

SWANBANK



May Newsletter

Message from Kathryn...

Dear Friends,

I really love this season in the Church! It's Pentecost which is when we remember the coming of the Holy Spirit on God's people. It was an amazing event and if you want to look at that account again it's in Acts chapter 2.

Why do I love it? Because it reminds me of the power of God and how God can move in such amazing ways. The Holy Spirit came and enabled the early Christians to go out and share the message of Jesus in wonderful ways. Some also see this as the birth of the Church as after Pentecost churches began to form. How amazing that after all these years the Church is still here, alive and active - that is the power of the Holy Spirit!

I do believe that we are those who need to be open to the presence of God's Holy Spirit day by day, moment by moment, open to God's Holy Spirit prompting us, challenging us and empowering us to serve God and to do so in his strength, not our own.

As a Church here, we are seeking God as we look to coming out of the Covid restrictions. I believe we need to resist the urge of assuming we should just go back to the way everything was. God may be wanting to do a new thing in us, through us and with us and it will be the Holy Spirit who will guide us in the next chapter as He has guided us in the past.

I take great comfort in the knowledge that God is faithful and will lead us in His ways as we stay faithful to Him, seeking his guidance and leading.

Happy Pentecost to us all! Please join with me in praying for the Holy Spirit's leading and empowerment as we journey on.

With Love,

Kathryn

Pentecost Worship

We are so excited about the opportunity to share in worship together for Pentecost Sunday. You can join us in the usual ways in the morning - either in-person at **9am** or online at **10.45am**.

In the evening, we are praying for good weather so that we can worship outside together at **6.15pm**! The current guidelines allow us to sing outside, and mean that face coverings aren't necessary, but we will still be socially distanced so that we can worship safely and responsibly. You can book in via the website or by phoning the office. Make sure you select the outdoor ticket! You'll still be able to join us in the auditorium and online if you're more comfortable with that.

SwanBank Church

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Office Opening Hours: Tuesday-Thursday, 10am-4pm

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Furlough Life Lessons

As somebody who has been furloughed for pretty much 12 months, I thought I would just share with you a few things I have learnt along the way.

1. Learn to rest.

I have realised in this time that although our jobs are important, they shouldn't be our number one priority in life. Life is about so much more than working and being stressed 24/7. Learn to prioritise other things. Learn to prioritise rest, family and friends. Learn to prioritise doing things that you want to do. Learn to love spending time on your own, learning about you and what is most important to you and spend more time focussing on those things. Your job is important, but your mental, physical, and spiritual health is much more important.

2. Keep some sort of routine.

Do not have a lie in every single day. I promise you, it will kill you when you go back to work. Try and keep some sort of routine, do one thing the same every day. It helps to keep life just a little bit normal and isn't too much of a shock to the system when you return to work. And keep your brain busy or else you will get brain fog!

3. Netflix and Amazon Prime are your best friends!

(or rather they shouldn't be!)

Some days, I ordered that many parcels, my day consisted of sitting by the window all day waiting for the Amazon van to pull up. I still haven't decided whether this was a healthy thing or just a complete waste of money but either way, invest in Amazon Prime for free next day delivery! And Netflix is just a necessity to life nowadays anyway.

4. Enjoy it! You will actually never get this time again!

So many people, all the way through have said "oh this is such a hard time for you", "you must be really struggling". Truth is, yes it has been hard and yes I've missed being at work and yes I'm excited to open my little café again and see all of my customers. But honestly, I have loved this time.

There have obviously been hard times. My anxiety has been through the roof but I've also had the time to pace myself when it got hard. I've spent a lot of time with people who I wouldn't usually see very often. I've learned how to roller skate. I've helped a lot of people and still volunteered where I could. And spent a lot of time with God, discovering who I am. Overall, it has actually been a very fruitful, fulfilling and enjoyable time. And I am grateful for every second.

Georgina Boden

Families Worship Event

We held our very first Family Worship event last Saturday. It was very well attended and we had a range of ages who all engaged in the session. Our theme was The Feeding of the 5000, and we shared in the story by listening to worship songs, taking part in crafts and games. At the end of the worship we were all able to share in a picnic to close the session, all socially distanced of course!

It was so amazing to open the church doors to our families and having spoken to a few people who attended they all have expressed how nice the day was. The atmosphere in the church that day was incredible and we would really love for more families to sign up to our next event and bookings are already being taken. You can book directly via our website or phone the office if you like. If you have any questions please get in touch with me.

Alice Mashanga

Week to Week

Monday - Church Prayer Meeting @ 9.30am

Visit swanbank.org.uk/prayer for the Zoom link.

Tuesday - SwanBank Youth @ 7.30pm

Years 6-13. Visit swanbank.org.uk/youth to book in!

Wednesday - Lent Bible Study @ 7am

Available on Facebook & YouTube

Friday - SwanBank Podcast with Kathryn & Sam

Find it on Apple Podcasts, Spotify or on YouTube.

Sundays

9am Traditional Worship (in-person)

10am SwanBank Kids Online (swanbank.org.uk/kids)

10.45am Morning Worship (online only)

6.15pm Evening Worship (in-person & online)