

January 2019

faith

Time for a fresh start?

The champagne bottles are out with the recycling, the fireworks are a dim and distant memory, and another New Year's Eve has been and gone. New Year is time when lots of us are thinking about building a better version of ourselves. Diets, diaries, dancing classes—finding the motivation to make real change in your life is tough. But this year could be different...

Early in 2019, groups of like-minded people around the Diocese of Gloucester will be getting together to support each other as we work to make life-long positive changes in our lives. In the Ugly Duckling Company's four week course, Resolve, (theuglyducklingcompany.com) you can explore how to look after your body, strengthen your mind, inspire your soul and deepen your relationships.

One person who went last year said, "This course particularly has been really good at making you realise that we are all in the same boat. I think it's easy sometimes to come to church and listen to a sermon and think "I'll never be that good, I'll never be up to it, I'll never make it. It's a very human course." Another said, "It brings this hope and it raises awareness of changes that you need to make in your life." Find the video on the Diocese of Gloucester's YouTube channel.



How can I join in?

Contact kclamp@glosdioc.org.uk with your name and postcode to be put in touch with your nearest Resolve group. If you can't get to a group meeting, you might want to a suggestion from the course for making resolutions stick.

"If you're looking to make a major change in your life, just do one thing at a time. Stick with it for a good few months before you consider doing something else. What you're trying to do is get to the point where it becomes effortless, where it becomes a habit. Choose one thing and do it in a way that you believe is accomplishable."—*Dr Roger Bretherton, Psychologist.*

Take it further

In the time after pancake day (Shrove Tuesday) until Easter, the Diocese of Gloucester is also running a new course called Shapes for Living which helps people to meet together in small groups to find new 'Shapes for Living'. Aimed at those who already have a Christian faith, it looks at five areas of life—relating, praying, working, playing and growing and will help people to restore balance in all areas of life.

If you are interested in getting involved, you could

get in touch with your local church through www.achurchnearyou.com and find out how to join people in your local area.

If you'd rather follow the material alone, there will be weekly videos from the Bishop of Gloucester, Bishop Rachel, ideas that you could use alone or with your family and friends and questions to help you think around the subject. Visit gloucester.anglican.org/your-ministry/shapes-for-living/ from 6 March.

Events and training

Enjoyed Christmas celebrations in one of our churches? Why not come along again.

The Xmas Factor, free Christmas trail

15 December to 6 January at Gloucester Cathedral

Do you have the Xmas factor? Take part in the free Christmas trail. Journey around the Cathedral, meet the stars of the first Christmas and find out what gave them the X-Factor. After the trail, visit the shop and collect a free star to take home to decorate your own tree with. www.gloucestercathedral.org.uk

Epiphany Carol Service

Sunday 6 January, 6pm to 8.15pm at Tewkesbury Abbey

(Lots of other venues too, see AChurchNearYou.com for details) A special service to celebrate the day that the three wise men arrived at the stable in Bethlehem. It's the 12th day of Christmas and marks the end of the official Christmas season for Christians.

Resolve

St James' Church Centre, Bream, Wednesday 9 January (dates TBC) Contact Chris Maclay, the local vicar on chris.maclay@gmail.com for up to date details.

Catalyst: Your Voice at Branch

Saturday, 5 January, 6.30pm to 8.30pm
at Forest of Dean Community Church, Cinderford GL14 2JT

Join us for worship and a meal with the Bishop of Gloucester, the Rt Revd Rachel Treweek.
If you are a Christian and aged between 11–18 come along and tell us what would help you deepen your spiritual life and give you more confidence to share your faith with others.

Contact jonathan@togetherforyouth.co.uk
for more information and to book.

Life

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