



Monthly Newsletter

markyate

baptist church

June 2025

Facing your Fears

It was just over a year ago that Nick challenged us to acknowledge and face our fears. My biggest fear has always been water, since I had a frightening experience in a swimming pool at the age of 11. Sadly, I have never enjoyed the water since then, but with Nick's challenge I thought I must try to overcome this and have been having swimming lessons for the past year. I can now do the back stroke and crawl. On my first visit, I was petrified but my teacher has been so patient and understanding with me. I don't swallow as much water now too, which is good as I was sure the level of the pool went down with each visit! I still have a long way to go with my breathing, but at least I am progressing. I usually swim about 8 - 10 lengths each week.

I read once that 'A life lived in fear, is a life half lived.' This is so true and I am constantly reminded that 'God hasn't given us the spirit of fear, but of power, and of love and of a sound mind.' 2 Timothy 1:7 God wants us to live our lives to

the full; to seize each day and to make the most of every opportunity that presents itself, to make a difference in this world.

Sadly it has taken me over 65 years to address this fear of mine, but I would encourage each and every one of you, whatever your age, to address your fears, to trust in God, that He will never let you down, for He has promised to always be with us, as it says in 1 Chronicles 28:20 'Be strong and of good courage and do it: fear not, nor be dismayed; for the Lord God will be with you.'

At present, I've not yet overcome the fear of being out of my depth and learning to tread water, as the pool I have learnt in has been all one depth, but I hope to be able to tell you before too long that, this too, is something that God has helped me to overcome. So I would encourage you to grasp life with both hands; put your hand in His hand for there is no safer place to be. Knowing that God was keeping me buoyant, helped me enormously and He'll do the same for you!

Here are some Fear Fighting verses which may be helpful.

Isaiah 41:10, Deuteronomy 20:4, Proverbs 29:25, Isaiah 43:1, Psalm 27:1, Hebrews 13: 5-6, 2 Timothy 1:7 and Philipians 4:6-7

Janet Wastall

What's On—June 2025

Sunday 1st

10.30am Communion Service
With Danny Smith

Monday 2nd

MBC Café—open to all
10.30am—12pm

Friday 6th

MBC Café—open to all
10am—12pm

Sunday 8th

10.30am Pentecost Sunday
Joint Service @ St John's Church

Monday 9th

MBC Café—open to all
10.30am—12pm

Friday 13th

J&J's baby & toddler group
10am—11.30am

Saturday 14th

Leadership Team Away Day

Sunday 15th

10.30am Morning Service
With Diane Norton

Monday 16th

MBC Café—open to all
10.30am—12pm

Thursday 19th

Leadership Team Meeting
7.30pm

Friday 20th

MBC Café—open to all
10am—12pm

Sunday 22nd

10.30am Morning Service
With Trevor Wills

Monday 23rd

MBC Café—open to all
10.30am—12pm

Friday 27th

J&J's baby & toddler group
10am—11.30am

Sunday 29th

10.30am Morning Service
With Colin Cartright

Monday 30th

MBC Café—open to all
10.30am—12pm

Minister: VACANT

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Working days—Tues and Thur.

Deacons:

Jeremy Bottrill,
Ruth Kieran
Chris & Heidi Trew
Mark Buckley
Rob Wills

Moderator

Mary Moody

Our Vision Statment:

Growing Together by loving God, loving others & serving our community