

# The Mag

August 2024

The monthly magazine from Adeyfield Free Church



He makes me lie down in

# Green Pastures

## From the Editor .....

August already! This year is yomping by and we often seem to be yomping with it from one thing to another. I remember a Pastor at Kingdom Faith Ministries once talking about Green Pastures. He said that everyone involved in church life, in serving others and living the Kingdom life must have a green pasture to lie down in. It is essential that we allow God to refresh us regularly and not allow ourselves to become overburdened or exhausted. God provides green pastures for us to lie down in. So, I took him at his word and collected one or two for myself.

When I thought about it, I had grasped the concept as a small child when, on occasion, I would retreat to the space under the dining table for a while. But in more recent years, I, the adult, had lost that precious activity. I don't mean under the table; it would now be a much tighter fit. But I began to take myself off to places where I could be physically set apart, just for a



while, from all the stresses that were bearing down on me from all directions. The field at the other side of the Link Road, where the grasses and the trees whispered in the breeze was a quick place of rescue in a busy day. Ashridge forest early in the morning with deer and dew sparkling in the glades for a couple of hours would be a lifesaver. A day on Orford Ness walking out to sea on the strip of land that connects to the mainland and covered with flowers and grasses would be the one for a more serious retreat. And when I can't go physically, I take myself there in my mind and breathe in the scented air and listen to the birds. Wherever we go God is there before us and will be there for us.



God never intended us to be frazzled and fraught... that comes from a completely other source. Where do you go for your green pasture? Will you share it with us in this edition?

## **Personal Green Pastures** *from Chris S.....*

Green pastures are different depending on what's going on at the time.



When I go to my art class I have two hours of peace each week.

At home I have started quilting so when I have a few spare minutes I'm upstairs sewing or cutting out or even ironing seams.



Not always peaceful though.

I have learnt a lot about unpicking, but even when it goes wrong, much like my art it's still enjoyable.

## **Gardeners**

Many thanks to members of the gardening team who have been weeding and tidying the church garden. It was a picture in preparation for our Summer BBQ and is a joy to behold whenever we are on the premises. Working in the church garden is a green pasture. It is a time of tranquillity and peace and I always feel better after having been there. If you'd like to be included in the team speak to Pam Annison, Barbara or Brian Jackson, Sheree or John Blastock, Pat Gosling or Sandie Brett.



# When you pray .....

God, Our God, how majestic is your name in all the earth.....



*Over each of us*



*Over our church family*



*Over Adeyfield*



*Over Hemel Hempstead*



*Over England*



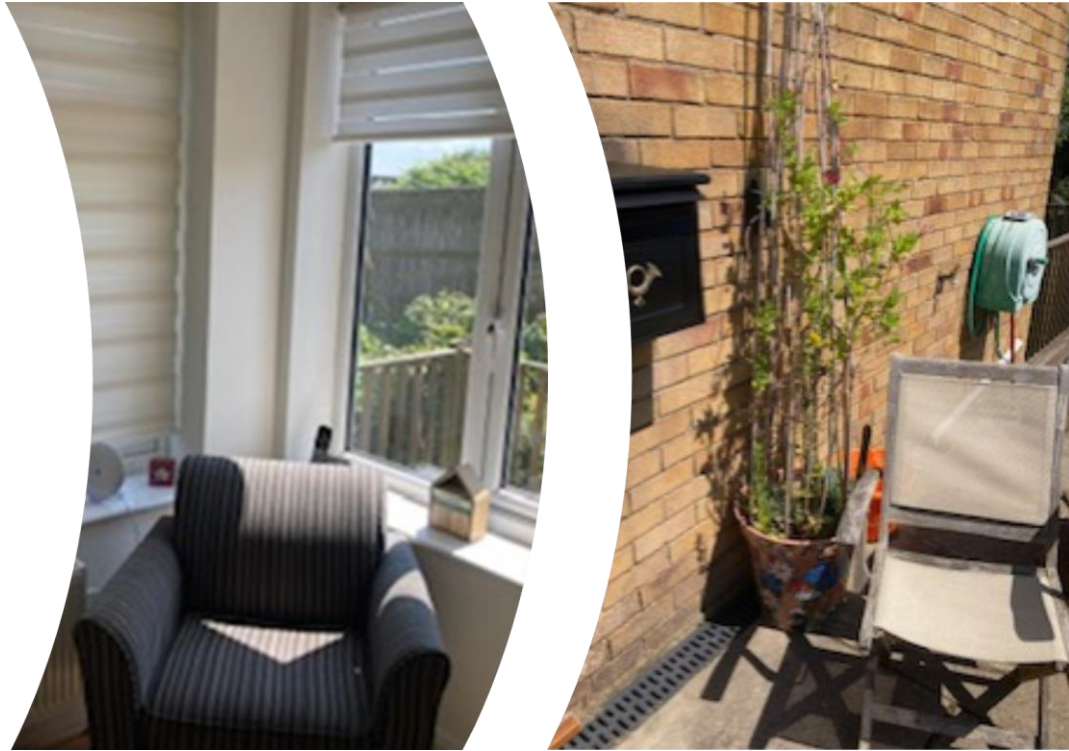
*Over UK*



*Over places of conflict*

*May your peace and majesty reign*





# **My Space**

**Yvonne D.**

**The light shines in, my spirit rises.**

**Thank you, Lord for a new day.**

**As the sun moves around,**

**I find my place comforting outside.**

**What a beautiful world we live in. I am at peace.**

**Thank you, Lord for this beautiful space a time to pray, our**

**time your love and glory.**

**Amen**

# Easy Fundraising

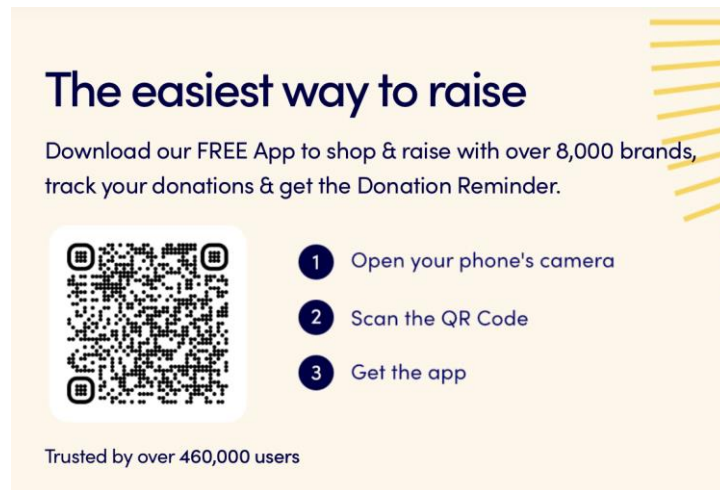
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Mag



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# Wordsearch

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BESIDE-COMFORT-DOWN-EVEN-FEAR-LIE-LORD-MAKES-  
 NAMES-PASTURES-PATHS-RESTORES-RIGHTEOUSNESS-ROD-  
 SAKE-SHADOW-SHEPHERD-SOUL-STAFF-STILL-TABLE-  
 VALLEY-WALK-WATERS-YOU



## Summertime Celebration

**Yet again** we were able to reflect on what God has done over the last year as Penny gave us a photo album of events in a recent Sunday service.

It always amazes that so much more than we realise has been going on.

Afterwards a great lunch was had by all at our annual Summer BBQ.



Delicious BBQ food prepared by obvious experts in the art together with salads and sweets provided by members of the congregation gave us a real treat.

It was also good to have extra time to circulate, chat with and enjoy the company of each other. Many thanks for those who organised and served.

**AND IT DIDN'T RAIN!!!!!!!!!!**



# Life Care and Hope Ministries

This charity was set up several years ago by Habibah's sister who lives in Uganda.

It supports children who otherwise would not be able to have the basic start in life including education.

Habibah is one of the Little Fish Team and the Team have decided to adopt the charity. Also, we hope the charity will benefit from our Harvest gifting this year. The items to be donated can be placed in the collection box which will be in prominent positions in the church centre including during Little Fish on Thursdays. As soon as a box is full it will be sent off to the charity. Donations of items and money will be gratefully received. The money will be used to pay for the shipping of the boxes.



## Most needed:

- ★ **School supplies** - pens/pencils/erasers/ sharpeners/books/maths sets/solar calculators
- ★ **Colouring books** - Bible stories/pencils/ crayons
- ★ **Small toys & games** - small balls/yo-yos/ card games/puzzles/frisbees/small cars/ building blocks/lego/travel games
- ★ **Musical instruments** - small
- ★ **Soft toys** - small and clean
- ★ **Donations towards shipping**

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## Contacts

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Just a few things  
to look out for in  
the near future

**September**..... Praise Event  
Harvest, joint  
service with St George's

**November**..... packing for  
shoeboxes and sending them off  
Wreath making

**December**....Nativity service  
Carols service  
Christmas day service  
Joint service with St  
George's.

**Keep looking out for more**