



No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.



1 Corinthians chapter 10 verse

Sunday 23rd January 2022

10:30am Worship service at the Community Hall

Our **Sunday groups** for young people, Eagles and Owls will be running today

Live at the hall. For those at the hall, there will be opportunity for and (socially distanced) socialising. Refreshments served at the end of service.

Live on Zoom will be open from 10:00 a.m. Afterwards we will, as last week, have the option of joining others in chat rooms of about 4-5.

If you know of anyone outside of KCBC who joins us, please let them know about the recording or alternatively invite them by passing on the Zoom details. If you need help, please contact one of the tech team, who will be delighted to assist you - David B, Darren, Jack, Phil, Nick, Richard

Prayer chain

Nat Bond 01626 366668 email: natfromfife@gmail.com

If you are not on the chain at the moment, would like to put things on the prayer chain or would like to be involved please talk to Nat.



Pastor: David Goddard

Secretary: kbcscribe@hotmail.com

Newsletter & Website Updates: kbcnews@btinternet.com

Website: <http://kbcchurch.org.uk/>

Facebook group: KCBC at home



Please remember our diary in your daily prayers

Monday 24rd January

7:30pm Leadership Meeting on Zoom

Tuesday 25th January

9:00am KILTS for helpers

10:00am KILTS parents/carers

7:30pm Church Member's Meeting on zoom, link and agenda to follow

Wednesday 26th January

2:00pm Pastoral Visiting Team meeting at Steve and Mary's

7:30pm Rundle Road homegroup meeting at Primrose Drive

Friday 28th January

10:30am Friday Outing Community Café in Forde Park. A time for coffee, cake and a chat. Please see Sue Watkin or Christina for more information.

Sunday 23rd January

10:30am Communion Worship service at the Community Hall

From the minister...

If you could make laws banning some views being expressed, which views would be on your banning list? Civil unrest, terrorism, communism, conspiracy theories, Mormonism, occult? Our law does restrict what views can be promoted but nothing like the list of bans in other parts of the world. I receive information from a group that work in Azerbaijan (somewhere near Iran). It is a Muslim country and one Christian leader has experienced a little more freedom to return to his country and talk about his faith.

He writes...

"I was invited to preach at a large church in Baku, which has a congregation of 400 and has seen 64 people baptised over the last year. [While in Baku] I was able to witness to many Muslims, including relatives, friends and taxi drivers. "

We may have our own idea of what views should be banned but don't you wonder why in so many places it is the Gospel that is high on the list. In Azerbaijan, that loosening of the restriction is a welcome respite, but whether it is Muslims, communists or secular humanists, many fear the difference the Gospel makes.

The Lord is at work building His church all over the world. Let the freedom we enjoy not dampen our confidence in Christ to change lives and communities.

David



Notes for your diary

- **Church Members' Meeting** Tuesday 25th January 7:30pm more details to follow
- **Friday Outing** 28th January and 18th February, 10:30am am at the Community Café in Forde Park. A time for coffee, cake and a chat. Please see Sue Watkin or Christina for more information.
- **Quiz**
Graham has kindly agreed to continue to host Quizzes via zoom as long as we have enough interest so invite friends and family and don't forget you can now meet in groups to make up teams.

Therefore encourage one another and build each other up, just as in fact you are doing" 1 Thess. 5:11



We need to encourage each other and stay connected. Do you have a Bible verse, poem, passage or song or any of the following? Something you are thankful for. Something that has made you laugh. If you have found something online that would be a good resource for us, please share. If you don't feel comfortable sharing in "person" this may be the way for you to encourage others. *Sarah*



HOME MISSION STAMPS

Please save all your stamps and encourage family and friends to do so



Stamps should have a 12mm or 1/2 inch border, please then give them to Rita who will sort them and send them on our behalf.

FREE NHS WELLBEING WORKSHOPS

Looking after your mental health and wellbeing has never been more important. This time of year can be particularly challenging for many, and as a result [TALKWORKS](#) (an NHS confidential talking therapy service, based in Devon) is running a selection of free wellbeing workshops, to help participants learn more about how they can improve their mental and physical wellbeing. All of the workshops are run online via Microsoft Teams, so that you can attend from the comfort of your own home or a location that's convenient for you.

The workshops cover a number of different topics, including:

- [TALKWORKS for Sleep](#): Do you struggle to get to sleep or find yourself waking up at night? TALKWORKS For Sleep is a two hour session looking at common sleep problems and evidence based ways of improving sleep
- [Stress Less with TALKWORKS](#): Stress can impact us all differently, and can be hard to manage. In this session, you'll be introduced to a range of techniques to help you manage stress and make manageable changes, to help you to feel healthier and happier
- [Introduction to Mindfulness](#): Take part in guided meditation practises and learn the benefits of mindfulness in this educational and informative 75 minute session
- [TALKWORKS for Talking Health](#): Do you, or does someone you love, live with a long term health condition? Learn more about how you can manage living with the condition and the support that TALKWORKS [Talking Health team](#) can give

If you are interested in finding out more, please visit the [Wellbeing Workshops page](#) on the TALKWORKS website, or call 0300 555 3344 to speak to a member of the team and book your place. You can also find out more about the support TALKWORKS can offer anyone living in Devon (over the age of 18) struggling with low mood, stress, sleep deprivation or anxiety on the [TALKWORKS website](#). As part of the NHS, all treatment is available free of charge.

'How to join the Sunday Service via Zoom'

1. Go onto the internet and type kcbchurch.org.uk
2. On the Home Page (the first page with the Coronavirus statement) in the top right-hand corner is a green bar and on it is written "online service" with an arrow.
3. Click on the green bar/arrow and you'll go straight to the video.
4. Either press play or it will automatically start playing

