



**19TH JANUARY 2020**

Rachel Bowen writes...

“There is nothing permanent except change” - a quote attributed to a Greek philosopher, Heraclitus of Ephesus. Ironic? Not sure I agree with it...

### **Change.**

A word that provokes emotion in a lot of people. Change can be good, longed for and exciting, but change can also be scary, difficult and confusing.

It is easy to become anxious and fearful about change as there is uncertainty about the future and we don't feel in control.



At the start of a new year and a new decade, there seems to be a lot of talk about change. We hear every day in the news how the world around is changing. It was only 12½ years ago that the first iPhone was launched - how things have developed since then! Even in Bicester we see all of the new houses and shops being built. We are living in a more transient society - people move around more, both with jobs and homes. Change is to be expected. It can bring both opportunities and heartache.

The challenge is how we respond to changes in our lives. And I feel the answer depends on where our security lies. Amidst all the change, we know from Hebrews 13:8 (this is where I disagree with Heraclitus) that **“Jesus Christ is the same yesterday and today and forever.”** We read in the Bible that God has a plan for us, to give us hope and a future. He promises to never leave us nor forsake us. As we trust God through changes, He uses them to help us grow and become more like Jesus in how we respond and act. We need not fear because we know that we are children of God, no longer slaves to fear.

So as we head into a 2020 that is bound to be full of change, let's resolve to keep our eyes on Jesus, trusting God as our Father and allowing the Holy Spirit to guide us. Let's continue to look out for each other and support each other through changes, looking forward eventually to the day when we all will be completely changed! (1 Cor 15:51-52)

Phil 4:6-7 says **“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”**

And finally...

Some lyrics from “You say” by Lauren Daigle that we sang last Sunday. Have a listen online!

*You say I am loved when I can't feel a thing  
You say I am strong when I think I am weak  
You say I am held when I am falling short  
When I don't belong, oh You say I am Yours  
And I believe, oh I believe what You say of me*

*Blessings, Rachel*

## *Notices*

### **Men's Curry Evening at Shakil's**

Tuesday 21st January at 7.45pm. A chance for men to have a curry and a chat. To book contact Colin Arter:  
**07717875566**

### **Alpha Course**

Starting on Thursday 23rd January here at Emmanuel Church.

To book email: [Lesley@emmanuelbicester.org.uk](mailto:Lesley@emmanuelbicester.org.uk)

### **Gill Gifford Evening 'Treasures of Darkness'**

Tuesday 28th January at 7.30pm ( Refreshments at 7pm) here at Emmanuel Church. An evening of worship and hearing God's word through Gill. This event is for men and women, in the area and beyond so please spread the word.

### **Watoto Children's Choir ' We Will Go'**

Thursday 20th February at 7pm here at Emmanuel Church. We are excited to be hosting this choir who '*exist to share the love of Jesus Christ*'. They just love singing to a 'full house' so invite your friends, family and neighbours to this joy filled event. For more info about the choir visit: [www.watoto.com](http://www.watoto.com)

**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 19TH JANUARY	10.30 am	<b>Informal Worship</b> <b>Obeying God in Times of Terror</b> Leader: Jackie Meek Preacher: Ian Biscoe
	7.00pm	<b>Evening Service ( Refreshments at 6.30pm)</b> <b>Spiritual Gifts, Healing</b> Leader: Ian Biscoe Preacher: Rosemary Philips
TUES 21ST JANUARY	9.00am	Prayers
	7.00pm	Prayers
	7.45pm	Men's Curry Evening at Shakil's
	8.00pm	Wild at Heart
WED 22ND JANUARY	8.45am	Café open
	10.30am	Oasis small group
THURS 23RD JANUARY	8.45am	Café open
	7.30pm	Alpha Course
FRI 24TH JANUARY	8.45am	Café open
	9.30am	Cherish Group
SUN 26TH JANUARY	10.30 am	<b>Informal Worship, Communion</b> <b>When the brook dries up</b> Leader: Ian Biscoe Preacher: Erika Biscoe
	7.00pm	<b>Evening Service ( Refreshments at 6.30pm)</b> <b>Spiritual Gifts, Faith</b>

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

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All notices to Admin Team by 7pm Wednesday