

Often our inability to rest physically is because our minds are anxiously going round and round, rehearsing potential negative outcomes. This breeds fear and emotional exhaustion. Anxiety is a faith issue. God's renewal is given to those who trust in him. This trust cuts through our worries and enables us to wait expectantly for God's word or action, knowing that he rules in strength and gentleness (Isaiah 40:10-11).

If we look, we will find our days are full of 40-second spaces – waiting for a kettle to boil, for a Zoom meeting to start, for a traffic light to turn green, for a phone to be answered, etc. What if we developed recovery routines for those moments? Perhaps a moment of thankfulness, a prayer of blessing for the person we are about to speak to, or a declaration of God's lordship over our lives.

Lord, please help me to recognise the opportunities to be still and honour you in my day. Teach me to rehearse God's character and strength, instead of my worries.

(with thanks to LICC)



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All Deacons available by ☎ if needed.

Please note! Items for 7/52 should be given to **Sally** by **midnight THURSDAY** on 641305 or email: ian.pratt5@btopenworld.com

7/52 @ RBC

21 March 2021



Prayers for Ryde continue every Monday for 15 minutes at 7pm. Join in using the link at **Pray for Ryde – Continuing in Prayer**
This is followed by our own prayer meeting using the usual link.

Check out our website at **www.rydebaptist.xyz** for general updates, sermon notes and suggestions for reading and study.



What's On

Worship with Premier Radio

10 am Sunday Worship at home

6 pm Sunday Live with Pam Rhodes, followed by Prayer of Hope with Churches Together at **7 pm**

BBC1 11.30 am Sunday Worship



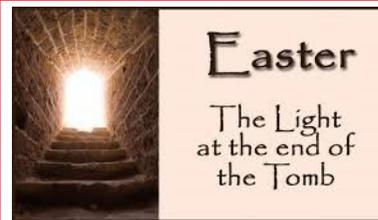
Next BU Prayer broadcast is on **Wednesday 24 March** at 7 pm. Recordings of all BU prayer broadcasts can be found at **The Baptist Union of Great Britain : Prayer broadcasts.**

Join children's TV presenter Gemma Hunt for SAT-7's '**Free to Believe?**' Easter Family Celebration, **Saturday 3 April from 4-5pm** on Zoom. All-age games, crafts, songs, stories and prayers for all the family, with inspiring testimonies from Middle East believers and staff from the SAT-7 international family. Sign up at <https://www.sat7uk.org/pages/easter-family-celebration/>

This week marks ten years of the Syrian civil war. Read how BMS World Mission supporters have stepped up in that time to help make God's love and hope known to so many people. There is much more that needs to be done, and see how you can pray for this crucial work, go to <https://www.bmsworldmission.org/news/tale-of-two-crises/>

Listen to MPs Fiona Bruce and Tim Farron talking about persecution of Christians at <https://www.premierchristianradio.com/Shows/Weekday/A-Mucky-Business-with-Tim-Farron/Podcast/Fiona-Bruce-Fighting-for-persecuted-Christians-around-the-world>

Evan John calls out Western governments for saying they are committed to protecting religious freedoms around the world while allying with human-rights abusers for political and economic reasons. <https://www.premierchristianity.com/Blog/We-cannot-claim-to-stand-with-the-persecuted-while-selling-arms-to-their-persecutors>



Easter is fast approaching and although we still won't be able to meet face to face we are planning some events to celebrate the season together.

On **Good Friday** we are hoping to serve take away hot drinks and hot cross buns to passers-by from the forecourt of the George Street Centre in a socially distant way. **We need volunteers to help serve if this is to go ahead.** If you would like to volunteer, please let Kerry or one of the deacons know. You can only volunteer with someone in your family or bubble.

On **Easter Sunday** we would like to offer to deliver an afternoon tea pack to those who wish to join in. Tea to include - cheese scone, plain scone (supply your own butter & jam), a couple of cakes and teabags.

We can join together to share tea on Zoom at **4 pm**. If you aren't able or don't wish to do this, you can enjoy tea at home and know that your friends will be praying for you.

If you want to join in, please let **Sally or Betty** know. We would plan to deliver sometime on Easter Saturday.

A reminder —we are still seeking nominations from members for vacancies on the diaconate. Please ask **Sally** for a nomination form ASAP, ensuring you have the nominee's permission first.

*Thank you for all your continued financial support of the work of the Church. If you are able to give by standing order, **PLEASE** do so!*

**RBC Barclays current account number 20731102
sort code 20—60— 55**

*If you usually give by cash or cheque, contact **Jim** on **810991** to arrange delivery or collection*

We are currently running at a large deficit, due to the loss of letting fees for the GSC and the continuing need to pay utility bills and repay loans.