

Richard's Ramble:

20th January was identified as Blue Monday. It was the Monday of the third week of the new year which is associated with high suicide rates as people fail to come to terms with a cold January, the arrival of Christmas credit card bills, the distance from the arrival of Spring, and much more.

All of us, to a greater or lesser extent, experience highs and lows that are often associated with external factors that we cannot control. Our greatest safeguard against such things is endeavouring to keep our own mental wellbeing in good order so that we build resilience into ourselves. This is not always easy as we are complex beings each with our own set of triggers that can take us in all kinds of directions.

To help us, God gives us His peace. Philippians 4:7 says, 'And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.' This verse is given in the context of dealing with anxiety. The peace of God is his gift to us. I pray that in these days you will be filled with the peace of God so that you are able to overcome the anxieties and stresses of the season.



God Bless, Richard

Restoration Centre

Are you aware of what our Restoration Centre is and does?

It was set up originally by Richard because he was aware that many people had mental and emotional needs which were not being met and that people in BCC had skills, experience and training which could help

people. The Restoration Centre is a sort of 'one-stop-shop' that people can come to for support. We either help directly or signpost on.

It is not a physical place (at the moment), we can meet people in the offices or at other venues.

I took over the running of it a couple of years ago but Richard remains involved. My dream is that Beverley will one day be known as a place where if you want help you go to the churches. I hope that one day we will have premises where we can run groups and have drop-ins and also that all churches will be involved.

There are booklets which you can take showing what we offer. We also have some separate information about bereavements services.

We are also happy to meet with people for a one off chat and to pray.

The support we offer is for anyone – BCC members and the local community. We do not advertise because we could not cope at the moment with a large amount of people coming for help.

If you would like any help or support please contact me.

If you have any support that you can offer or any ideas please talk to me. As well as people who can counsel, run courses, we have people who will sit in the office to provide safety when one-to-one meetings are happening. I am also interested in setting up a team of practical help people – who could do gardening, shopping, cleaning, a home visit as one-offs. You may have other ideas, please let me know. As a church family we can make this great.

E-mail Angies@beverleycommunitychurch.org or Restorationc@beverleycommunitychurch.org

Or phone [07917 221 896](tel:07917221896). Please note that we are not an emergency service and also that you may need to leave a message on an answer machine which will be responded to within a couple of days.

Angie

Photographs and Video

At BCC we will be introducing the taking of photographs and video to show, in an exciting way, what is happening!! Notices will be clearly displayed and announcements made when this is taking place. Anyone who wishes to **OPT OUT**, or has any concerns, please speak with Carolyn or Helen. Thank you.



February at a glance		
Sun	2nd	10.30 BCC Service 18.00 Intercession 18.30 CT Prayer Meeting 19.15 CREW Youth Group
Mon	3rd	10.00 Oranges and Lemons
Tues	4th	14.00 EHE Focus Group 19.15 Prayer and Worship (Minster Parish Hall)
Fri	7th	10.00 Ladies Bible Study 10.15 Men and Coffee 20.00 Purpose Driven Pint
Sat	8th	22.00 Street Angels
Sun	9th	10.30 BCC Service 18.00 Intercession 19.15 CREW Youth Group
Mon	10th	10.00 Oranges and Lemons 20.00 Wider Leaders' Meeting
Tues	11th	19.00 Homegroups
Wed	12th	19.30 CMA Meeting
Thur	13th	18.30 Angie's - This is not a Homegroup - Bible book group 19.00 Prison Fellowship
Fri	14th	10.00 Ladies Bible Study 10.15 Men and Coffee
Sat	15th	22.00 Street Angels
Sun	16th	10.30 BCC Service 12.30 First Aid Training 18.00 Intercession 19.30 CREW Youth Group
Tues	18th	19.00 Homegroups 19.30 Prison Fellowship PM
Thur	20th	18.30 Angie's - This is still not a Homegroup - Be still and know that I am God
Fri	21st	10.00 Ladies Bible Study 10.15 Men and Coffee 20.00 Purpose Driven Pint
Sat	22nd	9.00 Men's Breakfast 22.00 Street Angels
Sun	23rd	10.30 BCC Service 18.00 Intercession 19.30 CREW Youth Group
Mon	24th	10.00 Oranges and Lemons
Tues	25th	19.00 Homegroups
Thur	27th	18.30 Angie's - Maybe It Is A Homegroup - Pub night
Fri	28th	10.00 Ladies Bible Study 10.15 Men and Coffee
Sat	29th	22.00 Street Angels
Sun	1st	10.30 BCC Service 18.00 Intercession 18.30 CT Prayer Meeting 19.15 CREW Youth Group

KNOWN FEB 2020

I am writing on behalf of the **University of Birmingham Christian Union** to inform you about our upcoming Events Week, which is taking place on the 3rd – 7th February

2020, of which prayer would be greatly appreciated! As a Christian Union our big vision is to give every student at the University of Birmingham the chance to hear and respond to the good news of Jesus Christ. One of the ways we reach out to people on our campus is through our Events Week. In many ways Events Week is the climax of our evangelism through the year! We raise a marquee right in the middle of our campus and run all sorts of events and talks that point people to Jesus. There are dozens of chances to hear about Christ in the week and we have seen so much fruit from what has been done before. Last year we even saw half a dozen people become Christians within the week.

Each year we direct our events with a theme. This year's events week is KNOWN. The bible verse which inspired the theme was 1 Corinthians 13:12: 'For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.' We're excited to share with our campus the good news that God has made himself known to us through Jesus and that we can have a personal relationship with God, who knows everything about us! It would be great if you could be praying during the week for the events to run smoothly and lots of people to attend, then afterwards for conversations to carry on and that people get connected to churches and the CU to find out more.

Thanks, Sara & Nic

Men's Breakfast - Mental Resilience

22nd February 2020 - 9:00 - 11.00am

Join us for breakfast!

Let's enjoy the company of friends at the same time as being inspired & encouraged!!!

Cost: £5 each

Venue to be announced



Twins Appeal!!!

Julie's niece is expecting in June!

Any donations of baby equipment, toys, clothes etc would be greatly appreciated.

See Julie if you can help in any way.