"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight" Proverbs 3:5-6

http://www.folkestonebaptistchurch.org/



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#### Prayer points Pastoral:

In Hospital: Rehabilitation: making good progress At home: Edith, Madeleine, Gloria, Chris, Ruth, Wilf A, Pauline S. Di & Harold H. Bunny. Friends and Family: Chris R. Barbara J. Cloudie. Doreen W.

Pray for the Church Finances, the Fellowship and the Leadership Team in the discernment of the ongoing vision and how best to use members of the fellowship. The need for volunteers.

Roads around FBC: Dover Road. Capel: Albany Road.

Local: Pray for the coast guards and other emergency services this weekend.

**National:** Pray for mothers affected by maternity unit errors across the land. Pray for those travelling at the weekend and for safety in the hot weather.

International: Pray the situation across the Middle East and that the USA does not escalate matters. Pray for countries in East Africa that there will be political calm; for Haiti and the on going conflict; for peace in Ukraine and that Europe can remain united in its support; pray for Kenya as it tackles domestic violence, alcohol abuse and hopelessness; Hospice Africa following the death of its founder, Anne Merriman.

# **BMS Prayer News**

Pray: Thank God for the successful recruitment of professionals from the Global Church. Pray for the on going recruitment process; those serving in person and remotely to support local partners across the world; the recruitment of a physiotherapist, oncologist, general surgeon and radiology technicians to serve at Guinebor II; for th office staff supporting those in the field; for overseas volunteers

# Edition 258

# 22<sup>nd</sup> June 2025

"When anxiety was great within me, Your consolation brought me joy." Psalm 94

We live in anxious times. War is talked all over the world. Missiles fly between Israel and Iran. Even the summer weather we are enjoying may be a result of climate change. Everyone is looking for consolation. Some, perhaps all of us, seek it in distraction. Distractions can be helpful. I find it very useful in managing chronic pain, to find other things to focus on.

The trouble is that many of our current distractions actually reduce our ability to focus. I find myself doing three things at once and not really able to focus on any of them! I have recently been trying to make a practice of reading an old fashioned book, it relaxes me partly because it completely absorbs me. I can't be distracted from my distraction! In Psalm 27 the writer, David, fears being attacked and besieged. Yet he finds confidence in God. He longs to be in the temple worshipping God, focusing on him completely.

As followers of Jesus we have become part of the new temple that Jesus is building; "Living stones". We can "gaze on his beauty" anywhere. Most of us battle distraction in prayer, yet it we give it time the distracted anxious thoughts will settle - or turn in to prayers themselves. As we spend time with him things take on their proper proportions and his consolations being us joy.

# **CHURCH MEETING** The next Meeting will be on 27th July, not 20th as previously listed

# RAINBOW CENTRE

Fashion Show and Afternoon Tea Saturday 5<sup>th</sup> July 3:00-5:00 pm

St Martin's Church, Horn Street. Cheriton. All funds to the Rainbow Centre

# Free tickets for CRE 2025

Enjoy a day of discovery and meet CCLI and 150 other exhibitors at Sandown Park, Esher, 15-16 October. Save up to £8 per person

https://ccli.us14.listmanage.com/track/click?u=509209ff0b10a1c5b351d1a86 &id=5cf7e3d774&e=6da3acf385

#### An Interview with Prof John Lennox Lennox.https://foclonline.org/interview/elfinterview-professor-john-lennox

Katy is on annual leave from 22nd to 30th June. Contact: Emma, Pam or members of the leadership team for Pastoral matters.

#### **Retirement News**

Pastor Chris Ruddle has now officially retired

He is happy to be contacted on 07818728621

If he is feeling unwell he may not answer

# The Fight of Your Life

John Stevens Christian Focus

John Stevens has been the National director of the Fellowship of independent Evangelical Churches since 2010. He also teaches at several Bible Schools and Theological Colleges.

He has written this very interesting and engaging small book exploring and explaining Temptation based predominantly on Romans. What it is and what it is not. In short temptation is not sin, sin occurs when the temptation becomes an action. We are tempted because we live in a fallen world and are continually being bombarded with the encouragement and opportunity to sin. If we remain faithful to God and fight to keep Temptation at bay we will avoid sinning and feeling dirty and a failure. We are al tempted, but we do not all succumb.

### Notices

June

**28<sup>th</sup> Sunday:** Whitsun Celebration, Harbour Church July

5<sup>th</sup> Saturday: Walk and Talk

27<sup>th</sup> Sunday: Church meeting after service September

20<sup>th</sup> Saturday: Singing and Sausages

November

1<sup>st</sup> Saturday: Bulbs and Bites

**Tea and Coffee after the Service** Fifth Sunday 29<sup>th</sup> June is a 5<sup>th</sup> Sunday. Volunteers required to set up and serve

# **Regular Church Events**

Tuesday: House Groups

Wednesday: Prayer Pause 12pm

 Thursday: Community Lunch 12pm Music Practice: 7:45pm House Group (10:30 am) and Messy Vintage (2:30pm) alternate weeks in Capel
Saturday: 2<sup>nd</sup> Saturday of the month – Messy Church, Capel
Sunday: Church Service 10:30 am

1<sup>st</sup> Sunday: Church Service 10:30 am 1<sup>st</sup> Sunday – All Age Service 3<sup>rd</sup> Sunday - Communion

Ladies' Socials: See notice

#### **Prayer Box**

If would like prayer for someone or something; please leave a request in the prayer box (near the Dover Road entrance). All requests will be dealt with in confidence

**Prayers at Noon:** Come to the church and pray together at 12 noon, or pray for the church where you are. Wednesday 25<sup>th</sup> June - Psalm 73

Preacher this week: Russell Braund.

Graham Thompson sends his greetings to everyone who remembers him.

### **Contact Information**

Pastoral matters: Pastor: Rev. Katy Ruddle 01303252916; Church Contact Details: 07808 728670 Email: info@folkestonebaptistchurch.org

Pam Barr (Capel) 07444 325426

Room hire/use:

**FBC:** Administrator: 07808 728670 **Capel:** Pam Barr 01303 489006

**News Letter**: David Smithard Email by Thursday please. <u>galafrei@icloud.com</u>

Weekly news sheets and sermons are now available on our website.

Full fibre broadband at Hill Road Wifi: 'WorshipWifi'; password: 'alphaandomega'.