



Be strong in the Lord and in his mighty power. Put on the full armour of God, so that you can take your stand against the devil's schemes.



Ephesians chapter 6 verse 10

Sunday 27th March 2022

10:30am Mothering Sunday Worship service at the Community Hall
Dixie Kendal-Dunn from Street Pastors will be presenting their work and giving us an update on the local work.

Michael Trigg is preaching at Ide Congregational Church

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://kcbchurch.org.uk/>

Facebook group: KCBC at home



Please remember our diary in your daily prayers

Monday 28th March

- 2:00pm Snowdrop group's fortnightly meeting this time at Mary & Steve Grubb's home
7:30pm RAM Fair planning meeting at Phil and Jo's

Tuesday 29th March

- 9:00am KILTS for helpers
10:00am KILTS parents/carers

Wednesday 30st March

- 2:30pm David taking the Keystage 1 (infants) assembly at St.Michael's Primary School

Saturday 2nd April

- 10:30am SWBA Church Leadership Teams meeting with Ken Benjamin of the LICC

Sunday 3rd April

- 10:30am Communion Worship service at the Community Hall

From the minister...

We prepare, then, to take our part in any local initiatives to welcome Ukrainian refugees.

We don't know if there will be any allocated locally, but if you are interested in offering accommodation, go through the national initiatives. We as a church can rally around you and support any who come to you.

So we get ready to rise to the challenge of whatever is needed. It would help to know more, wouldn't it? But this is a crisis situation and we have to react to any need put before us or even just be ready to stand down. Let us look to the Lord to lead us, and even work through us to bless those in need.

David



Notes for your diary

- Monday 11th April 2:00pm **Snowdrop group's fortnightly** venue to be confirmed
- **Messy Church 23rd Aprilth** if you can help please let David know
- **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.
- **Kingsteignton Ram Fair Monday 2nd May** if would like to be involved in the planning for our stall please let David know



Prayer for Ukraine – A Prayer for Peace



God of peace and justice,
 we pray for the people of Ukraine today.
 We pray for peace and the laying down of weapons.
 We pray for all those who fear for tomorrow,
 that your Spirit of comfort would draw near to them.
 We pray for those with power over war or peace,
 for wisdom, discernment and compassion to guide their decisions.
 Above all, we pray for all your precious children,
 at-risk and in fear, that you would hold and protect them.
 We pray in the name of Jesus, the Prince of Peace.
 Amen

Archbishop Justin Welby
 Archbishop Stephen Cottrell

CAP Money Training



CAP Money is a three-part course covering how to manage money and so keep away from debt problems. We are exploring the opportunity to run CAP money courses locally. To help prepare, we need a few people trained up to help out run the course. If you would like to train as a CAP Money coach, online interactive training on Saturday 30 April or 21 May 09:15am - 12:45pm. KCBC will cover the fee. Please see David if you are interested. (Someone indicated interest last Sunday but I didn't make a note of who it was – so please remind me!)

David

From THAT

Dear Congregation,

Thank you so much for your generous donation of food items and Easter eggs.



We are so appreciative of all those who volunteer with us and people like yourself who give so generously. As prices continue to rise, especially with the latest news about food and energy costs, we expect to see an increasing need for our services.

With thanks for your continued support which enables us to support those in greatest need in our local community.

Yours sincerely

Hazel Harrison (Secretary)

On behalf of THAT

From Rose: Easter Chick Update!



The needles have been clacking and now the chicks are clucking! We have 14 ready to go and I know people are still going. Please let me know if you need more names, wool, or other bits.

Do remember to keep praying for our lovely friends in Kilts and Owls!

I think we must have quite a few more out there..... so I'm hoping we are on course.

Thank you

A Message from Rose

Loneliness will affect us all at some point in our lives. We probably all recognise that feeling of isolation from others -sometimes when we are standing in a crowded room. It's all about the quality of connection we share with other people and the pandemic has really shown up those of us who feel lonely, unheard or disregarded in some way. None of us are immune to needing human interaction but if we know who we are in Christ and we know the power of God's love and Spirit walking beside us it can really help with feelings of loneliness. It also makes us the ideal people to think about walking alongside those who are struggling with feelings of loneliness.

You may remember that I mentioned at a Members' Meeting a few weeks ago that I was exploring the possibility of starting a befriending or listening service for people in Kingsteignton. I am still exploring and am now at the stage when it would be great to know how many people would you be interested in being involved. No commitment at this time, just an indication of whether you would like to know more.

Please email me on rose@kcbchurch.org.uk.

And please, don't discount yourself if you have been or even are lonely. Christina did a beautiful retelling of the woman washing Jesus' feet with her tears and perfume on Sunday for Owls and I was reminded that those who have been forgiven much, love much. Those who have experienced pain and felt supported are often those most capable of giving that support back.

Rose



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.

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

'How to join the Sunday Service via Zoom'.

1. Go onto the internet and type kbcchurch.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



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.