

ECB's NOTICE BOARD

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



Welcome!

*to the church
at the heart
of the community*

Prayer chain: prayerchain@emmanuelbicester.org.uk

Notices: notices@emmanuelbicester.org.uk

email to receive either of these.

Website: www.emmanuelbicester.org.uk

**26th 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)

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

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

Lent course - Starting on Tuesday 28th 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.*

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.*

Men's Breakfast - Saturday 18th 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>

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

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 5th March at the latest. www.realeasteregg.co.uk

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

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

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

Sunday Team Duties (Refreshments, taking up the offering)

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

Sunday Club

26th February
5th March
12th March

Mustard Seeds (crèche)

Kate & Rowan
Jane & Sophie
Interactive Worship

Cherry Blossom (Pre-school/Foundation)

Jo & Mike W
Helle & Doyin
Interactive Worship

Sunday Club

26th February
5th March
12th 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

26th February
5th March
12th March

The Grid (School year 7+)

Sam W & Tamara
Karl & Fleur
Interactive Worship

Finance Team

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

Any notices for next week please to Karen by 7 p.m. Wednesday at administrator@emmanuelbicester.org.uk