

WEEKLY ACTIVITIES

Monday

10:00 Prayer Meeting

11:00-13:00 Open Doors

Tuesday

10:00 Crossroads Cafe

13:30 F3 Faith, Friendship and Family

18:00 Jam Club

20:00 Songster Practice

Wednesday

10:00 **No** Little Stars Toddlers

13:00 **No** Journaling Group

Thursday

12:00 Knit and Natter

17:15 Sing

20:00 Band Practice

FORTHCOMING EVENT

July

Weds 31st Sacred Space Prayer Day

Rock Ferry Salvation Army Community Church



ROCK FERRY LINK

Commanding Officers: Captains Alex and Sian Wood

Meetings and Activities Guide - 21st July 2019



Contact Details

Corps Officers: 0151 645 3431 (Office) 0151 644 9114 (Quarters)
e-mail: info@rock-ferry.org.uk

Sunday 21st July

09:30 Prayer Meeting

10:00 Installation of our new Commanding Officers,
Captains Alex and Sian Wood

Sunday 28th July

09:30 Prayer Meeting

10:00 Morning Worship

15:00 Corps Fellowship at Clive and Myrtle's

Corps Family News

We welcome **Captains Alex and Sian Wood and Caris** as they begin their ministry here at Rock Ferry.

Next Sunday afternoon from 15:00 Clive and Myrtle will be having a Corps Fellowship at their home. There will be a barbeque and contributions of picnic-type food will be welcome.

Community Focus

The plans for the proposed Community Hall refurbishment are displayed in the Community Hall. Please speak to any member of the leadership team or community leader Myrtle Lacey if you have any questions or comments. **Input is needed ASAP.** There is a pre-contract meeting on Tuesday this week with the SA Property Department and the building contractor to confirm arrangements for the refurbishment of the Community Hall. Watch out for further updates.

Kitchen and Hall

The cooker has been made fully compliant with Health and Safety requirements and is now back in use. Instructions for its use will be displayed in the kitchen.

Please make sure the the kitchen and hall are left tidy after use.

Parking

Can people who are fully able please leave spaces at the front of the hall for those who struggle with walking.

God's Peace for When You Are Anxious About Tomorrow

As you sink into bed tonight, exhausted, are you already thinking about tomorrow's meetings, next week's obligations, next month's deadlines? You're anxious about tomorrow... and the next day... and the next. Whether you're a busy mom who's worried about your child's future, an overwhelmed college student in the throes of midterms, or a rising executive with demands pulling from every direction, it's difficult not knowing what tomorrow will bring. This anxiety is something that keeps many people awake at night — but does it do any good? One result of anxiety is that it can certainly make you feel productive. At least you're keeping a running tally in your mind of things to do, scenarios that could go wrong, or new ideas to explore, right? But the problem is this: you can't keep going all the time. Your mind and body need a break. You need a break. Your boss needs a break. Even the president needs a break sometimes. The best thing you can do for yourself is take time to rest. True rest doesn't look like collapsing into bed, nerves fried and adrenaline pumping, either. It looks like letting your mind, body, and soul rest in the palm of the Lord. True rest always involves surrendering to God. God doesn't tell us to rest for His own good — He tells us to rest for our own good. God worked six days and rested the seventh. He was — and is — the mastermind behind the entire world, yet He took time to give Himself a break. To cease from working, to cease from creating, cease from doing. Emulate the Lord's pattern of work and rest tonight.

While you are in bed you can't work efficiently and you certainly can't get anything done. Nighttime calls for rest. There may be unforeseen challenges ahead tomorrow, and there might be things that have been left undone today. But the Lord tells us not to worry about tomorrow because each day has enough trouble of its own (Matthew 6:34). Sink into your bed letting a wave of relief wash over you; tomorrow is not yet here. You have nothing on your agenda right now except for sleep. Ask the Lord to lift the burden of anxiety off your shoulders. As sure as the stars twinkling in the night sky, He will answer your request. As gently as the crickets sing throughout the evening, the Lord will come to you. Rest tonight, dear one. The Lord is near.

Excerpted from God's Peace for When You Can't Sleep, Christina Vinson.