

Weekly News

24 SEPTEMBER 2025

Finding the Psalms at 40

I wanted to begin by thanking those of you who wished me a happy birthday last week. I felt very blessed and loved, and then enjoyed a weekend back in Essex with family and friends.

Looking at the flurry of '40' cards on the mantelpiece makes me seem very middle-aged, which is definitely at odds with how I actually feel! Surely 30 was only 5 or 6 years ago?! Meanwhile, turning 50 is miles away! It's strange how we engage with time and how it can cause us to go from being unmoved to disorientated.

I feel that conflict when I reflect upon my time in ministry. I was 24 when I began exploring a possible calling, and had just turned 26 when I started at Regent's Park College exactly 14 years ago this week. It marked the beginning of three years of learning, laughter and a robust challenging of what I believed. I clearly remember the feeling of being out of my depth as I sat in lessons with others who had already studied theology; not knowing what to say and desperately hoping the tutor didn't ask me a question.

It was what the theologian Walter Brueggemann calls "a season of disorientation." These are times when our circumstances or things around us have changed, and we become aware of the impact it is having upon us, particularly when such times are difficult or uncertain.

In his book *Spirituality of the Psalms*, Brueggemann adds: "Human life is a movement from one circumstance to another, changing and being changed, finding ourselves surprised by a new circumstance we did not expect, resistant to a new place, clinging desperately to the old circumstance."

The good news is we don't stay in a season of disorientation forever. We will, eventually, move into a "new orientation" - surprised by a new gift from God or something suddenly making sense, just when we thought all was lost.

These are moments when we look back and see God's hand helping us move on from a difficult place, into a new season of life. I see how that clearly happened during my time at Regent's, and that gives me the confidence to know that it will happen during other times when changes threaten to push me off balance.

Perhaps you can identify with this in your own life. It can be a challenge to know what or how to pray when we're disorientated, but the (even more) good news is that we have the answer at our fingertips.

The Psalms give language to change, constantly encouraging, inspiring, comforting and redirecting us back towards God. From songs of creation and words of wisdom, to pleas, laments & complaints: the psalms have it all.

On a recent prayer day I found God speaking to me through Psalm 103, and as I meditated on those words I found myself re-centred around Jesus. It was a simple but powerful moment, and a reminder that the Psalms are a resource to lean into and draw upon.

I encourage you to incorporate the reading of them, even if just a few verses, into your regular rhythm of prayer.

Peter

WHAT'S ON @ NBC

FIRST THURSDAY

THURSDAY 2ND OCTOBER 12 NOON

[BOOK HERE](#)

HARVEST SERVICE

SUNDAY 5TH OCTOBER 10AM

NBC'S GOT TALENT

SATURDAY 11TH OCTOBER 5.30PM

[BOOK HERE](#)

INSPIRE PARENTING COURSE

SUNDAY 12TH OCTOBER 12 NOON

[BOOK HERE](#)

JOINT BREAKFAST

WITH "ARTHUR AND REETA"

18TH OCTOBER 8.30AM

[BOOK HERE](#)

Notice Board

We're Recruiting!

If you know of anyone who might be interested in a part time Children's Worker role at NBC please do direct them to [our website](#) where full details including a job description are shown. The closing date is this Friday, 26th September. Please pray that the right person sees the details and applies for the position.

Christmas in a Shoe Bag

This year's Christmas Shoebags are now available from the Church Foyer. Each bag contains instructions and suggested gifts that we can collect for some of the poorest children in Ukraine. Please speak to Judith, Kelvin or Luda if you have any questions.

CAP Money Coaching Course

This course is designed to help people understand their spending habits and create their own personal budget. The course can help anyone including students, employed people, families, retirees and is not only for those people with unmanageable debts. NBC is hosting the next course run by Helen and David in the large hall from 10am - 12noon on October 15th, 22nd & 29th. [Register for free here](#). Please invite your friends and neighbours to come along to this course. We would appreciate it if you would pray for the course and the participants.

NBC's Got Talent

[Book your tickets](#) for NBC's got talent - an evening of entertainment provided by church family! It's on Saturday 11th October at 5.30. Ticket includes a jacket potato & chilli (vegetarian option available). The cost is £5 per adult / £3 per child. We are also in need of volunteers to help set up and clear away afterwards. If you can help please speak to Julie or Steve.

Care for the Family

On Sunday 12th October after the morning service we will be running an 'Inspire' course, aimed at parents, grandparents and anyone who wants to nurture faith in children and young people. The session will include video teaching from Care for the Family and the opportunity to learn from and support each other. Please bring packed lunches for both adults and children - Supervised games and activities for children will be provided. [Please book your place online](#).

Care for the Family are also holding events locally this autumn which may be of interest. See their [website](#) for more information.

Light Party

Planning has started for a Light Party which will take place on Friday 31st October for children in Reception to Year 6, more information and booking details to follow. If you are able to help on the evening by either being part of the Light Party, praying for the event, or helping to clear up afterwards please let Sian know. (sianc@newburybaptistchurch.org)





PRAYER

Prayers for the World

Ukraine - For the ongoing war in Ukraine and the continuing bombing campaign from Russia. With Israel largely dominating the news cycle, the conflict in Ukraine can be overlooked.

Pray for a clear and consistent policy from the USA which offers the security guarantees needed to bring a ceasefire and pave the way to peace.

Pray for justice, and for all those who continue to suffer.

Israel / Palestine - We continue to pray for an end to the violence and killing in this holy land.

Pray that the recent recognition of a Palestinian state by the UK and others will open the doors to constructive dialogue and a long-lasting solution.

Pray for the aid workers and agencies seeking to get access to Gaza, that they may be able to provide the necessary water, food and shelter to save innocent lives.

Yemen - Pray for the ongoing instability in Yemen, and the potential escalation this has upon neighbouring countries, including Israel, Saudi Arabia and Iran.

Myanmar (Burma) - Pray for one of the longest running civil wars in the world, where the military government controls under 25% of the land, and rebel forces continue to fight. Pray for the thousands of bereaved and displaced families.

Prayers for Newbury

Street Pastors - Pray for the ongoing work of the Street Pastors at the weekends. Pray for their safety and for them to each radiate a sense of God's peace, hope and love in every encounter they have.

Pray for the relationships developed with the local police and doormen - that they may see Jesus at work through this ministry.

Foodbank - As we approach harvest we think of those in our community who struggle to put food on the table and are living in poverty.

We give thanks for the many volunteers who work at the centre and who deliver parcels to people across Berkshire.

Pray for long-term solutions to support families who lead chaotic lives, and for improvements to the economy which might eradicate the need for foodbanks.

CAP - We thank God for the upcoming CAP Money course hosted at NBC, and pray for team preparing to deliver it.

Pray that the right people would sign up and benefit from the material. May they also sense something of God as they enter our building and engage with a course which has Jesus at its very core.

We thank God for the work of the CAP Debt Centre in Newbury, and pray for the Debt Coaches, Colin and David, in their meetings with clients.

