



*Brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*



*Philippians chapter 4 verse 8*

**Sunday 30<sup>th</sup> January 2022**

10:30am      Worship service at the Community Hall  
Michael Trigg is preaching at Loddiswell 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](mailto: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](mailto:kbcscribe@hotmail.com)

**Newsletter & Website Updates:** [kbcnews@btinternet.com](mailto:kbcnews@btinternet.com)

**Website:** <http://kcbchurch.org.uk/>

**Facebook group:** KCBC at home



## Please remember our diary in your daily prayers

### Tuesday 1<sup>st</sup> February

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

### Wednesday 2<sup>nd</sup> February

- 10:00am David at Newton Abbot Caring Alliance meeting

### Thursday 3<sup>rd</sup> February

- 10:00am David and Rose at Newton Abbot & Kingsteignton Garden Community Webinar

### Sunday 6<sup>th</sup> February

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

## *From the minister...*

I have known a few families over the years where the children were brought up under the methods promoted by the paediatrician and psychoanalyst Dr. Benjamin Spock, who advocated giving children more flexibility and say in what they can do and not do. Brought up with an expectation for children to work out their own moral and social boundaries, many 'Spock children' grew up insecure or socially dysfunctional. It can be seriously disrupting when boundaries are removed or unclear.

Which they have been for Covid restrictions. Now you will find it hard to know if the shops you intend to visit will enforce masks or allow no masks. So, no surprise if we feel unsettled, and if we feel a bit all-at-sea in church and church events to. So, we will still tread carefully, and bear with one another as we mix together some powerful emotions – anxiety and frustration – in our face-to-face times.

It will help if we speak clearly for ourselves, especially in one-to-one conversation. We can now talk without masks but always worth checking that the other person is OK with you both removing masks. A simple signal is that if the other person is keeping their mask on, you probably need to ask before removing yours. But you don't really need me to say that as you have probably worked that one out for yourself.

*David*



## Notes for your diary

- **Fellowship Lunch** Sunday 13<sup>th</sup> February
- **Friday Outing** 18th February, 10:30am. A time for coffee, cake and a chat. Please see Sue Watkin or Christina for more information.
- **Messy Church** Saturday 26<sup>th</sup> February if you can help in any way 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.

*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.

## CAP - CAN YOU HELP?

For my work with CAP, a mobile phone is an essential piece of technology which I use on a daily basis to communicate with clients, CAP head office, referral agencies and many others! I'm currently using an old phone which is temperamental and unreliable. I would be grateful if you could please consider helping towards the cost of a new phone (refurbished)?

If you can help, please mark donations as 'CAP Phone Fund' and give it to the CAP Teignbridge Treasurer, which is Michael Trigg.

Thank you.

(From Tim Wigley - New Debt Centre Manager for Christians Against Poverty in Teignbridge)

## 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

