



CHRIST CHURCH  
CROUCH END HILL  
LONDON N8 8AX  
**CROSSLINKS**  
*DO NOT WORRY*

**A MAGAZINE OF THE CHURCH ON THE HILL**



GOD SAVES ELIJAH FROM THE DROUGHT BY SENDING RAVENS TO  
FEED HIM (*1 Kings 17:1-7*)

**NOVEMBER 2008    ISSUE 9.101**

## Vicar's seven-minute reflection ANTIDOTE FOR WORRY



There is hardly anyone of us who does not worry, or has never worried, or do not plan to worry. We live in an age of anxiety. The image is the image of fear - not of faith. It seems that we expect the worst, and we get it. Doctors and psychiatrists tell us this over and over again. Fear, worry, and anxiety are among the forces that attack the soul-mind and bring about the breakdown of the body. So, if a dark cloud of worry overshadows your life, read this chapter carefully; the shadow can be dispelled.

Subconscious fears have been with us a long time. In the book of Psalm a writer cries out, "Why art thou cast down O my soul, why art thou disquieted

**We worry because we  
are out of touch with  
God**

within me?" Like us, he must have got up one morning under a heavy cloud of depression without knowing why. On the other hand, we can get up some mornings elated and buoyed up, with no visible reason for it. Strange forces come up out of the subconscious and attack us. "Our shadows have shadows; our anxieties have anxieties." We stare into the abyss until we topple over and are consumed by it.

There is an old saying that wherever you see the word "Therefore" in the Bible, it's there for a reason. What came before it? Jesus had just been talking about money and its ability to enslave us and take the place of God in our lives. He is telling his listeners, most of whom were poor, that their security could not be found in money and possessions. And they're thinking, "Yeah, right. Where are we supposed to find our security?" And that's a question with which every person on earth is confronted. Where do we find our security?

We worry because we are out of touch with God. The key to defeating worry is to be grounded in God.



When the disciples first discerned that Jesus really did have a different relationship with God than any they had known, they came to him with a profound request: "Teach us to pray". They wanted to know how Jesus communicated with the holy, holy, holy God. Imagine their surprise when he started his prayer with, "Abba"-which can be roughly translated, "Daddy." When Jesus spoke of God, he spoke of a loving Father. In Matthew 6:8, Jesus reminds his listeners to pray sincerely because, "your Father knows what you need before you ask Him."

**We worry because we are not appreciative of the things God has given to us.** The perfect antidote for worry is gratitude. Gratitude is the opposite of fear, of self-centeredness, and of bitterness. Gratitude springs from faith, and faith results in joy, hope, and peace. When we are able to say, "Thank you God for the gift of life and all the blessings of life," and then to trust God for all our lives--then, and only then, will we be able to relax and enjoy all that God has provided. That's why the Apostle Paul could write from a prison cell in Rome, "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Phil. 4: 6-7)

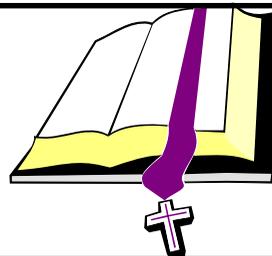
Pastor Charles L. Allen tells of a particularly meaningful service of thanksgiving he attended. During the opening hymn, Allen looked out over the congregation. Near the front, he saw the couple who had lost their son to the war in Korea.

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### Memory Verse

**"Are not two sparrows sold for a penny?  
Yet not one of them will fall to the ground  
apart from your Father. And even the hairs  
of your head are all counted."**

**(Matthew 10: 29-30)**



## HANDLING CONFLICT IN MARRIAGE



**Disagreements and arguments crop up in even the best marriages. It's how conflict is handled that is an important key to marital success or failure.** Current research confirms that poorly handled conflict between married couples can negatively influence mental, physical, and family health. Feelings of anger, bitterness, and unhappiness - sometimes leading to separation and divorce - often result.

But couples need not settle for these experiences. Partners can realize, as stated in *The Family: A Proclamation to the World*, that "marriage between a man and woman is ordained of God", and that successful and happy marriages "are established and maintained on principles of faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities". Such principles, coupled with an understanding of what conflict is, how to recognize it, and how best to manage it, can help spouses use marriage challenges to build rather than harm their relationship. When people hear the word conflict, they often picture something very negative, such as fighting, arguing, bitterness, and anger. However, current research suggests that conflict by nature isn't negative at all. It is fundamentally the experience of difference between married couples.

For example, magnets work according to opposite forces. In this instance, the terms "positive" and "negative" are not synonymous with "good" and "bad." They merely identify two different - but complementary - forces. In the same way, couples benefit when they learn to understand conflict as fundamentally difference. Just because couples experience conflict doesn't mean they don't love each other. Dealing with differences in opinions, goals, interests, desires, and so on, is a normal part of any marriage relationship. What matters is how couples handle these differences.

**In a successful relationship, couples work together to deal with their differences rather than walking away and seeking "greener pastures."** One of the best things you can do for your marriage is to learn to handle conflicts and disagreements constructively. Here are some ideas for helping you to do just that:

(continued next page)

### Check for Destructive Interaction Patterns.

According to marriage and family professionals, there are many interaction patterns that can harm a marriage and make dealing with differences and disagreements very difficult. Look over the following list and ask yourself how often they occur when you are having a disagreement. Make your evaluation alone, and then share your notes with your spouse. Resolve together to eliminate that pattern from your relationship.

Complaints with the intent to attack another person's character;  
Making another feel devalued, not cared about, or put down;  
Counter-attacking a partner's character in order to reflect blame;  
Battling each other in a vicious cycle that spirals out of control;  
Withdrawing or "pulling out" with no intent to return, disengaging;  
Viewing motives of a partner as "out to get you" or harmful;  
Missed attempts to put the brakes on or "head-off" harmful communication;  
**Looking back on the relationship and seeing the "good gone bad" or good simply gone.**

Here are suggestions of what you can do in order to restore peace and harmony in the relationship:

**Hold Regular Couple Councils.** Few couples regularly talk about relationship concerns, so what begins as small issues become larger problems that threaten to destroy a relationship. Couples can use councils to nip problems in the bud. Here's how.

First, plan a specific time and place each week when you and your spouse can talk alone together for at least 30-60 minutes without distractions or interruptions. No TV. No telephone. No kids. For one couple, the time that works best is 8:30 on Sunday evenings, after their children have gone to bed. Another time may be better for you. Use the meeting to take stock of how the relationship is going and to discuss problems.

**Discuss a Problem Fully Before Trying To Solve It.** When focusing on a problem, couples should first have a full and open discussion about it and understand one another's point of view before trying to solve a problem.

During this time, define together what the problem is, your own part in the problem, and how earlier attempts at dealing with it have proved unsuccessful. Make sure you are both satisfied that you have been heard and understood. (continued on page 6)

## Handling Conflict in Marriage (continued from page 5)

**Move On To Solving the Problem.** Experts say that about seventy per cent of couple issues don't need to be solved, just well discussed. You may find that simply airing a concern is all you need to do. But if your problem needs solving, here is an approach to follow:

**Set the agenda.** Identify the problem or portion of the problem that needs to be solved

**Brainstorm.** Think of as many strategies as you can (say, ten) for solving the problem. Write them down so you can review them together.

**Discuss and evaluate.** Look over the strategies and discuss the pros and cons of each one.

**Choose a strategy.** Select one of the strategies to try out, one you both feel good about.

**Agreement.** Agree on what each of you will do to help carry out the solution.

**Follow-up.** Set a time to follow up on how things are going.

**Finally, do not leave God out of the equation. Techniques such as these, are good but when combined with a deep desire by the couple to please God by loving and nurturing their partner, important issues get discussed. Peace and harmony find a marital relationship where they can flourish as God intends. Let God have his way in your life and in your marital relationship. Call off the battle. God says its time to make peace and he will see you through.**

### THANKSGIVING AND PRAYER REQUESTS

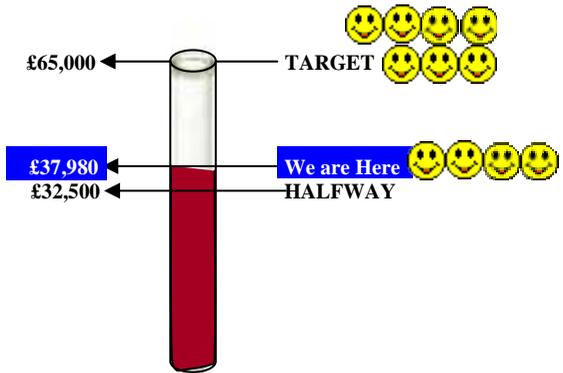
This month we pray for members of our church family whose surnames begin with A, B, C.

Abdulai Janet; Agbelusi Tolu, Bolurin, Sope, Shirene, Iyabo and Dele; Alvis Daisy; Anand Luke and Renu; Bala Hassan, Benjamin Janet, Becessar Devin; Becessar-Pancham Cynthia; Ben-tham Mervin and Anita; Brewer Steve, Burrell Cecil; Carter Carlene & Jean; Christian Ina, Clarke Joan, Cole Christine, Comer Jason & Emma; Coxall Joan, Crawford Janet.

# NOTICE BOARD

## Update on Church Renovation Appeal

We have raised £37,980.00 in cash and kind thus far, out of a target of £65,000. We are unlikely to commence renovation before Christmas lest it disrupts our Christmas and New Year celebrations. You will be informed when works commence in the chancel and the Church nave. Thank you very much for your generous donations and prayers. We will continue to count on your goodwill and support as we raise all the funds required to complete the works as planned.



## Healing and Anointing Service: 30th November 10.30am

This will be the last in the series for 2008! How time flies. Let us come together in God's name and strength and pray our "walls of Jericho" down. Please pray for God's outpouring of His power on us at the service.

## We are looking for a Youth worker

Do you love the Lord Jesus and have entrusted your life to him as your Lord and Saviour? Are you interested in working with young people; can spare Sundays and possibly one week-day? Let us meet and discuss the terms. Please contact the vicar, Rev. Dele Agbelusi on 02083401566 for a brief chat.

## Antidote for worry—Vicar's 7-minute reflection

Continued from page 3

A few rows behind them, he saw a certain lady who had desired all her life to be a wife and mother. But her parents became ill when she was young. She had devoted her life to caring for them. She was lonely, but she never gave in to self-pity. In the back of the church was a man who had been in and out of jail. He had grown up on the streets, poor and unloved.

These people were dealing with their own private heartaches. And each one was there in church that day, singing their thanks to God. So, we have a choice before us this day--live with a spirit of gratitude to a good and loving God--or spend our lives anxious and fearful about what life may bring us. I believe the smart choice is to say, "Thank you Lord for the blessings of the past and the blessings you will bring into my life in the future."

Dele Agbelusi

### FORTIFICATION FROM WITHIN

There are two ways of handling pressure. One is illustrated by a bathysphere, the miniature submarine used to explore the ocean in places so deep that the water pressure would crush a conventional submarine like an aluminium can. Bathyspheres compensate with plate steel several inches thick, which keeps the water out but also makes them heavy and hard to manoeuvre. Inside they're cramped.

When these craft descend to the ocean floor, however, they find they're not alone. When their lights are turned on and you look through the tiny, thick plate glass windows, what do you see? Fish! These fish cope with extreme pressure in an entirely different way. They don't build thick skins: they remain supple and free. They compensate for the outside pressure through equal and opposite pressure inside themselves. Christians, likewise, don't have to be hard and thick skinned--as long as they appropriate God's power within to equal the pressure without.

Bible Illustrator

## WHY WORRY WHEN YOU CAN PRAY?

### E-MAIL FROM GOD (3)

File Edit View Options Tools Help



Send



Contacts



Spell



Attach



Security



Save

From: **GOD, YOUR HEAVENLY FATHER**



To:

**YOU, MY BELOVED CHILD,**

**“Why worry when I can strengthen your faith?” ... read on.**

Subject: **Matthew 17:28**

My beloved child,

I know that sometimes you pray as hard as you know how and things just don't turn out the way you prayed they would. Then you wonder where I was all that time. Did I hear you? Of course I did.

Although you can't see Me, I 'm always here. I know life feels unfair at times. But prayer doesn't work like a beverage machine where you drop in some coins and out pops the can. Prayer works on faith. When you're confused, bring Me the jumbled mix of feelings you have inside, and I'll give you faith.

Faith doesn't take a detour around pain; it builds a road through your pain. Faith doesn't make things easy, but it does give you extra strength for hard times. Faith can move mountains, even mountains like fear, loneliness, worry, and hopelessness. Let Me strengthen your faith.

Your Faithful Friend

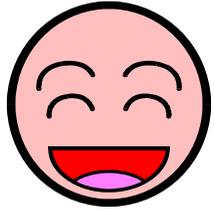
God.

# LAUGHTER LINES

## Marriage humour from *Stories for Preachers*

- **Bad luck?**

Nostalgia overtook a dying man as he contemplated his life. He turned to his wife and said, "Honey, you've always been there for me. You were there when I lost my job. When I was involved in that terrible accident, you were right by my side. That time I fell off the roof, you were there to call the ambulance. During those years of dark depression, you stood by me. And now as I lay here at death's door, you're right beside me, just like always." After a few moments of reflection the old man looked at his wife and said, "Gladys, I just realized something. You're bad luck!"



Contributed by Wayne Rouse

- **It's not the dress**

A woman was trying on different dresses at the mall. She hit upon an outfit she liked but was concerned it might make her look too big. Her faithful husband was shopping with her, so she tried it on and asked for his opinion. "Does this dress make me look fat?" The husband gave a response he has been trying to buy back ever since. "No, honey, that dress doesn't make you look fat. It's your hips that make you look fat."

Charles Lowery, SBC Pastor's Conference, 1993

- **Praise the Lord**

A minister begrudgingly agreed to clean the carpets for his wife. She had been after him to do it for months, so he went to the store to rent a machine. On his way to the store he thought of all the things he would miss on his day off because he had to do this dreaded job. By the time he reached the store he was completely depressed. He dragged himself to the customer service counter and asked if they rented carpet cleaning machines. The clerk apologetically said, "We do, but they're all checked out right now." The pastor threw his arms in the air and yelled, "Praise the Lord!"

Adapted from Reader's Digest, Sept. 1992, p. 126

## LAUGHTER LINES

### Which one?

A man prayed complainingly to Almighty God about a neighbour, saying, "O Lord, take away this wicked person." And God said, "Which?"

### Attila...

After months of working with a fighting couple, the marriage counselor saw a ray of hope when the wife addressed her husband as "Hon." "There's still hope for this marriage if you can call him 'Hon,'" the skilled counselor pointed out. "Huh! I've been calling him that for years," said the wife. "Attila the Hun."

*Stories for Preachers*

### Baby Attraction

West Virginia folklore has a tale about a couple who called for a doctor late one night as the wife was ready to deliver a baby. The country physician turned the rustic farmhouse into a makeshift delivery room. The husband was handed a lantern and instructed to hold it up so the doctor could see. After a healthy boy was born, the man lowered the lantern. The doctor shouted for this new father to get the lantern up as he delivered another baby, this time a girl. The father was thrown into shock when the doctor once again insisted that the light be held up. He said, "We can't stop now, it looks like there's another one." The shaky father then asked the doctor, "Do you think it's the light that's attracting them?"

*Newsletter, June 1995*

**A wonderful story that all parents and children should read**

My 9-year-old's last-minute request surprised his doctor and taught me a valuable lesson about sharing the gospel.



Last Autumn, Austin, had his tonsils removed. Before the surgery, Austin's anaesthesiologists came to start an IV. He was wearing a cool surgical cap covered in colourful frogs. Austin loved that 'frog hat.'

The doctor explained that he had two choices. He could either try to start the IV, or he could wait until Austin was up in the operating room (OR). In the OR the doctor would give Austin some 'goofy' gas, and start the IV when he was more relaxed. 'So, Austin,' he asked, 'which do you want?' Austin replied, 'I'll take the gas.' But when the doctor started to leave, Austin called, 'Hey, wait.' The doctor turned. 'Yeah, buddy, what do you need?'

'Do you go to church?' 'No,' the doctor admitted. 'I know I probably should, but I don't.' Austin then asked, 'Well, are you saved?' Chuckling nervously, the doctor said, 'Nope. But after talking to you, maybe it's something I should consider.' Pleased with his response, Austin answered, 'Well, you should, 'cause Jesus is great!' 'I'm sure he is, little guy,' the doctor said, and quickly made his exit.

After that, a nurse took me to the waiting room. Someone would come and get me when Austin 's surgery was done. After about 45 minutes, the anaesthesiologist came into the waiting room. He told me the surgery went well and then said, 'Mrs. Blessitt, I don't usually come down and talk to the parents after a surgery, but I just had to tell you what your son did.

' Oh boy', I thought. What did that little rascal do now? The doctor explained that he'd just put the mask on Austin when my son signalled that he needed to say something. When the

Continue on page 13

## A wonderful story (from page 12)

doctor removed the mask, Austin blurted, 'Wait a minute, we have to pray!'

The doctor told him to go ahead, and Austin prayed, 'Dear Lord, please let all the doctors and nurses have a good day. And Jesus, please let the doctor with the frog hat get saved and start going to church. Amen.'

The doctor admitted this touched him. 'I was so sure he would pray that his surgery went well,' he explained. 'He didn't even mention his surgery. He prayed for me! Mrs Blessitt, I had to come down and let you know what a great little guy you have.'

A few minutes later, a nurse came to take me to post-op. She had a big smile on her face as we walked to the elevator. 'Mrs. Blessitt, I couldn't wait to tell you something exciting that your son did.' With a smile, I told her that the doctor already mentioned Austin 's prayer.

'But there's something you don't know,' she said. 'Some of the other nurses and I have been witnessing to and praying for that doctor for a long time. After your son's surgery, he tracked a few of us down to tell us about Austin 's prayer. He said, 'Well girls, you got me. If that little boy could pray for me when he was about to have surgery, then I think maybe I need his Jesus too.'

She then recounted how they joined the doctor as he prayed to receive Christ right there in the hospital. Wow! Austin had played a small part in something wonderful. But then, so did the nurses who prayed and witnessed. I thought about John's words in his Gospel, 'One sows and the other reaps' (John 4: 37 ).

Austin 's experience taught me that, although we never know which role we may be called to play, in the end it doesn't matter. What's important is that we remain faithful in sharing the gospel.

Tina Blessitt

**'Don't tell God how big your troubles are...  
Tell your troubles HOW BIG YOUR GOD IS.'**

## MORE VALUABLE THAN SPARROWS

Much of the burden of anxiety and worries that we bear in life concerns matters related to our sustenance (provisions), well being (health) and security (safety) for both ourselves and for those we hold very close and dear. This burden can become so severe and intense that a person's faith could become shaken in his or her walk in the Christian pilgrim's pathway. If care is not taken, a person's anxieties about life issues can slowly degenerate into **fear and panic** to an extent that one might start dreading life itself, because of the uncertainties that comes with each new day. If your anxieties have sunk to the point of fear and panic about life, then you may have totally lost sight of who you are, and forgotten what value God your Father places on you in the first instance. Fear and panic have a way of gradually eroding away one's own self-worth, and the strong confidence you once had in God, and you might have begun asking such hard and doubtful questions as: -Of what importance is my life really to God after all? How much actually am I worth in His eyes? And of what value is my soul to Him?

To start with, your life in God's evaluation is much more valuable than "*many sparrows*" which He daily supports and bears on their wings in their flights across the expansive skies; without letting a single one of them drop to death.

Moreover, to God, the worth of your life in some way is comparable to how He is able to account for every single one of your 100,000 or more strands of hair as found in the average human head or the 5 million or so that cover your entire body. "*The hair*" on our heads may appear to us as, simply none-life sustaining and there for cosmetic purposes. But underneath our entire cosmetic endeavour, combing and brushing, He is the one who nurtures and sustains the follicles. He is ever making sure that they keep popping up and are naturally kept supple and growing all through our life.

Do you suppose that the One who with such loving care and tenderness attends to your hair; nourishing it from the very roots in your skin, will fail to take care of your very head, or the body on which they grow?

## More valuable than sparrows (continued from page 14)

But most importantly my friend, your very soul is of far too much importance to its Creator for Him to abandon you to be destroyed. Your were, and still are of such great worth to Him that He paid the ransom with the precious blood of His Son, Jesus Christ, to redeem your soul.

It is true that when you are going through severe difficulties, hardships and losses, you may feel that God has abandoned you or that you do not matter that much to Him anymore. But how you might be feeling now is by no means the way God sees you and feels for you. The fact is that He has made a solemn promise; a holy covenant, never to leave you or forsake (abandon) you, but to be with you in your difficulties and bear you as on eagle's wing through them all: -

*"Fear not for I have redeemed you; I have called you by my name; You are mine. When you pass through the waters, I will be with you; And through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you, for I am the Lord your God, the Holy One of Israel, your Saviour."* (Isaiah 43:1-3)

He who upholds the sparrows in their flights and keeps the hairs ever sprouting and growing, the same God is also able to keep you from falling, because you are far more valuable in His eyes.

**"So do not be afraid; you are of more value than many sparrows."** (Mathew 10:31)

Emmanuel C. Chijindu -Youth for Christ International/Africa

### CHURCH FIGHTS

It often seems that the church is a place for contention, which turns some people away. But some see fighting in the church as a healthy sign that people care enough to invest the energy in fighting. A few years ago two ministers got into a fight about what they considered to be an important doctrinal matter. They settled the fight when the first minister told the second: "Look, what are we fighting over? We're both striving to do the Lord's work. You do it your way and I'll do it His way!"

Motto /Text for the year  
"I CAN DO EVERYTHING THROUGH HIM WHO GIVES ME  
STRENGTH" *PHILIPPIANS 4:13*

## FINDING OUT ABOUT ...CHRIST CHURCH?

Tel/Fax: 020 8340 1566

We are a family of men and women, boys and girls who are trying to live for God in a world that has largely chosen to ignore Him.

We believe that it is God's world and that He has given the answer to all human problems in Jesus Christ.

As a body of believers, we offer to all who come regular opportunities for worship and service that point the way to God as our strongest resources in all aspects of life.

We will be pleased to welcome you to any of our activities. You will find a warm welcome at Christ Church.

### Times of worship and fellowship are shown below:

- Sunday** - **8.00am.** Holy Communion ( Book of Common Prayer)  
- **10.30am.** Main service with Crèche facilities

There is family/parade service once every month– usually the third Sunday of the month unless otherwise indicated.

- **5.00pm.** Evening worship

### ACTIVITIES FOR THE WEEK

- Sunday - Choir practice in church (**9.30 am**)  
Monday - Baby n' Toddler Group (**10.00 am to 12 noon**)  
- Brownies meeting in church (**5.30 pm**)  
- Next Prayer meetings in church- 17th Nov., 1st Dec, 15th Dec.  
(**8 pm**)  
Wednesday - Bible Fellowship in church - West Chapel (**7:45 pm for 8.00pm start**)  
Friday - Bible Fellowship in church - West Chapel (**2.00 pm**)  
- Scouts meeting in church and hall (**6.00 pm**)  
- Music Team practice in choir vestry (**6.30 pm**)

Enquiry/Counselling/Prayer Lifeline - please phone 020 8340 1566

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**YOUR COMMENTS AND CONTRIBUTIONS ARE WELCOME**

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