

## The Verse for the Month

Joshua said to them, "Do not be afraid, do not be discouraged. Be strong and courageous. This is what the Lord will do to all enemies you are going to fight."

Joshua 10:25

Dear Heavenly and Spiritual Father,

We praise the Lord for the power of His might in which every knee must bow, in the name of Jesus Christ. Amen.

## Upcoming Events



### HARVEST SUNDAY

On October 29th 10:30



KEEP  
CALM  
IT'S  
SONGS  
OF PRAISE  
@St Jude's

Celebrating Church Life  
Everyone is Invited from  
*Baptisms Funerals Weddings*  
on  
3rd September 2017  
Time: 3pm



Monthly Newsheet  
Issue 5 -  
August 2017



This newsheet cost 30p to print, if you cannot afford a donation, then please take one, with our compliments.

# ST JUDE'S CHURCH

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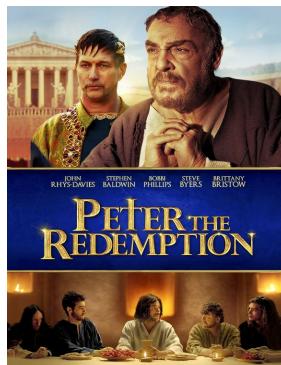


## Weekly Activities

**Tuesday - F.R.O.G. Group at 7:30pm (from 29th Aug)**

**Sunday Service - 10:30am**

**(Holy Communion and Songs of Praise as announced)**



**FILM NIGHT**  
**TUESDAY 29TH AUGUST**  
*Peter the Redemption'*

The night starts with Fish and Chips at 6:30pm.

Cost £4 each! (Bargain!)

To book yours - speak to Daniel Booth

The film lasts 1 hour 20mins

(Finish time 8:30pm)

Daniel Booth:- 07740 381084

## Church Cleaning for the Open Day

Thanks to a team from St Andrew's the church and church hall looked very clean just in time for the Open Day. (From left to right) Matthew, Daniel, Emily, Bishop Paul, Dean, Margaret and Revd Mark taking the photo put 2 hours of work into the cleaning. The church looked really nice for the Open Day. If you are interested in cleaning at St Jude's occasionally contact Daniel Booth for more information.



## Open Day



The Open Day was a great success! Daniel and Matthew prepared the event 2 months previously and it finally arrived. Daniel and Matthew would really like to thank everyone that helped support the event and came to it. The church saw many people walk through its doors. The event went so well that they are already planning the next one! The hall displays looked very impressive with all the old photographs and new ones from confirmations and special services. Thank you again for always keeping St Jude's in your prayers and we hope to see you at our next event!

## Daniel and Matthew's Trip

In July Daniel and Matthew travelled to Shoreham-by-Sea to visit St Francis Church courtesy of the Revd Gerald Kirsch and his wife Rosemary. The lads led a Café Church at 10:30am and led a F.R.O.G. Group at Revd Gerald's house in the evening. Daniel and Matthew were well accommodated for and was well fed everyday! Both sessions were well received by everyone. The church was well blessed with 3 new members 2 of which were from Australia.



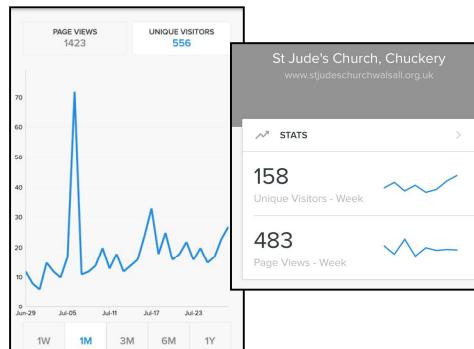
Daniel and Matthew would also like to thank Revd Michael Blades for publishing their visit in the local newspaper. 34 people attended the Café Church and 13 attended the very special F.R.O.G. Group. Daniel and Matthew were very grateful for a good weekend and hope to be invited back again soon.

## Website & Facebook update

Thanks to your support on St Jude's Facebook page over 4,000 new people have been reached and just over 450 people on the website in the last month.

This is a blessing from God and we are thankful that we have the resources to do this. Thank You!

We hope that this will be a continued blessing.



## F.R.O.G. Group's Film Night

Our F.R.O.G. Group starts back to a film night. The film night will take place the first week back after our 4 week break. The following groups after the film night will start at 7pm and we will talk about the film. Everyone is welcome to the film night and the following groups.

We hope to see you there!!!

### **Church Improvements**



The church and church hall is undergoing some new improvements. The church entrance porch has had a revamp. Our church notice board now has a prayer board where you can write your own prayers and they will be read out at our F.R.O.G. Group on a Tuesday if you would like. At St Jude's, prayer is very important and the church needs it to grow. Thank you for all the support and your kind donations.

## **Prayers**

- Pray for **John Silva** as he attends to all the problems in the hall at the moment. We pray he finds time in his busy schedule to fit it in.
- Give thanks that **John Haynes** is back on the mend.
- Pray for the church of **St Francis in Shoreham-by-Sea** as they may need to find a new place to worship.
- Please put **Anne** in your prayers as she is having trouble with her back.
- Please pray for **Bishop Paul, Revd Mark, Revd Paul, Revd Colin**, all FCE ministers and those who serve their churches around the Diocese.
- Please pray for our '**Celebrating Church Life**' service that will be taken place on Sunday September 3rd.

## Anger Management Part 4

'Don't use... abusive language.'

### Ephesians 4:29

The Bible says: 'Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. And do not bring sorrow to God's Holy Spirit by the way you live' (vv. 29-30 NLT). Notice, when you lash out in anger you not only hurt the other person, you grieve the Holy Spirit. Have you considered that? As followers of Christ we're called to try to understand what the other person needs. That means not bringing up previously confessed offences, dragging in other people, or using wisecracks about someone's weight, colour, IQ, or physical, mental, and emotional limitations. Don't bring up things that cloud the issue and keep you from finding a solution. And don't raise the decibel level in order to intimidate or manipulate. God made you with a capacity for anger because when handled right it can be the fuel needed to bring positive change and the medicine that heals. So: 1) Seek a solution, not a 'victory.' Name-calling and 'diagnosing' others just makes things worse. Your focus shouldn't be on what they did, but what you can do together to resolve it. 2) Acknowledge your flaws and ask for forgiveness. Admitting your imperfections makes it easier for the other person to admit theirs. 3) For every difficulty you address, give a sincere compliment. Instead of criticising, try saying, 'I'm sure this wasn't easy for you to hear. Thanks for listening to me so graciously.' Being solution-focused instead of blame-focused gives people something to live up to, not down to.



## Anger Management Part 5

'Those who are trustworthy can keep a confidence.'

### Proverbs 11:13

If you're serious about managing your anger, here are two things to keep in mind: 1) Don't hang out your dirty laundry in public. Keep it in the laundry room. When you're hurt and angry, spreading gossip about your offender comes naturally. Don't do it. The Bible says, 'A gossip goes around telling secrets, but those who are trustworthy can keep a confidence.' Dirty laundry generally gets aired in two ways: a) Embarrassment: you say things when you know others will hear them. b) Subtlety: you make jokes about their appearance, their friends and family, their personal hang-ups and habits in order to belittle them. This results in embarrassment for the other person, widens the gap between you, and makes reconciliation virtually impossible. The Bible says, 'Love covers all sins' (Proverbs 10:12 NKJV). 2) Don't act in an un-Christlike way. For example, don't say, 'He brought it on himself, so let him get over it.' That may be true, but as a follower of Christ, don't walk away and leave wounds to fester and become infected.

'Forgive, even as Christ...has forgiven you' (see Ephesians 4:32). How did Christ forgive you? Was it after you'd acknowledged, confessed, repented, and earned grace? No. Paul says, 'When we were enemies we were reconciled to God through the death of His Son' (Romans 5:10 NKJV). Just as God took the initiative, you are called to extend grace to other people before they ask for forgiveness. And even if they choose to remain your enemy, you must forgive them anyhow. Only then will you have peace, your wounds will be healed, and you will be able to put it behind you.