

Welcome	Where do you go/ what do you do to get an hour or so's break from the day's problems?	
Worship ideas	<i>Choose songs of praise/ worship which focus on thanking God for his love and faithfulness (eg: 124 Give thanks; 147 (or 1811) Great is thy (your) faithfulness, 892 Lord for the years, etc.)</i>	
	<i>Two options this week: If you were at the AGM (or have listened to/ read the Vicar's address on the website), feel free to discuss what was said there as well or instead of the Bible study:</i>	
<p>Word (refs.)</p> <p>Phil.4:4-7</p>	<p><u>Bible study</u> Paul urges the Philippians here: 'Be joyful – in all things; Be anxious – about nothing (the old version had "be careful for nothing"!); Be prayerful – about anything; Be thankful – in everything; Be peace-ful - in God's caring.' NB he does not say to be joyful/ thank-ful 'for' everything, only that there is always something to be joyful / thankful about, however hard life seems ('rejoice <u>in the Lord</u> always', cf. 1 Thess. 5:16). How helpful is this advice? How does thanksgiving (v.6b) help you not to be anxious? How would you answer someone who says this: "telling God all your troubles doesn't help since he knows all about them anyway and so it's better not to mention them at all"? (Cf. Matthew 6:25-34)</p>	<p><u>AGM discussion</u></p> <p>The church's last year was reviewed in 4 areas:</p> <ol style="list-style-type: none"> 1. <u>Rejoicing in our life together</u> (especially celebrating and investing in our youth and children's ministry) 2. <u>Growing in the kingdom</u> (Sunday worship & teaching, cells, clusters, whole-church gatherings, parish weekend, extra teaching and training) 3. <u>Networking in the community</u> (building relationships within the village/ with friends/ neighbours through social events and church-based outreach activities) 4. <u>Doing mission in the wider world</u> (building on our links as a church and as cell groups with mission work in the city region and the world church)
Phil.4:8-9	<p>Read v.8 aloud. In the context of the church's communal life, Paul here urges the Philippians here to focus on the godward aspects of life – those things that build up and bless the body. Can we learn from this approach, always considering others better than ourselves (2:3) and seeing the good in others? When we have difficulties with others should we just try and see the good in them and repent of our feelings, or is that naïvety? Should we be more open about our feelings and share them, or is that just gossiping?</p>	<p>How did you feel about the list of all the 'new' things that have happened this year? Is it helpful to list them? Do they discourage support for the regular and familiar, or do they bring extra energy and enthusiasm for the church as a whole? Some plans for the year ahead were hinted at (Friday night youth club, café church, extra teaching days/ courses, community outreach events, developing further mission links as a church and as cells). How do you feel about these? Do we need to consolidate/ do more/ just wait on God to direct? – or do you have other ideas?</p>
	This week's memory verse: <u>4:6-7</u>	
Witness	<p><u>Pray</u></p> <ul style="list-style-type: none"> ❖ for your mission link person(s) or project ❖ for God to prompt the right people to fill the outstanding vacancies for churchwarden (1), on PCC (1), Deanery Synod + PCC (4) and committees (lots!) <p><u>Plan</u></p> <ul style="list-style-type: none"> ❖ for some kind of social to which you can invite others – perhaps over Easter/ the early May bank holiday weekend – as a group, maybe with another group or as a cluster. 	

Note to give to anyone not in a cell group (or for groups who might want a break over Lent)

Have you done - and enjoyed - the Alpha course? Perhaps you planned to join a small group afterwards but never got round to it – or perhaps a few years on you'd now appreciate an Alpha-style refresher course? Or maybe you'd like to try a fellowship group but are unsure about joining a 'cell'?



Alpha

During Lent, Francis is leading an informal 'Alpha follow-up' course called "A life worth living". Based on the book of Philippians, the course covers a range of issues and "explains how it is possible to live the Christian life positively, practically and joyfully". Each evening will include a talk (on video) by Nicky Gumbel followed by a chance to ask and discuss questions in an informal group.

The course is being run at St Barnabas on **Tuesday evenings**, 29 March and 5, 12 and 19 April, from 7.30 for 7.45 to 9.30pm. All welcome. Please let the office know (632941) if you would like to come along, or just turn up on the first evening – everyone will be very welcome.

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Please note, there is also be an informal **Alpha course** at Jean and John Ayre's (4 The Paddock, Swanland), also be on Tuesdays and starting at 6pm (for supper) on 29 March for about 8 weeks. Please ring the office (632941) for details and to discuss arrangements.

Also: Are any of your group free on occasional Friday evenings? Would you be willing to help set up, with Hellen, a group for young people in Swanland aged 11-14 and beginning in May. No experience/ skills necessary – just a willing heart! Interested? - please contact me (631271) or the office (632941).

There will be a 'pilot' evening called '**Friday night live**' on Friday(!) **8 April** – please consider supporting this event in prayer and in any other way you feel able, eg offering babysitting/ childminding for volunteer leaders, helping provide or serve refreshments, or even coming along to see if you might be able to volunteer to help with supervision for one evening in the future.

Francis Scott – Vicar