



**10th February 2019**

## **Rachel Jolly writes....**

It's been one of those weeks. Perhaps you've had one too? One of those weeks where everything happens at once and it takes all your energy to keep your head (and everyone else's) above water.

My week has consisted of family injury and illness, trips to A&E, cancelled work, rapidly rearranging childcare and minimal sleep. Thankfully, we're all OK, we are looking after one another and we will get through. But sometimes there's those seasons, often marked by illness and disturbed rest, where it just feels like things are hard going. And sometimes when it's hard going, we take it upon ourselves to strive, to be enough by ourselves and we forget to ask God to carry our burdens.

In this midst of my chaotic week, I got the email reminder that it was my turn to write the newsletter. I decided I simply didn't have time. I am someone who carefully considers what I commit to and don't give up my commitments easily. But this time, I decided, I would lay it down. Someone else can write the newsletter while I take care of other things.

So, I used Church Builder to send out a request for someone else to take on newsletter writing. And nobody volunteered. Slightly frustrated, I complained to God that I didn't have time to write, and anyway, I had no inspiration of a topic. And God said to me, 'If you don't have time for this, you don't have time for me.'

I am reminded as I write this that we will always have chaotic seasons, where things feel out of control. And it's OK, because God is in control. In Matthew 11: 28, he tells us, "Come to me, all you who are weary and burdened, and I will give you rest.' But we have to come to him, we have to make time for him, and we have to invite him into our burdened lives.

This morning I pray you will find an intentional moment of time to invite God in. He is the one in control, not us. Invite him to take your burdens and allow yourself to feel the Holy Spirit giving you rest. And if your burdens are significant, remember that even the wind and waves obey Jesus (Mark 4:35-41). He can transform even the most challenging week.

**Blessings**

**Rachel**

# Notices

## **“TENANTS OF THE KING”**

This four week course is planned to help us worship our great Creator God and to consider how we can best care for the world in which God has placed us. We will run it on Mondays in February and March starting on 4 February, at 7.45pm in Meeting Room 1. For more information talk to Debbie Winson.

## **Encounter Evening**

Saturday 23rd February at Gaglebrook School 7-9pm—All welcome

## **Coffee Morning with Kids**

Meeting on Monday 11th February at 9am All welcome. See Rachel Jolly for more details.

## **‘Carol Hill Licensing**

Everyone is warmly invited to the licensing of Carol Hill as Associate Minister within the Bicester Benefice. This will be on Tuesday February 19th at 7.30pm here at Emmanuel. Light refreshments afterwards.

## **BEN BISCOE- CHURCH PLANTING TRAINING OPPORTUNITY IN CALIFORNIA.**

Please continue to pray for Ben . See link below for his latest newsletter.

[https://www.dropbox.com/sh/4e65luupj66uxv3/AAAlpK\\_iXg-9dfKD8BIVswAEa?dl=0](https://www.dropbox.com/sh/4e65luupj66uxv3/AAAlpK_iXg-9dfKD8BIVswAEa?dl=0)

Hard copies available

## **ROTAS**

If you need to check rotas please log on to Church Builder.

# ECB DIARY

SUN 10th Feb	10.30am	<b>Café Church</b> <b>Hospitality/Generosity</b> Leader: Ian Biscoe Preacher: Erika Biscoe
	7.00pm	<b>Evening Service</b> <b>Hospitality as Presence, Incarnation</b> Leader: Carol Hill Preacher: Nik Christensen
MON 11th FEB	9.00am	<b>Coffee Morning with Kids</b>
	7.45pm	<b>Tenants of the King Course</b>
TUES 12th Feb	9.00am	<b>Prayers</b>
	7.00pm	<b>Prayers</b>
WED 13th Feb	10.30am	<b>Oasis Small Group</b>
THURS 14th Feb	7.30pm	<b>Board Games</b>
FRI 15th FEB	9.30am	<b>Cherish Group</b>
	7.00pm	<b>Prayers</b>
	7.30pm	<b>Contemplative Compline</b>
SAT 16th Feb	9.30am	<b>Cherish</b>
SUN 17th FEB	10.30am	<b>Informal Worship</b> <b>Vision Sunday</b> Leader: TBC Preacher: Ian Biscoe
	7.00pm	<b>Evening Service</b> <b>Hospitality/Mission Partners</b> Leader: TBC Preacher: Ian Biscoe

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All notices to Admin Team by 7pm Wednesday

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