

13TH FEBRUARY 2022

THE LOWE DOWN



COMING UP

Sunday Morning
10am and 11.30am

Sunday Evening 7pm

- Prayer Meeting on this week 7.30pm
- We have an exciting new series of spiritual initiatives and focus for February which will be published via email and hard copy next weekend.
- Please continue to use Lateral Flow Tests before leaving for Church services on Sundays. Let's keep everyone safe!
- We have an ongoing collection for GLASS JARS in the hub, in particular smaller ones. If you could keep these and leave them, including lids, in to the Hub, Heather Currie would really appreciate it.



PRAYER AND *Fasting*

This month Tuesdays are Lowe's Fast day!
Why not give up a little to focus your heart on God today - coffee, tea, chocolate, breakfast, lunch...
Let's seek the Lord together!

Announcements

CAP Money Course

New CAP money course starts on Saturday 12th Feb at 9.45am. Further details near the time. Email admin@lowe.church to register interest.

Shoebboxes

Thank you to everyone from Lowe who donated shoeboxes and money towards them. Samaritan's Purse collected 26,170 from Northern Ireland which is an increase on last year and they are very grateful for all of the support and kindness for shown towards this project.

Eco Award

Lowe Church were delighted to receive our Eco Congregation Ireland Awareness Award recently. This award is for completing the ECI 'Environmental Check-up for your Church' which looks at what we do as a church from an eco-perspective. It's a great encouragement to us here at Lowe to get this award and recognise what we are already doing and what we can do in the future to care for God's creation as church."





PRAYER. ROOM :UNLESS THE LORD BUILDS THE HOUSE..

James has urged us to pray earnestly to seek God's will for the way forward for Lowe after the pandemic and all the changes and opportunities that that brings. The Prayer Room has been set up with that theme in mind. Why not spend some quiet reflective time in our lovely prayer space? It is available anytime that the church premises are open.

Tuesday is Fast!

Each Tuesday, pledge to fast. Fasting is such an important spiritual discipline. It reveals to the faster how much he or she is depending on God to build a life (and a church). Options:

- a. You can fast from Monday evening (after dinner) until Tuesday dinner time. This kind of fasting is subject to medical conditions and the type of work you do, i.e., it is not feasible to go without meals in some occupations (e.g., surgeons need calories to avoid mistakes!)
 - b. Fast one meal
 - c. Fast by giving up something you normally eat (biscuits, chocolate, coffee).
- Fasting is not ritualistic. The absence of normal food/food items creates hunger that drives our attention to God in prayer and our need of Him.

Pray-a-thon

During the week leading up to the elders' conference, we would encourage everyone to book in to pray for either half an hour or an hour on Wednesday 23rd and Thursday 24th February. On Friday 25th a full night of prayer for revival is planned at Berry Street. You can sign up for a slot on our news page of the website from next week.

Website

Please check our NEWS section of the website for regular updates

<https://www.lowe.church/news/>

The LORD make his face to shine upon you (Numbers 6:25)

- In thinking of our neighbours living within our parish boundary, today we pray for the residents of four streets off the western section of the Upper Lisburn Road, namely Black's Road, Larkfield Avenue, The Hawthorns and William Alexander Park. May they keep well and have good encounters with members of our congregation.
- This month James is taking us through the book of Nehemiah, where we read of the God-inspired rebuilding of the city of Jerusalem and of the worshipping community who had previously lived there. Thank God for the example of Nehemiah and how in Lowe we too have been rebuilding – though on a much smaller scale than Nehemiah. Pray that through our recent physical efforts we will be able to be a greater witness in and to the local community and not just to our own fellowship.
- Last Sunday evening we had a presentation from a representative of TearFund. It is always thrilling to hear from TearFund and Christian Aid of the wonderful work they both achieve in benefiting lives of individuals and communities across many countries. Let us remember the families struggling with the effects of drought, disease and civil disorder. May we give thanks for what the relief organisations achieve and pray that many other folk will be moved to support them financially, on the ground or with their prayers.
- Finally may we pray for the beleaguered country of Ukraine, uncertain of not only its immediate future but also that of its long-term prospects. Pray that the diplomatic solution being so earnestly sought by many western nations soon becomes a reality and there is no bloodshed - which currently seems to be a distinct possibility.

Shalom

Prayer Chain - The Prayer Chain continues to be available for all and confidentiality is assured. Contact Noelle Millar at 90619385 and if no response leave a message. If no response follows please call Hilary Atkinson on 92671848.