

May
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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*New Kapporet
Christian Helpline*



Happy Birthday

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

Welcome

“You did not choose me, but I chose you and appointed you to go and bear fruit – fruit that will last.” (John 15: 16)

I suspect that all of us in this extraordinary, Jesus-led ministry feel a sense of being chosen by the Lord, and never more so than today, when we celebrate the first birthday of our shared endeavour. Our efforts have borne so much fruit in the past year. Surely that can only be because we have been chosen and appointed by God to do this amazing work. But we must take care not to take the credit! The most important thing that we should recognise today is that, in our own strength, we have achieved nothing. God seeded the idea for His Christian Helpline. He whispered in our ear that he wanted us to use the many gifts that he had already given us for this purpose. And then He gave us so much more: His minute-by-minute involvement, His leadership, His understanding when we mess up, His strength when we flag, His courage when we are full of doubt, and always that amazing sense that we are working for and with Him.

Over the past year, as we have begun to understand the task that He has set us, we have realised that our job is small and simple. We are gatekeepers. We open the gate for Him, so that He can call His own people by name and lead them out to greener pastures. We do nothing more than offer a sacred space, where others can encounter their Lord and receive His love and compassion. We *are* chosen, but only because of our capacity and willingness to become invisible. When we

are on watch with the Lord, we do not become as Him. Our judgement, our advice, our wisdom is nothing to those who call or email us. Whatever our role in the Ministry – Listener, Watch Leader, Prayer Partner, Trustee – we only contribute effectively, when we make ourselves small, when we recognise our insignificance. Ours is a ministry of servanthood. In this great drama of life, who will remember the gatekeepers?

As Paul so eloquently affirms:

“Your attitude should be the same as that of Jesus Christ: Who, being in very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant ... “

Jesus Christ is our leader and our model.

And yet, we know that we are all so wonderfully blessed to be chosen by Him for this simple task. So, as we celebrate the first birthday of His helpline, let us rejoice especially that the Lord has somehow and miraculously chosen people such as us to perform this extraordinary *nothingness*.



Letter from the Editor by Cheryl 2051

Well, here we are again, the time soon comes around for the monthly edition of *The Cornerstone*. Welcome to all who are reading this special birthday edition. I first heard about New Kapporet on Facebook and immediately went to the website. I knew I wanted to be part of this amazing ministry and felt God's call. I contacted Tim but was sure he wouldn't want me, knowing what I know about myself. A phone call later and I was waiting for training. It seems Tim wasn't put off by that conversation.

I couldn't wait for the training to start, so I waited somewhat impatiently until the time came. I really enjoyed the training on the whole, I think one week I had my doubts as to whether I could really do it. The role plays didn't phase me at all, having done a lot of drama as a teenager. It was just like that but obviously harder. It took a few weeks for it to really click in my mind what I was doing and how, and then I went from strength to strength.

Training over and suddenly it became all too real, I was really going to be let loose on the unsuspecting public. It was ok in training because it didn't matter if I messed up or couldn't think of the words to say, but now I was going to speak to real people in distress. I signed up for my first watch with much trepidation, not quite believing Tim still wanted me and hadn't thrown me out as a complete fraud.

I can still remember that first watch and the anxiety and terror I felt. Tim picked up on it when we prayed on skype beforehand and was reassuring, but nothing could take

away how I felt. Fortunately, my first couple of calls were easy ones. God knew how I felt and eased me in gently.

I'm not sure when it happened as it was a slow process over time that I started gaining in confidence that I could really do this with God's help, and then I started to enjoy being on watch, taking whatever God sent my way. I began to feel able to cope with difficult calls without the familiar panic that I wasn't equipped to do this. I became more comfortable with silence when I really couldn't think what to say next.

Fast forward to the present and I'm still here. Tim still hasn't come to his senses and thrown me out!!! Not only has he not, but he trained me as Watch Leader and has given me the privilege of becoming editor of this fabulous newsletter.

I feel part of this wonderful ministry and am so grateful to God for giving Tim this amazing vision and enabling him and others to get it off the ground. What a privilege it is to serve the Lord in this way, and I look forward to seeing it grow from strength to strength.

God bless everyone.



Monthly News by Tim 2001

I cannot believe it is a year since we launched our Christian Helpline. Some days it feels like a lifetime, on other days, only yesterday. On 18th May 2020, with only a dozen Listeners and a few Prayer Partners, we started our initial watch pattern, with two 3-hour watches from 6pm to midnight, seven days a week. Looking back now, I have no idea how we managed to fill the rota. That first week we received just fourteen calls, but we felt confident that this was only the beginning.

For us, our first birthday is not an occasion when we celebrate our achievements. Rather, it is a time when we thank the Lord for all his love, care and leadership over the past year. We have always sensed His intimate involvement in the Ministry. We have felt his presence in every watch, on every call, in every training session and in every meeting. We are so thankful for his companionship in all we do. We acknowledge that every member of this Ministry has been truly and richly blessed.

Since May 2020, we have recruited and trained over fifty Listeners and recruited a further fourteen Prayer Partners, who receive a list of prayer requests for our callers each week. We have become a family. We come from nearly every mainstream Christian denomination, yet we have learned to leave our denomination at the door. We are all committed to reflecting and representing the love of Jesus Christ to each one of our callers, whatever their background or circumstances, and this requires us to listen to their concerns without judgement, without giving advice and without preaching from our own Christian stand-point. We understand that our only

role is to bring each caller to Jesus Christ through our listening and prayer and, thereby, create space and time for Him to love and care for each one of them.

Over the past twelve months, we have faithfully covered every watch, to ensure there is always someone available to answer the phone when our lines are open. Of course, covering a watch involves more than just the Listeners. There is also the need for Watch Leaders to ensure that the Listeners are fully supported in the event of a challenging or distressing call. We now have a dozen trained Watch Leaders sharing this role throughout the week. We also have a wonderful Steering Group, who meet every Friday morning to ensure that all the decisions we make about our future development are fully in accord with the Lord's leading. Prayer is a major part of every Steering Group meeting, as it is, of course, with every watch, every training session and every Listener and Prayer Partner meeting.

In February, we extended our opening times to cover 3pm to midnight. This was a big stretch for our Listening Team, but we knew that our callers also needed to contact us during the day. Our greatest challenge has been to recruit and train sufficient Listeners to cope with the growing demand. The number of calls we receive is growing almost daily. We have received over 3500 calls in the past year but have only been available to answer around 2000 of them. Of course, the callers we miss will probably call again – but it still gives us great concern that we might be missing people who really need to reach out to the Lord, and we know how much He cares for each one of them.

Fortunately, the supply of wonderful Christians, who are willing to give their time and effort to their brothers and sisters when they need them, seems to be unlimited. A recent advert on Facebook generated over thirty expressions of interest in joining us. Nearly all of these amazing people will be invited to participate in the training to become either a Listener or Prayer Partner. The training programme we developed at the beginning of our Ministry has proved remarkably successful and most new Listeners join a watch for the first time with the skills and confidence they need to undertake this difficult task with confidence.

In February 2021, to complement our helpline and just 10 months into our Ministry, we launched the first national Christian email service in UK, targeted at callers who find it difficult or embarrassing to ring in. The service proved an immediate success and the number of emails we receive has been growing steadily. As with our helpline, confidentiality and non-judgement is assured. We now have a dozen Listeners trained to respond to emails, which is a slightly different skill to listening on the phone, although our core values are applied in the same way.

Over the past month, we have also begun to lay the foundations for an in-house chaplaincy that will support and encourage callers who ring in to find out more about our faith or have difficult questions that they would like answered. A member of the chaplaincy team will be designated to support each caller, who seeks such assistance. This is a significant addition to our Ministry, and I can report that, on 10th May, our first supported caller committed his life to the Lord, with a most wonderful testimony. Our new chaplaincy will surely

bring great blessings both to our callers and ourselves.

From small beginnings the Christian Helpline of New Kapporet is continuing to grow and develop at an astonishing speed. Our major challenges in the coming year will be funding an ever-expanding service (see the article on page 8) and the recruitment and training of sufficient listeners to ensure that all callers receive the compassionate listening and prayer support they deserve. These challenges are considerable but the whole Ministry believes that we operate under the guidance and direction of a loving Lord, who will lead us towards every greater blessings for His people.

“May the Glory of the Lord be praised in His dwelling place (His New Kapporet).”
(Ezek 3:12)

Bible Verse and Thought

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.” (2 Corinthians 1:3-4)

This verse was sent to me by a Listener as it summed up for her why she became a Listener. God had helped her and she wanted to give back to others what she had received from the Lord.

First Call by Ula 2005

My name is Ula and I have the absolute pleasure and honour of being one of the first volunteers for our organisation. Tim calls me the "legend" because I took the very first call, and I also was the first person to receive two calls in one watch. I don't feel like a legend, I even feel like I should do more.

I am originally from Poland and, like most Poles, I am a Roman Catholic. I do practice my Religion, but it was not always like that. When I was about 20 years old, I lost my faith, and it took me about 15 years to come back to God again. I was in very dark place. One day (10 years ago) I just went on my knees and prayed to God: "Do something! I can't live like this anymore! Change my life or just take me home!"

After that, my life started changing. God made lots of miracles in my life and I decided to follow His way. I understand that sometimes He doesn't give me what I want, but He always gives me everything that I need. I started growing up spiritually and I felt like I needed more and more. I completed a counselling course and I now have a diploma in Humanistic Counselling (Level 4). I started volunteering with an organisation called 'Coping with Cancer'. I was counselling people who suffered with cancer and their family and friends. It was a wonderful experience and I have done more than 150 hours with clients. Then I started to work in the Prison Service, and I couldn't carry on my counselling job, because of my shift pattern.

I needed to find another organisation that would be more suitable for my job. And

here I am. New Kapporet gives me the opportunity to do hours which suit me, and I can use my counselling skills to listen to the people who ring into our organisation. I am also a Street Pastor and I learnt that we Christians should keep together, stick to the similarities rather than differences. We all believe in the same Jesus, we all pray to the same God, we all listen to the same words from our God, which is the Bible.

There is one Saint who particularly inspires me. It is Francis of Assisi. He was born in 1181/82 and died in 1226. He heard the voice of Jesus, he received the stigmata, and he was the founder of the Franciscan Order. He always took Jesus' words very literally and I think this is something which we have lost in our present life. At the end of every newsletter, I love to see the prayer of Francis. This has become the prayer of our Ministry. I wish we all might be a tool in God's hands!

Happy First Anniversary to all of us! It was a wonderful year for our organisation! Well done everyone!

Reflections from John 2008

I retired in May 2018 and was very keen to know the Lord's guidance in what I should be doing for Him. One or two irons were in the fire but nothing seemed to be happening with one of them (which since has become a no-no for me in any case – the Lord closed that door.) ...and so I was open to anything else He might lead me to (you know what's coming!)

Just before Christmas 2019 a former work colleague of over 20 years e-mailed me. He is a Samaritans listener and at the time had a colleague you may know! The Lord had clearly laid on this person a burden to set up a helpline which would allow the Lord to be brought into the conversation with a place of prayer available for those who would clearly benefit from it.

Reading through the literature, and thinking about my own life experiences, I could see something of the Lord's call for me in this but wanted to be clear and so approached Tim early last year. I was on the training programme to be one of the first listeners within a week!

I went on my first Watch on the Thursday of the week New Kapporet went live. We weren't sure whether my Skype would work, and Tim said he would test my line a few minutes after going on duty. After a few minutes the phone rang (it was early days!) and I answered, duly expecting Tim to be on the other end.....but it was my first caller! Something like over an hour later I put the phone down! – I felt that most of what I'd learned in the training (except possibly for what to do if you're given a bomb warning!) was tested in that very first call. The privilege of being available just to listen to a brother or sister in great

need and lead them to that place where two (or three) are gathered in His name, is very wonderful indeed. I am not aware of that caller phoning in again since, or what happened regarding the immediate issues she faced, but in a way that's not for me to know. This is the Lord's ministry, and He was with us both on that call.

That was my induction. The next three watches I didn't have one call! – not likely to happen now but then it was time to spend with the Lord while waiting for the phone to ring.

The stats show around 30 new callers (i.e., who have never phoned before) now contacting the Helpline every month, so lots more calls are coming through.

For me, I've been out of circulation in recent weeks due to my cancer treatment, and am very much looking forward to listening, watch leading and convening again, gradually to start with.

Finally, one of the great things about this ministry is that our denomination and churchmanship here are irrelevant. We are here to usher our callers into the presence of the Lord, and certainly not to advise, judge or self-disclose. As John the Baptist said, "He must increase, I must decrease". (John 3: 30)





Our Funding Needs

New Kapporet is a very low-cost organisation, staffed entirely by volunteers operating from home. Our only major expense is the Freephone service itself. The Virtual Call Centre, which receives and distributes calls to our listening volunteers, is supplied by Call Handling for an annual licence fee (which has recently increased to cover our new email service) and a charge per minute for calls received or made. The more successful we become, the greater the number of calls we receive each day, and the higher the costs of our Ministry. Our only source of funds to cover these increasing costs is donations from our friends and supporters.

It is true to say, "What God orders, He pays for." This is His ministry. We can be confident that He will provide the funds we need to continue. We go forward in faith. However, we are using our birthday celebrations to remind our brothers and sisters in Christ that they hold God's purse

strings, and we are appealing for their support. Our treasurer is writing to all our friends, supporters and followers in the next few days to ask for their help in ensuring that our Freephone service can remain free, and accessible to all those who need our listening and prayer, irrespective of their personal circumstances.

As the poster above suggests, a 1-hour call costs the Ministry around £5. If you can help with a one-off gift or, better still, a monthly donation, please do so. And if you can Gift Aid your donation, that is better still.

To find out how you can donate, please visit our website:

<https://newkapporet.org/donate>

Or write to our Treasurer at the following address: 31 Ramsay Drive, Dunblane FK15 0NG

Thank you.

Thoughts on the 1st Birthday of New Kapporet by Janet2002

Has it really been a year already?

Has it really only been a year?

It is such a simple idea. It is amazing that nobody thought of it before!

But, actually it's a really complex thing – dozens of listeners in every part of the country coming together with one heart and one mind, a blank rota each week that gets filled by loving, lovely listeners. How does that happen?

It was such a difficult time to be starting something, with the pandemic and the lockdown.

And yet it's such a perfect time to be operating, with the pandemic and the lockdown. When Tim and I met in September 2019, we had, of course, no idea what was just around the corner, but I guess God did!

Can it really make that much difference, just listening to someone, when we can't offer any practical help or even advice? What use is that?

Well, it's everything as it turns out, as many of our callers have told us.

Will it be one of those 'flash in the pan' fads, where people are very enthusiastic at first and then drop off rapidly?

Well, no as it happens. Many of our volunteers (and everyone involved with NK is a volunteer) give their time faithfully and generously and have done so over many months and sometimes through difficult times for themselves. We have had some

people who have dropped out, of course, but many of the people who staff our watches day in and day out for 9 hours every day (even Christmas Day!) have been with us from the beginning and continue to show up and listen with compassion to our callers.

Will there be any callers when the church buildings are closed (so we can't advertise there)? Oh yes- we don't know how people know about New Kapporet but it's very clear that the word is getting around somehow.

How can all this happen in just one year? With a group of unpaid but enthusiastic amateurs? In the middle of a national lockdown (so that, mostly, we have never even met each other in person)? With very little advertising? Of course, you know the answer IT'S GOD!!! God has led us and directed us each step of the way.

God in our listeners, God with our callers, God leading the steering group, God accepting the prayers of our prayer partners, God providing the resources as we step forward in faith (what God orders, He pays for, as Tim frequently reminds us.) It's God's timing and God's inspiration, so a prayer.

May God continue to guide us and bless us. May Jesus continue to be the pattern for our listening. May the Holy Spirit continue to share every call, every email and every meeting with us. Lord, Your Kingdom come, Your will be done. Amen

HAPPY BIRTHDAY NK!!

A year in the Life of a Listener for New Kapporet Christian Helpline

By Maggie 2015

I am Maggie, a Listener since the launch in May 2020. It was February 2020 when Tim visited my Church in Nottinghamshire and made an announcement that he was looking for volunteers to be part of a New Christian Helpline, New Kapporet. I was very interested and realised I had to pray and see if it was what God was really wanting me to do.

I am on the church Prayer Healing Team and have been a nurse for 42 years and now retired. Most of my nursing career I looked after the physically sick and I realised I would have to use different skills in listening and no hands on. 1st April 2020 myself and Sue 2014, (she too goes to the same church and heard Tim speak) started our New Kapporet training. Tim was our trainer and we met together via a Zoom conference call, as we were in lockdown. Having completed the training, we were so delighted when the launch on 18th May went ahead.

It was not until 31st May when I signed up for my first Watch as I kept putting it off, something to do with being nervous and anxious. Having sat through my first three hours and not one caller, I was not sure if I was upset or relieved as I knew I would have to go through the anxious watch again. On my second Watch I did have a caller and it was not as bad as I had anticipated, and subsequently it began to get easier. Today I feel confident in handling calls. It was made easier by

having Tim as a Watch Leader and supporting me and guiding me.

Seeing how New Kapporet has grown since the early days, from a few callers and listeners to what it is now, is truly astonishing and a blessing from our amazing God.

Why are we not surprised?

We've had some inspirational leadership, some wonderful training, and the support of so many people, who work tirelessly for this ministry to succeed. The seed was planted in our minds and hearts and God has provided and continues to provide: *"For (we) can do everything through Christ, who gives (us) strength"*. (Phil.4 v 13.)

I feel greatly blessed since joining New Kapporet, as it has opened my mind, ears and heart to the people who have mental health issues across the spectrum. During the three hours watch I have read the bible in greater depth and prayed more. Having the extra time with God is such a blessing too. I also have a new Christian family. Although I do not know everyone, we are all in it together to serve our mighty God. So what has the next year to offer NK? God will be letting us know soon, I'm sure.

I want to leave you with two of my favourite verses from scripture:

"And we know that in all things God works for the good of those who love Him and who have been called according to his purpose." (Romans 8 v 28)

"May the Lord bless you and keep you, make His face smile upon you and give you His peace." (Num 6: 24-26)

Memories of our First Week

by Tim2001

In our anniversary edition, I thought it might be fun to reflect back on the first week of our Ministry. Below are four extracts from my messages to the little band of Listeners and Prayer Partners who were in the Ministry at the very beginning of our journey. Ula writes about her own experiences of that first night and first call elsewhere in the newsletter.

Message to Everyone (17th May 2020) – The day before launch night

Just to save my few remaining grey hairs, can I remind you, please, (if you haven't done so already) to sign up for any shifts that you want to do next week. *(That's one thing that hasn't changed in 12 months)*

Message to Everyone (18th May 2020) – Launch night

I know you will all be keen to find out how our launch went last night, so I thought I'd better send you a quick note before my training session begins this morning. Jenny and Alan were on the 6-9pm shift and they received no calls (Bless them both!), which was disappointing for them, but I guess not totally unexpected. Ula was on the 9pm - midnight shift and it seemed to be going the same way and then there was a silent call at about 11pm (Well, I warned you that would happen). Finally, a call came through at about 11.30pm. Ula will want to tell you more about it herself but, in short, it was a lady who had been traumatised in her past life and finding it increasingly difficult to cope. She felt she couldn't discuss it in her church and had tried Samaritans but couldn't get along with them. She didn't do Facebook but

someone had suggested she might try us. I listened in to some of the call and Ula was truly wonderful - calming, compassionate and prayerful. It was a joy and privilege to listen in and, of course, we prayed together for the caller at the rather delayed end of Ula's shift. So, we are up and running. God willing, this is just the first of thousands of such calls.

Message to Everyone (21st May 2020) – After 4 nights

So far, we've received three wonderful calls this week and have some important prayer requests to pass on to our prayer partners. However, last night, when I rang Kevin, who was on his second late shift without a call, I told him I was sorry that he had waited so long without effect. "Brother," he replied (he always calls me brother), I was there for someone if they needed me. That is enough for me. After all, God is always waiting for us to call him and he often gets no response. I was pleased to be there on watch on His behalf."

I sensed this was something important that I should remember and pass on to you all.

"Blessed is the one who listens to me, watching daily at my gates, waiting beside my doors." (Proverbs 8:34).

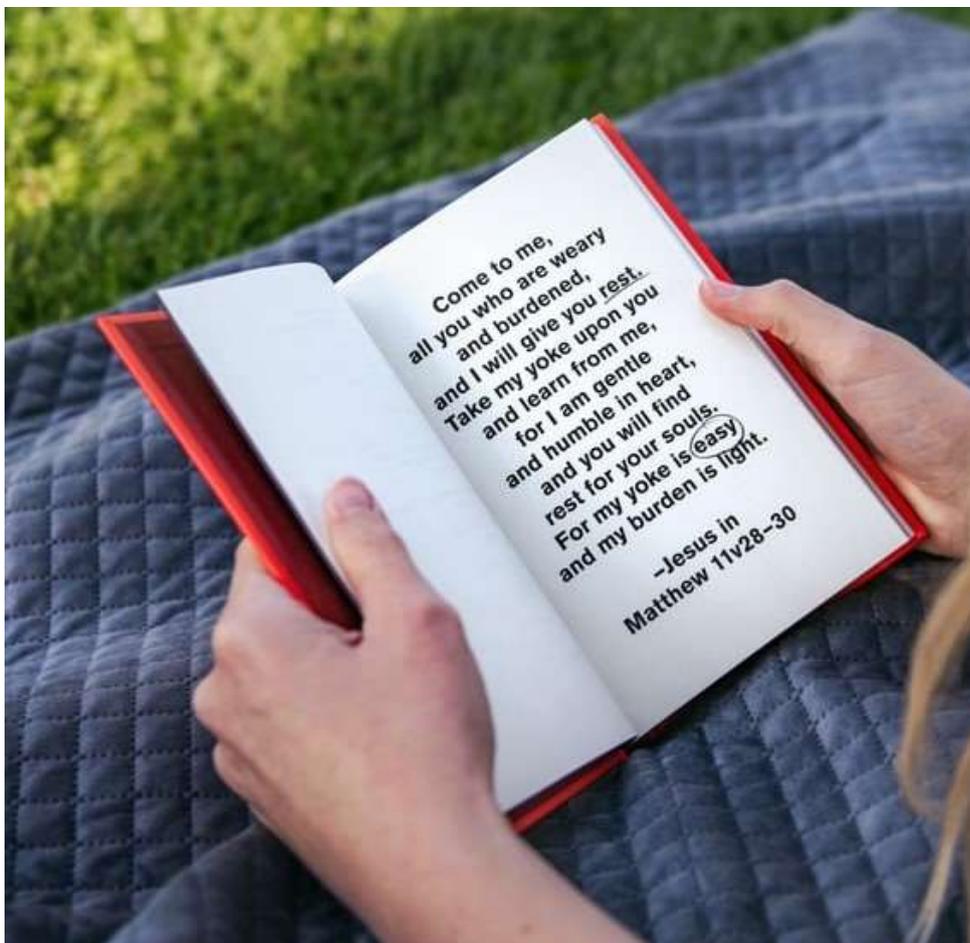
Message to Everyone (25th May 2020)

I cannot believe it's only been a week since we launched our new helpline. It seems a lifetime. It has proved a wonderful week for listening, prayer and learning. I was writing to our new team of prayer partners last night, as I supported Kevin on watch. As I sent them details of who they might pray for in the coming week, I realised how many people we have already listened to, supported and prayed for. Given this was our first week, it's truly amazing! I

appreciate that some of you have not received any calls as yet - but one of the great insights this week has been that we are not on 'shift' but on 'watch'. I think we all sense that this is a better term for what we are doing. If the calls don't come through, we are still on duty for the Lord and ready to answer his call. The training was all well and good and we learned a great deal about how to listen and pray effectively. But now we need to be prepared by the Lord to undertake his will

at the time and for the caller of his choosing. Every moment we spend on watch with him is a moment to cherish.

I am not going to thank you for all you've done this past week. You haven't done it for me. But I just want to say what a great privilege it has been to listen and pray with each of you. You are all truly inspirational. *(That's another thing that hasn't changed!)*



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.*

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