

NEWS

St Paul's
HOWELL HILL

13 January 2019

New Year, New You

Jesus invites us to follow Him, which means becoming like Him! Often my question at this time of year is "how am I doing in becoming more like Jesus?" Now let me be clear - we often want the aspects of Jesus that are always denied us - to be omnipresent, omnipotent and omniscient, that is, ever-present, all-powerful, all-knowing. I'm afraid the omni's are not for us. However, we are invited to be like Jesus as described in Galatians 5: *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.*



So how are you doing with these? And how will you know?

May I encourage us all in these coming days to take a few moments out to reflect, pray and consider - this is the spiritual discipline of Examen - self-examination before God, for unless we ask the question "how are we doing?" we will plough on with our current patterns and plans without any course corrections.

How can we take time out to reflect? May I offer a

helpful process as described by Pete Greig, who has written extensively on prayer.

1. Replay: either the last day, week, month or year. What has happened, how did you feel about it, what was your responsibility?
2. Rejoice: seek out and praise God for the blessings you have received in the time period you have reviewed.
3. Repent: note that which wasn't as it ought to be, that which was sinful and confess this. Particularly, note any patterns of behaviour or thinking.
4. Reboot: what different things can be done to allow other patterns to prevail, how can you cooperate with the Holy Spirit to bring about more grace in your life and in those whom you meet?

My prayer for us all is that this year we shall together enjoy the invitation to follow Jesus and become more like Him - and that our wider community will look in and remark 'see how they love one another' and want to join us on the adventure of faith in Jesus!

May you have a blessed 2019.

Martin Wainwright

You are welcome at any of our activities this coming week at St Paul's

This Sunday 13 January

10am Way2Go Central
Speaker: David McKie

11:40am Communion Service
Encountering the Saviour... in our questions
Speaker: Mark Goodman

6pm *The Lord's Prayer - Your Kingdom come*
Speaker: Anna Norton

Monday 9:15am Prayer Meeting (Upper Lounge)
9:45am Toddlers
2pm Wrigglers

Tuesday 9:45am Toddlers
11am Spartans (Club Room)

Wednesday 11am Mid Week Focus

Thursday 9:30am Prayer & Pastries
10am Refresh (Cheyham)
8pm Knowing God Better
(31 Avenue Rd)

Friday 10am Little Church
10am Knowing God Better (Club Room)
4:30pm Kidzone Fridays (R-Y2)
5:45pm Kidzone Fridays (Y3-6)

Sunday 20 January

10am Communion Service
Following Jesus means... being forgiven
Speaker: Martin Wainwright

6pm *The Lord's Prayer - Our daily bread*
Speaker: Martin Wainwright

St Paul's Howell Hill, 15 Northey Avenue, Cheam, Sutton SM2 7HS 020 8224 9838

office@saintpauls.co.uk

www.saintpauls.co.uk

Office hours 9:30am-2:30pm Monday to Friday

Please pray for:

- those who are ill or awaiting hospital results or appointments; those in our church family who have recently been bereaved.
- our politicians debating and making decisions about Brexit – for all to be motivated by concern for the most needy in society and not for party or personal gain.
- our youth ministry, FUEL, and Sean Skinner leading the team; for inspiration and energy as they pass on the good news about Jesus.

Prayer requests, including for extended prayer, to Sally Thomas sallyt@saintpauls.co.uk / 0208 224 7360 or via the Welcome Area prayer box. Join us praying on Monday mornings in the Lounge (upstairs) 9:15-9:45am.

Transforming our nation with the Gospel through a movement of missionary disciples Saturday 9 February 9:30am-12:30pm

A morning to explore what it could be like to live out lives on mission and as disciples of Jesus in missional communities. Led by Nic Harding – who planted Frontline Church in Liverpool and now is director of Kairos Connexions which exists to serve churches seeking to place mission and discipleship at their core. Book your place at saintpauls.co.uk/missionalcommunity

Holiday Club 2019 - Fruitastic

Wednesday 20 - Sunday 24 February, 9:30am-12:30pm

Team: We are in need of many more group and craft leaders. If you are planning on helping but are yet to sign up, please talk to Caroline Russell or sign up via ChurchSuite ASAP as it greatly helps in our planning.

Kids' applications are now open. Please sign up online at saintpauls.co.uk/children or pick up a form in the welcome area.

Holiday Club Craft Supplies

The craft team is in need of scrap material cut into 3" squares. Please place in the box in the Welcome Area or hand directly to Naomi Simms. Thank you.

Learning to Hear God's Voice

All are welcome to join members of the Prayer Team for a dvd-based course published by New Wine on learning to recognise God's promptings so that we can help others believe and be encouraged. 8-9:45pm Mondays **25 Feb, 4 Mar, 18 Mar, 25 Mar, 1 Apr.** Please sign up at saintpauls.co.uk/listeningtoGod

Party4All – the St Paul's Church Party

Saturday 16 March 7-10pm A party for the entire church family and guests.

Join us for a buffet supper, then dance to the Down Street Band, back by popular demand after their superb performance five years ago at the St Paul's Ball. Licensed bar. Tickets £8 adults, £4 under 18s and students www.saintpauls.co.uk/party



New Year, New Challenge!

As we focus this term on what it means to follow Jesus, we'd like to challenge ourselves to read the Bible more.

A number of us are using *The Bible in One Year*, with commentary by Nicky and Pippa Gumbel. If you'd like to join us, find a printed copy (£11.50 – Bible text only) at eden.co.uk, or download the free mobile phone app, which includes audio text and commentary. There are many other Bible reading plans available, eg from *LICC Whole Life Whole Bible* or *youversion.com*. Do have a go, and let us know how you get on.



A Date for your Diaries

Our Annual Parochial Church Meeting (APCM) will take place on **Wednesday 3 April 8pm**. Please note the date in your diaries and make it a priority to come to this important community meeting.

Keep Fit

Fancy feeling fitter and healthier and meeting new people in a fun and friendly environment? Why not try out one of the exercises classes run here at St Paul's.

Mondays, 8.30-9.30pm (ladies only) with Karen

Erasmus. Contact Karen rupertandkaren2@gmail.com

Wednesdays, 9,30am (mixed & for those in retirement) & 11am (ladies only) with Margaret McAllister. Contact Margaret mjmca@btinternet.com

Winter Shelter

Sutton Community Works are piloting a winter shelter in February. If you are interested in helping this scheme, 5 hours' training is offered on Saturday 12 January 9:30am-2:30pm or Tuesday 22 January 7:30-10pm. Further details from suttonshelter@gmail.com

CAP Money Course

Saturday 9 February 9:30am-3pm at The King's Church, Epsom. A free, one day course to help you manage your money easily and well. For further details or to book, call 0759 3535197, email capmoneycourses@gmail.com or visit capmoneycourse.org

Giving to St Paul's

God's work here is funded by our church family and we encourage planned giving. Information on how to give regularly is available in the Welcome Area and online at saintpauls.co.uk/giving. There is a plate by the door for any who may wish to give today. Charity No 1128212