

† LFC In Touch

January 2022

As we are in the first month of the new year may we take this opportunity to wish you all every blessing for the coming year.

Goals

It used to be that, at the start of the year, people made New Year's Resolutions. Perhaps they still do. Perhaps you do. Whether we do, or not, we might want to consider what goals we have for ourselves as we start 2022.

A long time ago, aged fifteen I, together with my fellow apprentice starters, was called into the office to receive a pep talk from the Works Manager, and he encouraged us to '**Aim for the Stars**'. That might have been good advice, but it had little impact on me as, until I became a Christian two years later, I had little ambition. It certainly wasn't helped when, in less than a year he left hurriedly, and subsequently went to prison, for working a fiddle with the company's scrap metal. Many years later as a college lecturer, I was in a departmental meeting when my Head of Department, in talking of a major issue we had faced, told us that we were now **on the right track**. A colleague rather mischievously made an aside that everyone could hear, questioning whether we **were going in the right direction**. All three of those highlighted points are important as we look at our own personal goals, and those of any organisation of which we are part. We may need to have a challenging, but achievable, target while ensuring that we are both on the right track and travelling in the right direction.

One final personal anecdote. In the summer of 2019 I took my first, and thus far only, holiday since being widowed. Seven days of mostly train travel, stopping off at a few places, into the Highlands of Scotland. My goal was as much to enjoy **the journey** as the places that I visited, and I did. But the places were lovely, and the bonus was some wonderful conversations with people I met.

So, as we face 2022 what goals might we have? And have the last two years taught us anything to help? For me it is not to plan another holiday very soon, although that might be nice. It is to treat each new day as the opportunity to live out life with those I make contact, taking a joy in what I am doing, and seeking to be a blessing to others on the way. If I do that, consciously in GOD's presence, I might be journeying on the right track and in the right direction. After all, the first answer to some old questions to Christians was that 'our chief aim is to glorify God and enjoy Him forever'. Care to join me?

Oasis at Langley Free

Oasis, together with Sunday School, is the oldest activity at Langley Free. Both were started before the church was officially opened as a meeting for the women and children of Langley respectively.

You may know that it is very different from the original meeting back then. Originally it was called 'Womens Own' and a few years ago we decided to change the name to 'Oasis', as we felt that was more in keeping with the current times, and reflected what the meeting has become, and we really want more men to join us. We meet on Wednesday afternoons from 1.30pm to 3.30pm and have a time of fellowship together. Refreshments are provided and lots of chat and banter goes on before we start our fellowship time at 2pm. The programme is varied with a range of speakers from various missionary societies, hospices, charities, and the local churches. We sing together, pray together, share together and care together, and really enjoy our times together. Prayer has become a very important time for us, and we have had some wonderful answers to prayer. Oasis is able to support missionary societies and charities through our collection each week.

We would love you to come and join us. We welcome everyone and now have some men joining with us. We are a very friendly group, really caring for each other and offering support. If you would like to know more, please contact Ann on 01753 585845.

Men's Group

Over the past few years, we have been joining in with the events that are run by the Stoke Poges Men's Group. The group was started back in 2005 by a couple of guys who lived in Stoke Poges, primarily for men who lived in the immediate area. Over the years it has expanded and Langley Free Church, together with other churches in the neighbouring towns and villages all support the events run by this men's outreach group. The group is not just for men who go to church – it is a very inclusive and is open to everyone, men of all faiths and all are given a very warm welcome. The types of events that are run by the men's group include curry nights, dinners, Saturday morning breakfasts, activity evenings (skittles etc.) and visits to interesting venues. The primary objective of the men's group is to offer a wide range of events that hopefully appeals to guys of all ages and all backgrounds. At some of the events a special guest is invited to give a talk on a specific topic, and during their talk they will usually share something of their Christian faith and how it has guided and influenced them during their lives. The men's group is affiliated to a UK organisation called Christian Vision for Men and they provide valuable support to men's groups throughout the UK, especially in the provision of excellent speakers.

At LFC we are checking out whether we can run our own smaller group to provide for the men of Langley. We had a practice run with a Breakfast on 11th December.

The Foodbank



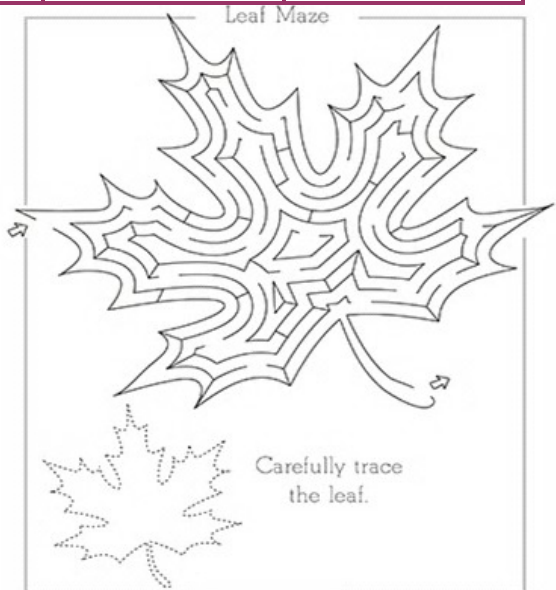
- Q. Can anyone come to collect food at a Foodbank?
- A. Foodbank feeds anyone finding themselves in a crisis which has forced them into a situation unable to afford food. However, clients coming to the food centres must have been referred from an agency able to provide an electronic voucher. A stringent record keeping of issued vouchers is kept.
- Q. How many agencies refer people?
- A. In Slough there are about 180. Examples being, the job centre, Shelter, Destiny Support, Slough Refugee Support, and Children's Centres.
- Q. How many times can people collect food?
- A. On the whole, 3 days of emergency supplies of food and toiletries are provided with each referral, the amount being dependent upon the number and ages in the family. In some instances, if the crisis is ongoing, further assistance can be given. As well as emergency situations, Foodbank supports those locked in poverty.
- A. Where do people collect the food?
- Q. There are 5 distribution centres under the Slough Food Bank umbrella. Slough, Langley, Iver, Cippenham and Britwell all operating on different days.
- A. Why do people find themselves in such a need?
- Q. Many people constantly live on the breadline and struggle, so just one incident can push them over the line into a poverty level. Sudden or longstanding ill health, fleeing from domestic abuse, homelessness, recent release from prison are some examples.
- A. Where does the food come from?
- Q. Members of the public donate the food and some companies give generous support especially at Christmas.
- Q. Are the people sometimes given out of date food?
- A. No, food dates are carefully checked. The only out of date food supplied is only out of date by less than 3 months and this is offered for the clients to take for themselves, it is not put in the ready prepared food parcels. Dietary requirements are catered for by adapting the food parcels, e.g.' halal, gluten free. Foodbank is subject to food recalls in the same way as food retailers.
- Q Don't some people get to this position through their own fault?
- A. It is not up to us to judge, we haven't walked in their shoes.
- The inspiration for the vision of the Trussell Trust came from the verse in scripture, Matthew 25 v 35-36. If you look it up you will find that Jesus didn't question whether it was the fault of the people that they were in need but simply asks that they are fed.

Try New Things Bingo

Why not try some new things this month. Fill in the gaps with your own ideas...

Good luck!

NEW FOOD	NEW GAME	NEW BOOK	YOUR CHOICE
		START A NEW NON-FICTION BOOK	MAKE A _____
	TRY A NEW CARD GAME		
TRY A NEW SNACK		READ A COMIC BOOK	DRAW A _____
TRY A NEW VEGETABLE	TRY A NEW BOARD GAME		



SPOT THE DIFFERENCE

Can you spot the 9 differences between these two pictures?

Spot the 9 differences



Free printable courtesy of PrintItFree.net

Riddles

- 1) It's been around for millions of years, but is never more than a month old. What is it?
- 2) I am not alive but seem so, because I dance and breathe with no legs or lungs of my own. What am I?
- 3) I am easy to waste and unstoppable. What am I?
- 4) What is full of holes but still holds water?



Wordsearch
over 20 words
related to
NEW YEAR
can you
find them all ...

The Lord says

'Forget what happened
before, and do not think
about the past.

Look at the new things
I am going to do.

It is already happening.

Don't you see it?

I will make a road in the
desert and rivers in the
dry land.'

Isaiah 43 verses 18 & 19

Message from Pastor John

Hello all,

As the calendar turns from December to January, it is natural to look back at the previous year and look forward to the new one. It's a time when many of us make resolutions so we will have more satisfaction in the coming year. Yet many New Year's resolutions set us up for failure. The list is often things like eating healthier, exercise more, stop a particular habit, get organised, keep a better schedule. Does that sound familiar?

We all have them, those aspects of our lives we want to change. It is a time we focus on improving ourselves for improvement. It is a time perhaps to daydream of what we can become. But is our focus correct? Most new year's resolutions fail, we start out with tremendous enthusiasm and plans. We tell our family and friends and with the best of intentions, realise somewhere around January 20th that our proposal was a bit too tough. By mid-February we realise we are right back to our old ways. Is it that we lose focus or is it that our focus is on the wrong thing? God tells us to call on Him! The closer we are to Him, the easier it is for us to have a victory in Him. Put God at the top of your list this year. Commit to daily devotions and Bible study. Commit to prayer. Determine now that you will eliminate the junk in your life that is

contrary to God and His laws. You know what needs to go – throw it out. Rededicate your life to God. I can guarantee you, if you stick to God, he will definitely stick to you.

Unfortunately, the resolutions I do not hear frequently are “to have a closer relationship with God. To focus on God. To make God my daily habit.”

Jeremiah 33:3, “Call to me and I will answer you and tell you great and unsearchable things you do not know.”

Psalms 50:15, “...and call upon me in the day of trouble; I will deliver you, and you will honour me.”

May God bless you in this coming new year. Happy 2022

Pastor John

LFC In Touch 'Notices'

Please feel free to join us at any of the following activities

Sunday Service Sunday 10.30 am (also available on live stream)

MONDAYS Monday 10.30am - 2.45pm charge £2

Toddler group Wednesday 9am - 11am charge £1

Oasis Wednesday 1.30pm - 3.30pm

Small group (bible study) Thurs am 10.30am (home group)

 Thurs pm 7.30pm (church building)

Chat Caf 1st & 3rd Saturday of month 10am - 12pm

Craft Afternoons 3rd Sat of month 12pm - 4pm

For further information go to our website or the Langleyfreechurch

Facebook page. If you want to know more about any of these activities contact us at intouch@langleyfree.org.uk

A Prayer for the Year Ahead

**Lord,
Whether I leave behind
A year of joy or of trials and difficulties.**

**I pause to *give thanks.*
Thank you for being with me
every day of every year.**

**Thank you for making all things *new*
And for giving me the grace of
Fresh starts**

**And *new beginnings.*
Remind me of your presence in
the days to come,
even when I feel pushed and rushed
by busyness.
Be glorified in my life this year.
Amen**

We hope you have enjoyed the this edition of In Touch and would very much like your views on it and any suggestions for future issues. Please take a minute to email them to intouch@langleyfree.org.uk or pop a note to In Touch in the church letter box Thank you,