



Broadfield Christian Fellowship

Broadfield Community Centre, Broadfield Barton, Crawley. Charity no. 1081321

(01444 400521 – Email: fellowship@broadfield.org.uk – Web site: www.broadfield.org.uk

NewsFlash!

Sunday 9th May 2010

This morning 10.30am: Morning worship in the Social Hall
Worship: Vivienne Evans; Preacher: Ian Johnson

We offer a warm welcome to all visitors to our worship today

Monday 8.00pm: Leaders' meeting

Tuesday 7.45pm: House Group at Mechelle's home

Wednesday 9.30–11.30am: *The Triangle* Coffee Shop in the Social Hall
10.00–11.00am: Health Walk starting from the recycling centre
11.30–12.00: Leadership Group prayer in the Church
12.00–1.00pm: Prayer meeting in the Church Quiet Room
7.00pm: House Group for younger adults

Friday 5.00–6.00pm: Friday Meal in the Social Hall

Next Sunday 9.00am: Open up and set up hall for worship
9.30am: Prayer meeting in the Social Hall
10.00am: Tea and coffee
10.30am: Morning worship in the Social Hall, including communion
Worship: Vivienne Evans; Preacher: Katie Johnson

Thought for the Week — from Caroline

When you have a conversation with someone it may be obvious that you are angry but sometimes it may be such a subtle underlying anger that you hardly realise it yourself, but you can bet that the other person will be aware of it and here is what can so easily happen:

This is an excerpt from a book by James Blanchard Cisneros called *You Have Chosen to Remember: A Journey from Perception to Knowledge, Peace of Mind and Joy*.

There is a difference between speaking with anger and speaking your truth. When you speak with anger, know that the ego-self is speaking. Know that you're reacting to and focusing on an illusion you see as real. When you speak with anger you bring forth knowingly or not, emotionally repressed feelings from the past. You replace the present with the past and you lose the opportunity to experience what is really going on.

When you speak with anger, you are not really concerned with how those listening to you will feel. All you really care about is that your point of view is heard. When you come from such a place, all you are doing is making the listener defensive. The listener then puts up a wall to defend himself or herself against the perceived attack. As a result, you end up arguing or shouting at a wall with the hopes of being heard. Regardless of how smart or right you believe yourself to be, you will not be heard by a wall. Obviously, a wall is not a good listener, which creates frustration. The frustration leads to confusion, which then ends in regret. This person, knowing that he cannot communicate with you, will move on to someone he believes will listen to what you did to him. This creates more frustration and miscommunication on everyone's part. In short, whenever you speak with anger, regardless of whether or not you believe you have every right to do so, frustration, confusion, separation and regret are your end result.

Diary Dates

Saturday 22nd May, 9.45am–1.00pm: Prayer Ministry workshop in the Church. The Anglicans have invited us to this parish-wide workshop, which is for everyone wanting to go further with God in praying alongside others whether on a formal prayer ministry team or not. It will be led by Richard Poole from St. Andrew's and will be interactive with opportunities to practise what you are learning.

Tuesday 25th May, 2.00–3.00pm: Outreach on the Barton with YWAM (to be confirmed).

Sunday 30th/Monday 31st May, 2.00–10.00pm (gates 11.00am): The Big Church Day Out at Wiston House, Steyning. www.bigchurchdayout.co.uk

Sunday 13th June, 2.00–6.00pm: Global Day of Prayer event at West Ham Utd FC, Green Street, Upton Park, London E13 9AZ. www.gdoplondon.com

Saturday 31st July – 7th August: Revive! 2010 – “On Eagles' Wings” – at Ashburnham Place. Featuring guest speakers Mark Bonnington, Wes and Mary Sutton, Patrick Regan and Georg T. Booking forms on the table. www.ichthus.org.uk/revive