



**17TH NOVEMBER 2019**

## Howard Dunn writes...

I'd like to share four extracts from recent reading.

In Anne Morrow Lindberg's book 'Gifts from the Sea' first written over 60 years ago -

***It is not the desert island nor the stony wilderness that cuts you off from people you love. It's the wilderness in the mind. When one is a stranger to oneself then one is stranger to others too. If one is out of touch with oneself then one cannot touch others.***

In Nelson Mandela's biography he advised his then wife Winnie how to use her upcoming jail time -

*You may find that the cell is an ideal place to get to know yourself, to search realistically and regularly the process of your own mind and feelings. In judging our process as individuals, we tend to focus on external facts such as one's social position, influence and popularity, wealth and standard of education ... but internal factors may be even more crucial in assessing one's development as a human being: honesty, sincerity, simplicity, humility, purity, generosity, absence of vanity, readiness to serve your fellow men - qualities within the reach of every soul - are the foundation of one's spiritual life. At least if nothing else, the cell gives you the opportunity to look daily into your entire conduct to overcome the bad and develop whatever is good in you. Regular meditation, say about fifteen minutes a day before you turn in, can be very fruitful in this regard. You may find it difficult at first to pinpoint the negative factors in your life, but the tenth attempt may reap rich rewards. Never forget that a saint is a sinner who keeps on trying.*

Richard Rohr in a daily meditation quoted George Washington Carver (1864-1943) who suggests –

*How far you go in life depends on*

***Your being tender with the young, Compassionate with the aged, Sympathetic with the striving and Tolerant of the weak and the strong***

*.... Because someday in your life you will have been all of these ...*

I have to say that each one presented me with a specific challenge in being authentic, contemplative and generous of spirit on my journey.

Again, I have taken comfort from a prayer extract in a book by John O'Donohue -

*May I live this day*

*Compassionate of heart,*

*Gentle of word,*

*Gracious in awareness*

*Courageous in thought,*

*Generous in love*

Poet David Whyte also continues to call me to *go beyond yourself, it's where you need to be.*

*Blessings on the journey, Howard*

## Notices



*Advent  
Quiet Day*

Saturday 30<sup>th</sup> November 2019  
at Emmanuel Church  
from 9.30am – 2.00pm

*Unto Us  
A Son  
Is Given*

This is a shared event for  
Emmanuel, Highway, The  
Methodist and Catholic Church

**ADVENT QUIET DAY**

**SATURDAY 30th NOVEMBER**

**CHRISTMAS PARTY**

**SATURDAY 7th DECEMBER**

**VOLUNTEERS NEEDED**



**CURRY NIGHT AT SHAKIL'S**

**TUESDAY 19th NOVEMBER**

**7.45pm**

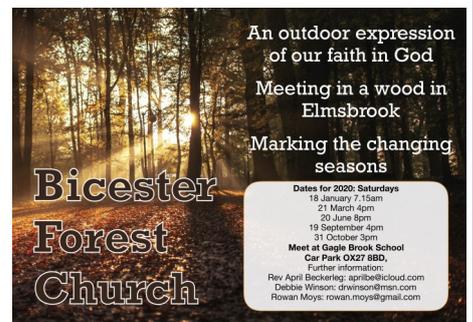


**WHO LET THE  
BLOKES  
OUT!**

Who Let The Blokes Out - 2nd Saturday 9.30-12 at ECB  
Curry Nights - 3rd Tuesdays 7.45pm  
Info/Book - Contact Colin Arter - 07717875566

**BICESTER FOREST CHURCH**

**NEXT GATHERING 18th JANUARY 2020**



**ROTAS:** If you need to check rotas please log on to Church Builder. If you need help with this or any other information about events, groups or who's who then please contact the church office. Details overleaf.

# ECB DIARY

SUN 17th NOVEMBER	10.30am	<b>Informal Worship, Preparing for revival</b> Leader: Al Bowen Preacher: Roger Winson
	7.00pm	<b>Evening Service</b> (Refreshments at 6.30pm) <b>Preparing for Revival</b> Leader: James Martin Preachers: Sharon Martin
TUES 19th NOVEMBER	9.00am	<b>Prayers</b>
	7.00pm	<b>Prayers</b>
WED 20th NOVEMBER	8.45-12noon	<b>Café open</b>
	10.30am	<b>Oasis Small Group</b>
THURS 21st NOVEMBER	8.45-12noon	<b>Café open</b>
FRI 22nd NOVEMBER	8.45-12noon	<b>Café open</b>
	7.00pm	<b>Prayers</b>
	7.30pm	<b>Contemplative Compline</b>
SUN 24th NOVEMBER	10.30am	<b>Communion Service, Preparing for revival</b> Leader: Peter Hill Preacher: Carol Hill
	7.00pm	<b>Evening Service</b> (Refreshments at 6.30pm) <b>Preparing for Revival</b> Leader: Ian Biscoe Preachers: Erika Biscoe

**Website:** [www.emmanuelbicester.org.uk](http://www.emmanuelbicester.org.uk) **Church Office:** 01869 320021

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**All notices to Admin Team by 7pm Wednesday**