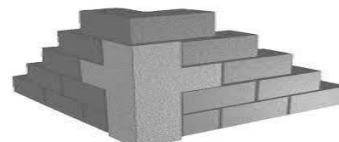


# Cornerstone Christian Fellowship Newsletter – July 2019



## July Rotas

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

**Bible Club: see Summer programme**

7<sup>th</sup>

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

14<sup>th</sup>

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

## July Rotas, continued...

21<sup>st</sup>

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

28<sup>th</sup>

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, 7<sup>th</sup> 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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