

Cornerstone Christian Fellowship Newsletter – July 2019



July Rotas

Please note there is no crèche rota in July – the room is available to use

Bible Club: see Summer programme

7th

Prayer: Annemarie
Welcome: Alan
Communion: Vivianne
Message: Robert T
Kitchen: Lesley T, Angela Scott, Trudi

14th

Prayer: Robbie
Welcome: Alan
Message: Alan
Kitchen: Ewan, Myra, Lesley T

July Rotas, continued...

21st

Prayer: Julien
Welcome: Alan
Message: Alan
Kitchen: Grace, Barbara L, Jeanette L

28th

Prayer: Davina
Welcome: Alan
Message: Julien
Kitchen: Lori, Lesley T, Isabel McD

How alert are we to our thoughts? It's reckoned we can have between 12-60 thousand thoughts per day but according to research, 80% of our thoughts are negative (a great resource for our enemy). The good news is, if you can recognise a negative thought you can consciously choose to change it before you act on it.

A pastor in Kansas called Will Bowen decided to make an effort to help his congregation to focus on what they do want rather than what they don't want. He created a purple bracelet and gave one to every member. He explained that it takes 21 days to create a new habit – the idea was for people to switch the bracelet to the other wrist each time they found themselves complaining (speaking it out). They were to continue switching until they'd gone the full 21 days without a single complaint.

The success of what is now called "The Complaint Free World" started to catch on because of the difference it was making by the positive impact it was having on churches, families, prisons, governments and people's health. Pastor Bowen says "Complaining is like bad breath; you notice it when it comes out of someone else's mouth but not when it comes out of your own."

If you want to try for yourself:

- Put the bracelet on your wrist – this is Day 1 of the 21 day journey
- If you complain, switch to the other wrist. You are now starting over on Day 1
- Stay with it

The average person takes 4-8 months to complete the 21 Day challenge. But stick with it.

James 4: 7 says – *Submit yourselves, then, to God, resist the devil and he will flee from you*

Strictly For the Birds

I've a blackbird who visits my garden
And he dines on blueberries and grapes
No ordinary seed for this aristocrat bird
He's certainly no 'common five eight'

If there is nothing left on the feeder
He'll tap my window with his yellow beak
Or an 'open door' inviting
He looks in from the step to have a peep

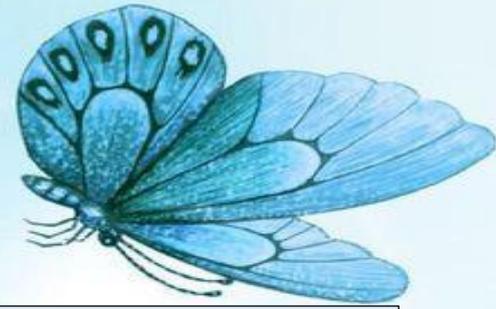
He sings a sweet song near the rose bush
If I'm not about in the back
Only to attract some attention
He know he's on the right track

I'll roll a green grape or a berry
And watch him tear across ground to catch
He then pierces the fruit till it squashes
It's not long till it disappears down 'the hatch'

Then he'll whistle on Mrs. Matey
Who cautiously appears out of the blue
She has the same passion for grapes and berries
He stands guard while she devours them too

They think they are hiding a secret
But signs are there at best
For somewhere deep in the forest
They could be sharing a two apartment birds nest

~ **Betty Hutchison**



Sunday, 7th July: we will be having a Fellowship Lunch after the service where we will break bread together before eating. Please bring a packed lunch with you.

MONTHLY PRAYER TOPIC:

GOD'S CHURCH IN OUR COMMUNITY,
PRAYING FOR THE BODY OF CHRIST, UNITY
AND AWARENESS OF OTHERS.

1 PETER 3: 8-9: FINALLY, ALL OF YOU, LIVE IN HARMONY WITH ONE ANOTHER, BE SYMPATHETIC, LOVE AS BROTHERS, BE COMPASSIONATE AND HUMBLE, DO NOT REPAY EVIL WITH EVIL OR INSULT WITH INSULT, BUT WITH BLESSING, BECAUSE TO THIS YOU WERE CALLED SO THAT YOU MAY INHERIT A BLESSING.

PSALM 133: 1 HOW GOOD AND PLEASANT IT IS WHEN BROTHERS DWELL TOGETHER IN UNITY.

So do not worry about tomorrow;
for tomorrow will care for itself.

Each day has enough
trouble of its own.

- Matthew 6:34



Worry wastes **today's**
time and
Clutters **tomorrow's**
opportunities
with **yesterday's**
troubles.

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