

20TH 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 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.
- Coffee Morning Saturday 5th March
- Please fill out our survey that went out on Friday about Church Service Times. We greatly value your feedback and as s Session plans Lowe's next step, it will consider all the repsonses for the good of the whole congregation.





# Announcements

## **HAMPER MINISTRY**

The next date for leaving food donations in the church foyer is Tuesday 1st March 9.30am-11.30am.

### ITEMS MOST NEEDED

Coffee, Rice, Pasta, Lentils, Cooking Oil, Sugar, Pasta Sauce, Tinned Tomatoes, Red Kidney beans, Tinned Fruit, Jam, Salt, Porridge Oats (NOT instant & NO other cereal please), Sanitary Towels, Deodorant (ladies & men), Washing up Liquid, Shower Gel, Shampoo, Shaving Foam, Toothpaste, Toothbrushes,

### Other Items needed

Tea, Tuna, Vegetable Stock Cubes, Tomato Puree, Liquid Hand Soap, Razors, Antibacterial Gel, UHT Milk, Basic Toilet Rolls.

The response continues to be good & is very much appreciated by the International Meeting Point and all those in need at this time.

Thank you for your support and generosity.

**Youth Contact Group** ( year 11 upwards ) on Sunday pm at Hugh & Helen's  
For further info please contact Mel at [admin@lowe.church](mailto:admin@lowe.church)

**New Wine 2022 in Sligo** <https://www.newwineireland.org/summer-conference>

This year there'll be two shorter conferences running from

9th- 12th July

14th - 17th July

If interested in going as part of a group or need more information please speak to Helen M or Joan T .

**Prime Time** ,Tuesday 22nd February at 2 pm in the Seminar Room

**Walking Group** are organising a walk (following covid recommendations) on Wednesday 2nd March. Meeting in the church car park at 1.30pm



## **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 disciple. 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. You can also make a prayer pledge on the link sent out on Friday if an alternative time suits better. 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)

- At present our thoughts are very much with the Martin family in Malvern, where Doreen is recovering from her recent operation, but recovery will be slow as she will need additional medication for a while. Pray not only for Doreen, but also for Ken who unsurprisingly is deeply concerned about Doreen. Pray also for James who too is concerned about his mother.
- This week we think of the residents of four streets on the outskirts of our parish area – Black's Road, The Hawthorns, William Alexander Park and Larkfield Avenue. Pray for their general welfare and that they may have friendship and fellowship with their neighbours. Pray that the Holy Spirit works a good work in their lives.
- The threatened war situation in Ukraine still seems unresolved, and we need to pray for cool heads on the part of the leaders of all neighbouring countries and those who have been attempting to defuse the situation or have been making unhelpful comments. Let us also pray particularly for the inhabitants of Ukraine as they either fearfully stay in their homes, move away from threatened spots or attempt to flee the country.
- The members of Session are preparing for an important conference coming up at the end of the month. Pray for them as they seek God's guidance on how they consider strategies for developing and improving congregational life in all its aspects. Pray too for the special speaker who will be leading discussions.

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.