

A close-up photograph of a lavender field with several stalks in sharp focus in the foreground and a vast field of flowers blurred in the background under a clear blue sky.

SEPTEMBER

2019



All Saints' Church
Preston on Tees

Fearfully and Wonderfully Made

You're a marvel of creation: about 50,000 cells in your body will have died and been replaced by new cells in the time it has taken you to read this sentence.

DNA contains all the unique genetic information that makes you *you*. If all the DNA packed into every cell of your body were stretched out and laid end to end, it would reach to the moon and back 8,000 times.

The ovum that your father fertilized when you were created was formed inside of your mother when she was herself a foetus. That egg cell is the largest cell in the human body but it is still smaller than the size of the full-stop at the end of this sentence. And that spermatozoon that made it first to that egg cell was 1 in about 250 million - when you consider that your chances of winning the lottery jackpot are only 1 in 14 million, you

can see you were literally a born winner.

Your eyes can distinguish about 10 million different colours and shades, and if your eyes were a digital camera it would say '580 megapixels' on the box.



Your fingerprints were fully formed three months after conception. Mathematicians say that two sets of identical fingerprints could theoretically be possible. The chances, apparently, (and these people probably need to get out more) are 1 in 1,000, 000, 000, 000,

000, 000, 000, 000, 000, 000, 000, 000, 000, 000 - or one in a quinquagillion.

There are about 70,000 human genes of which only 78, those found in the X and Y chromosomes, distinguish men from women. Apart from the obvious differences in reproductive organs, body shape, skeletal structure and muscle mass, male and female brains are wired differently (there are more connections between left and right in women and more between front and back in men) meaning we complement each other.

The active bacteria in your body collectively weigh about 2 kilos. Even after cleaning your teeth, there are more bacteria in your mouth than there are people in the world. It sounds horrible but they are vital to your well-being, helping you break down food you would otherwise be unable to digest.

80 of your 206 bones are located in your hands and feet. Your bones are constantly recycling, just like skin. Just think of it; your skeleton is entirely reconstituted every seven years.



Your heart pumps 7,200 litres of blood around your body every day into about 40 billion blood vessels. Laid end to end, they would stretch four times the circumference of the earth at the equator. Each one of your kidneys, about the size of a large egg, contains a million filters, sifting and purifying around 1.3 litres of blood every minute.

There are around 300 million alveoli inside your lungs and if they were spread out, they would cover an area about the size of a tennis court. The digestive juice in your stomach is potent enough to dissolve razor blades, which is why you get a brand-new stomach lining about twice a week.

The liver is the Swiss army knife of your internal organs. It stores iron, produces bile, filters and detoxifies poisons, makes blood, fights against germs, manufactures proteins, stores energy like a battery, helps with clotting and produces the cholesterol necessary to make the hormones oestrogen, progesterone and testosterone.

If you're a woman, your ovaries contain up to half a million egg cells, yet only 0.08% will get the opportunity to form a new human being. If you're a man, your body

manufactures about 1,500 new sperm cells every second - enough to repopulate the entire planet (8 billion people) in just 61 days. (Please don't!)

*You formed me in my mother's womb.
I thank you, High God -
you're breath-taking!
Body and soul,
I am marvellously made!
I worship in adoration -
what a creation!
You know me inside and out,
you know every bone in my body;
You know exactly how I was made,
bit by bit, how I was sculpted
from nothing into something.*

From Psalm 139 (The Message)

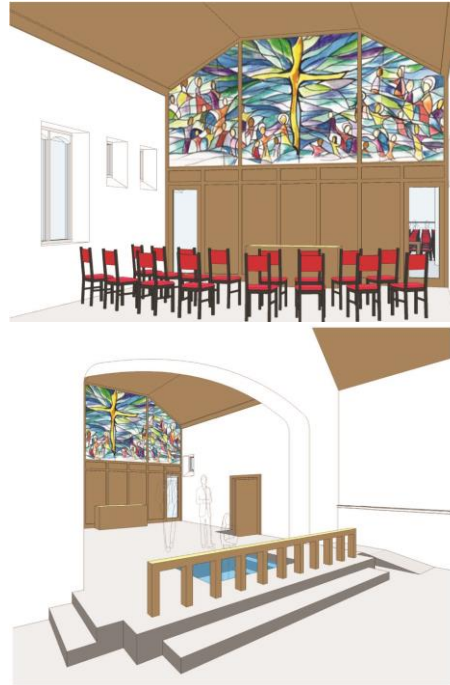
John Lambert



All Change

Sometimes when things change we like it, but sometimes we don't. Sometimes it's the upheaval that we don't like. For some change is feared, for others it's eagerly awaited.

I remember when we replaced our kitchen the disruption was enormous and it affected the whole house. After much planning the new kitchen was ordered, everything from the old one was scattered around the house, Fiona and the children left and there were two weeks of hard work as we fitted the new one. Meals were cooked in the microwave and when there wasn't a sink the washing up was done in the bath! But it was all worth it. The change was incredible and we now enjoy the new kitchen. The Bible teaches that change is the key to our spiritual growth. Only through the change of our thoughts, words and



deeds can God change us to be more like Him.

Later this year it is going to be All Change at All Saints'. There will be a new chapel in the centre of the site, an amazing illuminated glass screen with artwork by Amanda Lankford, a

remodelled chancel with a stage area that extends into the nave, two new TV screens that will be more visible than the current one and new lighting. This is REACH phase 3 and if everything goes to plan, by Advent it will be completed. (In case you haven't heard phases 2 and 3 have been switched around with phase 2 due to happen in 2020/21). During the upheaval part of the temporary chapel will be used as a store. For 6-8 weeks there will be a partition across the nave separating the work area from the church. The front rows of seats will be taken out to make space for the service leaders and communion table.

These two sketches show the transformation about to take place. Please pray that as these changes occur to our building God will be able to change us all to be more like Him.

Richard Spratt



Seated Exercise

Mobility, exercise, coordination, stretching, fun, thought for the day and a prayer, a cup of tea and chat every Tuesday at 12.45pm (2pm after Lunch Club and taking a break in August and around Christmas).

About a dozen people sit on a chair and work *hard*, but have fun; exercising muscles we'd forgotten we had, sometimes using a ball or a hand weight to add to our strength - and all to music. Our teacher, Ann Coppick, is a qualified instructor-registered KFA teacher level 3.

One person who comes regularly had a knee replacement; her family were convinced that 'chairobics' helped her regain her mobility more efficiently.

Another with Parkinson's has definitely benefitted. We all know it does us good and increases our physical stamina.

Seated Exercise was started by Sylvia Wilson as a ministry springing from Lunch Club, so it's under the Connect umbrella and is open to anyone. We have members from All Saints', and some from other churches, but about half those who come have no regular church commitment.

I usually give a Bible-based thought for the day to inform, challenge and nurture faith. There has been a significant growth of interest and, sometimes, involvement. One day, the subject was forgiveness and

someone said how helpful it had been, so we had another week on the same theme and again another person commented on its relevance to them, so we ended up with three sessions altogether on that theme. One regular now reads UCB Bible reading notes and another has started to read a Gideon Bible.

Afterwards we are ready for a cup of tea and a chat. We all enjoy this part of the afternoon but for some it is particularly important. At the end of term, we sometimes do a full afternoon tea and occasional morning coffee in August. The social aspect fosters a very caring environment.

Pamela Rushton

In Remembrance of Me

One of the main reasons we decided to join All Saints' was because of the welcome we received at the midweek Holy Communion service when we were looking for a church after moving to Eaglescliffe, even though we did not at the time come on a Sunday.

The weekly informal Communion Service is held every Wednesday in the Meeting Room at 9:30am, where around 25 to 30 people from both our morning congregations join together for about half an hour.

We read a passage from God's word, and we are currently working our way through the Gospel of Luke. Invariably, as you would expect, comments are put forward, questions are asked, answers are given, and

thoughts are shared in a lovely, friendly atmosphere. In our experience, we often discover something new about the situations and people whom we read about, which adds to the enjoyment of our meeting together.

Being part of the Body of Christ, we follow with a simple Holy Communion where we share bread and wine together, remaining seated in a circle and serving each other, and our time concludes with a short prayer.

Many choose to stay on afterwards to share some time together over tea or coffee and biscuits, and sometimes pray with one another, so from around 10am onwards, those who have the time meet in

the Youth Room for liquid as well as spiritual refreshment.



Why don't you think about joining us on a Wednesday morning if you can? There is no commitment to come every week, but a warm and friendly fellowship awaits you if you are free on a Wednesday morning.

John and Hazel Taylor

DATES - SEPTEMBER 2019

CHILDREN/FAMILIES

Messy Church Community

Sun 8 Sep, 3.30pm - Centre

Toddlers

Thurs (term-time), 9.30am - Centre

Play and Praise

Fri (term-time), 10.15am - Centre

Puppet Practice

Tues (term-time), 7pm - Centre

Glow Party

Sun 31 Oct, 4.30pm - Centre

WIDER CHURCH

Theology for Everyone

Wed 18 Sep, 7pm - Stockton Baptist Church

Confirmation Service

Sun 29 Sep, 6pm - Stockton Parish Church

LEADERSHIP

Standing Committee

Mon 2 Sep, 7.30pm - Vicarage

Deanery Synod

Tue 3 Sep, 7.15pm - Saint Peter's Yarm Road

Ministry Development Team

Wed 4 Sep, 7.30pm - Vicarage

PCC

Mon 16 Sep, 7.30pm - Meeting Room

Pastoral Care Team

Thu 19 Sep, 7.30pm - The Snowden's

REACH Steering Group

Thu 12 Sep, 7.30pm - Meeting Room
Tue 24 Sep, 7.30pm - Meeting Room

YOUTH

Youth Leadership Life Group

Mon 9 Sep, 6-8pm - Meeting Room

Café Church

Tue 10 Sep, 7-8.30pm - Yarm Costa

Refresh Youth Service

Sun 15 Sep, 6pm - Centre

Youth Life Groups

Wed (term-time), 6-8pm - Youth Room/Meeting Room

Youth Club

Fri (term-time), 7-9pm - Centre

YFC 'Equip' Leaders' Meeting

Mon (term-time), 9am-12pm - Church

PRAYER

Ablaze Prayer Meeting

Sun 1 Sep, 6pm - Meeting Room

Morning Prayer

Mon, Tues, Thurs, Fri, 9am - Chapel

MIDWEEK

Connect Lunch Club

Tue 10 Sep, 11.45am - Centre

Band Equipment Meeting

Thu 26 Sep, 7pm - Church

ChurchSuite Training

Mon 30 Sep, 7.30pm - Meeting Room
Tue 22 Oct, 7.30pm - Meeting Room

Connect Seated Exercises

Tues 12.45pm (2pm on Lunch Club day) - Centre

Treasure Seekers

Once a month *see Karen Snowden*

Informal Holy Communion

Wed 9.30am - Meeting Room

Life Groups

Mon, Tues, Wed, Thurs
See notice board in Centre

Prayer Breakfast

Sat 7 Sep, 8.30am - Youth Room

Prayer Ministry Training

Mon 14 Oct, 7.30pm - Meeting Room

SUNDAY SERVICES - SEPTEMBER 2019

1 September

9am Holy Communion

Fully Proclaim the Gospel

Romans 15.14-24, Matthew 4.23-25 Service

Leader: John Greenwood

Preacher: Scott Linnett

10.30am Morning Worship

Fully Proclaim the Gospel

Romans 15.14-24, Matthew 4.23-25 Service

Leader: David Warren

Preacher: Scott Linnett

6pm Ablaze Prayer

22 September

9am Holy Communion

Be Established in Faith

Romans 16.17-27, Matthew 7.15-20

Service Leader: Andrew Killick

Preacher: John Lambert

10.30am Holy Communion

Be Established in Faith

Romans 16.17-27, Matthew 7.15-20

Service Leader: Gillian Davison

Preacher: John Lambert

8 September

9am Holy Communion

Share Your Blessings

Romans 15.25-33, John 15.12-21

Service Leader: Gill Clayton

Preacher: Paul Arnold

10.30am Morning Worship

Share Your Blessings

Romans 15.25-33, John 15.12-21

Service Leader: Erin Bunford

Preacher: Paul Arnold

3.30pm Messy Church Community

29 September

9am Holy Communion

Double Portion

2 Kings 2.1-14, Luke 24.44-53

Service Leader: Brian Wake

Preacher: John Lambert

10.30am Morning Worship

Double Portion

1 Kings 19.19-21 and 2 Kings 2.1-14

Service Leader: Paul Arnold

Preacher: John Lambert

15 September

9am Morning Worship

Honour Outstanding Service

Romans 16.1-16, John 12.25-26

Service Leader: David Emerton

Preacher: John Lambert

10.30am Morning Worship

Honour Outstanding Service

Romans 16.1-16, John 12.25-26

Service Leader: Kathryn Belmont

Preacher: John Lambert

6pm Refresh Youth Service

Preacher: Laura Hancock



Coming Up: Elisha Sermon Series
29 September - 24 November