



21 ST JULY 2019

Howard Dunn writes...

We are constantly advised about the dangers of excessive use of our digital devices and the consequences for both young and old. One of the dangers highlighted by the NHS is the exposure to psychological damage for the individual. On the NHS Website they list *5 steps to Mental Health Wellbeing: 1. Connect with people 2. Be Active 3. Keep Learning 4. Give to Others 5. Be Mindful.*

There are many ways to achieve these 5 steps and I do know one, challenging, way that will tick all the five step's criteria. And that is being in a group of people who are on a journey of faith, as it:

Connects you with a variety of people who are exploring new horizons, which develops new friendships and provides a network of mutual support.

Activities are thus available to participate in providing; mental, physical, social and spiritual engagement.

Learning is encouraged and supported by engaging in an exciting lifetime of exploration and growth with others on this journey of adventure.

Giving to others through the gift of sharing yourself in time, offering hospitality, utilising your skills and experience, reaching out, offering compassion, practical help, prayer and finances. So many opportunities to make a difference bringing support, relief and joy.

Mindfulness was not a name used by the early Church, but they did develop practices that provide silence and peace that are still used today. These practices are commonly known as meditation or centring prayer, described by Jon Sweeney and Mark Burrows as:

Your Silence

*There is a language so
beautiful that is never spoken
There is a deep sort of silence
that may never adequately fall into words
That I tell you is more valuable
than any jewel
or any diamond ...*

Participation in these five steps as outlined would greatly support the individual, their family, friends, the Church, our communities, our planet and, everybody's psychological wellbeing. It would be a challenge, but there could be some very exciting possible outcomes.

This year I read something that was very challenging for me:

What do you want to let go of?

What do you want to give yourself to?

What is keeping you from giving yourself?

I discovered my challenge is about my generosity.

When reading and listening to two of my favourite writers I was encouraged and, again challenged. The late John O'Donohue, encourages with the words; 'Go against yourself'. His friend and poet David Whyte then advised me; 'Just beyond yourself is where you need to be'!

Blessings on the journey
Howard

Notices

PRAYER GATHERINGS

Following on from last week's Gift Day there are 2 further prayer gatherings this week. Wednesday 24th July at 12.30pm and Thursday 25th July at 18.45pm both in church.

HOLIDAY AT HOME AT EMMANUEL CHURCH

If you are retired or unable to go away on holiday then come and join us for a holiday at home. Come and enjoy crafts, games, historical Bicester, film, tea dance, and much more. August 20th—22nd. 10am—3.30pm. To book, please call **01869 600299** or email: home4ew@gmail.com Booking forms also available at one of the churches in Bicester. For more details call **01869 243479** **Volunteers needed! Please use the contacts above or call Emmanuel Church office: 01869 320021**

ISRAEL—MAY 2020

Join Helen and Clive as they lead a 9 day tour of Israel in the footsteps of Jesus. Places are limited to 35 and you can reserve your place from now on. For more info talk to Clive and Helen, visit: www.israel2020.co.uk.

GARDEN TALK

Join us to chat about our gardening joys and sorrows over a cup of coffee. Saturday 24th Aug and 28th Sept. 10.30-12noon here at Emmanuel Church.

THE GREATEST SHOW HOLIDAY CLUB

Monday 29th July to Friday 2nd August for ages 5-11. Very few spaces left.

Volunteers needed! If you can offer some time then please contact Karen in the office here at Emmanuel Church: **01869 320021** Please pray for all involved in this important outreach.

ENCOUNTER— stopped for the summer, restarts in September.

LADIES BREAKFAST - 7th September

A date for your diaries. Pick up a flyer for details or speak to Helen Collier.

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 21st JULY	10.30am	Informal Worship Holy Spirit Week 8 Equipping us with gifts and fruit Leader: Autumn Hunt Preacher: Nigel Crook
	7.00pm	Evening Service (Refreshments at 6.30pm) Prophetic series 2 Leader: Carol Hill Preacher: Peter Hill

Tuesday Prayers finished until 3rd September

WED 24th JULY	8.45am-12noon	Café open
	10.30am	Oasis Small Group
THURS 25th JULY	8.45am-12noon	Café open
FRI 26th JULY	8.45am-12noon	Café open
	9.30am	Cherish Group
SAT 27th JULY	10.00am	Holiday Club training session
SUN 28th JULY	10.30am	Informal Communion New summer series—Parables The Two Sons Leader: April Beckerleg Preacher: Roger Winson
	7.00pm	Evening Service (Refreshments at 6.30pm) Prophetic series 3 Leader: Chris Hunt Preacher: Autumn Hunt

Website: www.emmanuelbicester.org.uk **Church Office:** 01869 320021

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All notices to Admin Team by 7pm Wednesday