



**Sharing the love
of Jesus**

Sandbach Baptist Church Newsletter

Sunday 27 September 2026

Reflection for the week

A Cheerful heart is a good medicine by Hilary Forbes

The verse from Proverbs “a cheerful heart is a good medicine, but a downcast spirit dries up the bones” (Proverbs 17:22) is so true. When we decide to find or do something that we know makes us smile or laugh, or simply gives us a feeling of well-being, there is a positive physical effect on our body. It boosts our immune system, lowers stress, lowers our heart rate, helps to lower anxiety, and improves longevity. This is all proven in biological research. The writer of Proverbs simply knew this to be true, without the research!

We all get those days where we might feel weighed down with all sorts of things going on in our lives or in the lives of those we love. We might feel weighed down with the news and everything that is going on in the world. And what about those days where we cannot even explain why we wake up with that sense of dread, when the day before we woke with peace in our minds and hearts and ready to face the day? Our feelings and emotions are a bit like the waves of the sea at times, or like the tide that comes in and goes out, they are simply part of the rhythm of life. Yet part of walking with Jesus, is remembering our body is a temple of the Holy Spirit, a temple designed for truth, beauty, and joy to dwell in.

While Paul was in Prison in Rome, he wrote to the believers at Philippi:

“Whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue, if there is anything praiseworthy – meditate on these things.” (Philippians 4:8)

As we go into this week, let us do what Paul says. I wonder how astonished he would be if he knew how the Holy Spirit had taken his words, like the bread and fishes, and distributed them throughout the world today from that dark prison cell in Rome.

Our Service for the week beginning Sunday 27 September 2026

Our service on Sunday 27 September will be at 10:30am at Sandbach Primary Academy (SPA). It will be led by Steph Radcliffe and the speaker will be Rev Jennie Wakefield. Jennie's theme will be 'To be like Jesus' and her text will be Philippians 2:1-11.

Our Activities for the week beginning Sunday 27 September 2026

- Monday:** Welcome Bap 10:00am-12:00noon at Oasis
Quarterly Church Meeting 7:30pm at Oasis
- Tuesday:** Tots and Co 9:30am-11:30am at Oasis
Encounter with God 7:00pm-8:00pm at Oasis
- Wednesday:** Ladies Fellowship 10:30am-12:00noon at Oasis
Wednesday Bible Study Group 7:30pm-9:00pm at Oasis
- Thursday:** No House Group this week
- Friday:** Energize Weekend House Party at Cae Canol
- Saturday:** Morning Prayer Gathering 8:30am-9:15am at Oasis

If you would like to join any of the midweek groups, please contact Bernie and he will put you in touch with the group leader.

A Refrain for the week

His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.

2 Peter 1:3

News items

From Susie Warburton: Love in a Box Christmas Shoebox Appeal 2026

A big thank you to everyone who made the Christmas Shoebox Appeal 'bring and buy' coffee morning on the 19 September such a success! Much cake and tea was consumed, items brought and bought, and over £400 was raised!

This will go towards the cost of sending these little boxes of love to children in need in Ukraine, Moldova, Georgia, Bosnia and Romania <https://teams4u.com/shoebox-appeal/> - click on the link for more information about T4U.

We still need lots more lovely things to go in the shoeboxes, so please do keep knitting, sewing and collecting!

From George Hill: SBC Quarterly Ordinary Church Members' Meeting 28 September 2026

Just another reminder that the next quarterly SBC Ordinary Church Members' Meeting will be held on Monday 28 September at Oasis at 7:30pm. Non-members are very welcome to attend but may not vote.

The agenda, minutes of the previous meeting and the financial report have been sent by email or delivered personally. If you have not received a copy please see George.

From Howard Jones: Energize Weekend House Party at Cae Canol 2-4 October 2026

George, Chris, Howard and Andrea will be taking a party of Energize youngsters to the Cae Canol Centre in Snowdonia next weekend 2-4 October for a weekend House Party. The speaker will be Rob Cross from Brierley Green Church in Whalley Bridge and some of his youth group will also be joining the party. Please pray for safety, fruitful discussions and fun times!

For Information

Chris Hill would like to draw our attention to a trip to hear Franklin Graham (son of Billy Graham) in Manchester on Saturday 3 October. The coach will leave 'Hopes and Beams' in Broad Street in Crewe at 2.45pm and food will be provided. If you are interested in going, please speak to Chris.

Dates for your Diary

8 October	Cheshire Agricultural Chaplaincy Harvest Festival 7:30pm Yatehouse Farm Middlewich
10 October	Walk around Buxton (with fair)
17 October	Messy Church for Harvest 10:30am-12.00noon at Oasis
18 October	All Age Harvest Service 10:30am at the School
7 November	Shoebox Packing Day
8 November	Remembrance Sunday
14 November	Slide Show of Galilee Fundraising Evening for Tek Ura
27 November	Decoration of Oasis for Christmas!
28 November	Messy Church for Christmas 10:30am-12.00noon at Oasis
29 November	All Age Advent Service 10:30am at the School
30 November	Annual Church Meeting
17 December	CTiS Carols on the Cobbles 6:00pm
20 December	All Age Carol Service 10:30am at the School
25 December	Christmas Day Service 10:30am at the School

Church Contact:

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If you have any items for inclusion in the Newsletter please pass these to Andrea Jones by 9am on Thursdays.