



"I am the Lord your God, who brought you out of Egypt, out of the land of slavery." Exodus chapter 20 verses 2, 3



Sunday 6th February 2022

10:30am Communion 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 7th February

7:30pm Leadership meeting at Slanns Meadow

Tuesday 8th February

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

Wednesday 9th February

7:30pm Homegroup meeting at Haytor Drive
7:30pm Homegroup meeting at Primrose Drive

Sunday 13th February

10:30am Worship service at the Community Hall followed by Fellowship Lunch
Michael Trigg preaching at Brixham URC

From the minister...

We were warned by many that getting a church up and running again after lockdown was unlikely to be an easy task. One of the challenges is to remember how we did things in the first place. I remember unlocking the cupboards last June, trying to remember exactly what needed to be got out, and where it all was.

Such is the challenge of Ram Fair. It has been a while since we last did it and now, after a 2 year break, we have the opportunity to have the KCBC stall (and coconut shy) on Monday 2nd May. It is early this year, so we'd better get a move on.

At this stage, we need a planning team who will come up with some ideas of how to work through our theme and think what extra items we can put in. An idea from a couple of years ago was to do something like 'Get In the Picture' which we have done at Christmas on Newton Abbot high street. And there are other things, like a children's craft corner and a physical challenge, maybe. Even a poll using our voting device which still sits in June and Steve's annex. Lots of idea – now we need a team.

Think if you can join the team to start coming up with ideas and do some planning. We need a variety of people to make it work well, so if you can join, please let me know by email or on Sunday.



Notes for your diary

- **Fellowship Lunch** Sunday 13th February
- **Friday Outing** 18th February, 10:30am am. A time for coffee, cake and a chat. Please see Christina or Sue if you can't get hold of Christina for more information.
- **Quiz** The next quiz will be on Saturday 19th February at 7:30pm zoom link and answer pro-forma to follow. 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.
- **Owls and Eagles** groups will not be meeting on the 20th or 27th of February as it is half term.
- **Messy Church** Saturday 26th February if you can help please let David know.

Fellowship Lunch

There will be a Bring & Share lunch next Sunday, the 13th.

Soup & Rolls will be provided, as will Jacket Potatoes.

Please could

- You all bring an accompaniment such as salads, and /or a dessert.
- One person volunteer to bring the potatoes – they need to be in the kitchen by 10:00 a.m.

To ensure Covid safety, the soup and rolls will be served to people at the tables as before, but for the main course and dessert they will serve themselves, one table at a time from the "buffet table". We will request that masks are worn while collecting food; hand gel will be provided and hands must be gelled immediately before using serving spoons etc. We will ask adults in charge of children who do not wear masks to get their food for them.

If anyone has reservations about eating food of unknown origin, there will be plenty of "safe" options to choose from.



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.



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

The screenshot shows the homepage of the Kingsteignton Community Baptist Church website. At the top left is the church logo, a blue cross with the text 'Kingsteignton Community Baptist Church'. To the right is a search bar and a green button labeled 'Online service'. Below the logo is a navigation menu with links: 'Groups & Activities', 'Children & Youth', 'Future Events', 'Recent Events', 'In Our Community', and 'About Us'. The main content area features a large heading 'A warm welcome to you' followed by a sub-heading '...from all at Kingsteignton Community Baptist Church'. Below this is a notice about COVID-19: 'In light of the Coronavirus containment measures... to suspend all activities at KCBC until we get the all-clear for groups to meet again ... in particular'. A red callout box with the text 'Click The Green Button' points to the 'Online service' button. To the right of the main content is a sidebar with contact information: 'Contact us: E-mail: admin@kcbchurch.org.uk, Phone: 01626 210132; Pastor: Rev. David Goddard, E-mail: david@kcbchurch.org.uk, Phone: 01626 368491; Sunday Meetings: 10-30am Family worship, All welcome; This week's newsletter; Our Year of Thankfulness; Recent Sermons; Sermon Archives; How to find us: Kingsteignton Community Centre, Rydon Road, Devon, TQ12 3LP, View on Google Maps; Useful links: The Alpha Course'. At the bottom of the page, a partial sentence reads 'It may be that you would like to visit us in person and we want to'.