

**Home  
Groups**

Groups meet at No 17 on Sunday evening @ 6.30pm and on Tues. afternoon @ 1.30pm ('God's Big Picture'). For more details on our Home Groups speak to Andy Wood.

**Prayer**

We meet to pray on Wednesday evening at 7.30pm:  
7th August, 'World Mission', at Sue & Kebede's (Steve to lead).  
14th August, 'National Issues', at Pauline's (Andy to lead).  
21st August, 'Personal Witness', at Elke's (Geoff to lead).  
Week commencing 25th August, Prayer triplets - 'Encouragement of others in the church'.

**Leaders**

The elders meet to pray every Wednesday morning at 8am & for business on 13th of August at 9.30 am (at David's).

**Dates for  
the diary**

Please note, from August onwards Andy will be unavailable Friday/Saturday.  
*Week commencing August 18th, Andy's 'Thought for the Week' appears in the local press.*  
27th November, 'Day for Praying'.

## August 2019

**August 4th, 10.30am,**

Gordon Robertson will be preaching on Psalm 8.

**August 11th, 10.30am,**

Andy Wood will be preaching on Proverbs 30:10-16.  
The service includes communion.

**August 18th, 10.30am,**

Andy Wood will be preaching on Proverbs 30:17-23.

**August 25th, 10.30am,**

Andy Wood will be preaching on Proverbs 30:24-33.

Communion and Notices - Andy Wood.

Co-ordinator - Geoff Wildsmith.

Requests for intercessory prayer to be given to Andy Wood.

## 10 Self-Care Resolutions

Caring for ourselves can seem selfish, but if we don't then we can't sustainably serve those around us. Self-care should in no way cancel out Jesus' call to self-denial nor be an excuse not to work hard; rather it helps maintain our resilience and perseverance amid the challenges of serving others. It's not just a means to an end though; God simply loves us and our well-being matters to Him. So, here are 10 resolutions to help us stay well and stay faithful plus some suggested verses to meditate on:

1. I am a child of God. I am unconditionally loved. My identity does not lie in my achievements. I will rest in God's love and not strive for other's approval. (1 John 3:1, John 1:12, Romans 8:15-16).

2. I am called by God. God doesn't make mistakes. My life has purpose. I will trust Him when I'm not sure what's going on. (John 20:21, Romans 8:28, Ephesians 2:8-10).

3. I don't have to hold it together; that's Jesus job. It's OK not to always feel OK. I will get help for my spiritual, emotional and practical needs. (Colossians 1:17, 1 Corinthians 1:26-29, 1 Samuel 23:15-16).

4. Rest is good. Jesus rested. I have permission to rest. I will plan to rest. (Matthew 11:28-30, John 4:6, Exodus 20:8-11).

5. I was made to enjoy a relationship with God. I will daily spend time reading the Bible, worshipping, praying and whatever else helps me to connect with God. (Psalm 63:1-8, John 15:1-18, James 4:8a).

6. I am also made for relationships with other people. I will intentionally invest in friendships, be honest and give and receive

support from my church and small group. (Proverbs 27:9, 27:17, 1 Corinthians 12:12-20).

7. Prayer support is vital. I will regularly share prayer requests with my friends. (2 Corinthians 1:8-11, Colossians 4:2-4, Ephesians 6:19-20).

8. My body is a gift from God. I will look after my body by exercising regularly, eating well and sleeping enough. (1 Corinthians 6:19-20, Proverbs 14:30, 3 John 1:2).

9. I am allowed to enjoy life. I will regularly engage in activities which I enjoy. (Proverbs 17:22, John 2:1-2, Nehemiah 8:10).

10. There are always reasons to give thanks. I will reject the temptation to grumble and give thanks instead. (1 Thessalonians 5:18, Psalm 118:28-29, Philippians 4:6).

As Christians we recognise that ultimately God is our source of life, hope, strength, wisdom, purpose, joy and peace. He is our 'Master Carer', and our connection with Him is vital for ourselves and for those whom we are serving.

*(Adapted from an article for missionaries, but helpful /true to all Christians).*

### *Church Rota - August*

Date	Children's Item	Crèche helper	Inter. Prayer	Refreshments
4th	Pauline	Michelle	Sue A.	Elke/Sarah
11th		Becky	Elke	Diane/Michelle
18th	Geoff	Elke	Pauline	Jimmy/David
25th		Becky	Steve	Beth