



Last week Lin Alford reminded us of the need to “count our blessings”. Since then I’ve been thinking about the importance of thankfulness and gratitude, particularly at a time like this.

I remember reading an article by John Piper, where he describes gratitude as “the essential guardian of the soul”. He quoted Romans 1:21, “Although they knew God, they did not glorify him as God or give thanks to him, but they became futile in their thinking and their senseless minds were darkened.” In other words, if our minds are not filled with thankfulness or gratitude, then they will very likely get filled with other, futile things: excessive worry, complaining, grumbling or worse. When my mind is filled with gratitude for what God has done in my life, there is no room for such things.

The theme of thankfulness continues in Colossians 4:2, “Devote yourselves to prayer, being watchful and thankful”. The literal meaning of this verse is something like, “Be watchful in prayer BY thanksgiving”. The Bible talks about being watchful in terms of a watchman on the city wall looking out for the attacks of the enemy. Have you ever thought of thankfulness as a weapon against the attacks of Satan? Being thankful keeps us alert, it focuses our mind, or fixes our attention on Christ and what he’s done for us. It guards our minds from any onslaughts from Satan.

Do we make thankfulness, or “counting our blessings” a part of everyday life? Is it part of our prayer life? If not, then there is no better time to start than right now, when Satan wants to fill your mind with futile stuff.

The New Testament is filled with the call to be thankful: Colossians 3:15 - *Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.* Colossians 3:17 - *And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.* Philippians 4:6 - *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.* 1 Thessalonians 5:18 - *Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.*

Blessings, Peter

### Our Palm Sunday Service:

Please join us (online!) for our Palm Sunday Service. Go to Exwick Community Church's Youtube Channel, and find Peter's Communion Service. Have some bread and juice/wine ready, and we'll gather at 11 am to 'share' as a family together. You can then sing along to the Worship Songs video, words below!

### VERSE OF THE WEEK:

*We wait in hope for the LORD;  
he is our help and our shield.  
In him our hearts rejoice,  
for we trust in his holy name.  
May your unfailing love be with us,  
LORD, even as we put our hope in you.*

*Psalms 33:20-22*

The world seems to be ending  
Horrendous news and worse predictions  
Empty shelves and empty streets  
Rigorous lockdown and isolation  
Ever present reminders to stay home, don't travel

Is there any hope? anywhere? anyhow? -  
Spring is in the air, ignoring COVID-19

How the birds are singing, courting, nesting  
Oaks cloaked in leaf bud, cherry blossom bursting  
Perhaps a reminder that God has not abandoned us  
Everlasting hope can be found in Him

Thanks and may God keep you and yours safe in  
the shadow of his wings... Michele

Yesterday was a big day in our household, the first ever online shop from Iceland. I stood at the window in expectation, when it arrived I shouted to Dorcas in excitement "It's here!". As we opened the bags my mouth was watering, bacon, eggs, beans, oh and the tube of pringles!

It reminded me of how we come to God's word the Bible, a few quick verses here and there, that's done, now let's get on with the day.

As I'm reading Luke chapter 12 it is full of treasure. In God's eyes I'm of value, he can feed me and clothe me. He who sees the sparrow sees me, He's even numbered the hairs on my head.

In this time of uncertainty let's unpack the word of God with more excitement than we unpack the shopping.

God bless you. John & Dorcas

If anyone is bored and has a bit of wool lying around, it would be amazing if you could knit for shoeboxes. Hairbands and scarves are easy or there are more complicated patterns freely available online. Phone Lin for further details on 01392 877530. If you would like to knit but do not have any wool or needles, I can put some in the post to you.

What about rethreading some old beads to make bracelets? Or if you, like us, are sorting out - keep shoeboxes in mind. It would be fantastic if we can still send loads of shoeboxes this year despite COVID-19.

We miss you all, God bless you and stay safe. Lin W

**FOODBANK:** Exeter Foodbank is asking for donations to keep up with increased need. Priority items are tinned meat, tinned potatoes and UHT milk. You can collect and set items aside until you have a bag or two, then contact Graeme Salisbury on 07948 407865 and we will arrange a pick-up.



## Palm Sunday Worship Songs

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### **How deep the Father's love for us**

How vast beyond all measure  
That He should give His only Son  
To make a wretch His treasure  
How great the pain of searing loss  
The Father turns His face away  
As wounds which mar the Chosen One  
Bring many sons to glory

Behold the Man upon a cross  
My sin upon His shoulders  
Ashamed I hear my mocking voice  
Call out among the scoffers  
It was my sin that held Him there  
Until it was accomplished  
His dying breath has brought me life  
I know that it is finished

I will not boast in anything  
No gifts no pow'r no wisdom  
But I will boast in Jesus Christ  
His death and resurrection  
Why should I gain from His reward  
I cannot give an answer  
But this I know with all my heart  
His wounds have paid my ransom

Stuart Townend© 1995 Thankyou Music

### **Salvation belongs to our God**

Who sits upon the throne  
And unto the Lamb  
Praise and glory wisdom and thanks  
Honour and power and strength

Be to our God forever and ever  
Be to our God forever and ever  
Be to our God forever and ever  
Amen

And we the redeemed shall be strong  
In purpose and unity  
Declaring aloud  
Praise and glory wisdom and thanks  
Honour and power and strength

Be to our God forever and ever  
Be to our God forever and ever  
Be to our God forever and ever  
Amen

Adrian Howard | Pat Turner © 1985  
Restoration Music, Ltd. (Admin. by  
Restoration Music Ltd.)

### **Praise the Lord, All you servants of the Lord**

Who minister by night within His house  
Lift up your hands, Within the sanctuary  
And praise the Lord

May the Lord, The Maker of heaven and earth  
May this Lord bless you from Zion  
Lift up your hands, Within the sanctuary  
And praise the Lord

We praise You Lord  
We praise You Lord  
Hallelujah we praise You Lord

Ian White © 1985 Little Misty Music

## Tek Ura, Albania

Last week, we were able to give a donation to the Tek Ura Project in Albania. They are supporting vulnerable people there who are struggling to get the basics of life in these difficult times. They sent us this thank-you:

Dear Peter,

Thank you for your incredibly kind donation to Tek Ura. Thank you supporting children to learn, people to access therapy, and for community transformation to take place. Your gift really does enable our work to continue. Your support is invaluable to us, and we couldn't do it without supporters like you, so If you have questions, please visit our website [www.tekura.org](http://www.tekura.org) Please also consider following us on social media at [www.facebook.com/tiranatekura](https://www.facebook.com/tiranatekura). We'd also love to stay in contact with you, so if you'd like any more information or would like to receive regular updates, please contact me at [annie@tekura.org](mailto:annie@tekura.org)

Thanks again

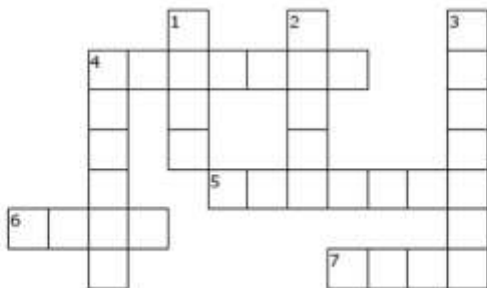
Annie Dupree

On behalf of everyone at Tek Ura

## The Triumphal Entry

Those who went ahead and those who followed shouted, "Hosanna!" "Blessed is he who comes in the name of the Lord!" Mark 11:9 (NIV)

Puzzle is based on Mark 11:1-11



### ACROSS

4. Said something in a loud voice; called out; yelled
5. A word used for praise and adoration which means "save us"
6. A pathway for vehicles, persons, and animals; a street or highway

7. What a person is called

### DOWN

1. A young animal of the horse family; especially one under one year
2. The Son of God
3. A small town
4. To stretch out over a large area

## PLEASE CONTINUE TO PRAY FOR:

Hilary and Jimmy, John, Ena and Bunty, John and Jessie, Rita, Margaret C., Dean, who's lost his wife Kirstie to Covid-19, and their 3 children, Denise's Aunty Sheila, Colin and his family, Bob and Judith's daughter Becky and her family, Miriam, Ann, Roger and Jonathan.