



For my neighbour –  
you are not forgotten!

# FINDING PEACE IN TROUBLED TIMES

## YOU CAN WIN OVER WORRY

### Worried about coronavirus?

Yes, there's an underlying issue that needs to be taken seriously, but the continual alarmist media hype makes it all too easy to over-react and be glued to the news.

Panic buying, for example, does not help, causing some to have stockpiles for long periods, while others struggle to find the most basic items.

Even without a global pandemic, circumstances in life can change suddenly, bringing uncertainty, worries, and fears for the future. Threats to health and financial worries can undermine life's normal securities. Such fears can even become debilitating, when our minds are continually bombarded with alarming thoughts of what could go wrong.

So where is the ray of hope?

### Peace amid panic

The Bible says: "God has not given us a spirit of fear, but of power and of love and of a sound mind" (ie a disciplined mind, not a confused one! 2 Timothy 1:7).

In the midst of adversity and panic, we can have peace – real peace, with a presence of mind and a quiet confidence to face the future despite its uncertainties. "You will keep him in perfect peace, whose mind is stayed on you," said the prophet Isaiah.

God is ultimately in control. Believers who actively put their trust in him will have peace in their hearts, because Jesus is the Prince of Peace (Isaiah 9:6).

### How do I get this?

That's all very well for those who have faith, some might say, but how can others get this? By coming to Jesus Christ. The Bible tells us that God so loved the world (that means you too!), that he gave his only begotten Son, Jesus Christ, to be our Saviour.

Jesus died on a cross, taking the penalty for our sins upon himself, so that we might be forgiven and come into a

relationship with the living God.

One of the consequences of this is to receive a peace that the world does not know, a calm in the midst of the storms of life. This comforting truth is recorded in the words of a great hymn:

*When peace, like a river,  
attendeth my way,*

*When sorrows like sea billows  
roll;*

*Whatever my lot, thou hast  
taught me to say,*

*"It is well, it is well with my  
soul."*

That hymn was written by a man who had just lost his wife and children at sea...

Although God cannot be seen, the effects of his presence can be known – just as the wind is not seen, but its effects experienced as the leaves rustle in the trees, clouds scurry across the sky and a fresh breeze invigorates a sleepy soul. The wind of God's Spirit is able to blow into our souls, banishing fear, bringing hope and stirring faith, building conviction within our hearts of God's presence, working circumstances out for good.

Heroes in the Bible have seen this, such as the apostle Paul who faced many dangers – but God, he said, delivered him out of them all (2 Timothy 3:11). Likewise, Christians throughout Church history have known it too; the author John Bunyan, although imprisoned for his faith, came out of Bedford jail with his stirring book, 'Pilgrim's Progress,' inspiring countless Christians to a closer walk with Christ. In my own life, I too have seen God work in the midst of numerous difficulties, learning through it all that God is faithful, strengthening us believers to overcome the challenges we face.

### A prayer you can pray

If you have not yet known these blessings in your own life, there

is a way to experience them:

1. Come to Jesus Christ, who is the way to God.
2. Admit to God that you are a sinner who needs forgiveness (the Bible says we have all sinned – Romans 3:23).
3. Thank God that Jesus died on the cross for you.
4. Ask Jesus into your life to be your personal Lord (boss) and Saviour (rescuer from sin).

You can do this in a simple prayer, even where you are right now. Pray something like:

*"Almighty God, it is true that  
I am a sinner,  
and have broken your laws.  
Please forgive me.  
Thank you that Jesus died on  
the cross for me.  
I ask him into my life, to be  
my Lord and Saviour.  
Help me to live a life that  
pleases you. Amen."*

If that is your sincere desire before God, he will accept you. To help you grow in your faith, spend some time talking to God (praying) each day; read the Bible, and find a church where the Bible is taught. You will begin to see God at work in your life, and experience his peace.

■ By Mark Weeden



Rev Mark Weeden pastors  
King's Church in Arundel, West  
Sussex



## A PRAYER OF PROTECTION

Christians all over the world are using this psalm as a prayer of protection. You may like to read it aloud and make it personal for yourself and those you care about

*He who dwells in the secret place of the Most High  
Shall abide under the shadow of the Almighty.  
I will say of the Lord, "He is my refuge and my  
fortress;  
My God, in him I will trust."  
Surely he shall deliver you from the snare of the  
fowler  
And from the perilous pestilence.  
He shall cover you with his feathers,  
And under his wings you shall take refuge;  
His truth shall be your shield and buckler.  
You shall not be afraid of the terror by night,  
Nor of the arrow that flies by day,  
Nor of the pestilence that walks in darkness,  
Nor of the destruction that lays waste at noonday.  
A thousand may fall at your side,  
And ten thousand at your right hand;  
But it shall not come near you.  
Only with your eyes shall you look,  
And see the reward of the wicked.  
Because you have made the Lord, who is my refuge,  
Even the Most High, your dwelling place,  
No evil shall befall you,  
Nor shall any plague come near your dwelling;  
For he shall give his angels charge over you,  
To keep you in all your ways.  
In their hands they shall bear you up,  
Lest you dash your foot against a stone.  
You shall tread upon the lion and the cobra,  
The young lion and the serpent you shall trample  
underfoot.  
"Because he has set his love upon me, therefore I will  
deliver him;  
I will set him on high, because he has known my  
name.  
He shall call upon me, and I will answer him;  
I will be with him in trouble;  
I will deliver him and honour him.  
With long life I will satisfy him,  
And show him my salvation."*

Psalm 91

# PEOPLE & PLACES

## NEW BOXING CHAMP FURY THANKS JESUS

**TYSON Fury** – the new WBC Heavyweight boxing champion – thanked God in front of a global audience after his brutal victory over previous title holder, Deontay Wilder.

The two boxing legends faced off at the MGM Grand Arena in Las Vegas on 22 February. It was the second fight between the duo after a draw in December 2018.

Fury, the only man in sports history to have held all the



Victorious Fury just before he publicly acknowledged his God

Heavyweight titles, is known for using colourful language, but he does have a faith in Christ.

He said: "First and foremost I want to say thank you to my Lord and Saviour, Jesus Christ. Those who bring evil against me will not prosper, those who stand in the dark can never come into the light. All praise be to the one and only true God, Jesus Christ."

Photo source: YouTube

## BABY'S BRAIN TUMOUR DISAPPEARS AFTER DAD PRAYS

**AARON** Ottley never thought his baby daughter would be healed of a life-changing condition, let alone that he'd be the one who triggered the miracle!

"I believed in God, but had no personal relationship with him. There was a hole in my life which had never been filled. This was made harder after a relationship breakup. I was in a bad place, with a gambling addiction and debts," says Aaron, 23, who is a barber.

Aaron's baby daughter, Maisie, had been born with a virus that left her with three brain tumours, two benign but one seriously malignant. "The virus could potentially have stopped normal development like sight, hearing, walking and talking."

At Maisie's six-month check-up, her hearing had been below average and nobody knew how Maisie would develop.

So Aaron had a lot on his mind late in 2019, when he stepped outside his Horsham shop for a breath of air. Little did he know that he'd bump into Tim, a Christian friend who was passing. In fact, Tim later admitted he'd felt 'led' to take a different route from normal.

As they chatted, Tim felt a nudge to ask Aaron "Do you believe?" and "Do you have a relationship with God?"

Aaron wasn't really sure, so Tim offered to pray for him. Aaron noticed a difference at once. "I experienced God's dramatic power, which gave me a real sense of peace – almost relief."

Aaron started attending a local church, where he asked for prayer for Maisie. Then a miracle happened! At her 12-month check-up, Aaron and Maisie's mother were staggered to learn that not only was Maisie's hearing now average, but the

malignant tumour had disappeared! Aaron says, "The doctor agreed wholeheartedly that this was a medical miracle."

Aaron, who also has a two-year-old son, is continuing to grow in his newfound faith: "I'm letting God take



all my worries. Regular worship and Bible reading have allowed Jesus to 'invade' my life.

"We all have to step out in faith and pray for people and believe it will happen like it did to me. God is waiting for us all to just turn to him."

"The only reason I know how to love my daughter is because of how God loves me."

Aaron says Psalm 40:3 is particularly apt for him as Maisie grows up virus-free: "He put a new song in my mouth, a hymn of praise to our God".

The 'God pod' is an emergency sleeping hut fitted with a bed, toilet, USB socket and a coded lock to protect the person inside.

Designer Stuart Johnson, 60, is keen for churches to donate a car parking space to help keep rough sleepers off the street: "[The pods] are not the final answer, but while someone is waiting for permanent accommodation, they know they are safe from bullying or injury or losing the few possessions they may have. They also give members of a church the opportunity to minister to them in a loving and caring manner." The Amazing Grace Spaces project is based in Llanwnern, South Wales.



Promotion

## THE PILGRIM'S PROGRESS

**Director:** Robert Fernandez

**Stars:** David Thorpe,

John Rhys-Davies, Kristyn Getty

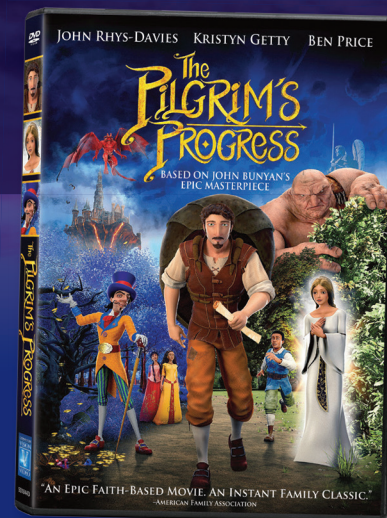
DVD/Blu Ray – available now

**D**ragons, giants, dangerous swamps, dark foreboding castles, creepy characters and a deep threatening river of death! No, not elements of a new Harry Potter novel but features of a 17th century classic English novel – which has been brought to life in a new animated movie.

Published in 1678 and written while in prison for "illegal preaching," John Bunyan's classic is still regarded as one of the greatest works of English literature.

The story is simple. A man named Christian is living in the City of Destruction and realises that both he and his family need to get out before it's too late. Meeting a character called Evangelist, he sets off on a path which will eventually lead him to the Celestial City.

The journey, however is more difficult than Christian can ever imagine. His route takes him, via the cross of Jesus through Vanity Fair, down into the valley of Death and eventually to that foreboding river of death.



This new film brings Bunyan's story vividly to life with stunning animation that puts you right into the heart of the action. The film is a colourful, spectacular, wonderful retelling of the story with a terrific cast and a lovely music score by Kristyn Getty.

Thoroughly recommended for all ages.

■ By Andy Godfrey

'The Pilgrim's Progress' has recently been released on DVD and Blu-Ray.

For a £2 discount, enter the code HEART at [www.ao.vision/product/the-pilgrims-progress](http://www.ao.vision/product/the-pilgrims-progress). This offer lasts until the end of May 2020.



Marianne Gaston today

# ACTRESS HEALED AFTER TEN YEARS IN WHEELCHAIR

**When Lyme disease left actress Marianne Gaston housebound, she thought her career was over. But prayer from an unexpected visitor saw her instantly healed**

were faithfully praying for her. "Communion was brought to me occasionally, so I never felt God had forsaken me."

But the isolation was taking its toll, causing Marianne to question God: "The months and years seemed to run into each other. One day, when feeling particularly low, I asked God about my purpose in life. I felt he answered, 'Become a prayer warrior'."

"Despite having been a Christian since Easter 1979 and getting baptised in 1982, I had neglected spending time with God due to working full time and leading a busy social life. So my settee became my prayer place."

## Visited by an angel

One morning, she received a surprising supernatural visitation. "I woke up feeling a real sense of despair, with no hope for the future," Marianne recalls. "It was 2.55am on our bedside clock and Leslie was fast asleep. I sensed a 'presence' in the room and saw a huge shadow in the corner, with warmth emanating from it."

## "I'm your guardian angel"

She whispered, "Who are you?"

A soft voice replied, "I'm Meshuel, your guardian angel. Don't be afraid. I've been sent to comfort you." The shape



Marianne as 'Kate', the wife of Charles Dickens

Marianne Gaston has always been at home onstage.

Having trained in dance and drama, she forged a successful career as an actress, performing in secular and Christian theatre in the UK, Australia and New Zealand.

But 23 years ago, the onset of a mystery illness forced her to exchange the stage for her sofa. She spent the next ten years virtually housebound.

Today, Marianne, 60, credits God for the miracle which has enabled her to return to work.

Back in 1997, she had been feeling unwell for several months when she woke up one morning unable to get out of bed. After many inconclusive tests, doctors finally labelled her condition as ME (chronic fatigue syndrome). It took two years before Marianne was finally able to struggle to the sofa.

## She never left their house except for visits to hospital or the occasional outing using a wheelchair

Her devoted husband, Leslie, gave up his job as an aircraft engineer to become her full-time carer. "Friends stopped calling due to my sheer exhaustion after talking for just ten minutes," she remembers. "Next to Leslie, my constant companion was our lovely cat, Smudge, who would sit on the arm of the settee all day next to me."

Unable to eat properly, she existed on health drinks, her weight slowly dropping to just six stone. The illness also caused her hair to fall out. She never left their house except for visits to hospital or the occasional outing using a wheelchair.

Although she couldn't attend services at their local church, Tewkesbury Abbey in Gloucestershire, she was encouraged to know that fellow Christians



Marianne Gaston playing Catherine Dickens (with David Lloyd as Charles Dickens) in a dramatisation of the Dickens' marriage

then dissolved.

"I was left with an immense feeling of peace and God's love," she says. "The clock said 3am, so I knew I hadn't dreamt it."

But despite this heavenly encouragement, she saw no improvement in her condition. As the years passed, the same verse kept reappearing during her Bible studies: "I will restore to you the years that the... locust has eaten."

However, she was not prepared for the dramatic transformation that was to take place.

## Husband invited special guest

Meanwhile, Leslie, who has an online teaching ministry, had made contact with a Pakistani bishop, Yousaf Nadeem. When Bishop Yousaf came to fulfil speaking engagements in the UK in August 2007, Leslie gave him a tour of the Cotswolds and also asked him to visit Marianne.

"As I was so unwell, the idea of meeting a stranger was quite out of the question; I was adamant that I did not want to see him," she remembers. After the bishop assured them that he would not to stay too long, she reluctantly agreed.

## "A lightning bolt went through my body"

As Yousaf entered their sitting room, Marianne felt as if "God's light" was shining from him. "After asking my permission, he



Healing power: Bishop Yousaf Nadeem, who prayed for Marianne

laid his hands on my head and prayed, first in Urdu and then in 'tongues', as spoken of in the book of Acts.

"What I can only describe as a lightning bolt went through my body. I knew immediately that something had happened."

## "I couldn't stop laughing"

"After Bishop Yousaf and Leslie left, I felt full of the joy of the Lord and couldn't stop laughing. Ten years after my illness began, I was instantly healed!"

Two days later, Marianne asked Leslie to take her for a ride on the local Toddington steam railway. "I hadn't done that since

the onset of my illness. He was bewildered when I told him I didn't need the wheelchair." After their train ride and a visit to Cheltenham for some 'retail therapy', she finally plucked up the courage to tell Leslie about the miracle.

## Back to the theatre

Marianne took things steadily, but eventually resumed acting in 2011, while Leslie started a new job as head of wheelchair technology at a further education facility for disabled young people. A medical survey later revealed that Marianne had been suffering from Lyme disease, having been bitten by a tick in Scotland many years before.

Later, Leslie and Marianne were able to help Bishop Yousaf and his family after they received death threats from the Taliban. Leslie was instrumental in liaising with the Home Office when they applied for asylum in the UK.

Today, Marianne is fully involved in acting and directing, playing various lead roles, including a film for the BBC in 2018. For the past three years, she has toured with 'My Dearest Kate', a dramatisation of the little-known story behind the marriage of novelist Charles Dickens and his wife Catherine.

But she will never forget that her career today is all down to divine intervention: "God kept his promise to restore the years I had lost."

EAST & WEST SUSSEX

ANGMERING

- **Angmering Baptist Church**  
Sundays 10.30am, 6.30pm
- **Immanuel Church**  
Meeting in St Margaret's School at 10.30am, Arundel Road, Angmering West Sussex BN16 4LP  
[www.immanuelchurch.org.uk](http://www.immanuelchurch.org.uk)

ARUNDEL

- **King's Church**  
07956 789 112  
Sundays 10.30am  
10 Tarrant Street BN18 9DG

BATTLE

- **Battle Baptist Church**  
01424 774825  
Mount Street, Battle, East Sussex TN33 0EG  
[office@battlebaptistchurch.org.uk](mailto:office@battlebaptistchurch.org.uk)  
[www.battlebaptistchurch.org.uk](http://www.battlebaptistchurch.org.uk)

BOGNOR REGIS

- **The King's Gate Church**  
07594 780515
- **Our Lady of Sorrows Church**  
01243 823619

BRIGHTON

- **Brighton Elim Church**  
07523 849646  
The Fountain Centre, Braybon Ave, Patcham, East Sussex, BN1 8HG  
[christy@brightonelim.org.uk](mailto:christy@brightonelim.org.uk)  
[www.brightonelim.org.uk](http://www.brightonelim.org.uk)

HAYWARDS HEATH

- **Lindfield Evangelical Free Church**  
01444 483576
- **Ruwach Christian Church**
- **The Joy of All Souls**  
0800 093 8766  
Redwood Activity Centre, Perrymount Road, Haywards Heath, RH16 3DN  
[info@thejoyofallsouls.org](mailto:info@thejoyofallsouls.org)  
[www.thejoyofallsouls.org](http://www.thejoyofallsouls.org)

HORSHAM

- **RCCG Living Faith Assembly**  
07878 108989  
Holbrook Community Centre, Holbrook, RH12 5PP  
[www.rccglfa.org.uk](http://www.rccglfa.org.uk)  
[info@rccglfa.org.uk](mailto:info@rccglfa.org.uk)

PEVENSEY

- **Ellel Ministries**  
01323 440440

SOUTHWICK

- **Christian Community Church**  
01273 870103  
Sundays 10.30am  
1-5 Roman Crescent, Southwick BN42 4TY  
[info@southwickchurch.org.uk](mailto:info@southwickchurch.org.uk)  
[www.southwickchurch.org.uk](http://www.southwickchurch.org.uk)

WALBERTON

- **Walberton Baptist Church**  
01243 584435  
Sundays 10.30am and 6.30 pm  
The Street, Walberton BN18 0PH
- **St Mary's Church**

WESTERGATE

- **Westergate Christian Fellowship**  
01243 263821  
Sundays 10.30am at Eastergate Village Hall  
[davegwenlan@tiscali.co.uk](mailto:davegwenlan@tiscali.co.uk)  
[www.westergatefellowship.co.uk](http://www.westergatefellowship.co.uk)

WORTHING

- **Coastlands Church**  
01903 600584  
Sundays 10.30am, 6.30pm  
Sidney Walter Centre, Worthing, BN11 1DS  
[office@coastlands.church](mailto:office@coastlands.church)  
[www.coastlands.church](http://www.coastlands.church)
- **Highdown Church, Durrington**  
Contact: 07871 195572  
[www.highdownchurch.org.uk](http://www.highdownchurch.org.uk)

BRISTOL

HARTCLIFFE

- **River of Life**  
[www.riverlife.co.uk](http://www.riverlife.co.uk)

CORNWALL

PENRYN

- **Stirring of the Water Ministries**  
07968 080258  
[enquiries@stirringofthewater.org.uk](mailto:enquiries@stirringofthewater.org.uk)

DORSET

BOURNEMOUTH

- **Discover Church**

GLOUCESTERSHIRE

FAIRFORD

- **Fairford Christian Fellowship**  
07900 190190

HAMPSHIRE

FAREHAM

- **Living Word Church**  
Henry Cort Community College, Hillson Drive, Fareham, PO15 6PH  
Sundays 10.30am. 01329 841619  
[www.livingwordchurchnetwork.uk](http://www.livingwordchurchnetwork.uk)

SOUTHBOURNE

- **Southbourne Free Church**

KENT

FOLKESTONE

- **Cheriton Pentecostal Church**  
Sundays 10.30am, 6.30pm  
5 Park Road, Cheriton, Folkestone, Kent, CT19 4DG  
[cheritonpentecostalchurch.co.uk](http://cheritonpentecostalchurch.co.uk)

KNOCKHOLT

- **Knockholt Evangelical Church**  
01959 534732

LANCASHIRE

ROSSENDALE

- **Menorah Faith International Congregation**  
01706 218683

LEICESTERSHIRE

LEICESTER

- **Cropston Evangelical Free Church**  
Sundays 10.30am and 6.00pm

LONDON

WESTMINSTER

- **Emmanuel Centre & Church**  
020 7222 9191  
9-23 Marsham St, Westminster, SW1P 3DW  
[www.emmanuelcentre.com](http://www.emmanuelcentre.com)  
[enquiry@emmanuelcentre.com](mailto:enquiry@emmanuelcentre.com)

SURREY

GUILDFORD

- **Bethel Christian Assembly**  
01483 898083  
Sundays 10am  
Shalford Village Hall, Kings Road, Shalford, GU4 8JU  
[office@bethelchristian.org.uk](mailto:office@bethelchristian.org.uk)  
[www.bethelchristian.org.uk](http://www.bethelchristian.org.uk)
- **New Hope Church**  
[www.newhopeguildford.org](http://www.newhopeguildford.org)

WALES

LLANDUDNO

- **Emmanuel Church**

VALE OF GLAMORGAN

- **Rhose Village Church**

“Don’t give in to fear,” says cancer survivor Michael Bushby



In 2013 I was diagnosed with stage 4 cancer and today I am alive! So I'm saying as Jesus said to the devil, “Coronavirus, get thee behind me!”

Take strength from the Bible! Read Psalm 91 (on the first page of this paper) and make it your prayer. You may also like to read these comforting words from the prophet Jeremiah:

*For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon me and go and pray to me, and I will listen to you. And you will seek me and find me, when you search for me with all your heart. I will be found by you, says the LORD, and I will bring you back from your captivity.*

(Jeremiah 29:11-14)

Michael Bushby's account of healing can be read at [www.heartpublications.co.uk](http://www.heartpublications.co.uk)

FRIENDLY CHURCHES NEAR YOU

We can't guarantee when they'll be holding meetings, but do call them for a chat and say you found out about them in this paper.

TO ORDER THIS PAPER REGULARLY

call 01903 209383 or go to [www.heartpublications.co.uk/ordering-papers](http://www.heartpublications.co.uk/ordering-papers)

How do I become a Christian?

BEING A CHRISTIAN is about a relationship with Jesus Christ, the only Son of the living God, who died in our place, to pay the price for our sin. He desires to welcome you into God's family here on earth and into heaven when you die.

To start this relationship, simply pray the prayer below; if you mean it, he'll respond, because the Bible says that God looks at our hearts.

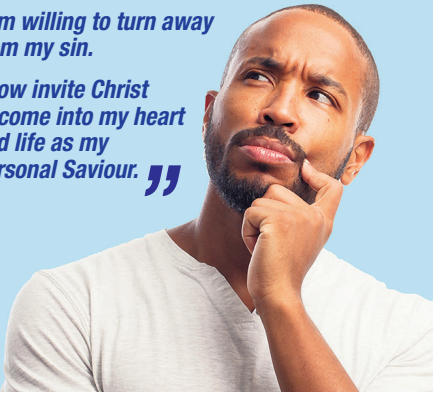
The churches featured in this paper will be happy to welcome you and explain the importance of daily Bible reading, daily prayer, baptism, being part of a congregation where the Bible is preached and believed, and telling others about what Jesus has done for you.

“ Dear God, I am a sinner and need forgiveness.

I believe that Jesus shed his precious blood and died for my sin.

I am willing to turn away from my sin.

I now invite Christ to come into my heart and life as my personal Saviour.”



God knows

God knows who and where you are right now. In fact, Jesus said that even the hairs on your head are numbered. Why not look up all the healings that Jesus and his disciples did in the gospels of Matthew, Mark, Luke and John and the book of Acts?