

# Contact

APRIL 2024



Dear Friends,

What do you think of when you think of happiness? The popular song by Ken Dodd?

*'Happiness, happiness, the greatest gift that I possess*

*I thank the Lord that I've been blessed*

*With more than my share of happiness'*

Most of us probably don't need a formal definition of happiness; we know it when we feel it, and whilst happiness has many different definitions, we often use the term to describe life satisfaction and a range of positive emotions, including joy, pride, contentment and gratitude. When most people talk about happiness, they might be talking about how they feel in the present moment, or they might be referring to a more general sense of how they feel about life overall.

Because happiness tends to be such a broadly defined term, psychologists and other social scientists typically focus on an individual's overall emotional state and personal feelings about their life in the present.

The science of happiness has its own course at the University of Bristol where students have lectures on the psychology and neuroscience of happiness, but also carry out practical tasks such as chatting to a stranger, performing an act of kindness and writing a thank you letter.

A happiness exhibition is currently staged in Liverpool to celebrate the life and career of the legendary aforementioned Ken Dodd, and there is even a museum dedicated to happiness in Copenhagen which opened in 2020 in the middle of the global pandemic. At The Happiness Museum you will understand why Denmark is known as one of the happiest countries on earth, what hygge has got to do with it, and how you can measure something as subjective as happiness. The Happiness Museum is created by The Happiness Research Institute, a think tank focusing on well-being, happiness and quality of life.

However, the association between religion and happiness is not random. At a time when our culture measures happiness and success mostly in terms of money and power, it has been proven that having a religious faith and belonging to a religious community increases gratitude, optimism and happiness in individuals, as religion provides a purpose and a meaning in life.

The social support and sense of identity provided by belonging to a close-knit church tends to make people happier and is unmatched by all other modern institutions. After all, religion is usually not practiced in isolation but within a 'fellowship of kindred spirits,' who share one another's burdens, reach out to those in need, and offer friendship and companionship.

I'm sure you'll agree that happiness is dependent on the circumstances we find ourselves in at any given time, but true joy and true and lasting happiness are found in God alone. It comes from the faith that we have in God. True joy and true happiness are everlasting because the source of all this is everlasting.

With all good wishes - Liz

## NEW TO YOU - THURSDAY 9TH MAY

Any new to you can now be brought up to church and left on the stage.

Help is needed at 9.30am on **SUNDAY 5TH MAY** to put tables up and bring bags down and especially after the service to begin sorting.

Sorting will continue at 10am on **MONDAY 6TH MAY**.

Volunteers are needed from 10am - 8pm on **THURSDAY 9TH MAY** to man the stalls and the café and again on **FRIDAY 10TH MAY** from 7pm.

Further help is required at 8pm on **FRIDAY 10TH MAY** to take tables down.

If anyone can display a poster or help to deliver flyers, please see Joan.

**PLEASE SAVE THESE DATES - WE NEED AS MANY VOLUNTEERS AS POSSIBLE!!**

# DIARY – April 2024

Sunday 7th April	10.30am	Family service led by John Pollitt Lunch
Monday 8th April	7pm	Deacons Meeting
Wednesday 10th April	12 noon	Scoffs
Sunday 14th April	10.30am	Family service led by Mary Jones Ploughman's Lunch
Sunday 21st April	10.30am	Family service led by Susan Titmus Cake Sale
Sunday 28th April	10.45am	Family service at Greenacres led by Graham Radcliffe

## Regular Activities

### Sunday

Toddler Sundays 10am – 11.30am

### Monday

Exercise Group 2pm

### Wednesday

Scoffs 12 noon (2nd Wednesday)

### Thursday

Rainbows Toddler Group 9.30am

### Friday

Badminton 6pm

## Offertories

3rd March - £55.56

10th March - £97.43

17th March - £67.05

24th March - £49.26

31st March - £98.20

Standing orders - £737.00

**Total            £1,104.50**

### Other Income

Lunch - £16.20

Cake Sale - £19.20

Royton Trust - £243.43

Toddlers - £100.00

David Project - £115.00

## Flower Rota

### April 2024

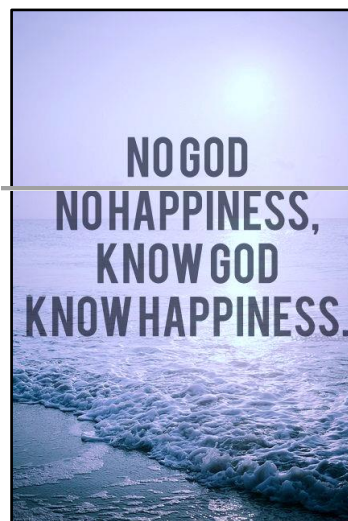
21st – Nan

28th – Cath

### ~~SUNDAY 28TH APRIL~~

Please note that there will be  
NO service at Springhead on  
Sunday 28th April.

Worship will take place at  
Greenacres at **10.45am**  
where the service will be led  
by Graham Radcliffe and  
followed by refreshments.



## LUNCH

The next themed lunch is  
following the service on

*Sunday 7th April*

All welcome to stay and join us

## CAKE SALE

The next cake sale is following the  
service on

*Sunday 21st April*

Any donations of cake would be  
gratefully received

## DEACONS MEETING

The next meeting will be on  
*Monday 8th April at 7pm*

## PLOUGHMAN'S LUNCH

After the service on  
*Sunday 14th April*  
All welcome to stay and join us

Springhead Congregational Church Radcliffe Street Springhead Oldham OL4 4QP

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