

E-NOTICES FOR 29th March

COLLECT

Most merciful God,
who by the death and resurrection of
your Son Jesus Christ
delivered and saved the world:
grant that by faith in him who suffered
on the cross
we may triumph in the power of his victory;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever

NOTICES

Newslink

Newslink is ready for collection and delivery today.
Please don't forget to pick up your bundle today, there are a couple of rounds with no deliverer, if you can help out, please take a spare bundle.

Annual General Meeting

As you will already know, it's our AGM today! We are having a ploughman's lunch after the 10.30am service – all welcome to stay.

New Wine

Larry and Lizzie are going to the New Wine Summer Conference **London & South East: 25-31 July 2009** at Royal Bath and West Showground, Somerset at Shepton Mallet. They will be camping with St Paul's Camberley. If you wish to join them book direct at <http://www.new-wine.org/> but let them know you are going!

Easter Holiday Club

High Cross Church is running an Easter Holiday Club 6th – 8th April from 9.30am to 12.30pm – it's for all primary age children. Contact Louisa on C66798 or youth.worker@highcross.org.uk to book a place

Alpha @ Heatherside

We are planning on running an Alpha course at Heatherside after Easter.
More details to follow – watch this space! If you are interested in attending or helping let the office or Larry know

Car Wash

Saturday 4th April we are planning a car wash with the Scouts. It will be from 11am to 1pm in the car park behind the scout hut. Please come along to support this community outreach event. More details from Neil Cameron C452805

DIARY EVENTS

Sunday 29th March

10.30am Holy Communion followed by lunch and AGM
6pm Freedom to Love at St Paul's Church

Monday 30th March

8pm Leadership Team Meeting at Church House

Tuesday 31st March

2pm Parent & Toddlers in the Community Centre
2.30pm Afternoon Fellowship in the Community Centre

Thursday 2nd April

8pm Leaders and Music meeting at Church House

Sunday 5th April/Palm Sunday

10.30am Morning Worship
6pm Freedom to Love at St Paul's Church

ROTA

5th April - Palm Sunday

10.30am Morning Worship

Steward: Mike

Sidesmen: Lizzy, volunteer

Welcoming: Bridget, Tracey

Coffee: Christina, Hilary

P & M: Michael, Ruth

PA: Andy

Communion Asst: N/A

Reader: Neal

Prayer: Maddie

Lead: Dorothy

Preach: Larry

PRAYER

Personal Needs

Please pray for Julie Walker's Uncle Les as he has been admitted to the Phylis Tuckwell Hospice. Please pray for relief from pain, for peace and for his family as they care for him at this time.

Please pray for Hazel Collins as she is now on oxygen and slipping in and out of consciousness. Please pray for God's peace

From David Cox

I am most grateful for the prayer support for our "Dragons Den" at Cross Pollinate this evening and am very pleased to tell you that we have been pledged £14,000 as a result . This will be of great help in the building of our new Children's home and towards our finances in general we have been blessed.

ASCT have won a place to present to a group of Philanthropists called Cross Pollinate on Thursday at 5.30pm in the London offices of Price Waterhouse Coopers. It will be an interesting and pressured presentation timed for 6 minutes with 6 minutes of questions to follow, along the lines of Dragons Den to a group of 50 plus people.

Please pray that all the travel and preparations will work and that David who will be presenting will have the right words and message to secure some funding for the new Children's Home currently under construction in Manila. Margaret, Alison our administrator and Judith our treasurer will also be supporting by being there

From Penny

Please pray for Queenie's grandson, Mark, who was involved in a motorcycle accident last weekend and has sustained some serious back and leg injuries. Pray for God's healing hand on him and for peace and strength for the whole family at this time.

Church Needs

Thanks for the lovely time we shared at the Annual General Meeting yesterday. Pray for

God's blessing on the newly formed Leadership Team, for wisdom and good relationships.

Please pray for the Easter services – for lots of visitors and that all the planning will go smoothly- especially for people to help for the Labyrinth

Country/World Needs

That the violence in Ireland will cease

For the economic situation in our country and across the world – that there will be sensible solutions

For our country and the church to be more outspoken on Christian issues etc

For the war in Afghanistan and for the protection and safety of our troops there and in other areas

For the ongoing troubles in Iraq

Small group notes – Ephesians 4 vs 17-32 Liz Haffenden

Betty is angry – she's red hot, fuming like a forest fire out of control. She's definitely upset. She's having to wait for ages. She feels frustrated. She thinks she has the right to be upset and angry! Look how long she's having to wait in this queue just to get across Frimley roundabout. The traffic is so annoying and so slow!

Dray remains calm. It really is taking a long time. All this waiting. She's glad the sun is shining and the rain has kept off and thanks God for this. It can be very upsetting waiting in line for a ride at Thorpe Park. She keeps her mind on the ride and the expected enjoyment of it.

Love is patient. Love is kind. Love is not self-seeking. Love is not easily angered. In Paul's description of Love the top of his list is Patience.

We need to be patient but it's often difficult.

When we're in a hurry and someone in front seems to be taking ages its difficult. When we have to stand in a queue and wait for a long time, it's difficult.

When we think we should be able to do something and we can't it's easy to lose patience with ourselves.

When the computer takes ages to follow a link on the internet, it's difficult to be patient with our PC.

When was the last time you put together a flat pack piece of furniture that said on the label 'Easy Assembly.' Patience.

Looking around at our society there doesn't seem to be a great deal of patience. Every one seems to be rushing everywhere. There seems to be more and more violence and anger about.

Paul writes to the Corinthians (1 Corinthians 13:5) '*love is not easily angered*'.

James in his letter (1:19) writes '*everyone should be quick to listen, slow to speak, slow to become angry.*'

The Bible doesn't say don't get angry but be slow to become angry. How can you do this? Behaviour psychologists suggest the following strategies: turn your thoughts to something pleasant, take a step back and be still, take a deep breath, turn around, count to ten, some suggest you find an anger muscle that you pinch when you feel you're about to get angry.

In Proverbs 22:24-25 it says you should *'keep away from angry, short tempered people, or you will learn to be like them and endanger your soul.'*

Angry people are draining. They will drain your joy. They will drain your patience, and your peace. We're told to keep away so it's best not to make a friend of an angry person, but we should still love them and care about them. We cannot choose who will be members of our family or who we will work with. Proverbs 15:1 has some help here, it says a *'gentle answer turns away wrath, but harsh words stir up anger'*.

So don't argue with an angry person. Be like a cliff in a storm that is beaten by ferocious waves in the winter, and stand firm. Call on the Holy Spirit to strengthen you, guide you and grant you peace.

In gentleness we're thinking about the other person and their needs. When you feel impatient this week try saying to yourself 'I could be wrong', see how it changes things.

Paul writes to the Philippians (4:8) *'Fix your thought on what is true and honourable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise.'* In other words our thoughts direct our life. Dwell on the fine, good things in others. Find the one good thing you can dwell on in people's lives. Find the one good thing you can dwell on in one person this next week. Some people get angry because God put thorns among the roses. But other people praise Him for putting roses among the thorns. Which are you going to be this week?

It's easy to say be patient and not angry but not so easy to do. We all need God to help us. He helps us in our weaknesses. God's in the business of changing people. Changing them into His likeness. He does this through the power of the Holy Spirit and he will come into the believers' life when He is invited. So next time you feel impatient or angry ask the Holy Spirit to help you, be still and expect to receive the grace that comes from God.

Questions for discussion:

1. James (1:19) 'everyone should be quick to listen, slow to speak, slow to become angry': share strategies you have or have tried which help you when you feel angry.
2. Think of some situations that you have met which you might share and which might illustrate Proverbs 15:1.
3. 'Some people get angry because God put thorns among the roses, but other people praise Him for putting roses among the thorns'. What does this mean? Can you think of situations which might illustrate this.
4. We all need God to help us in our weaknesses. Spend some time sharing things or situations that you find difficult and then pray for each other and ask the Holy Spirit to come into those situations and bring you strength, wisdom, guidance, peace and the grace of God.