



# June 2010

## Colchester Food Bank

### Inside this issue:

Colchester Food bank	1
National Family Week	2
Feedback and Town News	3
Government	4

"In the autumn of 2008 we were encouraged by a public interest meeting to go ahead and start the Colchester Food Bank.

Having perhaps felt wobbly at times in our convictions it was the inspiration of meeting Jeremy Raven, the Food Bank network coordinator, that helped us to properly catch the vision and run with it. We dared to dream that food would come in, we knew we needed storage, and there was the hope that we could find a central distribution centre – preferably near the High Street!

We have seen God's magnificent provision this year.

- We had the use of St Botolph's Hall and the Old Library in the Guildhall for our formal launch.
- The Harvest appeal produced incredible results. We managed to pack out several people's garages and even most of Brian Ford's home!
- There have been some notable financial donations
- The Big Yellow Storage Company offered us 100 sq ft for storage. We packed it floor to ceiling with donated food!

We have run the Food bank at different locations in church halls and by borrowing vans. This was

not ideal as the take up was not what we hoped for. We are delighted that now we have food boxes available at Angel Court in the High Street, from 9 am -5 pm every Monday to Friday. Colchester Borough Council can provide those in need with a Food Box as well as other agencies being able to refer clients to this central location.

We send a warm thank you to all our volunteers. We are now seeking to replenish our stock and continue to reinforce in people's minds the work of Colchester Food Bank".

Andrew Fordyce  
St Margaret's, Berechurch

Have you a burden to pray for Colchester?  
Join us every Wednesday from 6a.m.- 7.30a.m. Further details from Russell Rose  
Tel: 01206 561642

**Prayer Breakfast**  
**Date: Saturday 5th June**  
**Venue: Colchester Boiler Room Community, 170 Berechurch Road**  
**Time: 8.30 am - 10 am**  
All Welcome

# National Family Week

National Family Week is celebrating family life in the UK between **31<sup>st</sup> May and 6<sup>th</sup> June**. With over 5000 events set to take place across the country.

Backed by all major political parties, National Family Week represents the largest coalition on family issues in the UK with over 180 national and thousands of local organisations on board including charities, councils, sports associations and community groups. The initiative celebrates the diversity of the modern day family, championing the benefits of quality family time and encouraging a healthier and more active approach to family life.

The average family spends just 45 minutes a day together according to a poll commissioned by National Family Week last year. National Family Week and its partners are encouraging families to improve on this, providing a range of events, activities, information and other great initiatives aimed at bringing families together.

The Week's website is a great resource for families where they can search for events happening in their local area, access special offers and promotions and find great family recipes and interviews from famous faces such as Anthony Worrall Thompson, Samantha Cameron, Andrew Flintoff, Amanda Holden, Caprice and more.

*Kevin Steele, co-founder of National Family Week and member of the Council on Social Action commented:*

"Families are the bedrock of our lives and the cornerstones of our

communities. We hope that families of all shapes and sizes will take part in National Family Week 2010, enjoying the thousands of events and the many competitions and special offers, or simply spending quality time together. National Family Week celebrates the important role families play in society as well as the great diversity of families in the UK. We look forward to continuing to work with our partners to give families opportunities to do rewarding things together, and to promote issues facing families to the forefront of the national agenda." Tel: 020 8875 7960

[www.nationalfamilyweek.co.uk](http://www.nationalfamilyweek.co.uk)

## PRAYER FOR FAMILY LIFE

*"We pray for our families, in all their complex and wondrous forms, for families of our origins and for those of our choosing.*

*We give thanks for those who have given us birth, for those who have nurtured us and for those whose lives were invested in our care. Your love for us has been steadfast and sure and lived out in those who have cultivated our abilities, enriched our minds, strengthened our bodies and challenged our spirits.*

*We mourn those times when our families have not provided for us and for our children the safety, well being and love we needed. We recognise and confess those times when we have failed to be agents of your reconciling and renewing love and ask your forgiveness, as well as the forgiveness of those whose trust we have violated.*

*We celebrate the ever present possibilities for your Church to be a family of blessing for your beloved children We pray that as Church we might always be attentive to the ways in which we can be a community which is ever more inclusive, ever more nurturing, ever more stimulating, ever more relevant, ever more healing for all your children. May we recommit ourselves daily to your gospel call to those in need in our world as if they were our very own sisters and brothers, sons and daughters, and to advocate for them and their well being in the halls of power as well as in our own sanctuaries. In the name of the one who came to us, loved us as his own and gave new life, we pray. Amen"*

Archdiocese of Cardiff

## Sing Out! Workshop and Concert, Saturday 26th June 2010

The prayer for this event is as follows:

**Friday 4th June -7:00pm, venue TBC**

**Wednesday 16th June -7:30pm, Eld Lane Baptist Church**

**Thursday 24th June-7:30pm, Salvation Army**

**Friday 25th June - 7:30pm, venue TBC**

**Saturday 26th June- 10:30 am, St Botolph's Church**

Please come along to pray for Cantus Firmus Choir, Cre8 and all those who will be taking part as well as for the event itself that those who attend will meet God in a new and special way.

*More details of event on page 3*

# Feedback and Town News

Many thanks for praying for Friends International (F.I.)

## Praise God that:

- Some students are still coming to the International cafe every Thursday despite exams.
- 3 Chinese male students were baptised recently at Eld Lane Baptist church and gave wonderful testimonies.
- The Jesus Alive fellowship had a recent prayer time in the Chaplaincy from 8 pm. - 12 midnight an about 80-100 students and others attended. The fervency of our African brothers and sisters was a real encouragement.

## Pray please for:

- The F.I. house party from 15th- 17th June at Letton hall. Pray that it will be full and that God will speak to each person who attends
- The Summer programme for students. For good contacts with the students this year.
- Chatterbox at the English Language Centre.
- Table tennis on Fridays is being jeopardised by new rules. Pray please as this has been a very useful contact with many students
- New Christians as some of them return home to sometimes a hostile reception.

Note: If you would like to give a meal to some new students (any number from 3- 10!) on Wednesdays during August from 6pm -10pm. please contact Michael and Caroline White: Tel 825060 or [frinco@essex.ac.uk](mailto:frinco@essex.ac.uk) God bless. Joan

## Colchester Korban Project

Colchester Korban Project is a Christian charity working with young people in crisis, are holding a garden party on **Saturday June 12th from 11.00am -3.00 pm** at Bethany Place, Compton Road. As part of the afternoon's 'entertainment' we will be hearing from the Psalm Drummers - a great opportunity to proclaim God's lordship over the project which has recently been under spiritual attack. Do come along and support us. We'd also love to hear from anyone able to contribute cakes or bric-a-brac. Contact Sally Stephenson on 0791 462 9078 for further details.

## Transformational Business Network (T.B.N) Colchester Group

Are you involved in business? Do you want to use your skills to bring transformation for the poor? TBN is for you! All are welcome to the next Colchester meeting at the new Kingsland building (above Aldi), 86, London Rd. Starting at 8pm, on **Thursday 10th June 2010**. Contact Simon Lasky on 01206 242235 for information.

## Colchester Causeway

**Prospects** runs regular Christian meetings for people with learning disabilities. At the moment we meet monthly on a Wednesday evening at Christchurch, Ireton Road from 7.00 – 8.00 p.m. when we have simple service of worship and teaching. Usually 12 -15 people attend. We would love to expand the work but we are very short of leaders and helpers. Please pray for more help. If anyone could come along on a

regular basis and make teas and coffees, thus freeing up leaders to do other work that would be great. Contact Brian Ford 01206 823877

## Sing Out! Saturday 26th June

Cantus Firmus Trust presents workshop and concert

Workshop: 2pm - 5 pm

Concert: 7.30 pm

Tickets: Workshop and concert £12, Concert only £6.

For more info contact 01206 728748 or 866905

Email: [tickets@cantusfirmus.org.uk](mailto:tickets@cantusfirmus.org.uk)

## Equipping the Levites.

This is a training series offering opportunity for worship leaders, musicians and singers to develop their skills and gifting.

Each Monday night in June, starting at 8pm, at Kingsland Church, 86, London Road, Lexden.

Rob Buckingham facilitates these training evenings and this year **Godfrey Birtill** will be with us on the 28<sup>th</sup> June for the evening as the finale of the series.

To contact Teresa Lasky: [teresa@lasky.co.uk](mailto:teresa@lasky.co.uk)

Phone: 01206 242235

For Marie Morris:

[marie@colchesterprayernet.co.uk](mailto:marie@colchesterprayernet.co.uk)

The contributors' views are their own and do not necessarily reflect those of the editors.

# Prayer for Government

***The real power to change this land rests not in 10 Downing Street or in the Palace of Westminster. It rests wherever you bow your head in prayer to the Almighty God who is sovereign over all.***

The seventh annual Week of Prayer for Parliament & Government will take place from **Saturday 5th to Friday 11th June 2010**. Supported by Bible Society and 24-7 Prayer, this important event is a partnership between Christians in Parliament and Christians in Government.

Driven by the Christian communities that work in politics and government, it will involve daily prayer walks around Parliament and Whitehall, daily prayer across the parliamentary estate and in Whitehall government departments, large worship events, prayer for political parties and much, much more. With prayer support from Christians and prayer networks across the UK and the world, this is a great opportunity to pray for God's mercy and blessing on our nation.

Did you know that sittings in both Houses begin with prayers. These follow the Christian faith and there is currently no multi-faith element. The practice of prayers is believed to have started in about 1558, and was common practice by 1567.

The Speaker's Chaplain usually reads the prayers. The form of the main prayer is as follows:

*"Lord, the God of righteousness and truth, grant to our Queen and her government, to*

*Members of Parliament and all in positions of responsibility, the guidance of your Spirit. May they never lead the nation wrongly through love of power, desire to please, or unworthy ideals but laying aside all private interests and prejudices keep in mind their responsibility to seek to improve the condition of all mankind; so may your kingdom come and your name be hallowed. Amen."*

We pray for all MPs – their constituencies; peers – the House of Lords and its work,

#### **After the Election we:**

- Pray that every new MP would realise their need of God's guidance and strength.
- Remember parliamentary staff members whose MPs were not elected, as they wind up their jobs and clear their offices.
- Pray for the Prime Minister, those appointed to the Cabinet and other government posts.
- Pray for members of the security and administrative staff at the House of Commons, as they get to know the hundreds of new MPs.
- Ask God to encourage former MPs who have now lost their seats, as they consider the next phase of their lives.
- Give thanks to God for all He has done in our nation over the last few weeks. Pray that He will equip the new Prime Minister and his Government as they begin their term of office.

Prayer groups are in place to pray for Bob Russell MP and Bernard Jenkin MP.

We are looking to re-organise and

extend the membership of these prayer groups with the new term starting in Westminster. You will need to be security checked by Westminster to be involved, and are required to be in the constituency of the MP you wish to pray for. Please contact Teresa Lasky if you would like more information.

#### **Policy Areas**

##### **1. Abroad**

We pray for:

- Peace and security abroad
- Relief of poverty, and the encouragement of development, education and healthcare in the developing world
- For constructive relationships between nations and their representatives, for grace, wisdom and discernment in their dealings with each other

##### **2. Domestic**

We pray for:

- Parliament and Government responsibilities towards those in Education, Health, Police, Armed Forces, Social & Welfare services
- For decisions to be made with integrity and openness
- The involvement of voluntary sector