

...do not fret because of evil men

...THOUGHT
FOR THE
MONTH

As I write these notes, it is just being reported that there has been an explosion on a tube train at Parsons Green. It has just been confirmed that it is being treated as a terrorist attack. Over recent months we have seen a wave of attacks in London and Manchester. Many people have been killed or have received life-changing injuries. We are indebted to our emergency services for the way they have each time dealt with terrible situations.

The aim of the terrorist is of course to strike terror into people and to make us afraid to go about our normal daily business; to change our routines and live in fear. There is no doubt that in many cases this has happened and people have changed their plans. Those who have travelled have faced increased security checks.

Does the Bible have anything to say to us as Christians as we live out our daily lives? Obviously it does, or I would not have asked that question! My Bible was open at Psalm 37 and as I pondered our reaction, my eyes fell upon these words from verses 1 – 5 'Do not fret because of evil men... trust in the Lord and do good... delight yourself in the Lord... commit your way to the Lord'. These are only some selected words from those verses and I urge you to open your Bible and read them in their entirety. They show to us the two sides of how we can react.

Firstly, we should not fret, or worry. To fret is to be constantly anxious about something – allowing something to dominate our minds. While we might be concerned, let's not let our minds be constantly concerned about such things. Instead, our minds ought to be turned to God, to trust in Him and while others are bent on doing wrong – to do the right thing. At the same time we can delight ourselves in God – and commit our ways to Him.

There may well be more attacks but let us take hope from the words of Scripture in the Bible. Read the whole of Psalm 37 for yourself – and take heart.

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the word for today

'God did not give us a spirit of timidity'

2 Timothy 1:7 NIV

(1984 Edition)

Source:

The Word for Today

United Christian

Broadcasters,

Westport Road,

Stoke-on-Trent, ST6 4JF

Free issues of the daily devotional are available for the UK & Republic of Ireland.

stop being intimidated...

The Bible says, 'Without faith it is impossible to please God' (Hebrews 11:6 NIV 2011 Edition). So, don't get involved in anything that doesn't require you to use your faith. The key to momentum is always having something to look forward to and believe God for. You either venture, or you vegetate. Jesus deliberately sent His disciples into a storm. Why? To develop their faith, and show them that with Him on board you can get through anything! God will keep exposing you to difficult situations because He knows it's the only way your faith will grow.

Nineteenth-century American preacher and abolitionist Phillips Brooks wrote, 'Do not pray for easy lives. Pray to be stronger men. Do not pray for tasks equal to your power, pray for power equal to your tasks.' You don't tap into God's resources until you attempt something that seems humanly impossible. That's when you discover: 'I can do everything God asks me to do with the help of Christ who gives me the strength and power' (Philippians 4:13 TLB). All progress involves risk. In baseball, you can't steal second base while your foot's still on first base. And progress involves overcoming fear.

One day when David was tending his sheep, 'there came a lion' (1 Samuel 17:34 KJV). But in God's strength he defeated it - plus a bear, and later a giant called Goliath. That lion was just an opportunity in disguise. If David had wavered or run away, he'd have missed his chance to become king of Israel. So, when a lion of fear comes into your life, recognise it for what it is: an opportunity from God to rise up in faith and conquer it.



church offerings

SUNDAY 3rd	SEPTEMBER	£450.90
SUNDAY 10th	SEPTEMBER	£258.50
SUNDAY 17th	SEPTEMBER	£585.00
SUNDAY 24th	SEPTEMBER	£319.80

In addition, the sum of £1010 is paid direct into the bank each month. If you would like to give in this way, please see Richard Weekley.

A REMINDER: Please note that the 'old-style' round pound coins will cease to be legal tender on October 15th so make sure you don't have any tucked away after then!



notes from a hospital bed

*'Wonderful Lord, wonderful God,
You are my shield, my protector,
I can lie down, go off to sleep
Knowing You're watching over me.*

*Wonderful Lord, wonderful God,
Help me to trust You for ever.
I shall not fear, 'cause You are near
Knowing You're watching over me'*

The words of that beautiful song came into my mind during the long night of Tuesday 22nd August when I was waiting to go into emergency surgery the following day. I was going to lie down, go off to sleep and allow the surgeons to operate on my bowel. These words gave me such comfort through that long night and I recited them to myself as they prepared and put me under anaesthetic. True to His Word, God kept me safe.

There is still a long way to go, still things to be sorted but as the words of another song reminded me: 'God, You are my God, and I will trust in You and not be shaken' I know that there will be times when I will find that hard to put into practice but with the help of the songs I love to play so much and the support of the prayers of my church family, I will come through this unsettled and difficult time.

My love to you all, Susan

Life without God is like an unsharpened pencil. It has no point. *Anon*

Give God what's right - not what's left. *Anon*

Bibles that are falling apart are usually owned by people who aren't.

Though the Lord is out of sight, we are not out of His. *M Henry*

inTouch articles

If you have anything you'd like to put in future editions of inTouch then please pass it to Phil or Colin.



october 2017

weekday diary dates

TUES	3rd	10.00am	Prayer Meeting
		2.00pm	Short Mat Bowls
WEDS	4th	9.15am	Jellybabes Toddler Group
		7.30pm	Home Group at the Manse
THURS	5th	6.00pm	Allsorts Children's Club
		7.30pm	Youth Club
SAT	7th	10.00am	Coffee Morning
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TUES	10th	10.00am	Prayer Meeting
		2.00pm	Short Mat Bowls
WEDS	11th	9.15am	Jellybabes Toddler Group
		7.30pm	Home Group at the Manse
THURS	12th	2.00pm	Women's Auxiliary – Ruth Hilman
		6.00pm	Allsorts Children's Club
		7.30pm	Youth Club
SAT	14th	10.00am	Coffee Morning
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TUES	17th	10.00am	Prayer Meeting
		2.00pm	Short Mat Bowls
WEDS	18th	9.15am	Jellybabes Toddler Group
		7.30pm	Home Group at the Manse
THURS	19th	6.00pm	Allsorts Children's Club
		7.30pm	Youth Club
SAT	21st	10.00am	Coffee Morning
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TUES	24th	10.00am	Prayer Meeting
		2.00pm	Short Mat Bowls
WEDS	25th	7.30pm	Home Group – 7 Lodge Road
THURS	26th	2.00pm	Women's Auxiliary – Members Afternoon
SAT	28th	10.00am	Coffee Morning
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TUES	31st	10.00am	Prayer Meeting
		2.00pm	Short Mat Bowls



october 2017

sundays at high street

SUNDAY **1st** 10.45am Mr. Richard Keech
(incl. Communion)

SUNDAY **8th** 10.45am Mr. Richard Keech
4.00pm **2nd Sunday!**

SUNDAY **15th** 10.45am Mr. Richard Keech

SUNDAY **22nd** 10.45am Mr. Alan Palmer
6.00pm Service at Wymington
(Rev. Peter Norton)

SUNDAY **29th** 10.45am Rev. Phil Hearson

a reminder...

Should you ever find it difficult to join us for any service you wish to attend please don't hesitate to speak to either the minister or a church leader about arranging a lift, we are always happy to sort something out - **don't miss out!**



make stress work for you

October brings ever-shortening days, and often ever busier days at work. Here's some tips to help you deal with stress.

BREATHE YOURSELF CALM:

Take a long, slow breath in for five counts and out for five, and repeat for a few breaths until you feel relaxed.

SET SMALL GOALS:

If you feel overwhelmed by a large project, break it down into tiny, achievable goals. Each time you achieve a little goal, you will feel you have succeeded at something, and your brain will respond by releasing the neurotransmitter dopamine, which will make you feel more positive.

INVIGORATE YOUR BRAIN:

Go for a brisk ten-minute walk – it will help you feel less jaded, bored, anxious or stressed.

DO NOT MULTI-TASK:

Your brain can handle only so much information at any one time. Your 'attention' is therefore a limited resource, and you need to protect it to get the best from your brain. So, when you settle down to work, switch off alerts for your phone and emails – concentrate on one thing at a time.

SIT UP, STAND UP:

Don't slump. Don't stoop as you walk. Good posture keeps you alert.

SQUEEZE YOUR OWN HAND:

When you have a difficult phone call or presentation to make, squeeze your right hand for 45 seconds. This is said to increase the firing of brain cells on the left side of your brain, giving your brain's 'challenge' system a tiny boost.

MEDITATE BETWEEN TASKS:

Stop and do a five-minute work break meditation. Choose a verse from the Bible to settle your thoughts such as Psalm 46:10: 'Be still and know that I am God'. Or Psalm 94:19: 'In the multitude of my thoughts within me, your comforts delight my soul.' Thank God for His love for you. Send up a short prayer for yourself, and your colleagues!

Source: [HYPERLINK "http://www.parishpump.co.uk" www.parishpump.co.uk](http://www.parishpump.co.uk)

Worry is the darkroom in which negatives can develop.

Never say never when it comes to what God can do...



church birthdays

If you would like to be included please let Jeanette know and we'll endeavour to get a card to you on the Sunday nearest the date, it would be nice for us all to have the chance to wish one another all the best on our birthdays.

10th - **ELLA WEEKLEY**

10th - **DANIEL REEVE**

18th - **JOSHUA PORTER**

24th - **ROBIN BRYANT**

26th - **SOPHIE LAMBERT**

31st - **AIDEN REEVE**



flowers this month

Thank you to the following who have kindly agreed to supply flowers for the church, and to Madge and Jill who continue to arrange the rota.

1st - Wendy Newman

8th - Margaret Randall (*Mum & Dad's Anniversary*)

15th - Carol Butler

22nd - Jill Waller (*Diamond Wedding Anniversary*)

29th - Vacant



to make you smile!

When our minister and his wife visited our neighbour, her four-year-old daughter answered the door. "Mum!" she yelled toward the living room. "God's here, and he brought his girlfriend."

.....
As my five-year-old son and I were heading to McDonald's one day, we passed a car accident. Usually when we see something terrible like that, we say a prayer for whoever might be hurt, so I pointed and said to my son, "We should pray." From the back seat I heard his earnest voice: "Dear God, please don't let those cars block the entrance to McDonald's."



dates for your diary - november 2017

SUNDAY 5th @ 4.00pm – **Service of Light**

A reflective service for all who have lost someone dear to them. Followed by tea and cakes

SATURDAY 11th @10.00am – **Circuit Meeting** at the Mission Church

TUESDAY 21st @ 7.00pm – **Officers & Trustees Meeting** in the Vestry



puzzle page

This month it's a wordsearch. Can you find 15 words which are all place names from the Bible. Hand your answers to Richard Weekley before 29th October and you may win a small prize.

F	J	E	R	I	C	H	O	O	K	X	T	R	K	K
M	B	H	M	U	A	N	R	E	P	A	C	N	E	P
U	W	S	F	N	V	M	U	X	E	U	Z	H	H	J
Y	F	M	T	O	L	O	J	C	H	T	C	I	E	E
L	W	D	U	N	D	Q	M	C	D	O	L	P	W	R
E	N	A	Z	A	R	E	T	H	I	I	H	S	S	U
M	U	U	E	E	L	V	N	P	S	E	R	V	C	A
A	R	C	E	L	E	A	I	U	C	T	R	B	F	L
U	I	Z	K	N	L	A	S	H	Q	O	U	Y	S	E
S	H	G	I	E	L	S	E	Q	Y	T	L	T	T	M
U	K	N	B	X	R	M	Y	B	N	E	Z	U	S	N
E	Z	A	T	O	P	S	B	E	T	H	A	N	Y	L
L	B	N	S	U	C	S	A	M	A	D	D	Y	X	Q
I	U	N	N	V	I	Q	P	L	A	N	V	O	G	Z

Answers to last time:

Across: 1. amazed; 4. others; 8. Peter; 9. Zebedee; 10. accuser; 11. endue; 12. scripture; 17. shrub; 19. abashed; 21. foolish; 22. upset; 23. loathe; 24. lesser.

Down: 1. appeal; 2. attacks; 3. earns; 5. tableau; 6. ended; 7. shekel; 9. Zarephath; 13. rubbish; 14. Ephesus; 15. useful; 16. editor; 18. Rhoda; 20. abuse.

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