

February
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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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Welcome

In a month when we are planning to introduce our third daily watch, it is perhaps important to reflect upon why, when our helpline is open, we consider ourselves as standing on ‘watch’. The week we launched our helpline, our opening hours (6pm to midnight) were divided into two shifts, like any normal work process. In our first week, there were only about six trained Listeners, so we were all fully committed, although there were very few calls. On our second or third night, when offered sympathy for encountering not a single caller, one of our new Listeners exclaimed with great joy, “No worries, I’ve been on watch with the Lord. It’s been wonderful.” It was then that the penny dropped. We are not on shift; we are on watch.

What is the significance of our being on watch?

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

There are many occasions when the role of the watchman (please forgive the gender-specific terminology) is celebrated in Holy Scripture. The watchman sounds the trumpet to warn the city of approaching danger (Ezekiel 33: 3); he stands guard over the people, protecting them by day and night (Nehemiah 4: 9); he summons the people to come to the Lord (Jeremiah 51:12) and warns them of the consequences when they do not (Ezekiel 3: 17); he waits for the Lord and sings for joy at His coming (Isaiah 52: 8). But there are perhaps two verses, which seem to capture the very essence of our responsibility on watch:

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

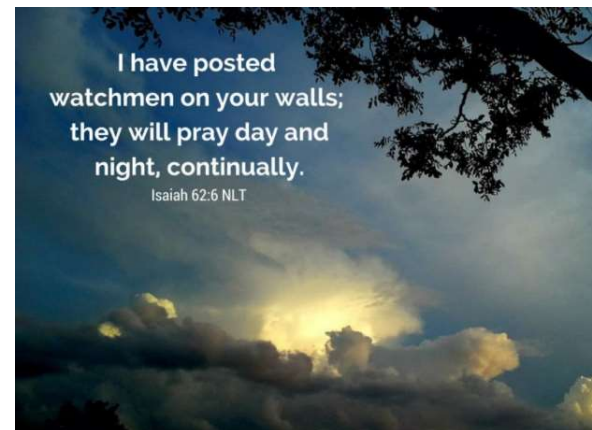
“For thus said the Lord to me: Go set a watchman: let him announce what he sees.” (Isaiah 21: 6).

Listening to the Lord, watching at His gates, and announcing His presence in prayer: That is our role when on watch. We know that we are commissioned to be His gatekeepers. Our task is to throw open the Lord’s gates at his bidding and then stand aside, so that He can call His

own sheep by name (John 10: 3). But this little task is such a wondrous privilege. And soon, Praise the Lord, we will stand on watch for Him just a little longer.

“Upon a watchtower I stand, O Lord, continually by day, and at my post I am stationed whole nights.” (Isaiah 21:

Not yet, perhaps, but who knows where the Lord is leading us?



Letter from the *Sub-Editor*

As many of you will know, our wonderful Editor, Cheryl, had a fall recently and has ended up in hospital. I am pleased to report that she is recovering well. However, she has been unable to edit the February edition of ‘The Cornerstone’. Cheryl wishes to thank all those members of her New Kapporet family, who have made contact with her during her time in hospital, and all those many others who have held her in their prayers. She has felt the Lord’s presence throughout this ordeal and, please God, will soon be back amongst us. The inevitable reduction in quality of this edition of ‘The Cornerstone’ is solely down to the unfortunate soul to whom she delegated this task.



Monthly News by Tim 2001

The great news this month is that on Monday 22nd February we launch our third watch. Adding to our current two evening watches (from 6pm to 9pm and from 9pm to midnight), we will introduce our first daytime watch from 3pm to 6pm, which means our Christian helpline will be open every day for nine hours. This extension of our opening hours is made possible by the extraordinary efforts and commitment of so many of our volunteers. We are hopeful that we now have the Listeners to support the new rota, but we know that will all be stretched to the limit, at least until our next cohort of twelve trainees joins us on watch in early March. Our confidence in this development, however, derives not from our own strength and commitment, but from the Lord, who leads this Ministry and who is fully present and active in every moment that our helpline is open. Thanks be to Him.

To launch the new watch successfully, we have needed to make some changes to the way we support our Listeners when on watch. To relieve some of the burden on our hard-pressed Watch Leaders, whose experience is so important in tackling difficult calls, we have introduced a new process for convening our watches. When two Listeners are signed up for a watch, one of them may now call up their fellow Listeners, brief them on any callers of concern and lead the short prayer time, when we invite the Lord into the watch. Only our more experienced Listeners are encouraged to perform this role. They oversee the watch, ensure that the Watch Leader can be contacted when needed, and close the watch in prayer, committing the most troubled callers to the Lord's tender care. A growing number of our Listeners are already volunteering to act as Watch Convenors, and they are doing a wonderful job. Their willingness to take on the new role, and the enthusiasm and efficiency

they have shown in undertaking it, will make the launch of our new daytime watch possible and sustainable. More important, however, is the witness that, through this process, Listeners are becoming more attentive to, and engaged with, one another when on watch, and this is promoting deeper friendships and mutual support amongst the members of our New Kapporet family.

We are currently in discussions with the suppliers of our Virtual Call Centre to develop a new functionality, which will allow a Listener on a call to contact the Watch Leader by phone directly, when assistance is urgently required. We are hoping this new functionality will be in place by late-April or May, and this will make the role of Watch Convenor much easier.

Our new confidential email service (nkik@christianhelpline.uk) is also growing in popularity. After a relatively slow start, more people, who find speaking on the phone difficult or embarrassing, are discovering this new way of accessing our listening and prayer support. Those Listeners, who contribute to the service are doing great work in monitoring incoming emails and ensuring a rapid response. A growing number of conversations with callers are now ongoing and they are very grateful for this new opportunity to link up with us.

Finally, we should offer a word of thanks to our Prayer Partners. Every week these extraordinary Christians receive an ever-growing list of prayer requests from people, whom they don't know. Yet they faithfully pray for them, commending them to the Lord and asking for His intercession. They are the unsung heroes of this Ministry and we thank them all for their most holy industry.

God bless us all.

Refocus on the Positive by Jennifer 2057

Jesus said *"In this world you will have trouble, but take heart! I have overcome the world"*.
John 16:33.

There are many scriptures in the Bible that give this same message, 'In this life you are going to have problems, trials, suffering, struggles and hardships, but be encouraged, you will come out on top if you trust God and do things His way'.

So how do we become Victors in life rather than Victims of life? One way is to refocus on the positive rather than the negative. I first learnt this technique in Cognitive Behavioural Therapy (CBT). The idea is that when you review a difficult event you don't just think about the negative things that happened, you also think about what you did well or what went well. For example, if you are being bullied and you stand up for yourself, even if its only for a few minutes, praise yourself for that. This trains your brain to focus on the positive rather than the negative.

This is exactly what scripture teaches us to do. Philippians 4:8 Tells us *"Whatever true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think about such things"*.

Thinking positively, however, does not mean we ignore or deny the suffering, pain and hardships of life. On the contrary, the Bible teaches us to acknowledge and work through them. But we are not to keep our focus permanently on the trials but on what we are going to gain from them.

Let me give you some examples from Scripture.

"After you have suffered a little while God Himself will restore you and make you strong, firm and steadfast". 1 Peter 5:10.

So I might say to myself, "Thank You God that this suffering is making me strong and emotionally stable".

"If we endure with Him we will also reign with Him". 2 Timothy 2:12.

I might say to myself "Thank You God that through this trial I am learning to rule over my thoughts and feelings and have dominion over them".

"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace".
Hebrews 12:11.

"This painful trial is producing a harvest of righteousness and peace in me."

"For the joy set before Him endured the cross".
Hebrews 12:2.

"I am enduring the crucifixion of my sinful human nature for the joy of the new life that is ahead of me."

"After the suffering of His soul He will see the light of life and be satisfied." Isaiah 53:1.

"When this suffering is over I will be enlightened and live a satisfied and contented life."

Refocussing on the positive makes us think like Victors, not Victims, for that is what we surely are in Christ Jesus.

A Psalm a Day by John 2008

Many of you will remember that television advert from the 1960's:

"A Mars a day helps you work rest and play".

A variation of that phrase came to me recently: "A Psalm a day helps you work, rest and pray" – you can tell which book of the Bible I am reading through at the moment!

I was proposing to put in a different sort of contribution this month but, given my recent bowel cancer diagnosis, it seems right to say something about that, in the context of what was I reading at the time, and also sermons I was listening to, which had a lot to say to me.

I was at Psalm 89 the day after the appointment Liz & I had at Grantham Health Centre, the one that revealed that the cancer was a little more advanced than had previously been thought, although still in its early to mid-stages.

The Psalm starts on an incredibly positive note and continues that way up to v37.

But then it turns, following the fortunes of Old Testament Israel, and one verse in particular hit me:

"What man is he that lives, and shall not see death?" (v48)

The Psalm reverts to a very positive word of praise at the end *"Bless the Lord for ever and ever. Amen & Amen"*.

Then the next day, I read Psalm 90, attributed to Moses and also the Remembrance Day Psalm. It is such a brilliant Psalm to keep us in mind of the briefness of our lives in the context of eternity, and again finishes on a very positive note. I'll leave you to read it for yourselves, but here wanted to draw out one of Moses prayers, having considered the framework to all of our lives:

"So teach us to number our days, that we may apply our hearts to wisdom." (v12)

I am also learning through a sermon series on Job, how the Lord graciously dealt with him, in circumstances that put anything that is happening to me right into the shadows! It really is an incredible Book of the Bible. How beautiful it is to see how young Elihu ministers to him on the Lord's behalf from Chapter 32, preparing him for the Lord to deal directly with him from Chapter 38 – how Job's heart must have melted then! Does this not remind us of our role in ushering our callers into the presence of the Lord, for Him to minister to them, as they pour out their hearts out to Him.

I am very fortunate to have only the one lesion, with my prognosis being good, given that it has been caught in its early stages. A year down the line it would have been a different story.

I want for me and my family to be brought closer to the Lord through this, and that we may indeed follow the advice of Moses, with whatever He has in store for us and would certainly value your prayers for that.





My beloved daughter My beloved son

Come away with me, come away.
You are a ruby so rare,
A diamond so precious.
Like the stars you shine and sparkle.
You are worth more than gold,
more than silver.

You are my treasure,
A crown of beauty in my hand.
You are worth everything to me.
Rise up my beloved, my fair one,
Come away with me, come away.

You are the sun after the rain,
A brand new morning,
The dew upon the grass,
You are my beloved, my child,
My most precious one.
You are unique, so special,
The apple of my eye,
A melody, a love song, a poem.
Like the sound of a child's laughter,
You fill my heart with such joy.
Come away my beloved, my fair one.

Rise up my sons my daughters.
Come away with me, come away.
The aroma of you is so powerful.
You're a beacon of light in darkness.

You are unique,
One of a kind,
A beautiful flower,
A magnificent oak tree,
A snowflake,
The song of a blackbird,
The finest silk,
The rarest jewel,
A bubbling brook,
A chocolate surprise,
A mighty mountain.
I delight in you my beloved
O how I delight in you my child.

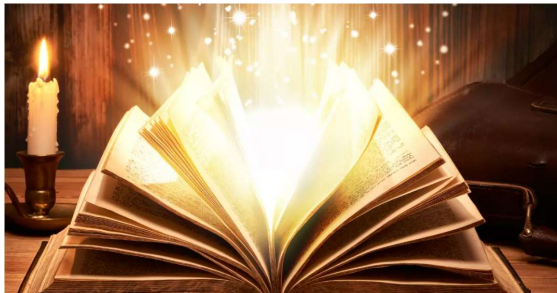
You are the calm before the storm,
An ice-cold drink on the hottest day,
A gentle breeze,
A roaring fire,
A sweet perfume that lingers.
There is no one like you.
Rise up my beloved, my fair.
The winter has ended,
A new day has begun.

Come away with me, come away.
Sing a new song with me.
I love you, my darling child.
Breathe in deeply my love for you,
A crown of jewels upon your head.
There is no one as beautiful as you,
No one as handsome.
Take my hand and fly with me
Around and around and around,
Higher and higher we go,
Soaring in air like an Eagle.
I won't ever let you go.
Abide in me, my beloved.
Come away with me, come away.
Soar with me precious one,
Bask in my glory today.

Amen

By Stephanie 2056 🌸

God chose us in Christ by Lynn 2008



How often do we pick up the Bible to re-read a passage, one that we have read many times, and think we know well, only to find it leap out at us, as if we have never looked at the page before, as though the author wants us to look deeper into His Word? Recently I re-visited Ephesians and spent a good hour getting no further than chapter one verse five.

“Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.”

Ephesians 1: 4-5

When I became a Christian, I was amazed that God found me when I wasn't looking for him, when I didn't even realise that I needed him. I always believed that God was real but the teaching I received as a child taught me that I had failed to live up to God's expectations and I was destined for hell. Surely one of the enemy's greatest achievements is to blind us to what that really means! It was something I accepted and was content to live with, until God in his

mercy opened my eyes to the truth and made me faultless in his sight.

After years of wondering why God would bother to save me, there it is in Ephesians: God wanted to, and it gave Him great pleasure! 1 Corinthians 1: 27-29 tells us that none of us were wise or powerful or wealthy in the world's eyes, but God chose the foolish, the powerless, and those things despised and counted as nothing at all, to stand against all that the world considers important.

I have learnt that I am not the only one that struggles with self-doubt, but no matter what we think of ourselves in God's eyes, we are faultless. This life is not about what we think of ourselves, it is about what God thinks of us, and the plans He has for our lives. Nothing comes as a surprise to God. He knows what we are like but chooses to see us as faultless.

As we begin to emerge from lockdown, a time when we have such high hopes, I want to encourage us to keep going with our prayers for our friends, family, neighbours and strangers who aren't yet saved, or are ill or struggling and for the callers to our helpline. We have all sinned and fall short of God's glory. He has saved each one of us and he did that and will continue to save others, not because any of us are worthy, but because it gives Him great pleasure.

May we all walk in the power that raised Christ from the dead through his Holy Spirit who dwells in us.

Becoming a Partner of New Kapporet

As we launch a new watch this month and the number of calls to our helpline continues to grow, it is becoming ever more evident that we will run short of funds later this year, if we don't encourage more donations. So, please consider becoming a **Partner** of New Kapporet, not only through your support and prayer, but by donating a minimum of £5 a month to cover at least one hour of calls. If you feel that God is calling you to partner us in this way, it would help even more if you could set up a bank standing order. If you are a taxpayer, a Gift Aid declaration would increase your monthly £5 gift to £6.25. Details of how to set up a standing order and a Gift Aid form can be found on our websites www.newkapporet.org. Thank you.

Lesson from a Seashell Snail



If thou couldst empty all thyself of self,
like to a shell disinhabited,
then might He find thee
on the ocean shelf
and say, "This is not dead";
and fill thee with Himself instead.

But thou art all replete with very THOU
and has such shrewd activity,
that when He comes, He says,
"This is enow unto itself,
'Twere better let it be.
It is so small and full,
there is no room for Me."

(by T E Brown)

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.*