

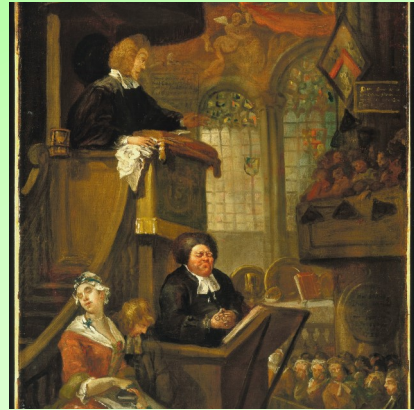
# BCC News!



**Richard's Ramble:** Like most people of a certain age, I struggle to maintain my weight. I finished last year a stone heavier than I began it. Since the beginning of this year, through a combination of regular exercise, portion control, a change of diet and self-discipline, I am within touching distance of being back where I was a year ago. I will then need to continue doing all these things to maintain it. In all of this, I am no different to anyone else but I do want to maintain a level of fitness and health that will sustain me into the future.

Our spiritual life is no different. If we are to retain our spiritual fitness and health, we need to include in our lives the spiritual disciplines that will sustain it. This includes regular exercise through prayer and reading of the word. It means exercising portion control regarding what we allow our minds to dwell on through television, radio or other media. We may even need to change our diet by using daily reading notes, commentaries and other aids to help us understand the Word. But most of all, we need self-discipline to put all of these things in place. The church at large is full of flabby Christians. It is time to get fit and healthy so that we 'run with endurance the race that is set before us' (Hebrews 12:1).

God bless,  
Richard



## MULTIPLY

23-27 August 2019

Lincolnshire Showground  
[one-event.org.uk](http://one-event.org.uk)



22<sup>nd</sup> June 2019

Enjoy a curry to stimulate  
the brain cells before the  
challenge of the quiz.

7.00pm, Memorial Hall

Tickets £5 (under 18s free)

Speak to Carolyn for more information.





## May at a glance!

# BCC News!



**The Parkway cinema, Beverley** will be showing an inspirational Christian film **LET THERE BE LIGHT** on Thursday 2nd May for a one day special. Performance times will be on the cinema website in due course. Do try and see it! Let's see if our churches can fill this cinema again as we did for *I Can Only Imagine* last September.

For details [www.thechristianfilmreview.com](http://www.thechristianfilmreview.com)

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](mailto:info@beverleycommunitychurch.org) or by visiting our website:  
[beverleycommunitychurch.org](http://beverleycommunitychurch.org)



|      |      |  |
|------|------|--|
| Thur | 2nd  | 18.30 Homegroup  |
| Fri  | 3rd  | 10.00 Ladies Bible Study<br>10.15 Men and Coffee<br>20.00 Purpose Driven Pint                  |
| Sat  | 4th  | 22.00 Street Angels  |
| Sun  | 5th  | 10.30 BCC Service<br>18.30 CTB Prayer<br>19.15 CREW BCC Youth                                  |
| Tues | 7th  | 09.00 CAP Job Club<br>19.30 Prayer and Worship   |
| Wed  | 8th  | 19.30 CMA Meeting  |
| Fri  | 10th | 10.00 Ladies Bible Study<br>10.15 Men and Coffee   |
| Sat  | 11th | 22.00 Street Angels  |
| Sun  | 12th | 10.30 BCC Service<br>18.00 Intercession<br>19.15 CREW BCC Youth                                |
| Mon  | 13th | 10.00 Oranges and Lemons<br>20.00 Wider Leaders Meeting  |
| Tues | 14th | 09.00 CAP Job Club<br>19.00 Home groups  |
| Wed  | 15th | 18.30 Support Group  |
| Fri  | 17th | <b>Chosen Women Weekend</b><br>10.15 Men and Coffee<br>20.00 Purpose Driven Pint               |
| Sat  | 18th | <b>Chosen Women Weekend</b><br>22.00 Street Angels   |
| Sun  | 19th | <b>Chosen Women Weekend</b><br>10.30 BCC Service<br>18.00 Intercession<br>19.15 CREW BCC Youth |
| Mon  | 20th | 10.00 Oranges and Lemons   |
| Tues | 21st | 09.00 CAP Job Club<br>19.00 Homegroups   |
| Fri  | 24th | 10.00 Ladies Bible Study<br>10.15 Men and Coffee   |
| Sat  | 25th | 22.00 Street Angels  |
| Sun  | 26th | 10.30 BCC Service<br>18.00 Intercession<br>19.15 CREW BCC Youth                                |
| Tues | 28th | 09.00 CAP Job Club<br>19.00 Home groups  |
| Fri  | 31st | 10.00 Ladies Bible Study<br>10.15 Men and Coffee<br>20.00 Purpose Driven Pint                  |