



# Link Up!

**‘Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you.’ Deuteronomy 5:12**

## Coming up in September

**On Sunday 8<sup>th</sup> September** we will continue our series in the book of Acts with chapter 14 ‘The gods have come down to us!’

**On Sunday 15<sup>th</sup> September** we will look at chapter 15 of Acts ‘Difficult Decisions’.

**On Sunday 22<sup>nd</sup> September** our passage will be chapter 16 of Acts where Timothy is introduced.

**Finally on Sunday 29<sup>th</sup> September** our friends from Parkstone Baptist Church will be joining us in looking at chapters 17 & 18 of Acts ‘Uproar in Macedonia!’

**Also, on Sunday 29<sup>th</sup> September** those of you who are Church Members should note that we will be holding one of our scheduled Church Members’ Meetings after the service. As usual bring your lunch and our friends from Parkstone have also been invited to join us for lunch, then we will move into the church for the meeting. Agenda and other paperwork will be sent in advance of the meeting.

**BMS Visit** On Wednesday 11<sup>th</sup> September our Zoom meeting will have a visit from Benon Kayanga, one of our BMS Partners. Benon will be on a UK visit during that time. He will share something of the work for BMS that he is involved in back in Uganda, his home country. Even if you don’t usually join us for the Wednesday Bible Study you would be very welcome to Zoom in to that meeting. Ask either Janet or Ken if you need to know how to do that.

In Acts 20 Luke relates the story of a young man named Eutychus sitting on a window ledge listening to the Apostle Paul preaching. It’s late at night, and Paul has been talking for hours. It’s warm and muggy and the room is full of fumes from the many oil lamps. Eutychus gradually sinks into a deep sleep and falls out of the third storey window, and is killed. Paul races out of the house, and miraculously raises Eutychus to life.

Like Eutychus it’s easy for us to be so committed to something, and it may well be something good and true and right, that we don’t realise just how absolutely shattered we are. Whilst he may well have wanted to listen to all that Paul had to say, Eutychus really should have just taken himself off home and gone to bed.

At our September Communion service, we thought about Sabbath rest. From Luke 10 we heard how Jesus told Martha to stop what she was doing, to stop running around trying to feed him and his disciples and to just sit at his feet; to rest and to learn. Similarly in Matthew 12 Jesus made it clear that we are to look after ourselves; to ensure that we are fed, that we are rested - and that we prioritise time in our lives to spend with him, so that we may experience the rest and healing that only the Holy Spirit can provide us.

## Harvest Thanksgiving

We will be holding our Harvest Thanksgiving Celebration on Sunday 11<sup>th</sup> October. This year our Harvest offering will go to the Autonomy Hotline, which Nicky our minister's wife runs. If you want to know more about what they do, then have a chat with Nicky one Sunday. There will be envelopes on the seats on 11<sup>th</sup> October for you to make a donation and return into the offering box over the following couple of Sundays.

We will also be making a food collection for Poole Foodbank which will form part of our Harvest Display. The demand on the Foodbank services continues to be high and even if you can only spare one item from the following list it would really help those in need. **Please stick to the items on the list and make sure that anything you give has at least 3 months 'best before' date on it.**

- UHT or powdered Milk
- Tea bags; Jars of Coffee
- Drinking Chocolate
- Cartons of Fruit Juice
- Squash
- Bags of Sugar (500g)
- Tins of meat, meals such as curry or stew, fruit, vegetables, soup, baked beans, rice pudding, tomatoes.
- Jars of pasta sauce
- Jars of Jam or Honey
- Pasta & Rice (1KG bags preferred)
- Pkts of cereal
- Pkts of Biscuits or snack bars
- Toiletries such as:
  - Toothpaste & Toothbrushes
  - Shampoo, Soap & Shower gel
  - Toilet rolls
  - Nappies (size 3 & over)

## Harvest Lunch & Social

After our Harvest Service we will be holding a Harvest Lunch with Social Activities to follow. The lunch will consist of Jacket Potatoes with a choice of Cheese or Baked Beans as a topping with a help yourself side salad followed by cake or fruit to follow. A list will be on the Notice Board for you to sign up from Sunday 15<sup>th</sup> September to let us know you are planning to attend the lunch and to indicate which topping you would like. This will give us an indication of quantities for catering purposes. Please sign one name per line as this makes counting up a lot easier. Family members would be very welcome at this event.

After the lunch there will be a Beetle Drive and some quiz type activities for us all to enjoy.

It's no coincidence that there are many stories in the Bible of people failing to rest - God our Creator knows what we are like. He knows we like to push ourselves, to prove ourselves, to work hard. But he also knows that without rest we cannot function effectively, we become a danger to ourselves and a danger to those around us. It is in those periods of rest - when we are calm and still, and have managed to shut out the hustle and bustle of the world - that God is most able to speak to us and to do his work in us and through us.

Is there a metaphorical third storey window that you're in danger of falling out of? Are you sinking into a deep sleep, physically, emotionally, spiritually? If so, get off that window ledge and go and get some rest. And if you do fall out, Jesus can and will and does miraculously restore us to life.

*Rev Ken Adolphe*

