

BCC News!



Richard's Ramble: It is difficult to anticipate what this New Year will bring. We have seen a year of political turmoil, the threat of terrorism at home, and war overseas. We have been subjected to the ramblings of a president many would not consider fit for office, and have watched a government and an opposition in disarray as chaos, confusion and crisis have arisen over Brexit (there, I've said the word!). It would appear that the year to come looks set for much of the same.

Whatever goes on in the world around us, we are people of a different kingdom. We are called to live 'in the world but not of it'. That does not mean that we should ignore the world around us and all that goes on. The world is the context for the gospel; it is the world that 'God so loved...' However, our faith does not rest on what is going on in the world around us but on Jesus, the rock, who is sure and steadfast. As we enter this New Year, let it be in the knowledge that the ultimate destiny of this world and our nation is not down to the politicians, the activists or even the media. It is God who determines the fate of nations and it is he who is working out his plans to bring all things in subjection to Christ (Ephesians 1:22). Remember the words of Jesus: "In this world you will have trouble. But take heart! I have overcome the world" (John 16:33). God bless, Richard.

**"TAKE HEART,
FOR I HAVE
OVERCOME
THE WORLD."**

John 16:33



Oranges & Lemons

I started helping Marie at Oranges & Lemons when I took the first step towards retirement and had Mondays and Fridays free. I hid in the kitchen serving drinks and hated coming out amongst the crowd of people. Then Marie decided it was time to leave as Esther was starting at nursery, and no-one came forward to carry it on. One of the parents said they would be interested in running it privately and that seemed to be the future. I felt it was really sad that something the church had carried for so many years was to end, but I ignored the thought that I could carry it on. It was far too terrifying!

The feeling that I should do it was really strong and finally it was the caretaker who voiced the opinion that it should not come to an end and I finally decided that it was God speaking to me. Since then it has carried on in the same format that I inherited, with a few embellishments. The session always ended with some singing - nursery rhymes that I picked up from hearing Marie sing - and I felt mildly sick as the last 10 minutes came around. Somehow I got through it but I dreaded it.

The Children's Centre come once a month with some soft play. We now charge £1 a family as voluntary donations were falling ridiculously small when it was free. This enables me to pay Crafty Learners to provide a craft once a month. Children come and go, and seeing them develop social skills and confidence just from being amongst other children is lovely. Siblings follow on. When my own grandchildren were born I felt so cut off from them, but my mornings at toddler group were a brilliant compensation and preparing crafts on a Sunday afternoon, great fun.

As with many things that God asks us to do it is not what we do that is significant but what he does in us through it and although I have asked God many times to send someone else to take it over He has sent helpers but His message is to do what He has asked me as well as I can with joy and not complaining. The changes in me are so incredible in terms of gaining self confidence that I no longer quake at song time and even sang alone in the cabaret.

The Character Course: Week commencing 21 January the home groups will be running The Character Course. This is an eight-session programme. Each session involves a short film, a discussion of relevant biblical passages and a practice (usually a ten-minute prayer exercise) which participants will be asked to perform daily between sessions.

The content covers eight character qualities: learning, hope, love, forgiveness, gratitude, humour, persistence and curiosity. These eight character strengths have been selected due to their strong association with wellbeing, their theological significance and the existence of evidence-based interventions for their development. Each session draws on psychology and biblical material to bring the character strength to life.

The course is written by Dr Roger Bretherton who is a Christian and a psychologist. He is known to Richard. We will be doing the course as part of a research project and will need to fill in questionnaires before the course and afterwards.

Please speak to Richard or Angie for more information. If you want to take part in this and do not belong a home group please speak to homegroup leaders to ask if you can join them for the 8 weeks.

January at a glance!

Fri	4th	10.15 Men and Coffee
Sat	5th	Beverley Street Angels
Sun	6th	10.30 BCC Service 18.30 CTB Prayer 19.15 CREW BCC Youth
Tues	8th	19.30 Prayer and Worship
Wed	9th	CMA Meeting
Thurs	10th	18.30 Home group
Fri	11th	10.00 Ladies Bible Study 10.15 Men and Coffee 20.00 Purpose Driven Pint
Sat	12th	09.00 Bereavement Training 22.00 Beverley Street Angels
Sun	12th	10.30 BCC Service 18.00 Intercession 19.15 CREW BCC Youth
Mon	14th	10.00 Oranges and Lemons 20.00 Wider Leaders Meeting
Tues	15th	Homegroups
Wed	16th	18.30 Support Group
Thurs	17th	18.30 Home group
Fri	18th	10.00 Ladies Bible Study 10.15 Men and coffee
Sat	19th	Beverley Street Angels
Sun	20th	10.30 BCC Service 13.30 Sunday Afternoon Walk 18.00 Intercession 19.15 CREW BCC Youth
Mon	21st	10.00 Oranges and Lemons
Tues	22nd	Home groups
Thurs	24th	Home group
Fri	25th	10.00 Ladies Bible Study 10.15 Men and Coffee 20.00 Purpose Driven Pint
Sat	26th	Beverley Street Angels
Sun	27th	10.30 BCC Service 18.00 Intercession 19.15 CREW BCC Youth
Mon	28th	10.00 Oranges and Lemons 20.00 Worship Group Meeting
Tues	29th	Home groups
Thurs	31st	Home group

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Restoration Centre

In 2018 we ran an 8 week Live Life To The Full Course which was well attended. The course teaches key skills which aim to improve well-being and resilience. It is particularly useful for anyone who experiences anxiety and low mood. The course looks at our thoughts, feelings and behaviours and also covers issues of low confidence and loss of temper. We are considering running this course again in January if anyone is interested, please speak to Angie for more information.

We have continued to see people in one-to-one sessions, who have been referred to us for support. Referrals have come mainly from church members but also from other churches.

Please familiarise yourself with the Restoration Centre booklets which are at the back of the church, and pass them on to anyone you think would be interested.

The next step for the Restoration Centre is to link in with other churches so we can increase the amount of people who provide support.

Coming up in 2019:

Support Group for anxiety, stress and low mood

This support group will be once a month on a Wednesday evening 6.30p.m-8.00 pm. It will be the 3rd Wednesday each month. The time will be spent supporting and encouraging each other. Each time we meet we will have some teaching about something helpful and a relaxation or mindfulness meditation exercise.

Bereavement and loss support group

We are getting a team together to provide support to people who are bereaved.

There will be a training day on Saturday 12 January for anyone who is interested in being part of this care team. If you want any further information about this please speak to Angie or Richard. There is a limit on the amount of places so you do need to discuss your interest and book a place. Lunch will be provided

Mental health morning

We have invited other churches to join us at the church offices on the morning of Saturday 16 February. The aim of the morning is to show what the Restoration Centre offers and to see how other churches can work with us. If you are interested in attending this please let Angie or Richard know.

Want to be part of a group or volunteer for an activity? You can by speaking to one of the leaders;

by email: info@beverleycommunitychurch.org or by visiting our website:

beverleycommunitychurch.org

