

July 2021



The CORNERSTONE

The monthly newsletter of
New Kapporet & Christian Helpline UK
for our Listeners, Prayer Partners and Supporters

*"So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God, built on the foundation of the apostles and prophets, Christ Jesus himself being the **cornerstone**, in whom the whole structure, being joined together, grows into a holy temple in the Lord. In him you also are being built together into a dwelling place for God by the Spirit." (Ephesians 2: 19-22)*

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All contributors are identified by their New Kapporet names and numbers.

WELCOME

"The Lord is close to the broken-hearted and saves those who are crushed in spirit."
(Psalm 34: 18)

As our Ministry matures, we are beginning to receive an ever-growing number of calls from people, who are seriously considering suicide or have attempted it in the past. These are often our most difficult and challenging calls. And yet we know that this is the task the Lord has assigned to us, and we count it a blessing that we can serve Him in this way.

Christians may sometimes fail to understand how anyone, who knows and loves the Lord, can be brought to a situation where they are contemplating taking their own life. Perhaps this is the reason why some callers find it so difficult to reveal their suicidal feelings to others in their family, friendship group or local

church. Our Ministry's core values remind us that we must not stand in judgment over them, nor criticise them for their seeming lack of faith, nor advise them that there are better ways to resolve their present suffering. Rather, the humble role assigned to us by the Lord is to listen to them and encourage them into His holy presence.

We can easily feel helpless on these calls, as we listen and encourage. Often, our only recourse is gently to remind the caller of God's love for them:

Paul reminds us that every person on earth is someone for whom Jesus died: *"But God demonstrates his own love for us: While we were still sinners, Christ died for us."* (Romans 5: 8)

And while he faced enormous physical, mental and spiritual challenges himself, yet he could still proclaim with confidence: *"I consider that our present sufferings are not worth comparing with the glory that will be revealed in us."* (Romans 8: 18) and could testify that he was able to *"take captive every thought and make it obedient to Christ"* (2 Corinthians 10: 5).

It may also help to remind the caller that Jesus himself fully understands the

deepest anguish that we suffer. He faced everything that we face (Hebrews 4:15) and he even knew what it was like to feel abandoned by God, as he cried out from the cross (quoting Psalm 22) *"My God, my God, why have you forsaken me?"* (Matthew 27: 46)

Psalm 22, if read in its entirety to a caller, who is contemplating suicide, can reveal how completely Jesus identifies with the caller's own suffering: *"Oh my God, I cry out by day, but you do not answer, by night, and am not silent."* (Psalm 22: 2)

Perhaps, the key encouragement to share with a suicidal caller is that a Christian is forever a child of God:

"My sheep listen to my voice; I know them, and they follow me. I give them eternal life and they shall never perish, no-one can snatch them out of my hand. My Father, who has given them to me, is greater than all; no-one can snatch them out of my Father's hands." (John 10: 27-29)

"I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me shall never die." (John 11: 26)

Monthly News by Tim 2001

The greatest challenge we presently face in our Ministry is how to respond effectively to the ever-growing number of calls we receive each day, with a small but dedicated group of Listeners and Watch Leaders, who struggle constantly to maintain an adequate presence on the watch. Last month alone, we received nearly 2000 calls, but were able to answer

only around 850 (a connection rate of only about 43%).

The connection rate falls significantly when there is only one Listener on watch. We now strive always for two on every watch, but this is proving a difficult target to achieve.

We appreciate that many helplines face similar problems, but these statistics affect us particularly deeply. For we know that each one of those callers was prompted by the Lord to reach out to Him. We know also that we are hugely blessed in being appointed by Him to respond to their distress and suffering. Our Training Team is training new Listeners almost continuously, and every week new Listeners are joining the watch, but it grieves us all that we are currently able to respond to so few of those whom the Lord is sending to us.

In the face of these pressures, some of our volunteers perceive that the Ministry is under attack. Many of our Listeners and Prayer Partners are struggling themselves with poor physical or mental health or with difficulties in their own lives and families. I guess we should not be surprised if we are being targeted – both individually and collectively. Our mission is to bring callers into direct contact with the Lord, encouraging them into His presence, so that He can lighten their burden with His incredible and unconditional love. Such a mission is unlikely to be popular in certain quarters. Indeed, if we were not under attack, then we would know that we are failing to do what the Lord has commissioned us to do.

To improve our defences, some of our volunteers recently suggested that we need to surround ourselves with higher ramparts of prayer. Of course, we already pray before, during and after every watch, meeting and training session; our extraordinary team of Prayer Partners pray for every caller and volunteer in need; we

know the Lord's presence and power in every aspect of the Ministry. But, in addition to all this, Listeners and Prayer Partners have felt called to launch a weekly prayer time, better to draw on the Lord's strength and power. We started this initiative last Monday, with a Zoom meeting open to everyone. Unsurprisingly, it proved a spiritually uplifting and refreshing experience for all those involved. The meeting comprises a short time of open prayer – no structure and no leadership, just a time of open communion with the Lord and one another. We pray that the meeting goes from strength to strength and provides a source of enduring faith, hope and love to everyone involved in what is surely the Lord's work.

There is one other piece of good news. Last month, in hope rather than expectation, we advertised on Facebook for someone to help with the administration of the Ministry. As the organisation has grown, so has the administrative burden. To our surprise and delight, Henry stepped forward to help, and he has now joined the Ministry as our Administrator. He comes with an amazing enthusiasm for the task and has already launched himself into the role. Once again, we see the Lord's fingerprints all over the solutions which emerge for the challenges we face.

"Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." (Proverbs 3: 5-6)

AMEN to that!

Feeling under attack? By Fio 2114

If you are under attack, it is hard to feel positive about it.

Spiritual attacks come in many different ways... our physical health might suffer or our sleep patterns alter. Things will keep going wrong in various parts of our daily life. Our mental health can suffer, we feel despondent, depressed, low.

You could say it is a good thing because it means we are doing God's work and upsetting the devils plans. Maybe we can't pray, or Church seems irrelevant.

However, such an attack presents itself, it is hard to cope with and, as Christians, we feel we shouldn't feel this way. We are supposed to have all the answers.

Unfortunately, we don't, but God does. Yet he seems far away, blocked by the negativity.

Think of poor Job. His life couldn't have got much worse and yet God was there, though you can see that God was testing his loyalty.

The psalmists often cried out to God in despair. Think of psalms 130, 120 and many others, but then there are also the psalms of protection, such as 121 and 91.

Sometimes it helps to have a mantra, a phrase or prayer that we can recite over and over without having to think.

It can be as easy as "Lord help me!" or something like The Jesus Prayer, breathe in to "Lord Jesus Christ" and out to "have mercy on me a sinner" or an older version "Lord make haste to help me, Lord make haste to save me."

I like the Celtic circle or calm prayers. similar to Patrick's breastplate.....try this from the daily office.

"Christ as a light illumine and guide me.

Christ as a shield overshadow me.

Christ under me, Christ over me, Christ beside me on my left and my right.

This day within and without me, lowly and meek yet all powerful.

Christ as a light

Christ as a shield

Christ beside me, on my left and my right." Or even just: "Circle me, Lord. Keep protection near and danger afar."

(Both of these are from Celtic Daily Prayers, Book 2, published by Collins)

I find holding cross in my hand as I pray, or try to, helps. It is a tangible sign that God is with me. I know it has brought comfort to the dying and those suffering night terrors, as I have given them out when working as a Chaplain.

We each need to find something that works for us.

It can be building a group of friends around us, who we know will pray for us at certain times .

We have faith and therefore we know God will push back the evil. Jesus was tempted so he knows how hard it is to stand up to the assault. He pushed the devil away as we must. We have him there fighting for us.

However alone we feel, God is with us.

I do hope that when or if you feel "got at," you can find something to hold onto...be it

a cross, a rosary, a phrase or biblical passage. God loves you.



Reflections on an old Hymn

by Trevor 2013

As I read the weekly list of prayer requests, I am struck by the number of our callers, who are crying out for friendship. That may be in personal or family relationships; it may be that they feel isolated from their church, or it may be that they are just seeking love and friendship with God. As I read, I was reminded of this old poem, which some may have come across as a hymn, written by Rev. Tydeman (1842-1917)

*I have a Friend, whose faithful love
Is more than all the world to me:
'Tis higher than the heights above,
And deeper than the deepest sea;
So old, so new,
So strong, so true;
Before the earth received its frame,
He loved me—Blessed be His name!*

*He held the highest place above,
Adored by all the sons of flame,
Yet such His self-denying love,*

*He laid aside His crown and came
To seek the lost,
And at the cost
Of heavenly rank and earthly fame
He sought me—Blessed be His name!*

*It was a lonely path He trod,
From every human soul apart;
Known only to Himself and God
Was all the grief that filled His heart,
Yet from the track
He turned not back,
Till where I lay in want and shame,
He found me—Blessed be His name!*

*Then dawned at last that day of dread,
When desolate, yet undismayed,
With wearied frame and thorn-crowned
head,
He, God-forsaken, man-betrayed,
Was then made sin
On Calvary,
And, dying there in grief and shame,
He saved me—Blessed be His name!*

*Long as I live my song shall tell
The wonders of His dying love;
And when at last I go to dwell
With Him His sovereign grace to prove,
My joy shall be
His face to see,
And bowing there with loud acclaim
I'll praise Him—Blessed be His name!*

There is only one who is best suited to befriend everyone in their times of deepest need - the man Christ Jesus!

Jesus loves us by Jenny2003

I like to remind myself often that Jesus loves us.

Half-way through the year, seasons changing, did we manage to last six months with our new resolve, that we made our New Year's resolution? Did we believe it? Did we have faith in ourselves? Did we live with hope that we would last the year? Who helped us through the first six months, as we carefully went about our daily lives?

Questions run through my mind as I look back and think about how many conversations I have had with God and Jesus. I have never felt alone or isolated. I believe that God's Will will be done in my life, so I do not live in fear of what is coming. I trust in the Gospels of Jesus Christ. I live with peace in my heart even though the world around me seems to be filled with chaos. I study The Word often and pray in the morning, giving thanks to God for another day on earth, another day to make a difference in somebody else's life. I pray that I am a blessing to others and that Jesus will guide me to seek the broken-hearted, the isolated and lonely, those who may be grieving, or dealing with the stress of debts and possible homelessness. Or maybe I can sit quietly and listen to someone who needs to off-load. I pray with thanks for the food and drinks. I give thanks and I acknowledge God Almighty for my blessings.

There are lots of opportunities each and every day to make a difference in someone's life. That's one of the reasons I initially joined the New Kapporet Ministry, to make a difference, to have purpose, to serve God and to learn. I had a very good teacher in Tiim. We had our Skype training and I would look forward to the role plays with Alan and I could feel the magic God

was creating through my brother, Tim. I got on well with Alan who is a genuinely lovely chap. My oh my, though, did I get myself in a tizz when on watch as a Listener with The Ministry? However, Tim always calmed every situation. He gave me the peace I needed and I know that Tim is a blessed man.

Due to family life being affected by Covid and having a breakdown in our family unit, I decided to take a back seat. Tim was lovely as ever. He said I could go back whenever I was ready and he has been a great support to me over the recent years. I became a Prayer Partner, which I love. Being given the chance to pray to God on behalf of others is such a blessing.

Knowing when to take a rest is essential, as we know the "empty cup". I have been attending a couple of training courses over Zoom over the last few months, which I have enjoyed. I am going to be helping support Lesley Roots with the Prayer List.

Tim has had the vision from God to create such a wonderful Ministry and also created lots of different volunteering roles, or in other words, ways to serve God.

I hope and pray NK continues to grow and reach those in need, those who are worried or suffering with their emotions or mental health, those who are lonely or isolated, those who live in fear of homelessness, those who have suffered abuse in some way, and those who request prayer, also those with mobility or physical pains, and those who are in poverty. The list goes on, but so do we. As Christians, we continue to share the Gospel, to give to others what we can – time, support, signposting to services – whatever help we can.

May God continue to bless this Ministry.

Reflections of you



Child look into the mirror with me.
Who is the reflection you see?
A face that you've had for a while,
Staring back with a frown or a smile

Lord I look old and tired, I guess.
My hair looks grey and quite a mess.
Wrinkles spots I can't wash away.
Bags under my eyes here to stay.

God says look a little closer and see.
The outside's not so important to me.
It's what's hidden away from view,
The real person inside that is you.

For your heart is so precious to me
That's what, my dear child, I can see.
It's fullness of love an infinite treasure,
Kindness no one can ever measure.

The faith as you kneel down to pray
For those you help along the way,
The hours of serving those in need,
Your endless giving to sow my seed.

Willingness to stay up late at night,
Persistence not to give up the fight,
Giving your all in whatever you do,
A fountain of love pouring from you.

Child, you're not the image you see,
But a faithful servant trusting in me,
A river of mercy moving inside,
A steadfast faith that's flowing wide.

Your acts of love and going without,
Calmness when the storm is about,
Leading others towards my cross,
A discerning spirit when all is lost.

Inside of you, child, are pots of gold,
Bursting out for the broken to hold,
My spirit and word making all new,
A hope a purpose pouring from you.

Walk to the mirror, now look and see
The heart that is so full up with me.
Come closer, child, and really stare.
Do you see the image of Jesus there?

By Steph 2056

Closer to Him by John 2008

I wanted to share something of what the Lord has spoken to me, through various of 'the old' sources just before or just after I've been about to receive, or have just received, cancer diagnoses from the hospital.

On June 11th I was waiting for the results of my MRI and CT scans following my chemo and radio-therapy treatment. I read one of Samuel Rutherford's 365 letters, "When I woke up," written to a Lady Busbie in 1637: "It is only best that ye set yourself apart, as a thing laid up and out of the gate, for Christ alone; for ye are good for no other thing than Christ; and He hath been going about you these many years, by afflictions, to engage you to Himself. It were a pity and a loss to say Him nay." That letter is full of encouragement about how amazingly Christ works in us!

Then onto Spurgeons' morning devotion for that day, which I often dip into: "Our love to Him is *the fair offspring* of his love to us. Cold admiration, when studying the works of God, anyone may have, but the warmth of love can only be kindled in the heart by God's Spirit. How great the wonder that such as we should ever have been brought to love Jesus at all!"

Then on my FB wall was a memory from Octavius Winslow (a contemporary of Spurgeon): "The infirmities of the believer are as varied as they are numerous. Some are weak in faith and are always questioning their interest in Christ. Some, superficial in knowledge, and shallow in experience, are ever exposed to the crudities of error and to the assaults of temptation. Some are slow travellers in the divine life and are always in the rear; while yet others are often ready to halt

altogether. Then there are others who groan beneath the burden of bodily infirmity, exerting a morbid influence upon their spiritual experience. A nervous temperament - a state of perpetual depression and despondency - the constant corrodings of mental disquietude- physical ailment- imaginary forebodings - a facile yielding to temptation- petulance of spirit- unguardedness of speech- gloomy interpretations of providence- an eye that only views the dark hues of the cloud, the somber shadings of the picture. Ah! from this dismal catalogue how many, making their selection, may exclaim, "This is my infirmity." But be that infirmity what it may, let it endear to our hearts the grace and sympathy of Him who for our sake was encompassed with infirmity, that He might have compassion upon those who are alike begirt. **All the fulness of grace that is in Jesus is for that single infirmity over which you sigh.**"

All this prepared me for the news I would get later that the treatment had resulted in a 'good bowel response' (I would later find out that it had been healed completely as far as could be detected – Praise the Lord!!), but there appeared to be one or two spots on my liver which would need investigating further.

Apologies for the old language but what I was reminded of through those readings, and further material I was led to the next day, is just how AMAZING God's undeserved love for every one of us is. It's not about us, it's all about Him, and He has made it possible not only for us to know something of His love for us in this life, but to bring about a pale reflection in our love for Him (a bit like how the moon reflects the sun at night). We owe him everything,

every new day is a precious gift from Him
and opportunity to show forth His love to

others, and He can use our afflictions to
draw us even closer to Him.

HEALER by Stephanie 2056

He **heals** the broken-hearted and binds up their wounds." "**Jesus** went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and **healing** every disease and sickness." ... "Lord my God, I called to you for help, and you healed."

Luke 6-19

And the people all tried to touch him because power was coming from him and healing them all.

Healer

Jesus you are healing me,
Your holy hand touching every part.
I am anointed, my cup is overflowing.
I come to you with a thankful heart.

Jesus you are healing me,
For a sound mind I now know.
The spirit of fire consuming me,
Burning off the dross from head to toe.

Jesus you are healing me,
Banishing all my fear and shame,
Giving back to me what was taken.
Now I won't ever be the same again.

Jesus you are healing me.
I am a new creation, whole and new.
My legs are so much stronger now,
I am dancing in the air Jesus with you.

Your sweet mercy and amazing love
Washed away all my worry and fear.
Lord Jesus, you are renewing my mind,
So it's only your voice now that I hear.

Right now, I need you more than ever.
Your comfort banishes my stress inside,
Turning my wailing into dancing,
Catching every tear I have ever cried.

Beautiful Jesus, you are healing me.
My scars are my testimony today,
Of your faithfulness grace and mercy.

THE PRAYER OF FRANCIS

Lord, make me an instrument of your peace:

where there is hatred, let me sow love:

where there is injury, pardon:

where there is doubt, faith:

where there is darkness, light:

where there is despair, hope:

where there is darkness, joy.

Divine Master; grant that I may not so much seek

to be consoled, as to console,

to be understood, as to understand,

to be loved, as to love.

For it is in giving that we receive,

it is in pardoning that we are pardoned,

and in dying that we are born to eternal life.