



February 2025

# Newsletter

Street Salvation Army, Church & Community Centre



🏠 Goswell Road, Street, Somerset, BA16 0JG

☎ 01458 448963 | 📧 [street@salvationarmy.org.uk](mailto:street@salvationarmy.org.uk)

The Salvation Army Registered Charity No 214779 and in Scotland SC009359

Well, folks, it's that time of year again. No, I'm not talking about Lent or Easter—though these will soon be upon us—nor am I referring to Self-Denial, which launches this month. No, the event I'm talking about is the Rugby Six Nations.

The Six Nations Championship began in 1883 as the Home Nations Championship, featuring England, Ireland, Scotland, and Wales. France joined in 1910, making it the Five Nations, and Italy was added in 2000. It remains one of rugby's most prestigious tournaments, showcasing fierce rivalries and rich traditions each year.

Throughout this tournament, different nations come together with one clear goal in mind: to win the prize on offer. Although they compete against one another, this shared sense of purpose is held by all. You could say that, despite the competition, there is a sense of unity to be found.

Unity is essential within the church, especially when we think of spiritual growth, effective ministry, and a strong witness to the world. The Bible emphasises unity, urging believers to be of one mind and spirit (Philippians 2:2). True unity is not mere uniformity but a harmony of diverse gifts, backgrounds, and perspectives, all centred on Christ. When we focus on love, humility, and forgiveness, divisions not only start to disappear, but the church also thrives and grows closer in many ways.

However, for unity to be effective, it requires intentional effort. It calls for people who are willing to pray together, bear one another's burdens, and prioritise Christ over personal preferences.

Disagreements may arise, but resolving them with grace and wisdom strengthens the body of Christ.

Jesus prayed in John 17:21 that unity among believers would reflect God's love and draw others to Him. A united church models the kingdom of God, demonstrating faith in action. A church that is truly united becomes a beacon of hope, fulfilling its mission to spread the gospel and serve the world.

As we reflect on our church at the beginning of this year, let us ask ourselves: Are we united in all ways, or are there divisions preventing us from achieving the goals the Lord has set for us as His church in this place?


Blessings Louise and John



**Happy birthday!**  
to these members of our church family this month:

*See printed newsletter for details*

*This is the day that the Lord has made; let us rejoice and be glad in it. (Psalm 118:24)*



*For great is his love toward us, and the faithfulness of the LORD endures forever.*

PSALM 117:2



## STREET FOODBANK NEWS

We are always thankful for donations of non perishable food, right now, we'd be extremely grateful for donations of the following items:

- |                                 |                             |
|---------------------------------|-----------------------------|
| ⇒ Tinned Meat                   | ⇒ Tea Bags (packs of 80)    |
| ⇒ Jars of Cooking Sauces        | ⇒ Instant Coffee            |
| ⇒ Tinned spaghetti / ravioli    | ⇒ UHT Milk                  |
| ⇒ Tinned Vegetables             | ⇒ Fruit Squash              |
| ⇒ Tinned Fruit                  | ⇒ Crisps and savoury snacks |
| ⇒ Tinned Custard / Rice Pudding | ⇒ Strong shopping bags      |

Food parcels that we provide contain non perishable food, fresh or frozen food from FareShare where possible, and Aldi vouchers. All of which provides a good offering of food to those who need it.

*Please pray for everyone who receives food parcels this month.*

 07511 313 339  [street@salvationarmy.org.uk](mailto:street@salvationarmy.org.uk)



Love God  
Love Others

STREET

# FOOD BANK

The Salvation Army Goswell Road



**We are able to serve the community in this way due to the generous donations we receive, thank you!**

Each of our food parcels contain none perishable items, fresh food and Aldi shopping vouchers.

If you are able to help please drop off donations

**Monday – Wednesday 9am-1pm  
or Friday 9am – 1pm.**

If you would like to drop off at another time please contact us on the number below and we will happily arrange a time that suits you.



We also take cash donations to help with the cost of the fresh food items and Aldi shopping vouchers.

PHONE number: 07511313339





February - the month of Self Denial



**Rooted in community  
Growing in faith  
and service**

**Help Salvationists  
overseas to flourish  
in their work**



**2 February to 2 March**

GLOBAL LEADERSHIP  
KADET



# Self-Denial...

## keeps growing with your support

The Salvation Army's important appeal takes place in 134 countries and involves thousands of Salvationists. Last year, our UK appeal 'Called by God, Supported by you' raised over £1 million to bring real change into communities around the world. May God bless you for your kindness.

Salvationists are rooted in communities all around the globe. This year our focus is on growing our worldwide mission.

In **1880** we started working overseas as The Salvation Army International. Today we are established in over 130 countries. Each has programmes relevant to their communities, delivered by dedicated Salvationists on the ground.

In **1884** we put down roots in Indonesia, from where we share stories for this year's Self-Denial Appeal. Here we have over 300 corps with around 70,000 soldiers and adherents. We run 103 schools, 6 hospitals, social service centres and more.

In **2025** our sacrificial gifts can help long-established work not only to continue, but to flourish. Together we can enable generations of Salvationists to transform lives, into the future.

Thank you for your commitment to the Self-Denial Appeal. Let's make 2025 another lifechanging year for vulnerable people around the world.

### How to donate:

- By using the envelopes (pick one up from the hall)
- If you usually give by standing order, you can make a one off payment using your usual 10 character reference followed by **CTSD** (e.g. 123400ST14CTSD)
- Online at [www.salvationist.org.uk/faith/giving-fundraising/self-denial](http://www.salvationist.org.uk/faith/giving-fundraising/self-denial) - please remember to enter Street *Corps* when prompted



# FEBRUARY IS HEART HEALTH MONTH



Here are **10 top tips** for maintaining a healthy heart from *Dr Sonya Babu-Narayan, Associate Medical Director at the British Heart Foundation and consultant cardiologist at Royal Brompton Hospital.*

"I would encourage you to have a think about your heart health. Little changes to your lifestyle can make a big difference when it comes to lowering your risk of developing cardiovascular disease, which remains one of the country's biggest killers. Here are 10 lifestyle changes you can choose today that could help lower your risk of a future heart attack or stroke."



## Know the symptoms of a heart attack

A heart attack is a medical emergency that can happen at any time to anyone, regardless of gender. It's crucial that everyone knows the symptoms of a heart attack, as getting treatment quickly can save your life. Symptoms can vary between people, and can include pain or heaviness in your chest, discomfort spreading into your arms, neck, jaw, back or stomach, and feeling sick, sweaty light-headed or short of breath.



## Move more

Aim for 150 minutes of moderate intensity activity a week. You don't have to hit the gym – a brisk walk, or an activity like gardening can help keep you fit without spending a lot of money.



## Know your numbers

If you live in England and are between 40 and 74 years old, you may be invited to your free NHS Health Check – do go along as you will have your cardiovascular risk levels calculated and explained. Wherever you live, take opportunities to get your blood pressure checked.



## Bring down high blood pressure

If you have been diagnosed with high blood pressure, seek advice from your GP about how to lower it through diet, exercise, improving wellbeing, being kind to yourself and medication.



## Control your cholesterol

Avoid developing high cholesterol with a healthy balanced diet, and take your medications if you are prescribed them.



## Stop smoking

If you're a smoker, quitting for good is one of the best things you can do to help your heart. You may be able to get support from your GP or NHS stop smoking services.



## Be kind to yourself

Working to reduce your stress levels could lower your blood pressure and help you avoid developing unhealthy habits that you may turn to in order to cope. It's also important to make sure you're well rested, as getting enough sleep is important for both our general wellbeing and the health of our heart and blood vessels. Most adults should aim for seven to nine hours of sleep each night.



## Know your medical and family history

When you need medical advice, your doctor may need to know if you have a family history of cardiovascular disease, or if you've had diabetes or high blood pressure during a pregnancy to assess your risks appropriately.



## Manage your weight

For some of us, this can be easy to talk about and hard to do. It may help if you focus on making small, achievable, long-term changes, such as reducing your portion sizes. This can help get your weight and waist circumference into a healthy range and, importantly, keep it there.



## Eat well

A healthy balanced diet is vital for gut and heart health. Aim to eat less sugar or salt, avoid ultra-processed food, and instead eat more wholegrains, fruit and vegetables.





# SPIRITUAL HEART HEALTH!



## 1. STAY ACTIVE – EXERCISE YOUR FAITH

Exercise faith even when it's uncomfortable - ask God for opportunities to talk about your faith with others.



## 2. EAT HEALTHY – THE BREAD OF LIFE

Say no to stuff that's no good for us. These things clog up our spiritual arteries & spread dis-ease within us.

Eat the Bread of Life - the Word of God. Read scripture, listen to songs and hymns



## 3. SHED THE EXCESS WEIGHT

There's no condemnation in Christ Jesus. He removed our sin as far as the east is from the west. We are forgiven. Let go of the guilt and regret - it's heavy!



## Wednesday afternoon changes...

In the Spring, we will be starting a new Wednesday afternoon activity of **"Singing By Heart"**

More information on that will follow, but it'll be the chance for all those who'd like to, to get together for a time of singing and praise (along with a cuppa!).

'Singing By Heart' uses a mixture of secular and religious songs which span the decades. Every song is introduced by a relevant scripture verse and concluded with a prayer. The sessions are designed to encourage communication, recollection of memories, and fun for those taking part.



I will sing to the Lord all my life; I will sing praise to my God as long as I live.



PSALM 104:33

**Racial Justice  
Sunday**

**9 February**

Racial Justice Sunday is an invitation for all Christians to weave racial justice into their everyday lives. This year marks the 30th anniversary of Racial Justice Sunday. Churches Together in Britain and Ireland have chosen the theme 'Coat of Many Colours', reflecting the increasing diversity that exists in the churches in Britain and Ireland.

**AN  
OPEN LETTER  
TO OUR FATHER IN HEAVEN**

 *Dear God,*

We wish it was as simple as saying stop!

Cease...

Be still...

And so, we say it...

**STOP!**

We pray it out, we shout and fervently think it, say it, shout and even sing it...

**STOP!**

Hoping beyond hope that the violence and hatred ends.

War, violence, hatred, exclusion – anything that weaponises our beautiful differences.

We pray it stops in Your name.

We pray it stops in the name of the people we know,

And the millions we don't, whose life and breath have been stolen by hate.

We pray love.

Your love – the love that dances through the universe and binds the fabric of the cosmos together –

We pray that that very same love Would descend like rain quenching parched earth.

We pray, Lord of life,

That You would breathe Your life Into the dust and ashes of so many neighbourhoods.

Breathe Your life

Into the broken corridors of hospitals and into schools torn apart by mortars and shrapnel.

Breathe Your life

Into the broken corridors of power, where the same mortars and weapons of war are bought and sold, May Your justice roll in like water, like a torrent of love awakened from the very belly of the deep.

May it rush in,

Sweeping away lies, deceit, hate, warmongering and even the small things that sow untruths and mistrust and get under our skin.

May it make way for compassion, for grace, for mercy.

God of the heavens, make Your Kingdom here on earth.

Make it now...

Why delay? Why wait? Why not now?

We need it, and we are the lucky ones...

What about Your children who could not wait, who will not get to see the beauty and the blessing? All who have lost lives, loved ones or even hope for any kind of future.

Please, make it real, now!

Your Kingdom here and now!

**NOW!**

**NOW!**

**NOW!**

*all Your children x*

Written by Churches Together in Britain and Ireland for Racial Justice Sunday 2025



## RANDOM ACTS

OF KINDNESS DAY

17 FEB

Be a friend  
to a lonely  
neighbour

Give a  
Hug

Buy  
secondhand

Compliment  
with reckless  
abandon

MAKE KINDESS  
THE NORM!

Pick up  
litter

Be an active  
listener

Encourage  
someone

Shop local -  
support small  
businesses

Pray for  
someone

Share a  
smile

## Did you know there are scientifically proven benefits of being kind?

### *Kindness can increase:*

- **The ‘Love Hormone’, oxytocin**

Witnessing acts of kindness produces oxytocin which aids lowering our blood pressure, it also increases our self esteem and optimism (*Natalie Angier, The New York Times*)

- **Energy**

“About half of participants in a study reported they feel stronger and more energetic after helping others” (*Christine Carter, UC Berkely, Greater Good Science Center*)

- **Pleasure**

When you’re kind, your brain’s pleasure and reward centre lights up, as if you were the recipient of the good deed. This is called the ‘helper’s high’ (*Emory University*)

- **Serotonin**

This feel good chemical heals your wounds, calms you down and makes you happy! (*Talya Steinberg, Psy.D for Psychology Today*)

## **Kindness can decrease:**

- **Pain**

Engaging in acts of kindness produces endorphins; the brain's natural painkiller! (*Lizette Borreli, Medical Daily*)

- **Stress**

Perpetually kind people have 23% less cortisol and age slower than the average population! (*Integrative Psychological & Behavioural Science 1998*)

- **Anxiety**

A group of highly anxious individuals performed at least 6 acts of kindness a week. After 1 month, there was a significant increase in positive moods, relationship satisfaction (*University of British Columbia*)

- **Depression**

When we give of ourselves, everything from life satisfaction to self-realisation and physical health is significantly improved. Mortality is delayed, depression is reduced and good fortune are increased (*Dr Stephen Post PhD, bioethics professor, Case Western Reserve University School of Medicine*)

- **Blood Pressure**

Acts of kindness create emotional warmth, which release oxytocin. Oxytocin causes the release of a chemical called nitric oxide, which dilates the blood vessels, reducing blood pressure (*Dr David R Hamilton PhD, author of The Five Side Effects of Kindness*)

From **'The Science of Kindness'** at [randomactsofkindness.org](http://randomactsofkindness.org)



Be kind and compassionate to one another,  
forgiving each other, just as in Christ God  
forgave you.





## Flower Fund!

Helen has a list of dates that people have asked to provide flowers for, to remember people or dates. This leaves many weeks that aren't catered for, and sometimes the flowers bought last longer than a week.

This year, we are starting a '*flower fund*' - anyone can donate to the pot, which will be used to buy flowers for the weeks they're needed. Speak to Wendy or Helen if you'd like to contribute.



### Donate online to Street Salvation Army

**JustGiving™**

We have an online fundraising page for donations towards the work of our foodbank in Street:

[www.justgiving.com/fundraising/tsa-community-support-000376](http://www.justgiving.com/fundraising/tsa-community-support-000376)

### Street Corps online

[www.salvationarmy.org.uk/street](http://www.salvationarmy.org.uk/street)

or on Facebook at [facebook.com/SalvationArmyInStreet](https://facebook.com/SalvationArmyInStreet)

Share with your friends & family who are online!

Email - [street@salvationarmy.org.uk](mailto:street@salvationarmy.org.uk)



*"Love each other with genuine affection, and take delight in honoring each other."*

ROMANS 12:10

# Wordsearch - Live to benefit others

When you've completed the wordsearch, the letters remaining form a mystery answer:

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- |            |              |                 |
|------------|--------------|-----------------|
| Accept     | Foundation   | Receive         |
| Believe    | Genuine      | Relationship    |
| Brother    | Grace        | Reward          |
| Care       | Honest       | Running over    |
| Character  | Jesus        | Sacrifice       |
| Commit     | Joy          | Sensitive       |
| Concern    | Log          | Serve           |
| Consistent | Love         | Shaken together |
| Disciple   | Measure      | Thanks          |
| Encourage  | Merciful     | Unselfish       |
| Ethical    | Need         |                 |
| Everyone   | Poured       |                 |
| Forgive    | Pressed down |                 |

