

CHRIST CHURCH, SOWERBY BRIDGE

WEEKLY NEWS



Free to be kind

GALATIANS 5.1,13-25

Christ has set us free and we should not go back to our old enslaved ways. However, this is not a freedom to do anything we want – instead, we should imitate Christ in becoming slaves to one another and loving our neighbours as ourselves. Paul encourages believers to live by the Spirit, rather than the flesh, and to cultivate the good fruit that the Spirit gives.

This week, we explore the freedom we have been given in Christ to serve others and show kindness to all we meet.

Are bananas really good for you?

On the one hand, bananas offer good things. They count as one of your five a day, carry only about 90 calories, and are packed with the essential mineral potassium (good in lowering blood pressure.) But they are not perfect...

So, here are some pros and cons of bananas:

Pro: High in potassium, good for heart health, lowers blood pressure, has Vitamin C, helps digestion, provides energy, full of fibre, cholesterol-free.

Cons: Can raise potassium levels too much (avoid them if you have kidney disease), can lead to wind and bloating, cause blood sugar spikes, weight gain, and disrupt sleep.

Overall, experts recommend eating no more than two bananas a day.

SUNDAY 29TH
JUNE 2025
TRINITY 2

FIRST READING

1 KINGS 19.15-16,19-21

PSALM

PSALM 16

SECOND READING

GALATIANS 5.1,13-25

GOSPEL

LUKE 9.51-62

SERVERS

GRAHAM LAMB

PETER HENRY

FIRST READING

RITA JAGGER

PSALM

ALYSSA HARGREAVES

SECOND READING

GRAHAM LAMB

INTERCESSIONS

ANTHEA GEE

SIDES PERSON

SUE SANDERSON & JANET
TURNER

Collect Trinity 2

Faithful Creator,
whose mercy never
fails: deepen our
faithfulness to you
and to your living
Word, Jesus Christ
our Lord.

THIS WEEKS HYMNS

Processional

We have a gospel to
proclaim

Gradual

The Spirit lives

Offertory

Through all the
changing scenes

Communion

All I once held dear
Will you come and
follow

All heaven declares

Recessional

From heaven you
came

29th June - Feast of SS Peter & Paul, the two most famous apostles

*The two most famous apostles are
remembered this month, for they share a
feast day.*

*St Peter (d. c. 64AD), originally called Simon,
was a married fisherman from Bethsaida,
near the Sea of Galilee. He met Jesus through
his brother, Andrew. Jesus gave him the
name of Cephas (Peter) which means rock.
Peter is always named first in the list of
apostles. He was one of the three apostles
who were privileged to witness the
Transfiguration, the raising of the daughter
of Jairus, and the Agony in the Garden.*

*When Peter made his famous confession of
faith, that Jesus was the Christ, Jesus
recognised it as being the result of a
revelation from the Father. He in turn told
Peter that he would be the rock on which His
Church would be built, that the 'gates of hell'
would never prevail against it. Peter and the
apostles would have the power of 'binding
and loosing', but Peter would be personally
given 'the keys of the kingdom of heaven'.
Jesus also forewarned Peter of his betrayal
and subsequent strengthening of the other
apostles. After His Resurrection, Jesus
appeared to Peter before the other apostles,
and later entrusted him with the mission to
feed both the lambs and the sheep of Christ's
flock.*

*Peter played a big part in the early Church,
and he is mentioned many times in the Book
of Acts, where in the early chapters he
organised the choice of Judas' successor,
preached with stirring authority at
Pentecost; and was the very first apostle to
work a miracle. Peter went on to defend the
apostles' right to teach at the Sanhedrin, and
to condemn Ananias and Sapphira. It was
Peter who first realised that Christianity was
also for the Gentiles, after his meeting with
Cornelius.*

*Later he took a prominent part in the council at
Jerusalem and went on to clash with St Paul at
Antioch for hesitating about eating with
Gentiles.*

*Early tradition links Peter with an apostolate
and martyrdom at Rome. The New Testament
does not tell us either way, but Peter being in
Rome would make sense, especially as Peter's
first epistle refers to 'Babylon', which was
usually identified with Rome. Peter's presence
in Rome is mentioned by early church fathers
such as Clement of Rome and Irenaeus.
Tradition also tells us that Peter suffered under
Nero and was crucified head-downwards. There
is no conclusive proof either way that St Peter's
relics are at the Vatican, but it is significant that
Rome is the only city that ever claimed to be
Peter's place of death.*

*St Peter was a major influence on Mark when
writing his gospel, and the First Epistle of Peter
was very probably his. (Many scholars believe
that the Second Epistle was written at a later
date.)*

*From very early times Peter was invoked by
Christians as a universal saint. He was the
heavenly doorkeeper, the patron of the Church
and the papacy, a saint both powerful and
accessible.*

*In England there were important dedications to
Peter from early times: monasteries such as
Canterbury, Glastonbury, Malmesbury,
Peterborough, Lindisfarne, Whitby, Wearmouth,
and especially Westminster. Cathedrals were
named after him, too: York, Lichfield, Worcester
and Selsey. In all, it has been calculated that
1,129 pre-Reformation churches were dedicated
to St Peter, and another 283 to SS Peter and
Paul together.*

*Images of Peter are innumerable, but his
portraiture remains curiously the same: a man
with a square face, a bald or tonsured head,
and a short square, curly beard. Not
surprisingly, his chief emblem is a set of keys,
sometimes along with a ship or fish.*

In your prayers this week....

Anne and her family; Ant Wilkins; Anthony; Jean Angell; Lesley; Denise Edge; Piper Fletcher; Geoffrey Green; Alyson Healey; Peter & Margaret Jeffery; Terry Marsden; Michael Parker; Maralyn Pawson; Ruben; Carol Sharp; Karen Spencer; Vanessa Starsmore; Christopher, Stella and Will Streidling; Victor Smyth; Kelly Swift; Christine Russell; Lisa White; Peter Wilkins.



This weeks flowers are in memory of Lily Turner and Phyllis Howell

If you would like flowers in church either in memory of a loved one or to celebrate a special day please speak to Angela W

From the Parish Prayer list:

For the Church of England; Our Archbishops and Overseas Links; For the shops and businesses within the parish; Areas outside the Parish, where members of our congregation live, including; Blackshaw Head, Bradshaw, Burnley, Cragg Vale, Halifax, Holmfield, Illingworth, King Cross, Norland, Norton Tower, Northowram, Ovenden, Pye Nest, Rishworth, Triangle, Todmorden, Warley, Wheatley

ECO CHURCH
AN A ROCHA UK PROJECT



Save loads on your loads
Putting a full load in the washing machine and using the eco setting, if you've got one, will make a big difference.

Tap into wasted water
Fixing that dripping tap could save over 5,500 litres of water a year - that's a lot!

Quotes

Leisure is a beautiful garment, but it will not do for constant wear. Anon

Grandmother-grandchild relationships are simple. Grandmas are short on criticism and long on love.



©Andy Robb

Next week

SUNDAY 6TH JULY 2025
TRINITY 3

FIRST READING

ISAIAH 66.10-14

PSALM

PSALM 66.1-9

SECOND READING

GALATIANS 6.(1-6),7-16

GOSPEL

LUKE 10.1-11,16-20

SERVERS

PETER HENRY

SCOTT ORMROD

FIRST READING

ALYSSA HARGREAVES

PSALM

FIONA LAMB

SECOND READING

PETER HENRY

INTERCESSIONS

DAVE GILL

SIDES PERSON

PAULINE CHESLETT & LINDA FIRTH

DIARY

Monday

7pm PCC

Tuesday

10am Digital Cafe & Coffee Morning

11.30am Mid week

Communion

Wednesday

5.45 Bible Study

Thursday

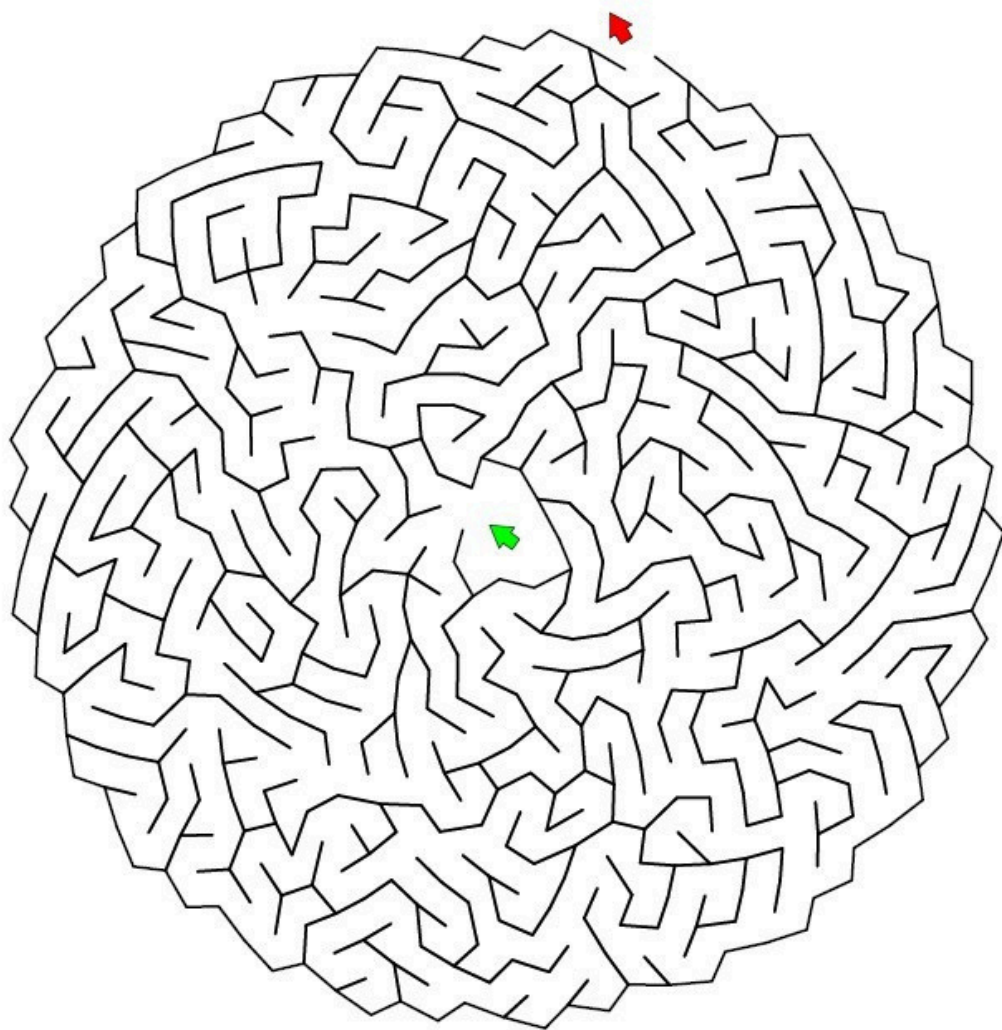
Friday

Saturday

10am Coffee Morning

Sunday

10.30am Holy Communion



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2		9	7					
	6			2	5			
		4						
	5		6	3	4		1	
						5		
			5	1			4	
					2	6		7
	2		4		3	9		

Reflecting Faith: An Offer You Do Not Want to Refuse

For the last couple of months, we've been thinking about baptism, and last time we finished by saying that, even as late as the tenth century, only baptised people could stay in the church to watch, never mind actually consume, the celebration of the Eucharist.

This tells me how highly regarded the consecration of the bread and wine actually were, and still are, within the Church. Even today this is still the 'highlight' of the main Sunday service.

Everything we do within the service leads up to this special moment, when the priest offers the bread and wine to the people.

Prior to this, we've said prayers of penitence and have been absolved. We have heard stories from the Bible and had them expanded upon in a sermon.

We have stated our faith in response to this, and recognised God's awesome power by saying prayers of intercession for ourselves and others.

We have acknowledged God's amazing gifts of love and peace by sharing this with those around us, and we responded by offering to Him our gifts as token of our whole lives.

And then – finally we get to the Eucharistic Prayer.

As soon as this is concluded and the priest invites the congregation to come forward to receive the consecrated bread and wine, we are 'so overwhelmed' by the enormity of what is being offered to each of us that we 'fall on our knees' with the Prodigal Son and say, "Lord I am not worthy".

This month: When you next go to a Communion Service, take note of the pattern of it as a whole and then 'think' about how you feel as you are invited to take the bread and wine.

The simple pleasures of Ordinary Time

One great phrase of the Church of England, which is little-known but carries a wealth of rich meaning, is 'ordinary time'. While the seasons of Christmas, Epiphany, Lent, Easter, Pentecost and Advent all have their fixtures and moments for focus and concentration, the bulk of the summer months is 'ordinary time'! A very evocative phase – nothing particularly to focus on or to celebrate.

Just because it is 'ordinary', it does not mean it is not important or of no significance to how God wants us to use our lives. For most of us life is lived between high and low points: we look forward to something on the horizon or we are seeking to recover from something. So, it should be no surprise that ordinary time is the longest season in the Church calendar. Abraham Lincoln once said that: "God must love ordinary people because He made so many of them"!

Ordinary people, it seems to me, need 'ordinary time'. Sundays and weekdays in-between, to sense God's presence with us in the day-to-day mundane, and ordinary comings and goings of life. He is there in the heights of resurrection joy and celebration. He is with us in the vulnerability and frailty of human weakness, modelled in the incarnation. He is with us in our efforts to discipline ourselves and be moulded by him (Lent) but He is also with us whenever we are conscious of life just being ordinary. When our eyes are opened to these things, we will see what an extraordinary God we have!



Mothers Union Annual Summer Lunch

This years Summer lunch is on Thursday 17th July at the Winterburn. Our MU would like to invite you to this lunch, if your intrested and would like to book a place please speak to Glenis or Angela .

Rushbearing – Saturday 6th September

It's that time of year again as we begin preparations for Rushbearing 2025! As always, we'll be running our raffle, tombola, and bottle stalls, and we're now kindly asking for donations to help stock them. If you have any items you'd like to contribute, please speak to Angela W or Janet T.

Also, don't forget about our popular holiday hampers! If you're heading off on holiday or visiting somewhere special, why not bring back a small gift or treat to include in one of our hampers? If donating food or sweets, please ensure the expiry date is well beyond September.

Details about how to book your own stall at the event will be shared next month.

Rushbearing Stalls– Saturday 6th September

If you would like a stall at this years Rushbearing please speak to Rebecca Lumb

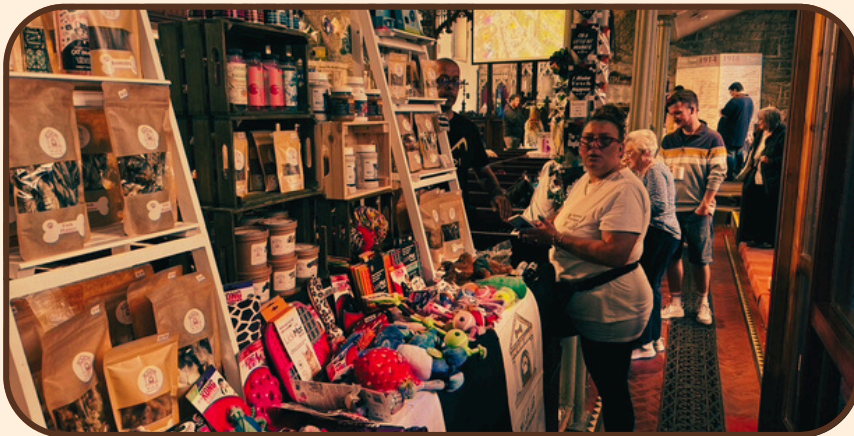
Reviewing Our Prayer List

We are currently reviewing the church prayer list. If there is someone you would like to add or remove, please speak to Peter. Thank you for helping us keep our prayers up to date and meaningful.

Home Visits

If you know someone who would appreciate a home visit—whether just for a chat or to receive communion—please add their name to the list at the back of church. Let's continue to care for one another in every season.

SOWERBY BRIDGE RUSHBEARING 2025 CRAFT FAIR - YOUR CREATIONS DESERVE A CROWD—BOOK YOUR STALL TODAY!



DATE & TIME

6 SEPT 2025

FROM 10 AM - 4 PM

LOCATION

CHRIST CHURCH,
SOWERBY BRIDGE
WHARF STREET, HX6 2LW

FEE

£20

PER STALL

WWW.CHRISTCHURCHSB.ORG.UK

Find us on
www.christchurchsb.org.uk



Using your smart device,
scan the QR code to join
'Hebrews Coffee' Wi-Fi

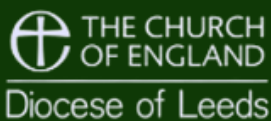


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Captions* will appear once
the Service / Event starts.

*Captions are auto
generated and will include
errors



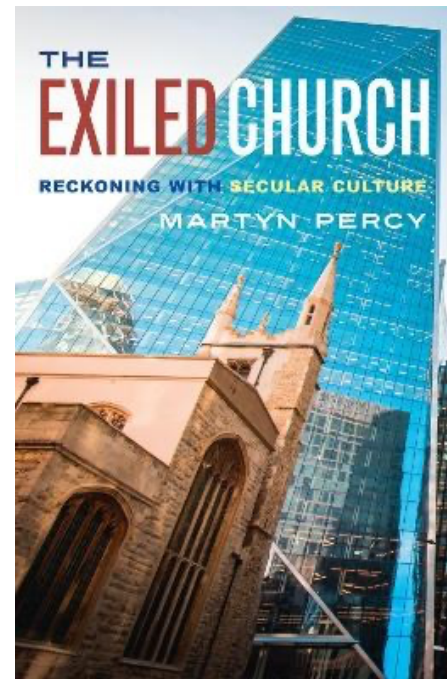
*The Exiled Church - Reckoning
with secular culture*
By Martyn Percy, Canterbury
Press, £18.99

The Exiled Church explores how churches and
faith communities are faring in a highly
secular contemporary culture.

In many places, traditional denominations are
in steep decline, church buildings are up for
sale, even fast-growing new churches appear
to be in a 'boom and bust' trajectory, and
religion has effectively retreated from public
life. Yet it was in exile that Israel discovered a
deeper and truer knowledge of God.

Drawing on theories of secularisation, the
experiences of a wide variety of churches, new
religious groups, and voices in the emerging
field of secular and sacred community
innovation, Martyn Percy charts the shifts in
power from institutional religion to
individualistic spirituality. He asks whether
the age of institutional Christianity is
effectively over, and is being replaced by
networks of socio-spiritual-political values,
focused around issues of common concern.

Imaginatively and engagingly written, The
Exiled Church is ultimately a hopeful and
confident book that offers a lifeline for all
churches on the margins.



Smile Lines

Get a grip

It was said that Archbishop Tench of
Dublin, in his later years, had a fear of
sudden crippling paralysis. One night at a
formal dinner he sat looking more and
more forlorn. Finally, he confided to the
guests around him: "Well, it's come at last
– total lack of feeling in my right leg."
Whereupon the lady sitting next to him
said soothingly: "Not at all, your Grace. It
will comfort you to know that during the
whole of this meal it has been my leg that
you have been pinching!"



Church News 2025 Year C

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CCLI License Number 295704

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**Ordinary people Sharing God's love in our world.
Growing in faith. Living by prayer. Loving God's word.
Living Loving Learning.**