



Koinonia

Evangelical Church

- Sunday mornings: 10.30am
- Sunday evenings: 6.30pm

NEWSLETTER

April 2022

Isaiah 53:5

But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.

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We welcome you to our services today. If this is your first visit, please make yourself known to us. May you know God's blessing, as we worship our awesome God.

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Any items for inclusion in the newsletter should be passed to Laurence 1 week prior to the last day of the month ✉ laurencechetwood@icloud.com

Disappointments



We all have disappointments in life, all football fans will be acutely aware of that!

The fact is that life does throw up disappointments and often these times can cause us to become downhearted, even depressed. Christians, of course, are not immune from these troubles, in fact we frequently have the added pressure of realising that we fail to live up to what God wants. This can leave us feeling disappointed or even defeated. So how should we deal with these disappointments when they arise and how can we ensure that we don't end up feeling down and depressed?

The first thing to understand is that we are no different to people throughout history. We sometimes get the impression that the great figures of the Bible didn't suffer the same problems that we do. However, people like Moses, Abraham, Joseph, David and many others throughout the Bible suffered doubts and even times of despair.

Imagine how David must have felt during the time he was running for his life from Saul or how Joseph felt after being sold into slavery and then imprisoned even though he was completely innocent. They must have wondered why God allowed these things to happen when He had previously promised them so much more. So, what is the answer?

We see David's solution to this problem in Psalm 103. Notice that in this Psalm David is addressing himself and basically reminding himself of God's greatness and all that God has done. Instead of focussing on his problems and drowning in self-pity David turns his attention to God. This exactly how we should deal with our disappointments and defeats. Rather than looking inwardly and feeling sorry for ourselves we should look to Jesus. We will feel disappointed, depressed and defeated when we focus on ourselves because we can never live up to what we know we should be; and God knows that too! When we look to Jesus there is no failure, and He is our righteousness.

All that God asks of us is that when we fail, we repent and then move on. God keeps no record of wrongs, and neither should we. If we are genuinely repentant then God remembers our sin no more. If we constantly dwell on disappointments and failures, then we end up full of self-pity and self-loathing. Satan uses these things to fill our minds with doubts and to draw us away from God. We must remind ourselves that our salvation is all of God and not even we can mess it up. If we look to God and trust in Him, we know that when we come in repentance God is faithful and will forgive. In the words of the old hymn writer:

*Nothing in my hand I bring,
Simply to the cross I cling;
Naked, come to thee for dress;
Helpless, look to Thee for grace;
Foul, I to the fountain fly;
Wash me, Saviour, or I die.*

David literally talked himself out of such things as despair and defeat by telling his soul to focus on God. Take the time to carefully read Psalm 103 because we would do well to follow his example.

April Diary

April 3 rd	10.30 am 5.30 pm 6.30 pm	Don Olden Prayer Meeting Matt Lockwood
April 10 th	10.30 am 5.30 pm 6.30 pm	Don Olden Prayer Meeting Fellowship Evening – led by James Gray
April 17 th	9.30 am 10:30am 5.30 pm 6.30 pm	Communion Family Service Prayer Meeting Don Olden
April 24 th	10.30 am 5.30 pm 6.30 pm	Don Olden Prayer Meeting David Sullivan

MEET UP WITH DON AT COSTA IN ANDOVER @ 11am.
This month Don will be available on the 5th and 19th only.

HOUSEGROUP MEETINGS THIS MONTH on
6th, 13th & 20th
At 1.30 pm 2pm and 7.30 pm.

MEMBERS MEETING - AGM
Wed 27th at 7:30pm at BSPF

CHURCH WALK
See Dave or Hilary for the date and details.

Other Notices

A sports evening is held fortnightly for the men of the Fellowship. If you'd like to know more or join in, please speak to Leigh Mills.

PRAYER REQUESTS

- *Heavenly Father we humbly pray that you watch over our Church, and bring peace, tranquility and strength, to each and everyone of us. We ask in the precious name, of Your Son, Our Redeemer, Jesus Christ.*
- *Let us pray for Open Doors and Barnabas Fund, serving persecuted Christians worldwide.*
- *Our prayers go out to the victims of war, not only in Ukraine, but those largely unreported by the mainstream media, in such places as Ethiopia, Yemen, Syria and Myanmar.*
- *Please remember Steve Collins and the family after the death of his father.*
- *Our continuing prayer for Barry and Eileen.*
- *Our continuing prayer for Rosemary.*
- *Our continuing prayer for Maria.*
- *Our continuing prayer for Stan and Eleanor*
- *Please continue to pray for Robin*

THE MANY WONDERS OF GOD'S CREATION

EACH MONTH WE'LL BE HIGHLIGHTING SOME FEATURES FROM THE NATURAL WORLD, WHICH DEMONSTRATE THE OMNISCIENCE OF OUR AWESOME CREATOR.

THE TORPOR OF BEARS IN WINTER

The winter sleep of bears, differs from the hibernation of other animals, and is termed torpor. During torpor, heart rate and breathing rate decreases, body temperature reduces slightly and bears do not eat or release bodily waste. Bears can sleep more than 100 days without eating, drinking, or passing waste! Instead, bears are able to turn their urine into protein, through a urea recycling process. The main difference between hibernation and torpor is that during torpor, the animal is able to wake up easily if hurt or threatened by predators. Pregnant female bears can also wake up from torpor to give birth, then go back to sleep afterwards!

Bears sleep in dens that they make themselves, as well as in hollow trees, caves and dens built by other bears. A den can be built in 3–7 days, however, the timing of den building varies from bear to bear. While some bears build their dens months before hibernation season, others choose to excavate their dens at the last minute. After digging or locating a den, bears will line their winter bed with bedding material, usually consisting of leaves and branches, which assist in the insulation process. Bears build up a good layer of fat before their sleep, as a means of food reserve, as well as an excellent insulation.

ELEPHANTS APPEAR TO MOURN

During observations, scientists have witnessed elephants visiting and revisiting carcasses during which they engaged in extensive investigative behaviour, stationary behaviour, self-directed behaviour, temporal gland streaming, and heightened social interactions with other elephants in the vicinity of a carcass. It is tempting to anthropomorphise this behaviour, but elephants are intelligent, have amazing memories, and are extremely social animals.

OUR CREATOR'S PATTERNS IN NATURE

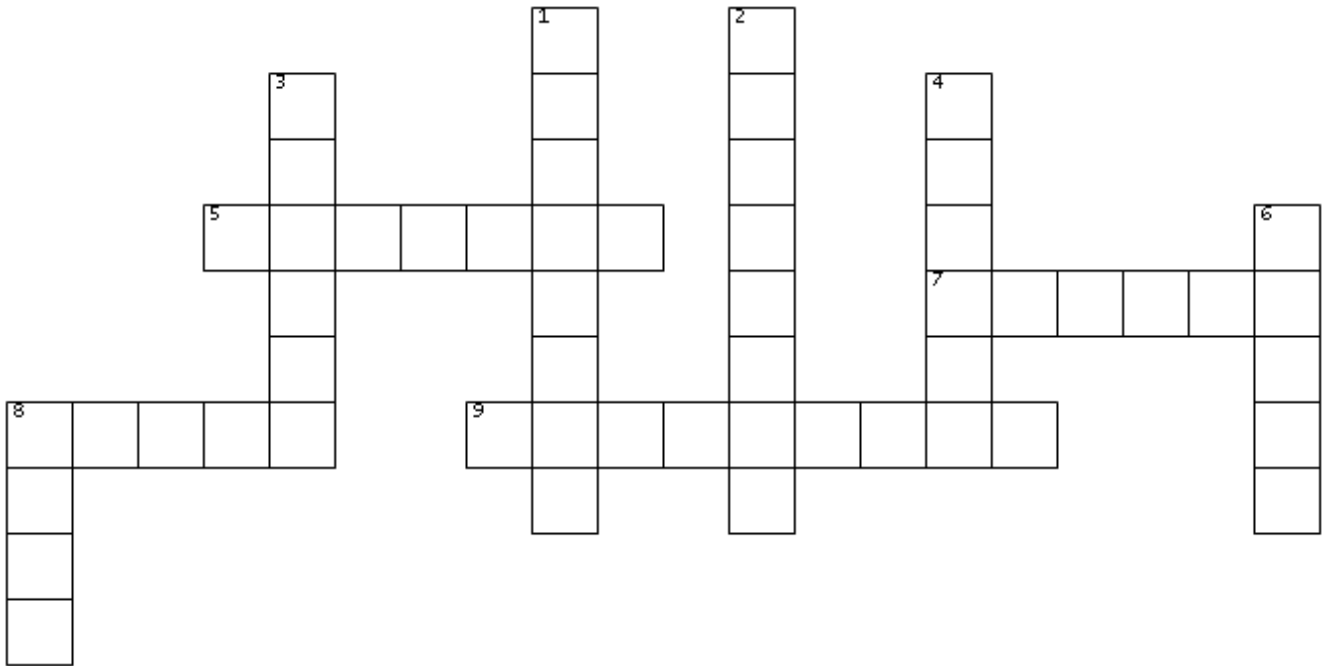
One particular pattern has been found to follow a sequence of whole numbers termed the Fibonacci sequence. 0 1 1 2 3 5 8 The next number in the sequence is the sum of the two previous numbers, from a start at 0 and 1. Here is a link to an excellent short video, combined with an audio from The Divine Book – The Absolute Creator. <https://www.youtube.com/watch?v=nt2OIMAJ6o>.

PROPRIOCEPTION AND EQUILIBRIUM

A finely tuned system exists in our bodies to maintain position and movement. Mechanosensory nerve cells, located within muscles, tendons and joints send signals to the central nervous system, to create an overall representation of body position, movement and acceleration. And to add to the complexity, these signals are also integrated with signals from the visual and balance systems' nerve cells. The motor system of nerve cells responds to the all these sensory signals, consciously (pathway ends in the cerebrum) and non-consciously (pathway ends in the cerebellum) by making the appropriate adjustment to position or movement.

Crossword For April

ANSWERS Below in no particular order



ACROSS

5. A language that Jesus spoke.
7. Prophet who divided the waters of the Jordan.
8. Amphibian plague in Egypt.
9. This Mary had seven devils cast out of her.

DOWN

1. He purchased Joseph as a slave, in Egypt.
2. Prophet in King Josiah's reign.
3. Paul's birthplace.
4. Took three hundred men to defeat the Midianites.
6. Number of times Peter denied knowing Jesus.
8. Number of pebbles David took from the brook to slay Goliath.

THREE TARUS MAGDALENE ELIJAH GIDEON
 ARAMAIC POTIPHAR FROGS JEREMIAH FIVE