood for you. How far is God willing to go? There's no pit so deep that the love of God isn't deeper still. At Christmastime, we don't celebrate the birth of some aloof God who stands far off. We celebrate the birth of Immanuel - God with us.

Jesus didn't just come to earth; He came all the way "to the pain". He entered the sorrow, sadness and suffering of life on earth. He was poor and forgotten. On the eighth day His blood was shed, they called Him Jesus and the shadow of the cross followed Him everywhere. This is why He came; this is why He was born; this is what Christmas is all about.

Keith Taylor

On the eighth day, when it was time to circumcise the child, he was named Jesus, the name the angel had given him before he was conceived. Luke 2:21



Women's World Day of Prayer

Informed Prayer, Prayerful action

The Women's World Day of Prayer service will be held on Friday 3rd March 2017,1.30pm at the United Reformed Church in Newland Street.



#### CAP Money Course

In January we will be running a free 3 week course that teaches skills to help organise your finances so you can budget, save and prevent debt.

Details to follow.

Bethel's Week of Prayer for the New Year will run from Tuesday 3rd to Friday 6th January at the Well in Guithavon Street. Details to follow.

Services
Sunday 1 Jan
Sunday 5 February
Sunday 5 March

#### Services to come

11 Dec - Cafe Church: Chris Taylor

18 Dec - 4pm Carol Service at Maltings Academy

25 Dec - Christmas Day worship at the Bethel building, Church Street.

1 Jan - New Years Day worship and Communion at the Bethel building, Church Street.

8 Jan - Cafe Church at Maltings Academy

15 Jan - Morning worship at Maltings Academy



#### Answered Prayers

In November, Phil Lottering's daughter, Abigail, fractured her ankle. Phil felt led to pray for healing for her, and when they returned to the hospital four days later, they were told that the fracture was gone! Our God is a healing God! Praise the Lord!

Brenda Bunn's grandson, Caleb, for various reasons had found himself homeless and without a job. Brenda is delighted to report Caleb has found a good place to live and start work soon. A real answer to prayer.

A close friend of Liz Crick had been estranged from her daughter. Liz felt led to pray for reconciliation, and the following day found out that the two had indeed restarted their relationship. Praise God.

We were recently asked to pray for Juan Carlos' Uncle Cesar who lives in Puerto Rico and who has terminal cancer. He was about to begin a course of radiation therapy to slow down the process of the cancer and was seeking prayer that the process would not be painful. Juan reports that prayer has been answered in this respect, thanks to God.

We've been praying for Maureen Wiseman's daughter-in-law Louise for some while regarding her cancer diagnosis. Maureen reports that Louise has just had her quarterly check up at Barts Hospital in London and there continues to be no trace of cancer in her body. Maureen wants to thank everyone for their prayers and to encourage us that prayer is powerful. Amen.



#### BCF Leadership Team

Gordon Crick (Leading), Gary Fisher, David Cameron, Chris Taylor.



#### Pastoral Care -Why is it important?

During November I had the privilege and challenge of attending a weeks course on pastoral care in Birmingham. The course was run by Moorlands College and Acorn Christian healing centre. I have felt called from God for a while in this ministry and realised I needed formal training. To describe the week in a few words would be very difficult but I would like to give you an overview! So, what is pastoral care? Pastoral Care Network in Australia say:

"Pastoral Care is a person centred, holistic approach to care that compliments the care offered by other helping disciplines while paying particular attention to spiritual care. The focus of pastoral care is upon the healing, guiding, supporting, reconciling, nurturing and liberating, and empowering of people in whatever situation they find themselves"

The main components of pastoral care are active attentive listening, an understanding of and an ability to love people, an ability not to be absorbed and exhausted by other people's problems, responding at times of crisis, management skills, and empathy.

All of these things we see in Jesus' ministry. For example, Jesus listening to the woman at the well. Jesus did not judge but loved and guided her in her needs. Another example was when Jesus listened to the two disciples along the road to Emmaus. Jesus asked questions, listened and empathised.

The course covered the theology of pastoral care: why there is suffering, wholeness, crisis signposting, commitment and good endings. We were shown how to do effective listening and we practised this with an assessment.

On a personal note I would like to encourage you all to train and read. God really can speak to you through structured time with him. I met some fantastic people from all walks of life: nurses, an ex-surgeon and a catholic priest. We all came from different parts of the country denominations but shared the love of Christ and the key theology that God sent his son to die for us and for the redemption of sin. I learnt that the Father wants me well and whole, Jesus did everything on the cross to make that possible and the Holy Spirit is present and active to put it into effect. I learnt that my pastoral care has to start with my relationship with God not my gifts from him, and as I minister to my lovely church friends and family I can't rely on my own resources !

As for the future, I wish to be listening to God, being still, and waiting. The Holy Spirit is calling us all to be the face of God to people. It does not need to be something huge but the simple loving acts. A phone call, a dinner made, listening when inconvenient, and most of all the unseen things!

Thank you for all your ongoing support and care. If any of you are interested in this ministry and would like a chat I would love to share with you.

## Christmas Greetings

BCF wishes everyone in Witham a peaceful and joyous
Christmas and New Year.

To all of our wonderful family and friends at Bethel, thanks for all of the love, support and prayer that we have received from you all this year. We wish you all a Merry Christmas and look forward to sharing life with you all in 2017. Love from Mel, David, Georgia and Isabel xx

Happy Christmas and a peaceful new year to my wonderful church family. Thank you so much for your love and care to our family. With love, Jenny, Dayantha and family xxxxx

Christmas greetings with love and blessings for 2017 to all my dear friends at Bethel. Paul Brooks Brian and Pauline Pease wish all our Brothers and Sisters at Bethel a very happy Christmas and New Year. God bless you all.

Keith & Pat Taylor wish everyone at BCF a very happy Christmas and every blessing for the New Year. May God's favour rest upon each of us.

Mary and John would like to wish you all a very happy Christmas and a peaceful New Year.

With Love and Blessings, Mary and John Appleton

Bethel Christian Fellowship meets: at 9.30am on the second Sunday of the month for a cafe service and at 10.30am on all other Sundays at Maltings Academy, Spinks Lane, Witham.

> www.bethel-witham.co.uk bethelwitham@googlemail.com 01376 520705