

NEWSLETTER

CENTRE OF EXCELLENCE

DEEPER CHRISTIAN LIFE MINISTRY

Solway Street East(off Lodge Lane) Toxteth , Liverpool .L8 OTY: Contact: (0151) 7096245; 7094670

Issue n°2

Reg.Charity N° 297359

January 2003

EDITORIAL

Hello again! Wishing you a very merry Christmas and a prosperous New Year!!

In this issue of our newsletter, we are addressing the question - **What Does the Future Hold?** This same question was actually the subject of a popular radio phone-in broadcast, focusing on the issue of drug abuse among school children, aired a few months ago. One of the contributors, apparently a very young addict, must have stunned many listeners when she revealed that she knows more school children hooked on drugs than those who are not!

Many callers expressed concern about this sordid state of affairs, which seems to be spiralling out of control. Various views were advanced as to where things could have gone wrong and proffered what they see as the best possible remedy. Much as it was evident that many of these callers were sincere and well-meaning, none considered the possibility that the problem might be spiritually rooted. This precisely is our position. We believe there is a spiritual dimension to the problem of drug abuse generally.

The magnitude of the problem among school children, as revealed by that morning's broadcast, is quite disturbing especially considering that the youths of today are the leaders of tomorrow. **What, indeed, does the future hold?** Despairing already? No need! **Try JESUS!!**

Jesus gives the power to overcome such problems as drug addiction!!! If our children and youths will get hooked on Jesus, we can be sure of a future of responsible adulthood and fulfilled life.

If you are experiencing drug related problems and would like to come clean, then please call for spiritual help and counselling! This could mark the new beginning you have been looking for.

For help and counselling, call:
0151 709 4670.

SOMETHING HAPPENED HERE!!

Christians are divided in their views about Christmas. Some want to give up on it and hand it over to the stores. Others want to salvage it and use it to say something important about the birth of Jesus to a weary secular world. I, for one, would like to take my place with the second group.

Years ago, an old pioneer journeyed westward across the great plains of North America until he came to an abrupt halt at the edge of the Grand Canyon. He gawked at the sight before him—a vast chasm 1 mile deep, 18 mile across and stretching out of sight. He gasped, “Something must have happened here!”

At the Christmas season, someone may wonder what the hustle and bustle is all about. A thoughtful man or woman, seeing the lights, the decorations, the festivities, and the religious services might also conclude, “Something must have happened here!”

Of course, something did happen. We need to tell the world about it. God has visited our planet. His son Jesus Christ came to reveal God and to die for our sins (John 1:1-14). It's the best news ever! The Lord came and lived among us that we might live forever with Him.

That's why we can rejoice at Christmas and look forward to a fulfilling NEW YEAR!

(ADAPTED FROM OUR DAILY BREAD)

WEEKLY ACTIVITIES

SUNDAY WORSHIP SERVICE

Main Service Time: 10.00am

House caring fellowship Time: 6:00 p.m.

TUESDAY BIBLE STUDY

Time: 7.30pm:

FRIDAY REVIVAL/PRAYER MEETING

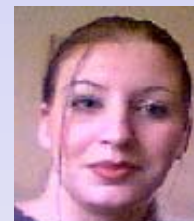
Time:7.30pm

SATURDAY EVANGELISM

Time:11:00am

COME AND THE LORD WILL BLESS YOU!

REAL LIFE STORY



Like most people, I led a very 'normal' life until December 2001, and that's when things began to change. That's when I became unique, peculiar even. Previously, I'd

grown up in a very open minded environment, my parents encouraged me to have my own views, my own opinions, I was never forced to adhere to any strict rules, all they asked was that I was well behaved, did well in school, and was encouraged to further myself as much as possible, but ultimately the choices were down to me. Throughout my teenage years, I attended college, worked evenings, and at weekends I'd go out to town clubbing with friends. Like I said before, pretty 'normal'. As time went on, I met my partner, we had a daughter and moved to Liverpool, where we began living together. As any young couple, we had our share of problems, but we managed. On Christmas day 2001, we were invited to church at the Centre of Excellence.

On our arrival there, I must admit I was surprised, I guess I expected what many people would – the traditional church a lot of us are used to. It wasn't just the outlay of the church however that made me think again about my own religious conceptions, but there was a warmth, an inexplicable atmosphere. I was greeted so readily and I felt so much at home.

The day that I met Christ was wonderful. As the Pastor was ministering to the church, he asked for anyone who wanted to give their life to Christ to raise their hand, I was so moved by what I had heard, I felt compelled to receive Christ into my heart, and I truly believe it was Jesus that ministered unto me on that day. I'd always been pretty sceptical about religion beforehand, but I guess you don't realise until afterwards that Christ has helped you even when you didn't believe, and continues to afterwards. My life has changed a lot since that day, and although I still fall short of His ideals and still have problems like anyone else, I know that I have someone who is always ready to help, ready to listen, and holds a place for me at His side.

MARRIAGE & FAMILY LIFE

We started this article in the previous issue of our Newsletter and here present the concluding part.

Steps to Healthy Marriage and Family Life

Commitment Marriage is a lifetime commitment. Moreover, commitment in every area of family life is essential for a strong, stable and successful marriage: commitment to the same goals, vision, and plans. Life is not bed of roses; there will be problems from time to time. However, wholehearted commitment from both partners will see them through the thick and thin the ups and downs of family life. Sometimes people think there is a better person outside the marriage, the grass at the other side of the fence always looks greener but most people forget it still has to be cut! Don't look outside, give your marriage the wholehearted commitment required to resolve the conflicts.

Another key area of commitment is marital fidelity. Infidelity and marital unfaithfulness have undermined the bulk of modern marriages. The so-called "open relationships" will never produce a stable marriage; adultery, wife-swapping parties, cab crawling etc. are destructive caterpillars that leave many homes in ruins, produce heartaches and eventually lead to divorce. BE COMMITTED TO MAKE YOUR MARRIAGE WORK. Nothing of worth is ever achieved without commitment!

Communication Many marriages crack for lack of proper communication. The manner and quality of our communication will determine the kind of relationship we sustain in the family. Communication can be at the superficial level, when one speaks in "clichés" and it can be at the deeper level involving exchange of ideas, expression of values and intimate feelings. Meaningful dialogue ensues and can only be sustained at the deeper level rather than the superficial level. When there is a breakdown of communication in the family, the relationship is soured, love is sapped, bitterness erupts, tolerance disappears, suspicion sets in, irritation becomes the order of the day – that family is set on a collision course to ruin. Learn to communicate intelligently, respectfully, courteously and gently.

Co-operation Lack of co-operation or disunity is at the root of much marital turbulence. Surprisingly, there are couples that relate as though they are opponents in a competition. Marriage demands co-operation and not competition. Nothing works for a team of 'unco-operative members'. A disunited army has already lost both the war and the battle even before getting to the battlefield! The husband and wife can only become a winning team when they co-operate with each other in working out their vision, plans and goals.

Commendation Criticism will either make or mar any relationship depending on whether it is constructive or destructive. When one falls into the trap of faultfinding it becomes easier to criticise rather than commend the spouse. In order to a thriving and flourishing marriage and family life it is helpful for spouses to recognise and commend their mutual efforts towards a fulfilling relationship. The use of complimentary remarks such as: "I do appreciate that, thank you", "That is very thoughtful of you", "You are ever so considerate", etc., though seemingly trivial, goes a long way in strengthening the nuptial bond. This is not to say spouses should resort to flatteries. What is being recommended is appreciation and commendation.

Compassion We live in an age where to be compassionate is viewed as being timid and weak. Men want to be seen as tough and the women as assertive. Tenderness becomes a casualty in the home. However, pity or loving concern is not a weakness; it is more human. Balanced emotional response to each other's need makes marital life to blossom. The home where mutual compassion is lacking will be far from being a love nest. Acts and deeds of kindness in the home are bound to enhance the vitality of marriage and family life

Please e-mail us at newsletter@deeperlife-liverpool.org.uk or telephone (0151)-709-6245 if you require a copy of the maiden issue of our newsletter.

YOUTH FORUM

Hiya, youths! This is to test your insight, vocabulary capacity, and sense of humour.

The 'Curry Lamb' Medal Award lecture on weight problems will be delivered by Emeritus Professor L. E. Fant, the world renowned expert on gastronomic options. The award is in recognition of Professor Fant's continuing pace-setting research in his home kitchen, an epitome of scientific improvisation, since vacating University laboratory.

Professor Fant is an enormously gifted man in many respects. Standing at about 2.5M tall he tipped the scale at an impressive 35 stones. It is sincerely hoped that the wooden podium will be able to hold out for the one-hour lecture!

What do you find striking about the piece above? The more you can point out the better your chances of winning the prize!! Send your response to the Editorial Team:

(newsletter@deeperlife-liverpool.org.uk).

The winners of the KIDS' quiz in issue one are John Ogundele and Moyin Ayeko. They will be presented with a £10 voucher to shop in ASDA.

HEALTH

WORK, STRESS AND ILLNESS (2)

Heart attack is not the only effect on the body due to long hours of work. There are other potential effects that are normally associated with stress. This may include hypertension, stroke, cardiac diseases, migraine, asthma, gastric ulcer, eczema, musculoskeletal disorders and problems associated with depression of the immune system, which has received little attention.

Sustained working can cause or be otherwise associated with sleep loss and perceived exertion or fatigue. Performance can also be severely compromised by accumulation of sleep debt. The upper limits of human performance for working intensively and continuously is 2 – 3 days. Performance effects can be detected in vigilance tasks and those involving cognitive and verbal performance. Physical performance particularly if of moderate intensity appears more resistant to impairment.

Working long hours per week without a break makes you your own enemy, because you are leaving an open door for stress to creep in. There are therefore many health problems we are experiencing which may be the result of working long hours. Working long hours is like standing on the motorway knowing how risky and dangerous it is to your life. God will protect us from disease, but that does not mean we should be careless with our health. Let's take good care of our life and we shall live long.

The editorial team welcomes your views and experiences.