



Link Up!

‘But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.’ Isaiah 40:31

Coming up in October

On Sunday 6th October we will be having our usual monthly prayer service with communion and looking at the Riot in Ephesus in Acts 19.

Then on 13th October it will be our Harvest Thanksgiving Celebration. We'll be looking at Amos 5: 10 – 15.

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 13th 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
- Pasta & Rice (1KG bags preferred)
- Pkts of cereal; Pkts of Biscuits or snack bars
- Jars of Jam or Honey
- Toiletries such as: Toothpaste & Toothbrushes, Shampoo, Soap & Shower gel
- Toilet rolls, Nappies (size 3 & over)

Up until recently everybody in the Army had to do an annual Combat Fitness Test. This consisted of an 8 mile march carrying a large pack and a rifle, and it had to be finished in 1 hour 50 minutes; that's just over 4 miles an hour, which is a pretty fast walking pace. By the end of it the only thing I wanted to do was to sit down and relax, but before we could do that we had to go to the gym to stretch off and have our times recorded, and then go to the armoury to hand our rifles in. By now, the adrenalin had worn off, I would be hungry and thirsty and my whole body would be aching; shoulders, back, legs - but mostly my feet. Within the first few miles of the march hotspots would occur on my heels and edges of my toes, a few miles later these would become blisters and so after nearly 2 hours my feet would be agony.

Shortly after we were married, I arrived home from a CFT and Nicky watched me ripping off my boots and saw how red raw my feet were. She went and got a big bowl of hot water, put some bath salts in it, placed my feet in it and gently massaged them for me. What an amazing sensation, after such a hard slog, to be able to sit back in a comfy chair, with my poor aching feet being rubbed by a warm flannel. It didn't just relax my feet, but my whole body relaxed, as the tension and strain drained away.

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 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.

Sign up by Sunday 6th October.

On Sunday 20th October we will return to our studies in the book of Acts in Chapters 20 & 21 with Paul's journey to Jerusalem.

Then on Sunday 27th October we will continue on with Paul's time in Jerusalem in Acts 21/22/23

Do you find that sometimes life can feel a bit like that? A bit like one long hard slog and you just want to flop down in a chair, your body tired and aching. How can it be that as Christians we feel like this? Surely that's not right? Paul says in 1 Cor 1:11 'But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and in the Spirit of our God.' We know that we have been washed clean by the blood of Christ. In fact Jesus tells us that we've had a bath and that our whole body has been made clean!

But still we need to return to Jesus, to rest in His presence and allow him to spiritually wash our feet. Just as when Nicky washed my feet for me my whole body was at peace, when we take some time out and just rest and relax in the presence of God, when he washes our feet, we can truly find peace. It may feel like you spend your whole life serving others, your spouse, your children, your employer, your church; but now, allow Jesus to serve you as you rest in the presence of his Holy Spirit.

If you are tired, if you are weary, weak and aching, allow Jesus to serve you and to minister to you. We call him Lord and Teacher, and that's absolutely right. But it is his pleasure to humble himself and serve us. In Psalm 116:7 David writes 'Be at rest once more my soul, for the Lord has been good to you.'

Rev Ken Adolphe