

## Questions to reflect upon as you start a new year.

January/February 2020

The end of the year marks a threshold and invites a pause for honest reflection. It's a great time to take stock of the year behind and look ahead. In the days ahead, I encourage you to take the time with these questions over several sittings. Let your thoughts percolate and stay with the questions over the next few weeks.

### The past year

1. Twelve months have gone by -- most likely too fast! How did it go. Acknowledge all that worked out well: the goals you achieved, the events and circumstances you feel good about.
2. Who needs to be acknowledged? After acknowledging what went well, think about the people who played a part. Let them know. Expressing gratitude will not only makes the receiver feel good, it will make you joyful as well. Most of all, give thanks to the Lord for all His blessings during 2019.
3. How did you grow this past year? Are you more patient? How has your character changed for the better?
4. What were the peak moments for you -- and why? This is different from "what went well." This is about identifying the truly stand-out moments where life just felt "right and good." Then ask why they were so meaningful. Be thankful for these times.
5. What's not working? This question is just as important, but make sure you reflect on it without judgement - on yourself or others. Resist whining and instead just take an honest look at what isn't working. Perhaps a situation (work or life) that was fine or great for a long while but isn't anymore. Times and conditions change -- have you changed, too? Ask for wisdom from the Lord as to what, if anything, should change and how to go about it.



### The coming year

6. What thresholds will you be crossing? As you leave 2019 behind and begin a new year you are crossing a threshold. What other thresholds do you need to prepare for? Will there be some big changes happening or perhaps an intentional change you want to create?
7. Who will you connect with more in the year ahead?

We all need people but sometimes the busyness of our lives gets in the way. Is it time to put more priority in your relationships? Consider your work, social, community and church relationships. Who do you need to reconnect with or perhaps start new relationships with? For inspiration? For fellowship? For other reasons? How about you-time? Time to take more time to tune in, reflect and get to know yourself better.

8. What do you want? Now it's time to think about your goals, intentions and possibilities for the year ahead. Perhaps something in this reflection has spurred you to a new goal. How will you put this into action?

Proverbs 3:6 says 'In all your ways acknowledge Him and He shall direct your path'. Let's give thanks to the Lord for the blessings this last year, for the valuable lessons we have learned, for the people we've met and for the coming year, asking for His guidance and wisdom in the choices we make and the paths that we follow.



Holy Habits is an adventure in Christian discipleship based upon Luke's picture of the early church in Acts 2:42-47. It explores and encourages the practice of ten disciplines, or holy habits, that Luke presents in the passage. During January, we shall begin to explore 3 of these ten habits. Patrick is leading our worship each Sunday this month, and after an introduction on the 5

January, we shall look at one habit each week, starting with 'Biblical Teaching' on 12 January, 'Gladness and Generosity' on 19th and 'Worship' on 26th. There will also be mid-week discussion groups on Wednesday mornings to explore each subject in more depth. If the series proves valuable, we can return to explore the remaining habits later in the year.



Saturday morning coffee times in the Glendale Hall are, for many, an important opportunity to meet with old friends and make new ones. Having the chance to sit and chat can be a tremendous tonic in the battle against isolation and, sometimes, there's even impromptu entertainment! On the last get together of the year, people came dressed in Christmas jumpers and hats, entertainment was joyfully provided, including the Angel Delights Ukelele Group and their happy music saw people singing and clapping along and a few even had a dance! Just over £300 was raised and will be divided equally between the Wooler URC Overseas Emergency Fund and Berwick Cancer Cars.

The Wooler Warm Hub is now officially open and, already, we have groups hiring the room including an Over 50's Youth Club which starts meeting in January. A monthly afternoon Film Club showing 'classics' and archive films from the Glendale area. Films for children and their carers, shown during school holidays for those who find it unsettling to go to a large cinema.



Weekly soup lunches will also be on offer (although these will be combined with the usual annual Lenten soup lunches held in St Mary's Parish Room

later in the year).

These events need willing people who will commit themselves to helping. - if we get enough people, it may mean only helping every other month. This is YOUR warm hub too. If you want it to be a success for the community, we can all play our part. If you can, write your name down on one or more of the sheets in the Hub. Please don't leave it to the same small team of people.

Saturday Coffee mornings  
10am in the Glendale Hall

4th January - no booking  
11th January - Wooler Drop-In  
18th January - Glendale Connect  
25th January - no booking

1st February - Glendale Voices  
8th February - no booking  
15th February - Ilderton Church  
22nd February - no booking  
29th February - St Mary's



1 4 t h  
February  
brings St  
Valentine's  
Day again.

But we don't need to have a 'sweetheart' and we don't need a chosen day to show care and love. Buy a small present for someone you appreciate and want to encourage, send a card to someone you haven't contacted for a while, ring them on the 'phone for a catch-up.

Join with us in praying for people living in the following streets.  
Week beginning:

5th Jan - Broomey Road & Ramsey's Lane  
12th Jan - Gallowlaw & Doddington  
19th Jan - Bendor, Milfield & Kirknewton  
26th Jan - Low & High Humbleton

2nd Feb - Lilburns & Chatton  
9th Feb - Old Yeavinger & Belford  
16th Feb - Greendale Court & The Martins  
23rd Feb - Oliver Road & Oliver Place



Week of Prayer for Christian Unity 2020  
**Unusual kindness**



18th to 25th January

Please try and support these ecumenical services during this week. It's a great way of showing our shared faith in Jesus and getting to know more about each other!

The week begins with a shared service on Sunday, 19th, 4pm in the Cheviot Centre.

Monday, 20th - 10.30am - URC, Cheviot St

Wednesday, 22nd - 10.30am - St Mary's

Friday, 24th - 10.30am - St Ninian's

The week's theme focuses on Paul's ministry to the people of Malta.

Sunday, 11am service leaders

5th Jan - Mr Patrick Sheard (Communion)  
12th Jan - Mr Patrick Sheard  
19th Jan - Mr Patrick Sheard  
26th Jan - Mr Patrick Sheard  
2nd Feb - Rev Bill Eugster (Communion)  
9th Feb - Rev Mary Taylor  
16th Feb - Worship Group 2  
23rd Feb - Rev Bob Burston

