

Rehoboth Baptist Church

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**Newsletter
May 2007**



**‘You will seek me
and find me when
you seek me with
all your heart.’
declares the Lord**

Jeremiah 29 v 13

**Visit our Website -
www.rehoboth.org.uk**

Cue the Queue

I've heard of some crazy queuing in my time, but for thousands to line up from 2am outside Sainsbury's in North London to buy a £5 eco-friendly reusable bag with 'I'm NOT a plastic bag' on it seems madness to me. But, according to the paper, it seems that most people wanted it as a fashion accessory, having gone green with envy seeing celebrities using the bag!

Let's face it, most queues we join are because we want or need something. Back in March, hundreds of Playstation fans queued for 36 hours to buy the first PS3s. Evidently they were rewarded not only with their coveted game console, but with a free high definition TV to go with it. At a more mundane level we queue for food, for petrol, for stamps, for buses etc.. While at Spring Harvest recently I joined the end of a long queue that snaked half way round the Skyline to get into the Centre Stage venue to hear Jonathan Veira. I have to say, it was worth it!

We all queue for what we want, and if it's the latest PS, or the Sales, or the last night of the Proms, or even a fashionable bag, for some it's worth queuing a day, or two days before opening.

Now, supposing there was a queue to follow Jesus - to sign up to serve him, maybe even full time service. How willing would you be to join it? Perhaps it seems a long queue and you have to stick at it, learning and preparing as you go along. But do you really want to obey Jesus, to serve him, to seek his

direction – or would you abandon that queue and go and find an easier one? Of course there's no queue as such but you've still got to have that overwhelming desire to follow Jesus.

It's the same when you want to come to know Jesus. Did you see that verse on the front page? Do read it now. There may be no queue, but you still have to seek him with all your heart.

May we each seek him in that way.

Steve Piggott

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Forward Planner Special Events

173rd Church Anniversary

Sun June 3rd

Speaker: Jim Harris (Ringwood)

After the success of Carols in the Garden we are planning a Picnic & Praise in the New Street Garden on Sunday 24th June. More details next month.

Fellowship news - While there is good news that Paul Phillips' father came through a major operation last month please continue to pray that his health will be restored.

Remember David Ansell on 13th May when he competes in the Southern area leg of the Bus Driver of the Year competition at the Kent showground at Detling near Maidstone.

Remember David Ansell and Bryony in prayer at Cliff College annual meetings in Derbyshire on 27th-28th May.



Congratulations to Elizabeth Shoulders on her special birthday on 17th May

Preaching out this month

(as advised by 27.04.07)



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|-------------------|---------------|---------------------------------|
| May 6th : | David Ansell | - Reigate AM |
| | | - Charlwood 3PM |
| May 13th : | Stuart Beadle | - Shrewsbury Chapel, Redhill AM |
| | | - Charlwood 3PM |
| May 20th : | Steve Piggott | - Hailsham EFC AM |
| | Stuart Beadle | - Denne Rd Gospel Hall PM |

Praying and caring for the Community

May we continue to pray for those living in the roads and streets around us at Rehoboth. During May, we are focusing prayer on **Bedford Road and Arthur Road.**

In your hearts set apart Christ as Lord

1 Peter 3:15

The keys to living a stressful life

(Summary of a message preached by Paul Phillips recently)



STRESS

Apparently, we are suffering from an epidemic of "stress". According to the health and safety executive, work related stress accounts for 30.9m working days lost each year. This has a great impact on our nation's output as well as being troubling for the individuals afflicted. I am not wholly convinced that these cases of stress can be totally blamed on "work" and there are many other factors that impact on a person's welfare such as relationship and family problems, balancing work with other responsibilities and perhaps more and more these days - debt or addiction problems.

Whatever the cause, does the Bible and in particular, Our Lord Jesus Christ have something positive to say about handling stress? Most definitely - He does. Matthew 6 verses 25-33 are very powerful antidotes to both stress and worry in the modern life even though they were spoken and recorded some 2000 years ago.

However, some people like to "wallow in worry". If you are one of those, then here's a helpful guide to "staying stressed" - the keys to a stressful life!

1 Don't - **see things from God's perspective**

Romans 8 vs 28 tells us that "all things work together for good to those who love God, to those who are the called according to his purpose". A great deal of stress can be alleviated by just seeing things from God's perspective. This can be a very liberating experience and can release us from worry, so to stay miserable don't do it!

2 Don't - **deal with unresolved sins & conflict**

Hebrews 12 vs 1 reminds us to "lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus the author and finisher of our faith". Sin generates crippling inner tensions and conflict and if unresolved can fester and destroy us. It robs us of our joy. We must sincerely seek Jesus' cleansing power by confession and repentance. So if you want to continue in conflict, don't do it!

3 Don't - **redeem your time**

Ephesians 5 vs 15 reads "See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil". How often do we "waste time" on nothing of any consequence? We put things off and this procrastination nags at us. However, correct rest and recreation is also important and this shouldn't be seen as wasteful. After all, the Lord rested too - on day seven after a pretty hectic previous 6! But if you're happy feeling burned out, then don't do it!

4 Don't - **give everything to God in prayer**

Philippians 4 verse 6 encourages us to "be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God". A great deal of our stress is the direct result of shouldering the burdens of life without turning to the Lord in prayer. But if you're happy coping on your own, then don't do it!

5 Don't - **trust in God's word**

Romans 15 verse 4 informs us that "whatever things were written before were written for our learning, that we through the patience and comfort of the scriptures might have hope". The promises and counsel of scripture provide us with a rich storehouse of stress-relieving comfort and peace. Believing God's word, despite the circumstances, is challenging but immensely rewarding, as those who have trusted God for their every need can testify. But if this isn't for you and you want to stay stressed then don't do it!

6 Don't - **enjoy fellowship with one another**

Romans 15 verse 32 records the Apostle Paul's personal desire "that I may come to you with joy by the will of God, and may be refreshed together with you". Fellowship with believers can provide a potent remedy for stress. Research studies show that interaction with loved ones and friends helps relieve the pressure of stress. Those who isolate themselves and withdraw from others suffer a greater degree of stress. Companionship provides access to warmth, love, understanding, comfort, counsel and encouragement. But if you're happy being miserable, stressed and "all alone" then don't do it!

Finally, the ultimate key to living a stressful life is to never "seek first His kingdom" nor "His righteousness", then you can guarantee that "all these things" will not "be given to you as well".

You have been warned!

MAY CALENDAR

Tuesday	1st	2.30pm	Tuesday Fellowship : David Piggott
Wednesday	2nd	8.00pm	Prayer & Bible Study : 165 Tanbridge Park, Horsham
Thursday	3rd	10.00-12.30pm 8.00pm	OPEN HOUSE : Rehoboth Banner Group at the church
Friday	4th	10.00am 8.00pm	WAM Bible Study : 20 Downsview Road Pathfinders & HighWay
Saturday	5th	8.30am	Early Prayer Meeting : Rehoboth
SUNDAY	6th	10.30am 6.30pm 6.30pm	Steve Piggott + Communion Andrew Cooke Bryce Lodge service
Wednesday	9th	10.30am 8.00pm	Gillett House Service Prayer & Bible Study : The Bungalow, Tilgate Forest Lodge, Pease Pottage
Thursday	10th	10.00-12.30pm	OPEN HOUSE : Rehoboth
Friday	11th	10.00am 8.00pm	WAM Coffee : 9 Macleod Road Pathfinders & HighWay
Saturday	12th	8.30am	Early Prayer Meeting : Rehoboth
SUNDAY	13th	10.30am 6.30pm	David Piggott Simon Mason
Tuesday	15th	2.30pm	Tuesday Fellowship : Gordon Hamilton
Wednesday	16th	8.00pm	Prayer & Bible Study : 30 Cambridge Road, Horsham
Thursday	17th	10.00-12.30pm	OPEN HOUSE : Rehoboth
Friday	18th	10.00am 8.00pm	WAM Bible Study : 1 King Edward Close Pathfinders & HighWay
Saturday	19th	8.30am	Early Prayer Meeting : Rehoboth
SUNDAY	20th	10.30am 6.30pm	Kevin Borrett Steve Piggott + Communion

Wednesday	23rd	8.00pm	Prayer & Bible Study :16 Little Bridges Close, Southwater
Thursday	24th	10.00-12.30pm	OPEN HOUSE : Rehoboth
Friday	25th	10.00am 11.00am 8.00pm	WAM Coffee : 54 Blakes Farm Road Page Court Service Pathfinders & HighWay
Saturday	26th	8.30am	Early Prayer Meeting : Rehoboth
SUNDAY	27th	10.30am 6.30pm	Steve Piggott John Polson
Tuesday	29th	2.30pm	Tuesday Fellowship : Steve Piggott
Wednesday	30th	8.00pm	Prayer & Bible Study :186 New Street, Horsham
Thursday	31st	10.00-12.30pm	OPEN HOUSE : Rehoboth

It's always good to know what you believe.

Rehoboth Faith and Practice

- a booklet that contains a summary of our beliefs, and how we seek to live them out as a fellowship at Rehoboth Baptist Church.

- ◆ Perhaps you're not sure what 'belief' is all about and you'd like to know more.
- ◆ Maybe you're familiar with Biblical doctrine, but need a recap.
- ◆ However long we may have been Christians, we can always do with a refresher. **So -**

We've just started a series on Sunday mornings looking at the basic teachings of the Bible on which the booklet is based.

We've already had a look at the subject of 'God' - does he exist; is he the only true God; can other religions & their gods not be true also? (answers to those three questions were yes, yes, no!).

This month we'll be considering God in Trinity; Man in God's image; Sin in humanity & God's answer in Jesus.

.Don't miss Sundays am. at Rehoboth

P.S. If you don't have a copy of our Faith & Practice and would like one, please ask Steve or Kevin



GENERAL INFORMATION

Sunday Morning Worship

Our young people join us for the first part of our Sunday morning services and then have their own groups:-

Crèche: Babies and Toddlers
Primary: Pre-school, Reception & Years 1 & 2
Junior: Years 3, 4 & 5
Intermediate: Years 6, 7 & 8
Senior: Years 9, 10 & 11

For further information phone 01403 250021

Prayer & Bible Study meetings

These meetings are held on a Wednesday evening at 8pm, either at the church or in various members' homes.

For further information phone 01403 266193

WAM—Young Mum's Group

This group meets at 10am on Friday mornings in various homes and a crèche is provided for children.

For further information phone 01403 241067

Women's Fellowship

This group meets fortnightly on Tuesday afternoons at 2.30pm.

For further information phone 01403 263397

Open House The Church is open each Thursday 10am—12.30pm for any to drop in for a chat - tea, coffee, biscuits, papers, Fair Trade Stall.

Pathfinders

This Group, for young people in school years 6, 7 & 8, meets at 8pm on Friday evenings.

For further information phone 01403 250021

HighWay

This Group, for young people in school year 9 upwards, meets at 8pm on Friday evenings.

For further information phone 01403 256525

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