



## Finding Contentment

Why does everyone in the 21st century struggle so hard for contentment? What is stopping us from being satisfied?

From childhood it seems we have been programmed to want more and more. We are rarely satisfied, constantly searching for a state of contentment that we think will only be found when we get that promotion, run the marathon, get into a lasting relationship, receive a pay rise, pass the exam, win the lottery... Seeking contentment is usually unsatisfying. We become trapped in a never-ending cycle of striving, perhaps sometimes achieving, but never being truly content.

On the other hand God's guide to happiness is simple. God tells us that we are precious to Him and He loves us. Jesus explains that everything we need – everything – is provided for us. "Your Father knows what you need before you ask him".

Try accepting who you are, and accepting your situation in life. Nobody is perfect, so God sent Jesus to overcome our imperfections. God loves you and His grace is sufficient for you.

Imagine the peace of mind if all our dissatisfaction suddenly disappeared. "But how can it?" we say. Try casting your cares on the Lord. God asks us to give our burdens to Him, to trust in Him.

Jesus tells us to be confident in God's promise of the coming Kingdom. He tells us not to look for contentment in the things of today, but to put our trust in God and look to His Kingdom. This promise can make everyone satisfied.

## What to Expect at a Meeting

### When does it start and how long does it go on for?

Our Gospel talk starts at 1:45 pm and lasts for approximately an hour.

### Do I need to bring anything?

No. You will probably need a Bible and hymnbook, but you can borrow them from us. We have a variety of translations you could borrow including the traditional KJV or if you prefer a more contemporary translation the NIV. If you have your own Bible then please feel free to bring that with you.

### Is there a Vicar, Priest or Pastor who leads the

### service?

No. We don't have any paid clergy so the meeting will be led by one of our members (referred to as a president) and a talk will usually be given by a visiting speaker.

### What happens?

There will usually be a couple of prayers, two or three hymns, a Bible reading and the talk. The president will make it clear when you are expected to sing or pray etc.

### Will I be expected to do anything?

No. You, nor any of the congregation, will not be expected to do anything other than listen and sing (if you want

to!).

### Will I know any of the hymns?

We have our own hymn book, but many of the hymns or tunes are widely used in other churches. There may be a few which will be new to you as they have been written by Christadelphians.

### Is there a collection?

No, not at the gospel talk.

### Is there a dress code?

No, just come in what you like. One question people sometimes ask is "why do all the ladies appear to be wearing hats?" This is because, like many other Christian denominations

we believe that during services women members should cover their heads. But don't worry; as a visitor we do not expect you to wear a hat

### Stay in Touch

 [Facebook.com/  
OrmskirkChristadelphians](https://www.facebook.com/OrmskirkChristadelphians)

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# Luuya Academy, Kenya

The Christadelphian Meal a Day Fund (CMaD), founded in 1976, is a registered charity run by volunteers with 97% of all funds going directly to projects they support. Their motivation is Christian witness in the spirit of the Good Samaritan.

There are over 40 projects across 14 African countries, Bosnia and Israel. CMaD's Mission is to facilitate self-sufficiency and self-worth; overcome hunger, disease, disability and destitution; promote agriculture, clean water, healthcare and education; encourage sharing, learning and service to others.

One of CMaD's projects is Luuya Academy Early Child Development (ECD) in Western Kenya, providing a feeding programme with educational support for 60, 4-7-year olds. CMaD's feeding programmes are all associated with early years, giving a good start in life with 2 square meals a day and an education.

Luuya is a village in rural Western Kenya, with dirt roads, no mains electricity or running water. Their water supply is a spring a 2.5 kilometre walk away. The ECD is run by Luuya Christadelphians, and is the foundation of Luuya Academy, a Primary School that they are gradually building to provide education in the village for the poorest and most vulnerable children. CMaD built the Academy a kitchen to prepare the children's meals and provided a thousand gallon rainwater tank (which they share with the villagers).

Ormskirk Christadelphians became involved 4 years ago supporting CMaD's financial commitment and helping the Luuya Christadelphian community build the Academy, which is ¾ completed. Christadelphians linked together across thousands of miles and different continents trying to reflect the actions of Jesus and the love of God showing their faith through works helping their neighbours.



Greetings from the children in Luuya ECD



The kitchen provided by CMaD



The children of Luuya Academy

## Sunday Bible Talks

Every Sunday at 1:45pm

Aug	The Disciples	Sept	Why do people....	Oct	Parables of Jesus about...
7th	Peter	4th	go to church?	2nd	Nature
14th	John	11th	believe in the Bible?	9th	Work and wages
21st	Matthew	18th	pray?	16th	Open and closed doors
28th	Judas	25th	get baptised	23rd	Weddings and feasts
				30th	Lost and found

This news letter is distributed by volunteers of the Christadelphian community to various addresses in the Ormskirk area. If you would rather not receive this newsletter please contact us and we will make a note not to deliver it to your address again. We are sorry for any inconvenience caused.

*Christadelphians .... brothers and sisters in the Lord Jesus Christ*