

# Ladies' Group

**Monday January 8th at 1.30pm which will be board games**

## Praise & Worship

**Please note our next Meeting is on  
Thursday 1st of February at 7:00pm**

## Do keep in touch

Recordings of our Sunday Family Services can be accessed from the Homepage of our website. The Newsletter can be printed from the website. Do checkout the latest messages on the website.

Our website:-[www.mountpleasantgospelhall.co.uk](http://www.mountpleasantgospelhall.co.uk)

Our email address:[mpghlowestoft@gmail.com](mailto:mpghlowestoft@gmail.com)

# Mount Pleasant Gospel Hall



Happy New Year! By Nigel Wren

.But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint. Isaiah 40:31



At the close of another year with all its heartaches and difficulties it's possible to feel tired, perhaps a bit jaded and possibly in need of a pick-me-up. Isaiah 40:31 gives us clear guidance on how to renew our strength- no strenuous workouts, no contorting the body into painful positions and no diving into icy water to encourage blood flow.

Isaiah speaks rather of waiting on the Lord-that is spending time in His presence, listening to what He says to us through His word and bringing our requests to Him. There may be times when we soar like the eagle, times when we run and are not exhausted or maybe walk without tiring. When we put our faith in Christ we have the joy of living in His presence and being strengthened as we keep close to Him. Happy New Year!

# Family Service

Sundays at 4:30pm Everyone welcome.

Those taking the Service in January

07 Ken Castleton—Tea follows the service

14 Ken Castleton Refreshments follow the service

21 Nigel Wren—Refreshments follow the service

28 Nigel Wren—Refreshments follow the service

**Are you ready for 2024?**

A New Year with its opportunities and challenges beckons. None of us know what the New Year holds for us but Christians know the One who holds the future and that is enough for us to know. At a time when David was threatened by many he wrote Psalm 31 expressing His strong confidence in THE Lord:

14 But I trust in you, O LORD;  
I say, “You are my God.”

15 My times are in Your hand;  
rescue me from the hand of my enemies  
and from my persecutors!

As we enter a New Year may we know that calm, assurance that the Lord gives to those who trust in Him.

Father, I place into Your hands  
the way that I should go,  
for I know I always can trust You.

*From the Hymn Father I place into Your hands*

## Tuesday is Coffee Morning

10:00-12:00



Do pop in

## Tuesday Evening Prayer & Bible Teaching

7:00-7:30 Prayer

7:30-8:00 Bible Teaching

8:00 Refreshments & discussion

# Bright Sparks

Back on January 10th.

Wednesdays in Term Time 6:30-7.30

**Who:** Children aged 5-11

Bible Story, Singing, Games, Crafts



A Registration Form to be completed on the first session attended by a parent/guardian