



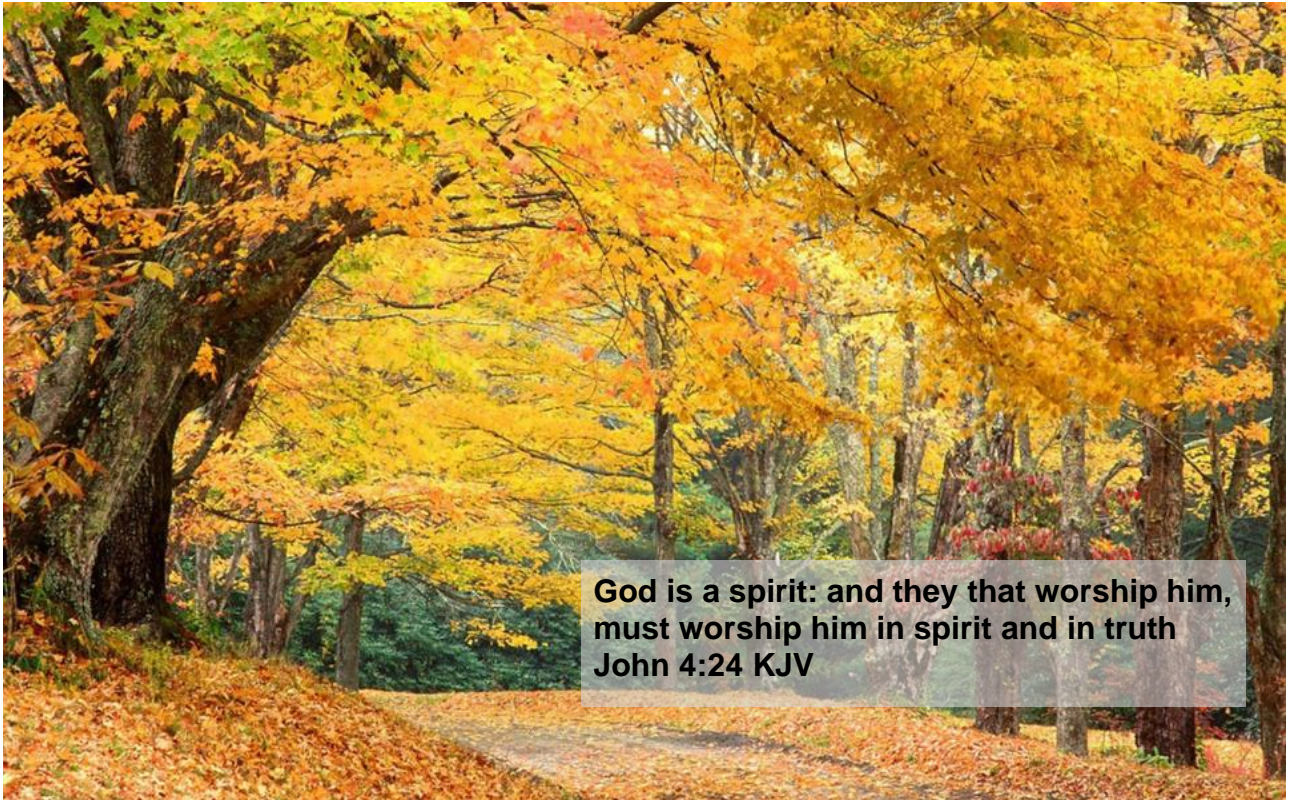
Koinonia

Evangelical Church

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

NEWSLETTER

October 2023



God is a spirit: and they that worship him,
must worship him in spirit and in truth
John 4:24 KJV

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.

Pastor: Don Olden

☎ 07555 052083 ✉ elder@koinonia-andover.com

Associate Pastor: Steve Wicks

☎ 07775 893054 ✉ steve.wicks@koinonia.com

Secretary: Bas Jacobs

☎ 07799 141526 ✉ secretary@koinonia-andover.com

Treasurer: Hilary Rushworth

☎ 07743 806878 ✉ treasurer@koinonia-andover.com

Safeguarding coordinator: Susan Keogh

☎ 07802 322048 ✉ safeguarding@koinonia-andover.com

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

CHRISTMAS SPECIAL

The Koinonia Christmas social is taking place on SATURDAY, DECEMBER 2nd, 7pm-9.15 (approx) at AUGUSTA PARK COMMUNITY CENTRE, East Anton Rd, SP11 6RD. Individuals, couples & families all welcome.

The evening will involve some (non-threatening!) Christmas games, music, fun and a Christmas supper will be served.

There will be a 'sign up' sheet available towards the end of October, to give an idea of numbers for catering purposes.

There is no specific charge for attending, but donations on the night to cover the cost of the hall hire, catering and prizes will be received gratefully!

Further details will be sent out nearer the time, meanwhile please speak to Ann Hughes if you have any questions.



October Diary

October 1 st	10.30 am	Steve Wicks
	5.30 pm	Prayer Meeting
	6.30 pm	Don Olden
October 8 th	10:30am	Don Olden
	5.30 pm	Prayer Meeting
	6.30 pm	Steve Wicks
October 15 th	10:30am	Steve Wicks
	5.30 pm	Prayer Meeting
	6.30 pm	Don Olden
October 22 nd	10:00am	John Lewis
	5.30 pm	Prayer Meeting
	6.30 pm	Steve Wicks
October 29 th	10:00am	Chris Hughes
	5.30 pm	Prayer Meeting
	6.30 pm	Steve Wicks

Meet Up With **Don Or Steve** At The **BLUE ONION** Cafe

This month they will be available each Tuesday between 11:00am & 2:00pm but please arrange a time with them.

HOUSEGROUP MEETINGS

On the 4th, 18th & 25th

1:00pm A child friendly ladies' group (please contact Charlotte or Vicki)

2:00pm Tony & Barbara's

7:30pm Various groups (please speak to Don or Steve)

Wednesday 11th October at 7:30pm - Jim Harries

Jim will be speaking about his work Kenya

at "The Bridge" in Bridge Street.

Everyone is very welcome!

PRAYER REQUESTS

- *Thank God for our pastor Don. Continue to pray that the Lord will keep him in good health. Pray that the Lord will bless and guide him as he begins to work with Steve. Continue to pray for Don and Paula as they seek the Lord about their future, and that they will find a suitable property.*
- *Thank God for our pastor Steve. Pray that the Lord will keep him in good health too and that he and Holly will quickly settle in Andover. Pray that the Lord will guide them to the right property, and that the purchase will go through smoothly this time. Pray that the Lord will bless Steve as he begins to work alongside Don.*
- *Thank God for those who lead the various ministries in our church and pray that the Lord will bless and guide them. Continue to pray that the Lord will give us elders to lead our church and other gifted leaders to help us expand our ministry and serve and reach many in Andover with the gospel.*
- *Thank God for our Management Team. Pray that God will bless and guide them as they look after the administration of our church and seek the Lord for his will and direction for the future for us. Pray that the Lord will guide them as they begin to think about Christmas services and events and the opportunities they present for outreach.*
- *Thank God for all the outreach events that have taken place across our nation over the last few weeks: Holiday Bible Clubs (especially our own), Beach Missions, Summer Camps, the convention at Keswick, Franklin Graham's 'God Loves You' tour and our own Answers in Genesis conference. Pray God will pour out his Spirit upon those who have heard the gospel and that many will make sincere commitments to him. Pray that there will be much fruit from these events. Pray that God will bless Alpha courses and Christianity Explored courses which will be taking place in churches across the country through the autumn.*
- *Pray for healing for Carmina Adams, David Sullivan, Ian and Ali Waite, Carl Henderson and Martin Down's parents and for others you know who have health problems. Pray for Stan and Eleanor recovering from falls recently. Pray that the Lord will comfort those who have been bereaved and miss loved ones. Pray that the Lord will sustain those caring for loved ones. Pray for those who have recently become parents and for those who are expecting babies, including Holly.*
- *Pray that the Lord will direct, protect and increase the work of Barnabas Aid, which seeks to meet both practical and spiritual needs of Christians around the world suffering persecution because of their faith in Jesus. Pray in the same way for the work of SAT7, which broadcasts Christian TV programs to believers and non-Christians in the Middle East and North Africa, in many places where it is very dangerous to work as missionaries.*

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.

HEALING PLANTS

Throughout the plant kingdom, God has provided man plants that have healing properties. These have been utilised throughout the world. Here are some examples, but only a few, that we might see in the UK

Calendula - This flower has anti-inflammatory properties and triterpenoid compounds, which inhibit bacteria. Calendula also has antispasmodic, astringent, antiseptic and detoxifying properties. Ingested, it helps stomach ailments such as gastritis, peptic ulcers, regional ileitis and colitis. It can also be extremely cleansing for the liver. You can use the flowers in tea, oil infusions, or in salves to help with internal and external ailments.

Chamomile - Chamomile can be taken internally as tea for minor digestive problems. Chamomile can be used as an aromatic, anti-inflammatory, antispasmodic, carminative (digestive aid), and de-stressing. Externally it has been used in hair wash, hair dyes, and for sore skin or eczema. Chamomile is probably the most well-known plant used as a nerve tonic, helping to relieve stress and tension. An essential oil made from the chamomile flowers has been used to help cure nappy rash in newborns.

Peppermint - Because peppermint is antimicrobial, hikers chew peppermint while drinking from a stream to kill microbes in the water. Peppermint is considered a bile secretor, antiseptic and invigorator. Tea made from peppermint leaves is soothing for a sore throat, cough, cold.

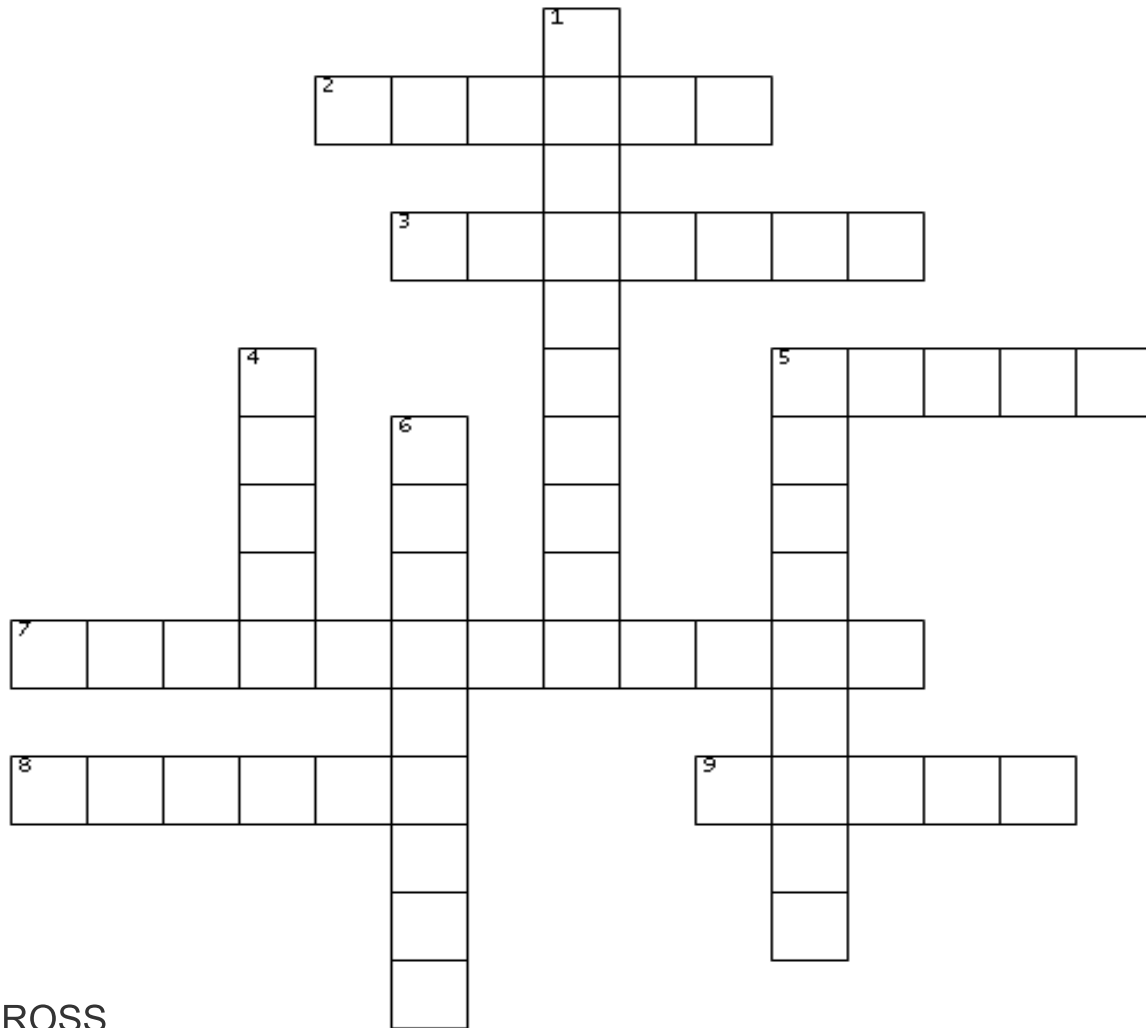
Plantain - in UK common plantain is considered a weed. Medicinally, plantain has anti-inflammatory, antibacterial, antimicrobial, emollient and wound-healing properties. Plantain has vitamins A, C, K. You can eat the leaves raw, as they're more nutritious than other greens and taste similar to Swiss chard. However, cooking the leaves will help improve their texture. The leaves can be used externally as poultices to treat insect bites, sunburns and cuts. Plantain can also be taken internally as a tea and helps with cold symptoms.

Hyssop - Hyssop has astringent, emmenagogue (stimulating menstrual flow), relaxant, diuretic, and wound-healing properties. It stimulates mucus production, and is helpful in soothing sore throats, and coughs. It has also been known to help against asthma. Because it also relaxes muscle, it is helpful in aiding digestive problems. Its antibacterial properties make hyssop a good vermifuge (expels intestinal parasites).

English Lavender - Lavender has analgesic (pain relieving), antidepressant, anti-fungal, antioxidant, antiviral, aromatic and something that stimulates the flow of bile from the liver and wound healing properties, as well as many others. It also acts as an effective sleep aid and can be combined with valerian or chamomile in tea, or merely sprinkled onto the sheets as lavender oil, or dried flowers can be sewn into a pillow. Lavender is also powerful at curing headaches.

THIS MONTH'S BIBLE CROSSWORD

Answers Are Below, In No Particular Order.



ACROSS

2. Content of the five loaves.
3. Fourth commandment honours this.
5. To disobey the tenth commandment.
7. She doubted Solomon's great wealth, until her visit. (3 words)
8. Destroyed and rebuilt in 3 days.
9. The door of the sheepfold.

DOWN

1. Don't put new wine in these (2 words)
4. Cast this if you are sinless?
5. A hungry David ate this from The Temple.
6. Pharisee who came to Jesus by night.

Barley Nicodemus Temple Stone Old bottles Jesus Shewbread
Sabbath Queen of Sheba Steal