

# **Marcham Baptist Church**

(Packhorse Lane)

## **January 2010**

### **Sunday Morning Worship at 10.30 am**

(Communion every first Sunday)

**Our speakers this month are**



<b>3rd January</b>	<b>to be announced</b>
<b>10th January</b>	<b>Mrs. Pat Band of Witney</b>
<b>17th January</b>	<b>to be announced</b>
<b>24th January</b>	<b>Mr. Roger Frith of Wantage Baptist Church</b>
<b>31st January</b>	<b>Mr. Bob Hazell of Wantage Baptist Church</b>

**Everyone welcome**

Getting in shape can be dangerous. According to one report, the two most hazardous methods middle-age Europeans use to keep fit are riding a bike and playing football. Last year over 209,000 people were injured riding bikes or playing football.

Why do people risk injury to stay or to get physically fit? Because they see some benefit, like feeling better, maintaining the body structure they want, or living longer. They are willing to endure the sweat and tears it may take to get that heart pumping and those weak muscles working.

The Bible says bodily exercise profits us a little, but it also says our greater responsibility is to exercise spiritually (**1 Timothy 4:8**). Do we have the same determination as those bikers and footballers who are risking pain and injury to get in shape?

The real danger comes when we don't get in shape spiritually. Unless we experience some gain in our relationship with the Lord, we'll know the pain of broken fellowship and lack of spiritual effectiveness.

The good thing about spiritual exercise is that it helps us in this life and in the life to come (**v.8**).

***Bory Pilgrim***

***We pray God's blessing for each one of you  
in the coming Year***

**For further information on church activities:**

**Contact Mr R Barrett 01865 391356**

**Mr W Dyer 01235 814986**

*Marcham Baptist is affiliated to the Baptist Union of Great Britain*