



# Link Up!

**“Cast all your anxiety on him because he cares for you.” 1 Peter 5:7**

## What's on in August

On **Sunday 7<sup>th</sup> August** we will be holding another of our monthly Prayer Services which provide an opportunity the whole church to pray together. This month we will be focusing on two local 'missions' for most of our prayer time. We have John and Anne Ainsworth, who lead the Poole Town Pastors team, coming to tell us about their work and I'm hoping to have some prayer points for Smile Reconnect about their summer programme of activities. There will be time to pray for individuals as well, so that we don't leave that out.

On **Sunday 14<sup>th</sup> August**, our new moderator, Colin Pavitt, will be visiting us to preach and lead worship for the first time. This will be a good opportunity to meet you all and for you to start to get to know him.

On **21<sup>st</sup> August**, Barbara Goose will be leading our worship and preaching continuing our series in 2 Corinthians.

The following week, On **28<sup>th</sup> August**, Stan Goose will be leading worship and preaching.

## No Worries

When we look around at the world it is easy to feel despondent; uncertainty abounds. The ongoing war in Ukraine, the selection of a new Prime Minister. As I write this we are in the midst of an unprecedented heatwave driven by spiralling CO2 emissions.

Here at Longfleet we're moving through a time of uncertainty ourselves as we seek to determine what God's plan is for the future for the congregation here.

Sometimes this uncertainty can lead to worry. When I start to worry about things the first thing that comes to mind is a rather trite poem from my First World War Horrible History book about the pointlessness of worrying.

*Don't worry*

*When you are a soldier you can be in one of two places: A dangerous place or a safe place. If you're in a safe place ... don't worry.*

*If you're in a dangerous place you can be one of two things: One is wounded and the other is not. If you're not wounded ... don't worry.*

*If you are wounded it can be dangerous or slight: If it's slight ... don't worry. If it's dangerous then one of two things will happen: You'll die or you'll recover. If you recover ... don't worry. If you die ... you can't worry.*

*In these circumstances a soldier never worries.*

As Christians, however, we have reason beyond pure fatalism to not worry. For we know that we have a God who loves and provides for us.

#### SMILE 'Yellow bags' 2022

##### What is a 'Yellow bag'?

- Inside a Yellow paper bag we place a recipe card created by The Friendly Food Club, and all the ingredients needed to cook that meal.

##### Why is this special?

- Because as well as written instructions, The Friendly Food Club have created videos (on YouTube) to teach people HOW to cook the meal along with other helpful tips, such as how to cut an onion.

##### Who are these for?

- SMILE supports Lone parent families, many of which have either never learnt these skills themselves, have young people who could benefit from learning to help around the house more, or are likely to be in food poverty.

- These bags are completely free for the families and will provide a healthy meal.

- We are doing 4 weeks at the end of the holidays, because school meal vouchers are given to families in one lump sum at the beginning, so by weeks 3 and 4, cupboards start to get less full!

- Having a friendly face drop a meal off every week on the same day, around the same time, helps families who are isolated feel remembered.

##### What are we asking for?

- Helping hands to help pack 40 bags per meal on Wednesdays between 1pm and 4pm

- Drivers to collect the filled bags at 4pm to deliver out to families.

- **This will all be held at Longfleet so, if anyone feels they are interested and able to help have a word with Janet)**

##### Dates and Meals:

Week 1: Aug 10th, Rainbow stir fry (start them off easy), possibly Chocolate & Beetroot Brownies.

Week 2: Aug 17th, Mac & Cheese, possibly Banana Chocolate Cupcakes

Week 3: Aug 24th, Sweet potato & Chickpea curry, possibly Flapjack Cookies.

Week 4: 31st Aug, Pasta Primavera, possibly Fruit Crumble.

*"So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*  
Matthew 6:31-34

Of course, if we rely on our own strength we will eventually be beset by worries. Therefore, we must rely on God and present our worries to Him.

*"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."* Philipians 4:6-7

The Lord takes our problems to himself, and in exchange he gives us his own immeasurable peace. All our troubles do not fret him in any way at all. He takes them all to himself. He can cope, and he gives us peace. He does it definitively for the first time when we come to him labouring and heavy laden, and he gives us rest. This is the wonderful life of the believer. Instead of worry we get peace. Instead of anxiety he gives us rest. Salvation is making people whole.

*Graeme Smith*

#### Other Notices

Just to remind everyone that there is no morning service at Longfleet on Sunday 31<sup>st</sup> July when we will be joining with Parkstone Baptist Church at Loch Road for their service which starts at 10.30am. We want to try and get everyone there who wants to come so, if you need a lift to get there, please sign the list on the vestibule notice board saying which area you need a lift from. If you have spare seats in your car, please sign the list to say how many you can take with you. Then we'll try to link up people with spaces to people who need lifts.