

## ECB NOTICE BOARD

|          |         |   |
|----------|---------|---|
| 11th Feb | 10:30am | <b>Café Church- Next before Lent</b><br>Leader: Helen Davies<br>Preacher: Ian Biscoe  |
|          | 7pm     | <b>Evening Service (Café open from 6:30)</b><br>Beatitudes 6/Jn 20:21 Jn 11:38-44 -<br>Leader: Ian Biscoe<br>Preacher: Mark Ellis                                       |
| 13th Feb | 9am     | <b>Church Prayer Meeting</b>  |
|          | 10am    | <b>Rock of Ages</b>   |
|          | 7pm     | <b>Prayers</b>  |
| 14th Feb | 10am    | <b>*Ash Wednesday*</b><br><b>Oasis Small Group</b><br><b>Mid-week Communion</b>   |
|          | 7pm     | <b>Prayers</b>  |
| 16th Feb | 7:30pm  | <b>Friday Compline</b><br>Conversing with the Beloved Luke 10:38-42   |
|          | 10:30am | <b>Informal Worship- 1 Lent</b><br>Surrender 5 - Philippians 2:6-8<br>Leader: Autumn Hunt<br>Preacher: Erika Biscoe<br>Reader: Sandy Addison<br>Prayers: Helle Angeleri |
| 18th Feb | 7pm     | <b>Evening Service (Café open from 6:30)</b><br>Leader: Claire Palman-Brown<br>Preacher: Ian Biscoe   |

\*All notices to Autumn by 7pm Wednesday newsletter@emmanuelbicester.org.uk  
Prayer Chain: [prayerchain@emmanuelbicester.org.uk](mailto:prayerchain@emmanuelbicester.org.uk) (email to receive)



# 11th February, 2018

## -Next Before Lent-

**Welcome!**  
**To the church at the heart of the  
community.**

*A warm  
welcome to  
regulars &  
visitors alike.*



*A message from our  
contributing writer...*



You may have read the article on the BBC news website recently about Sky Sports anchor (not forgetting former Blue Peter presenter) Simon Thomas. His wife sadly died suddenly in November last year and he has since been writing a blog about his feelings following her death. That blog can be found at [www.agriefshared.com](http://www.agriefshared.com).

It is perhaps surprising that one of these posts describing how weak he feels, his fears, and his sleeplessness has been selected as a news story. The article included Simon's reference to Pete Greig (founder of "24-7 Prayer") who himself has written about being courageous enough to be vulnerable and about being honest about our weaknesses.

Simon encourages men in particular that they do not always need to 'be strong.' Perhaps it is not so surprising. It had made an impact that someone in the public eye had been open about struggles that so many people can relate to. On reading the article I immediately thought of a close friend who has lost a family member too soon and

messed her about what had been written. There is comfort in shared experience.

Wanting to read more I went to the blog and discovered what the BBC did not include. Simon writes that "I've been a Christian all my life" and quotes 2 Corinthians 12 verse 9 "*My grace is sufficient for you for my power is made perfect in weakness.*" This is such a powerful promise that it is Jesus we rely on in our weakness, not ourselves. Rather than end on a note of despondency, whilst admitting his current weak state, he is able to write of hope and the future because he is not trusting in his own strength but in the Lord.

This verse has always encouraged me to step out into situations that seem bigger than myself – to go on my first mission trip to Africa when I was 19 years old, to stand up and speak in court though my 20's, to go into local prisons the last few years and currently to console baby Hannah in the early hours. How amazing to know that in Christ our weakness does not disqualify us but is an opportunity for Christ's power

to be at work in and through us. May you know Christ's strength in whatever situation you find yourself, where you feel at the end of your natural strength, as you trust in Him.

*Jane*

### *Notices:*

#### **Churches in Bicester Refugee Support**

is recruiting volunteers to befriend and help in practical ways a Syrian refugee family who will be moving into a house in Bicester purchased by investors from local churches. Volunteers will need to have a DBS check and appointment would need to be approved by a church minister and Refugee Support. If you are willing to help, please contact Sophie Moys ([sophiemoys@gmail.com](mailto:sophiemoys@gmail.com)).

#### **Work Team to Tidy the Church Garden!**

Saturday 17 February 10am-12noon. (The hedge is now thick enough at the bottom to benefit from a hard trim to keep it neat.) Would anyone be able to come and get the garden ready for the spring, no experience necessary!? Contact Debbie Winson!

Email [drwinson@msn.com](mailto:drwinson@msn.com)<<mailto:drwinson@msn.com>>

#### **"Quiet bags" for children**

Would you be able to volunteer to make small material bags (approx. A4 sized) or donate small QUIET toys/fidget items? Please speak to Tamara

#### **Monday 19th February -Food bank**

Fundraiser at Nando's- food and entertainment 7 o'clock £10 phone Janet Ray 01869 35718 for more details.

#### **3rd March- Being Human**

9am-15:30pm here @ ECB

A day conference on Being Human with John Wyatt.

Book via Eventbrite