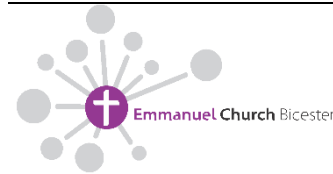


## ECB's NOTICE BOARD

9 <sup>th</sup> July	10.30am	<b>Café Church Trinity 4</b> <i>Humility – Phil 2: 3-9</i> <b>Leader:</b> Jackie Meek <b>Preacher:</b> Peter Hill <b>Reading &amp; Prayers:</b> Interactive
	7.00pm	<b>Evening Service</b> <i>Inviting/Door to door – Just do it!</i> <b>Leader:</b> Ian Biscoe
10 <sup>th</sup> July	3.10–4.15pm	<b>After school club for school years 4-6</b>
11 <sup>th</sup> July	9.00am	<b>Prayers in Church</b>
	10.00-12noon	<b>Rock of Ages Café</b>
	7.00-7.30pm	<b>Prayers in church</b>
12 <sup>th</sup> July	10.00 for 10.30	<b>Oasis Small Group</b>
	7.00-7.30pm	<b>Prayers in church</b>
	7.30pm	<b>Midweek Communion</b>
13 <sup>th</sup> July	6.30-8.00pm	<b>Youth Group – Years 7, 8 &amp; 9</b> <i>Includes STIR from 7:30 to 8:00pm</i>
	8.00pm	<b>20's &amp; 30's meet in Bure Farm pub</b>
14 <sup>th</sup> July	7.00-7.30pm	<b>Prayers in church</b>
	7.30pm	<b>Contemplative Compline</b> <i>Abraham - The gift of laughter</i>
16 <sup>th</sup> July	10.30am	<b>Informal Worship Trinity 5</b> <i>Resurrection of the Dead – 1 Cor 15:12-34</i> <b>Leader:</b> Ian Biscoe <b>Preacher:</b> Robert Jackson <b>Reading:</b> Jeanette Collett <b>Prayers :</b> Libby Brown
	7.00pm	<b>Evening Service</b> <i>Table Talk – Worship (Martin Luther)</i> <b>Leader:</b> Erika Biscoe <b>Preacher:</b> Ian Biscoe



# Welcome!

*to the church  
at the heart  
of the community*

Prayer chain: [prayerchain@emmanuelbicester.org.uk](mailto:prayerchain@emmanuelbicester.org.uk)

Notices: [notices@emmanuelbicester.org.uk](mailto:notices@emmanuelbicester.org.uk)

email to receive either of these.

Website: [www.emmanuelbicester.org.uk](http://www.emmanuelbicester.org.uk)

**9<sup>th</sup> July  
2017**

We extend a warm welcome to regulars and visitors alike. If you are new at Emmanuel, or visiting, please do introduce yourself to one of the Welcome Team.

### Dora Potter writes:

“Carpe diem” – Seize the day, is a phrase that I have heard a lot in the media over the last few months. Yesterday is gone, tomorrow is yet to come so today is the only certainty. It also reminds me of what Jesus said as part of the Sermon on the Mount; “Sufficient unto the day is the evil thereof”. As Christians, we do try to live in the moment and not worry about the future, but often we do worry.

So, what are our worries at the moment? Some people may be worried about politics as we see strange things happening in the political world. Others worry about the environment and what is happening to the beautiful world that God has made and others just look at President Trump – and worry!

We can worry whatever age we are. The young may be worried about exam

results or university offers; those at work about their boss, promotion prospects or colleagues. Parents worry about their children, whether they are toddlers or adults – what they are doing and the mistakes they may be making.

And whatever age we are I’m sure we all worry about relationships with others, those friendships and family relationships that aren’t working as well as they could. We worry about what others think of us, how we can fit in or whether those who we think matter approve of us.

Then there are personal worries. I have known many in my ninety plus years and at the moment I could worry about my own health issues and all the various tests I’m having.

But I have also discovered over the years that the only answer to worry is to “Trust in the Lord” – and it really does work.

One way to deal with worry is to read the bible, or in my case remember the bible verses that I have read and

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re-read over many years. We can only think about a limited number of things and by using our energy to focus on God we have no energy to worry.

And so I leave you with the words of a hymn from my youth.....

*Will your anchor hold in the storms of life,  
When the clouds unfold their wings of strife?*

*When the strong tides lift, and the cables strain,*

*Will your anchor drift or firm remain?*

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*We have an anchor that keeps the soul  
Steadfast and sure while the billows roll,  
Fastened to the Rock which cannot move,  
Grounded firm and deep in the Saviour's love.*

Are you fastened to the rock ?

***Blessings Dora***

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**PRAYER REQUESTS** - If you would value prayer for yourself or a loved one, please email the ECB prayer chain [prayerchain@emmanuelbicester.org.uk](mailto:prayerchain@emmanuelbicester.org.uk)  
You are welcome at Tuesday morning prayers - 9am in the Community Room.

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**SWAP SHOP** - Saturday 22 July, 10.30am to 12.00pm in the café.

It's like a jumble sale but everything's free (though we'll collect cash donations for Churches in Bicester Refugee Support. Please speak to or email Sophie if you can help ([sophiemoys@gmail.com](mailto:sophiemoys@gmail.com)).

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**Starship Discovery Holiday Club: 24<sup>th</sup> – 28<sup>th</sup> July 2017**

Volunteers needed for a variety of roles within the club. Speak to Ian or pick up a Volunteer form from the Church Office. We also need old CD's or spare wool for one of the Holiday Club craft activities – and volunteers to help make pom-poms. Bookings for the club are now open – see flyers for details.

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**JAM, FRUIT FOR JAM, JAM JARS AND JAM-MAKING.**

We plan to continue welcoming newcomers to the Elmsbrook village on the Eco-town with a jar of home-made jam and information about Churches in Bicester. We would love to have some more people to join us who can make jam or provide clean jam jars or Bicester grown fruit. Please contact *Debbie Winson*: email [drwinson@msn.com](mailto:drwinson@msn.com) if you can help! Thank you.

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**HOLIDAY AT HOME - 15<sup>th</sup>-17<sup>th</sup> August**

Volunteers needed to help this event for seniors run smoothly. More details from *Elizabeth Taylor* – 01869 243479 or email [home4ew@gmail.com](mailto:home4ew@gmail.com)  
Booking forms available from the church office.

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**Social badminton.** Thursdays 20:30-21:30 at Bicester leisure centre.  
*Speak to Clare Bean if interested.*

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## ROTAS

### Welcome Team

9<sup>th</sup> July Matheson Family  
16<sup>th</sup> July Andrew & Jeanette Collett  
23<sup>rd</sup> July Del Hindmarsh & Doreen Thompson

### Sunday Team Duties (Refreshments, taking up the offering)

9<sup>th</sup> July MSG and Mon 20's & 30's  
16<sup>th</sup> July Oasis and Super Small Group  
23<sup>rd</sup> July Alpha plus and Cherish

### Sunday Club

9<sup>th</sup> July  
16<sup>th</sup> July  
23<sup>rd</sup> July

### Mustard Seeds (crèche)

*Café Church*  
Vicky & Elizabeth A  
*Summer holidays*

### Cherry Blossom (Pre-school/Foundation)

*Café Church*  
Heidi & Mike  
*Summer holidays*

### Sunday Club

9<sup>th</sup> July  
16<sup>th</sup> July  
23<sup>rd</sup> July

### Willows (School yrs 1-3)

*Café Church*  
And & Nicole  
*Summer holidays*

### Silver Birches (School yrs 4-6)

*Café Church*  
Susan & Liz W  
*Summer holidays*

### Youth

9<sup>th</sup> July  
16<sup>th</sup> July  
23<sup>rd</sup> July

### The Grid (School year 7+)

*Café Church*  
Karl & Fleur  
*Summer holidays*

### Finance Team

9<sup>th</sup> July James Dunne & Ian Brown  
16<sup>th</sup> July Pete Stoddart & Ian Brown  
23<sup>rd</sup> July Roger Winson & Steve Willott

Any notices for next week to Karen by 7 p.m. Wednesday  
at [administrator@emmanuelbicester.org.uk](mailto:administrator@emmanuelbicester.org.uk)