



The Edgehill Churches

Parish Link

Loving
God,
Serving
People,
Growing
Community

You are worthy

June 2024

In the last few months, our GIFT project has been very busy working with a number of people who needed help making a fresh start. Most of them have escaped from abusive relationships and need help in setting up a new home from scratch. As well as all of the practical needs, we also offer friendship and emotional support, and this can often be a much bigger need that takes a lot longer to work through.

When we go through upheavals in our lives (a relationship break up, redundancy, long-term illness, a bereavement, etc) our mental and emotional wellbeing takes a battering. We can feel disconnected, like we don't belong anywhere, feel like a failure, feel like we are worthless. Our identity is wrapped up in that relationship, job, our health, and we can struggle to know who we are when they are taken away.

At times like this we can find ourselves focussing on our flaws, failings, doubts and fears... and we need people around us who will encourage us, reassure us, help us get back on our feet, and remind us that we belong... that we are worthy.

A common human need is for a deep sense that we are worthy of love and belonging, and that need is what can sometimes lead us into (and keep us in) toxic relationships. Our self-worth gets tied up in the approval of a partner, employer, or friends, and they use that to manipulate us. An unhealthy focus on our imperfections and fears reinforces that need to seek approval and value from outside ourselves, and we can feel stuck in a whirlpool that sucks us down.

In her book, *The Gifts of Imperfection*, Brené Brown encourages people to pursue "wholehearted living," a posture of resilience and compassion that begins with the conviction that "yes, I am imperfect and vulnerable and sometimes afraid, but that doesn't change the truth that I am also brave and worthy of love and belonging."

And that's hard to do on our own, especially when we have been, or are going through, difficult times... and that's why we need loving friends and family around us that will remind us that we are worthy.

Early in his ministry, Jesus went into the synagogue in Nazareth and read aloud from the book of the prophet Isaiah, "The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and re-

covery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favour." And he declared to the people present that this prophecy was being fulfilled in him.



Then he went out and set people free from blindness, leprosy, paralysis and more. These people were outcasts in society, considered unworthy of belonging, but his actions and his teaching spoke volumes that they were included, that they were loved, that they were worthy. They were worthy not because of anything they'd done or not done, they were loved and included just as they were with all their flaws, imperfections, doubts and fears.

We all need to be reminded of that frequently... no matter what's happened in our lives, no matter what we have done or not done, no matter our doubts and fears, we need to hear that we are loved, that we belong, that we are worthy.

The Living Well course explores these things, and we were hoping to run it in June, but because of diary clashes, we have had to put it back to September. However, the course is available online, so please do get in touch if you'd like to know more.

My prayer for us all, especially when we face challenges in life, is that we'd find people who will keep reminding us that we are worthy of love and belonging, until we come to know that for ourselves.

Rev Barry Jackson

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JUNE SERVICES IN THE EDGEHILL PARISHES

	Kineton	Combroke	Radway	Ratley	Warmington	Shotteswell
2nd	10.00am Simply Celebrate		8.30am Communion	10.30am Communion		8:30am BCP Comm
9th	10.30am Conf & Comm					
16th	8.30am BCP Comm	10.30am Morning Worship	10.30am Father's Day	6.30pm Communion		8.30am Communion
23rd		10.30am Communion	9.00am Communion		10.30am Communion	8.30am Communion
30th		6.30pm Communion				

SIMPLY CELEBRATE

Sunday 2nd June

10am St Peter's Kineton



Come for **breakfast** to begin the service. A time with God for everyone. Our young people lead the service with Bible readings, leading prayers, dramas, actions songs, and more

CONNECT

A life group for 12-15 year olds on Films, video clips, pizza, chill & chat about God, life, the universe and everything.

Next Meeting: Sun 2nd June, 6 to 7:30pm

More details Sarah 07801 303641



Ordinations at Coventry Cathedral

Sunday 30th June at 10.30am

On 30th June **Matthew Arnold** will be ordained priest at 10.30am at the Cathedral, then he'll be

celebrating his first communion at 6.30pm in Kineton Church

You are welcome to join us at either or both services



A SERVICE WITH ADULT BAPTISM AND CONFIRMATION WITH BISHOP RUTH
9th June at 10.30am in Kineton Church.



Breathing Space

Sunday 2nd June, 4 - 5pm at Kineton church

A time of mindful, meditative prayer to help release tensions and find some peace in our busy lives. 4pm for refreshments & 4.30 for the service. More info from Beren on berenhartless@hotmail.com

BREATHING SPACE

Letting go of our daily stresses



Build imagination with Lego!

Sat 15th June, 10:30am, Warmington Village Hall
Snacks/drinks available and it's free!

Children must bring an adult

(BUT adults don't need to be accompanied by a child!)
for more details from revv.AlisonAbbott@gmail.com

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Grief is hard.
Death can impact
all of life.

The Bereavement Journey
a place to talk

7 Sessions of films & discussion

Topics include:

- Attachment, separation & loss
- The pain & responses of grief
- Anger & guilt
- Coping with others' reactions
- Delayed & suppressed grief
- Adjusting to change
- Moving forward healthily
- Faith questions – a Christian perspective (optional)

To find out more visit:
thebereavementjourney.org

Mondays, 12:15 for a
12:30 pm start – 2:30 pm
from 3rd June

at Kineton Scout Hut,
Park Piece

Book your place for free, and
for more details contact
mtr.arnold@googlemail.com
01926 642076



PINTS OF VIEW

The White Swan, Kineton
Sunday 23rd June at 6pm

Whatever your **pint of choice**, come & share your **point of view**. Each month we explore a theme or story from the news.

SIMPLY PLAY

Wednesdays 9.00am-11am

St Peter's Kineton in term time

Come and catch up with friends over coffee and cake whilst your toddlers enjoy our new soft play area. More details Liz SPKfamilies@gmail.com



TEA & CHAT

Friday 28th June 3pm-4.30pm
in Ratley Village Hall

Come and meet up with neighbours and friends for a chat and catch up. Cost £1.00



RADWAY'S TEA, CHAT & PLAY

Every Wednesday 3pm -5pm in the Village Hall

All ages are welcome from babies to grandpas!

