

March

The word "March" is written in a playful, bubbly font. Each letter is filled with a different pattern: 'M' has green hearts, 'a' has white stars on a green background, 'r' has yellow hearts, 'c' has green dots, and 'h' has white stripes. The letters are surrounded by decorative elements like swirls, a yellow sun with a face, and green asterisks. A watermark "dreamstime.com" is visible at the bottom.

SPOTLIGHT MAGAZINE

Crawley Baptist Church

March April 2018

Sandra's Thoughts

Good morning dear friends,

I am sitting in my office with the sun shining through, with the ground is covered with snow, so beautiful behind the glass!

Snow!! What do you think about when you read that word? I have two young grandsons who are really enjoying the wonder of creation in the snow, and a daughter in law who is so happy to help them explore all that it is and is about.

However, I am happy to sit behind the glass and keep warm. I wonder what I am missing out on. The cold would be my easy answer, but I am sure there are more positive and beautiful things I could still learn and enjoy, if only I was prepared to get out of my seat and explore!

We usually look after our grandchildren on a Friday, and so I have decided that I will have fun, exploring and delighting in the snow – if I am with them on Friday, and we still have snow!!

Clare usually asks me to read 'Spotlight' before it is printed, I am sure you will agree with me, she does an amazing job.... This magazine has so many nuggets of God's love and truth in it.

As I read the next page – A late Starter – it made me think of Alpha, do any of those words resonate with you I wonder, or do you think of anyone else you know who might express these words..... Can I then encourage you to explore 'Alpha'! Don't just enjoy looking out of the window at others enjoying life with Jesus and still exploring what it

means to be loved by God. Take the plunge and come along and see what you can learn and enjoy about a relationship with Jesus.

Even if, like the snow for me 'feels' cold and stops me enjoying it, church or God may have 'difficult or cold' thoughts because of what you may have experienced in the past. Have the courage and confidence to explore and see what might be a really life changing experience for you.

If you need someone to help you 'explore', the Alpha team are amazing, but if you feel you would like someone to meet you or pick you up please feel free to speak to me. It's never, ever too late to explore new things, new love and a new life.

See the Alpha article at the back of this Spotlight for details of the course.

Love and Blessings

Sandra



A LATE STARTER

Why did I wait so long, my Lord

To turn my face to You?

Why did I waste so many years

Ignoring all You do?

Why did I think that I knew best

As I wandered my life through?

Pleasing myself, and pleasing my friends

With never a thought of You.

Why did I turn my back on You

In spite of your gift to me?

Refusing Your offer of life, Lord

Given to set me free.

But now I've been born again, Lord

I've been given a brand new start

I can give my love, my life to You

With a willing and faithful heart.

With you to walk beside me, Lord
I can conquer every sin
When I falter, Your arms are there, Lord
Just helping me to win.

Finally then, I shall see Your face
My Master and my Friend...
I started late in the race, Lord
But I stayed until the end!

**I'm living each day
With the hope
That when I meet God
He will say
"Well done,
My good and
faithful servant."**

New Year Resolutions

Forgetting those things which are behind and reaching forward to those things which are ahead. Philippians 3:13

Be honest: how many of last year's resolutions did you keep? They say, 'Procrastinations is the thief of time.' We keep promising ourselves we'll do better. But 'resolutions' only happen when you're resolute. That means having a mind that's made up. So here are four resolutions you need to make up your mind to keep this year.

Take time for what really matters. Get up earlier to spend time with God. Make time for your family. Exercise, eat well, take care of your body.

Tackle one thing at a time. Too many things dilute your focus, starting too much means finishing little. Start where you are and build your successes by maintaining one thing at a time.

Start small. Don't swallow it all at one time. Talk positively. Talk in terms of what you will do, not what you can't.

Record your progress, you can't manage what you can't measure – the bible says 'throw yourself into your tasks so... everyone will see your progress.' 1 Timothy 4:15



BARLEY SUGAR

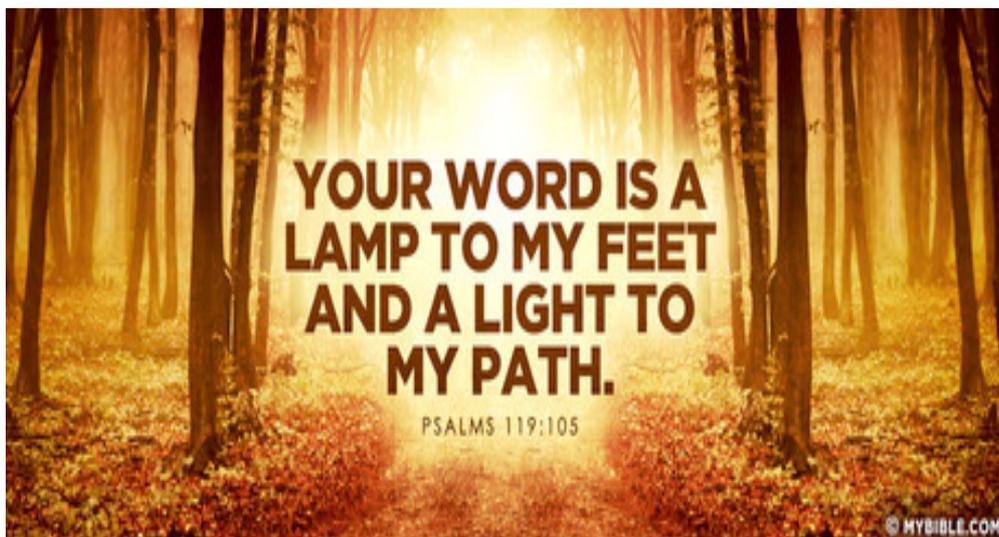
Barley Sugar was often given to us as children if we got travel sick, it seemed to have a calming effect on an upset stomach. They are hard-boiled sweets and had to be sucked slowly to feel the benefit!

Sometimes we get all upset and 'bent out of shape' over things and all it needs is for us to sit down for a short while, take it easy and read a Psalm of a verse from God's Word, the Bible, and it can make all the difference – it has a calming effect.

Most of the time if we get around to reading our Bibles, it's all done in a bit of a hurry because we are always so busy – yet the days would probably go so much better if only we would take time to talk to the Lord and read His Word – the answers to all our needs are there!

Psalm 119 verse 105

Your word is a lamp to my feet and a light for my path.



Prayer is not a 'spare wheel' that you pull out when in trouble, but it is a 'steering wheel' that directs the right path throughout the journey.

So why is a car's windshield so large and the rear view mirror so small? Because our past is gone and we cannot change it, our future is important, so look ahead.

Friendship is like a book, it takes a few minutes to burn, but it takes years to write.

All things in life are temporary, change is always in the wind, be comforted that when things are low – that this too will pass...

Pray for others always, God listens.... If we all follow this then you can be comforted by the thought that someone is praying for you...

Worrying does not take away tomorrow's troubles, but it does take away today's peace.



A LOT OF
PROBLEMS
IN THE WORLD
WOULD
DISAPPEAR
IF WE TALK
TO EACH OTHER
INSTEAD OF
ABOUT EACH OTHER

ODE TO A PILL

Little pill here in my hand
I wonder how you understand
Just what to do or where to go
To stop the ache that hurts me so.

Within your content lies relief,
You work alone in disbelief.
You sink in regions there below
As down my throat you quickly go!

But what, I wonder little pill,
How do you know where I am ill?
And just how do you really know
Exactly where you have to go?

I have a headache, that is true
My broken ribs need attention too!
So how can anything so small
End my aches in no time at all?

Do you work alone or hire a crew
To do the good things that you do?
I'm counting on you mighty strong
To get there, where you belong

Don't let me down, please do not shirk
To do your undercover work.
So down my throat, be on your way
And end my aches for another day.
Don't take a wrong turn is my plea...
I can't take another till after three!!!



USE YOUR COMMON SENSE

The key to success lies in doing the right thing at the right time.

Theologian Tryon Edwards said: “Have a time and place for everything, and do everything in its time and place.... You’ll not only accomplish more, but have far more leisure than those who are always hurrying.”

If you’re tired of living with constant stress, Theology professor Dr Howard Hendricks draws our attention to four major sources:

Saying yes to far too many things. Much of our spiritual activity is little more than a cheap anaesthetic to deaden the pain of an empty life. All our ‘going and doing’ fails to address our core emptiness.

Not stopping to recharge our batteries. We dutifully pull out our diary and fill it up. But let’s not fool ourselves; avoiding overlapping activities isn’t planning. As a result, we are stressed and short tempered, commuting between poorly planned activities that adds little to our spiritual well-being.

Failure to enjoy what we accomplish. A desire accomplished is sweet to the soul (Proverbs 13:19) With always too much to do, we dash off to the next obligation, often without finishing the previous one or taking time to stand back and savour a job well done. No wonder we worry that our existence seems meaningless.

Owing more than we can repay. Next time you’re faced with a credit card purchase – wait! Don’t necessarily say no. Just present your so-called ‘need’ to God and see what He says about it. If you’re serious about developing your spiritual life, use your common sense and put these four principles to work.

God Himself doesn't propose
to judge a man until
he is dead.
So why should you?



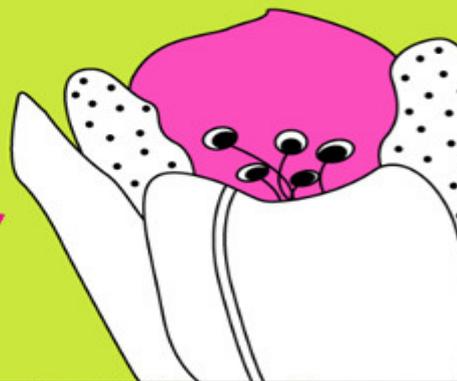
<http://Nubiagroup.blogspot.com/>

God doesn't
call the qualified,
He qualifies
the called.



<http://Nubiagroup.blogspot.com/>


Prayer:
Don't give
God instructions,
just report
for duty!



<http://Nubiagroup.blogspot.com/>

Some truths

I am God's child

God created me and He loves me.

I was with God before I came into being

He knew me then and He knows me now, perfectly

He knows me through and through

God loves me just the way I am right now

God accepts me just the way I am

I am acceptable and loveable

I am a beautiful child of God

I have infinite worth

All of creation is not complete without me

I have been created individually

I am unique in all ways

God created me as that unique person and He loves me

God chose me as His own

God lives in me and I live in Him

He abides in me and calls me His child

He wants me to live fully and abundantly

He frees me and gives me joy

God gives me the gift of life through His grace alone

I accept God's love this day and know He will love me forever

I thank God for the real person I am

I thank Him for creating me and giving me life

I thank Him for truth and love and life.

I am
God's Child.
Lavished in
LOVE.
Gifted with
GRACE.
Showered with
MERCY.
Overflowing with
HOPE.



H.S.

Everyone you meet is afraid of something, loves someone and has lost something or someone.....

Comfort is the enemy of achievement.....

The person you will spend the most time with is yourself, so you better try to make yourself as interesting as possible.....

People often say that motivation doesn't last. Well, neither does bathing.... That's why we recommend it daily!!!

The most dangerous risk of all : the risk of spending your life not doing what you want, on the bet you can buy yourself the freedom to do it later!!!

Go where you're celebrated, not where you're tolerated.....

People aren't against you, rather they are for themselves.....

Climb mountains, not so the world can see you, but so that you can see the world.....

You can't go back and change the beginning, but you can start where you are and change the ending.....

Please Pray

Lyn & Brian Carmen

Brian Prosser

Doris Shouler

Helen and Jon Miles and family

Joy Durrant and family

Joy Tilley

Pat Haworth

Fiona Griffiths

Andrew Middleton



What's Happening?

Create & Craft 2.30pm

6th March – 3rd April

Pilgrims 12.30pm

13th March – 10th April

Friendship 2.30pm

20th March – 17th April

T-Set 2.30pm

27th March – 24th April

Midweek church

March 1st , 15th , 29th

April 12th , 26th .



Birthdays

MARCH

Anne Bevan	3 rd March
Linda Greening	12 th March
Ena Humphries	14 th March – 90 th !!!!
Paul Kersey	30 th March
Lesley Masters	19 th March
David Willis	24 th March
Pat Townroe	21 st March – 90 th !!!
Pamela Vanstone	18 th March

APRIL

Sandy Clarke	1 st April
Doris Cole	6 th April
Ivy Crawforth	18 th April
Dot Ford	23 rd April
Sylvia Harding	14 th April
Mary Rochford	24 th April

God's Promises

Now therefore hearken unto me, O ye children: for blessed are they that keep my ways. Hear instruction, and be wise, and refuse it not.

Proverbs 8:32-33

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; they rod and they staff they comfort me.

Psalm 23:4

And they that know thy name will put their trust in thee: for thou, Lord, hast not forsaken them that seek thee.

Psalm 9:10

Lie not one to another, seeing that ye have put off the old man with his deeds; and put the new man, which is renewed in knowledge after the image of him that created him.

Colossians 3:9-10

THE PROBLEM WITH NEW YEAR RESOLUTIONS

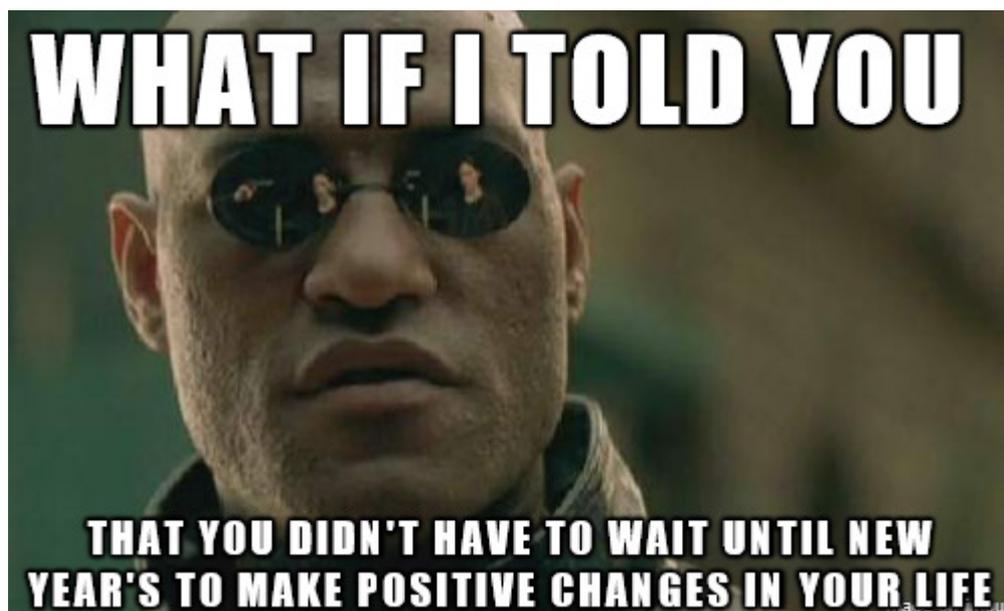
The problem with New Year Resolutions is not that they fail, or that they are too difficult. The problem with them is that people think that's it!! It's the one time to change, now don't get me wrong we all need change, but probably one big decision isn't going to do it.

So, what now? Do we just flush the resolutions away? No, keep your resolutions, but go easy on yourself. Will those resolutions make you change? Maybe, but probably it won't happen in one big moment. It will happen in thousands of little moments.

Every time you choose to forgive, or slow down, or be grateful, or stay calm. Each little moment that you choose what's right instead of what's easy. Faith instead of doubt. Love instead of hate. That's where the change happens, even if you fail – that's ok, you have lots of little moments ahead of you to get better.

Happy New Year.

God Bless.....



LIVE LIKE IT'S YOUR LAST DAY.....

Be grateful each day you are here, deal with your issues peacefully, try not to let any negativity you are feeling leach into other people's lives. Get out, take a deep breath – see how beautiful the world is!!

Be grateful you are physically able to do the things you do, like work, or exercise, these may seem trivial until your body does not allow you to do either.

Appreciate your good health and functioning body – even if it isn't your ideal size. Look after it and embrace how amazing it is. Move it and nourish it with fresh food. Don't obsess over it.

Be ruthless with your own well-being, be grateful for each day you don't have pain and even the days when you are unwell with minor ailments.

Complain less. Help more.

Give, Give, Give – You gain more happiness doing things for others than doing for yourself.

When faced with death you realise how silly it is to spend so much on trivia and 'things'... no-one will notice if you wear that dress more than once. Think instead on buying for others, a coffee, a small token – that lasts so much longer than yet another thing for you.

Value other people's time – get ready earlier if you are a poor time keeper, show your appreciation to friends and family who want to spend time with you.

Use your time to experience life – there is so much out there, so many people to meet, so many places to go. Put the effort into doing that day trip to the beach, dip your feet in the water, dig your toes into the sand, wet your face, feel the wind.

Get amongst nature

Listen to music, music is therapy

Hug your dog, your partner, your child, your friend....

Talk to friends, put your phone down! Engage

Work to live, don't live to work.

Seriously do what makes your heart happy

Eat the cake – zero guilt.

Don't be pressured to live a life dictated by others, live your own life.

Tell your loved ones you love them, every time you get the chance and love them with everything you have.

You have choices – if something makes you miserable, change it, you have the power to walk away – you do not know how much time you have on this earth – time is precious, don't waste it.

Do a good deed, donate regularly – it's good for the soul.

The thing about life; it's fragile, unpredictable and each day is a gift, not a given right.





A SHEET FOR YOU TO COLOUR.

A grandmother and her little grandson, whose face was sprinkled with bright freckles, spent the day at the zoo. Lots of children were waiting in line to get their cheeks painted by a local artist who was decorating them with tiger paws.

“You’ve got so many freckles, there’s no place to paint!” a girl in the line said to the little fella. Embarrassed, the little boy dropped his head. His grandmother knelt down next to him – “I love your freckles. When I was a little girl, I always wanted freckles.” She said, while tracing her finger across the child’s cheek. “Freckles are beautiful!” The boy looked up, “Really?”

“Of course,” said the grandmother. “Why, just name me one thing that’s prettier than freckles!” The boy thought for a moment, peered intensely into his grandma’s face, and softly whispered, “Wrinkles.”



Rejoice in the Lord always. I will say it again: Rejoice!

Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, 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. Whatever you have learned or received or heard from me, or seen in me – put into practice. And the God of peace will be with you.

