



Seeds of Joy



What's on this week 22nd September 2019

A warm welcome to you as you meet with us this morning....

1st Edition

Sunday	22 nd	Good News Meeting	6.30 pm
		Refreshments afterwards	
Monday	23 rd	The pastor, Martin Speed, is available in the church office	9am - 12 noon
		Toddler Group	1.30 pm
Tuesday	24 th	The pastor, Martin Speed, is available in the church office	9am - 12 noon
		Prayer, Share and Bible Study	7.30 pm
Wednesday	25 th	'Needles & Natter' - meeting at Ruth Speed's	10 am-12 noon
		Treasures for Primary Schoolers aged 6 yrs and upwards	6 pm
Thursday	26 th	Full of Beans' Coffee Shop	10am-12.30pm
Sunday	29 th	Breaking of Bread Service & SonSeekers	10.30 am
		Good News Meeting	6.30 pm
		Refreshments afterwards	

Advance Notices

Harvest Family and Friend Service Sunday 6th October at 10.30 am
- Please give tins of food for Urban Outreach-

All Welcome

Shoe Box Service Sun 10th Nov at 10.30 am
Supporting Operation Christmas Child
when you prepare your shoe box
please do not include toothpaste or sweets.

Rotas Information correct as of 13th September 2019

	Welcoming	Refreshments Sun pm	Serving Communion	Crèche
Today	Please see the notice board	Sam & Stacey	Funso & Adeola	Facilities available in the rear hall
29 th Sept		Michael & Veronica	Barbara & Lilian	
Cleaning				
This Week	John & Karen	30 th Sept - 5 th Oct	Joseph Kanyanga	

Volunteers are urgently needed for the welcome team and Sunday Evening Refreshments. Please see Martin or Alison if you can help.



Word for Today **Starting Over**

'...I will...exchange their sorrow for rejoicing.' Jeremiah 31:13 NLT

Tom was very depressed following his wife Elle's death. For an hour he poured out his heart. Now, catharsis is good; it can show you what needs to be dealt with. But talk alone doesn't change anything. So his counsellor asked, 'If the situation was reversed and you'd died first, what would you want Elle to do?' Immediately he replied, 'Go on and enjoy life.' The minute he verbalised it a light within him came on and he said, 'I've been feeling sorry for myself too long. We both hated it when people did that. I'm going to live, find purpose, and get back to church.' He did, and the next time Tom and his counsellor spoke he had begun to rebuild his life. The pain was still there, but he'd started to transcend it by taking action. Freud taught that the subconscious mind could be freed from painful memories by psychoanalysis. But his premise was faulty because memories, good and bad, remain part of you. Plus, his theory can lead you to believe that your problems can be talked to death without ever having to do anything about them. Some people get through their grief faster than others; sadly, some never do. But you don't have to be one of them! God said, 'I will turn their mourning into joy. I will comfort them and exchange their sorrow for rejoicing.' God can reframe your past and give it meaning. He can help you to look back with gratitude, then forward with confidence. How? By transforming painful memories into powerful motivators and sources of future wisdom. Ask Him; He will show you how!

NLT is The New Living Translation

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If you would prefer a copy of 'Seeds of Joy' in black and white or enlarged or both, please see Michael Waterworth

This QR code should provide a link to the church website from a Smartphone

