

## ECB's NOTICE BOARD

26 <sup>th</sup> February	10.30am	<b>Informal Communion</b> <b>Next before Lent</b> <i>1 Corinthians 11:17-34 Lord's Supper</i> <b>Leader:</b> Peter Hill <b>Preacher:</b> Mark Ellis <b>Reading:</b> Jeanette Collett <b>Prayers:</b> Dora Potter
	7.00pm	<b>Encounter God Evening</b> <b>Led by</b> Rach Bowen & Rose Hunt
27 <sup>th</sup> February	3.10-4.15pm	<b>After school club for school years 4-6</b> <b>No prayer Meeting for Syria tonight</b>
28 <sup>st</sup> February	10.00-12noon	<b>Rock of Ages Café</b>
	7.00-7.30pm	<b>Prayers in church</b>
	7.15pm	<b>ALPHA course</b> (meet in Bure Farm)
	7.15 for 7:30	<b>Lent course introduction &amp; pancakes</b>
	7.30pm	<b>Prison Fellowship</b>
1 <sup>st</sup> March	7.00-7.30pm	<b>Prayers in church</b>
	7.30-8.30pm	<b>Ash Wednesday Communion Service</b>
2 <sup>nd</sup> March	6.30-8.00pm	<b>Youth Group</b> – Years 7, 8 & 9 <i>Includes STIR from 7:30 to 8:00pm</i>
	from 8pm	<b>20's and 30's meet at Bure Farm</b>
3 <sup>rd</sup> March	10.30am	<b>Women's World Day of Prayer service</b> <i>John Paul II Centre</i> <b>No Compline this week</b>
4 <sup>th</sup> March	10.00-1.00	<b>ALPHA Holy Spirit Day</b> <b>Emmanuel Café open</b>
5 <sup>th</sup> March	10.30am	<b>Informal Worship</b> <b>Lent 1</b> <i>1 Corinthians 12: 1-11 Spiritual Gifts</i> <b>Leader:</b> Geoff Saunders <b>Preacher:</b> Ian Biscoe <b>Reading:</b> Sue White <b>Prayers:</b> Jackie Meek
	7.00pm	<b>Evening Service</b> <b>Just Ten</b> – <i>Catch your breath</i> <i>Exodus 20:8-11</i> <b>Leader:</b> Lonah Hebditch <b>Preacher:</b> Roger Winson



# Welcome!

*to the church  
at the heart  
of the community*

Prayer chain: [prayerchain@emmanuelbicester.org.uk](mailto:prayerchain@emmanuelbicester.org.uk)

Notices: [notices@emmanuelbicester.org.uk](mailto:notices@emmanuelbicester.org.uk)

email to receive either of these.

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

**26<sup>th</sup> February  
2017**

We extend a warm welcome to regulars and visitors alike. If you are new at Emmanuel, or visiting, please do introduce yourself to one of the Welcome Team.

**Phil Trout** writes:

This year has already been quite challenging for me in every area of my life; physical, emotional and spiritual. Without going into details, I have been in fairly intense physical pain, work pressures, and emotional pain. In this process, I feel a challenge to choose to trust and walk with God in it - and grow in Him through it. As Job lamented "even though you slay me Lord, I will trust you". (Job 13.15)"

At times, I confess, this has been very difficult. I now more clearly understand how intense emotion or physical pain can get in the way of our communion with God. But, I can now also say - there is a way through this, but it requires our determined and clear focus.

I'm used to connecting with God quite easily. In mid conversation or while I'm doing something else, I have learned to

commune quickly. Hmmm, well - all that went out the window as soon as I was faced with physical pain which seemed to fill my consciousness and override everything else.

Yet in a moment my loving heavenly Father broke through and simply reminded me "you are trifold, like We Three - body soul and spirit. You can choose to live by the spirit or in your soulish-ness (emotions and thoughts), or in your physical pain (body)".

I was reminded of a conversation I had with a very lovely and Godly couple in the church recently, we were talking about worship. The conclusion of this conversation was that true worship is found in our complete focus on God – it's all about focus.

So here I am, a few weeks later, much more focussed on The Holy Spirit as my Comforter.

The key for me was to claim scripture (God's promise) - that He is my comforter. (John 14.16)

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To choose not to focus on my physical pain, or my own thoughts and emotions - but to still myself (literally sit and be still) and worship (focus) on the Holy Spirit as my Comforter.

The fruit of this has been; I can look at my emotions and understand my motivations - without being overwhelmed by them, and I know I'm in physical pain - but it's no longer incapacitating my communion with God.

In a sense, I have learned to worship through the pain and turmoil, despite everything going on, in, and around me. Through my own suffering, I have found a deeper place in Him – A resting place. (Matt 11.28-30).

We are all on a learning journey to grow in His love. Where's your focus right now? – I can say the one thing God wants from you - is to look to Him!

*Blessings Phil*

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**PRAYER REQUESTS** - If you would value prayer for yourself or a loved one, please email the ECB prayer chain [prayerchain@emmanuelbicester.org.uk](mailto:prayerchain@emmanuelbicester.org.uk) Tuesday morning prayers are at 9am in the Community Room.

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**Lent course** - Starting on Tuesday 28<sup>th</sup> February with pancakes in church. The course will run in some small groups and on a Wednesday in church for those not currently in a group. *Speak to Ian for details.*

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Coming soon: **GARDEN TALK**. - An opportunity to talk about gardening and growing your own food, for people starting out and enthusiasts! Saturdays 4 March, 1 April, 29 April in the café, 10am-12 noon. *For more information chat to Jo Morey or Debbie Winson.*

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**Men's Breakfast** - Saturday 18<sup>th</sup> March. Organised by Orchard Baptist Church for Churches in Bicester. Booking via Eventbrite <https://www.eventbrite.co.uk/e/churches-in-bicester-mens-breakfast-tickets-32259714675>

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**Praise party & baptism** – Saturday 11<sup>th</sup> March from 7pm. Come along for a night of Amazing Praise and Loud, Upbeat Worship as Fleur is baptized.

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**Real Easter Eggs** – If you would like to order Fairtrade eggs with the Easter Story in the box, please speak to Karen or sign up on the sheet available. Orders needed by 5<sup>th</sup> March at the latest. [www.realeasteregg.co.uk](http://www.realeasteregg.co.uk)

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**Getting ready for Easter.** We are planning a **Family Easter Celebration and Easter Egg Hunt** on Saturday 15<sup>th</sup> April, 4-6pm to bless the families in our community. Please let me know if you can volunteer. *Debbie Winson.* [drwinson@msn.com](mailto:drwinson@msn.com)

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**Prison Fellowship** – Angel Tree for Mothering Sunday. The Bicester Prison Fellowship will be raising funds for this project over the next few weeks – look out for flyers and a collection box.

**Social badminton for learners.** Thursdays 20:30-21:30 at Bicester leisure centre.  
*Speak to Clare Bean if interested*

## ROTAS

### Welcome Team

26<sup>th</sup> February Andrew & Jeanette Collett  
5<sup>th</sup> March Del Hindmarsh & Doreen Thompson  
12<sup>th</sup> March Debbie Winson & John Thompson

### Sunday Team Duties (Refreshments, taking up the offering)

26<sup>th</sup> February MSG & Monday 20's & 30's  
5<sup>th</sup> March Oasis & Super small group  
12<sup>th</sup> March Alpha plus & Cherish

### Sunday Club

26<sup>th</sup> February  
5<sup>th</sup> March  
12<sup>th</sup> March

### Mustard Seeds (crèche)

Kate & Rowan  
Jane & Sophie  
*Interactive Worship*

### Cherry Blossom (Pre-school/Foundation)

Jo & Mike W  
Helle & Doyin  
*Interactive Worship*

### Sunday Club

26<sup>th</sup> February  
5<sup>th</sup> March  
12<sup>th</sup> March

### Willows (School yrs 1-3)

Jackie, Ken & Liz  
Jo & Sam B  
*Interactive Worship*

### Silver Birches (School yrs 4-6)

Ceri & And  
And & Maureen  
*Interactive Worship*

### Youth

26<sup>th</sup> February  
5<sup>th</sup> March  
12<sup>th</sup> March

### The Grid (School year 7+)

Sam W & Tamara  
Karl & Fleur  
*Interactive Worship*

### Finance Team

26<sup>th</sup> February Roger Winson & Nick Hebditch  
5<sup>th</sup> March James Dunne & Steve Willott  
12<sup>th</sup> March Peter Stoddart & Tom Mitchell

Any notices for next week please to Karen by 7 p.m. Wednesday at [administrator@emmanuelbicester.org.uk](mailto:administrator@emmanuelbicester.org.uk)