

New Journey January 2023

Journey into the New Year
with purpose!

Regular Community Activities

In person



Racquet Club
(Table Tennis & Badminton)

Mondays at 6pm-9pm



**Selhurst Food Bank &
Community Kitchen**

Tuesdays at 6pm-7:30pm



Craft Café

Wednesdays at 10am-2pm



Community Friendship Club

Thursdays at 11am-2pm

Online



Women's Forum

First Monday each month
at 7pm-8pm



Bible Book Club

First and last Tuesday each
month at 7pm-9pm



Prayers Together

Wednesdays at 12pm & 8pm



Online Worship Service

Saturdays from 10:00am

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Take a moment to think of the good things that happened in 2022.

2 Find 3 good things to look forward to this year

3 Reflect on giving thanks in all circumstances
1 Thessalonians 5:16-18

4 If you lack purpose, ask God to give you wisdom and direction and you'll receive it.

5 Pray before taking your first step towards a goal that really matters to you

6 Make a list of 5 things you desire to accomplish this year

7 **Read Psalm 20:4:**
Discover how God wants you to succeed

8 Challenge your negative thoughts and look for the upside

9 **Read Psalm 143:9:**
Start asking God to show you His will for each day

10 Take time to reflect on what you have achieved last week

11 Set positive and realistic goals for the week ahead

12 **Read Psalm 20:4:**
See how God wants to fulfil your purpose

13 Plan acts of kindness you will like to accomplish in 2023

14 **Read 1 Thessalonians 5:11:**
Say something encouraging to everyone you meet today

15 Find a new perspective on a problem you face

16 **Read Proverbs 16:9:**
Trust God to take care of the details out of your control

17 Take exercise breaks starting from today - it'll help lower your stress levels

18 Go to bed in good time and give yourself time to recharge

19 **Read Proverbs 23:4-5:**
Remember not to overwork yourself trying to get richer

20 Don't struggle - ask for help from a friend, family member or a colleague

21 Get back in contact with an old friend you have missed

22 Make progress on a project or task you have been avoiding

23 Turn to God for help in everything you do, and you'll be successful
Proverbs 16:3

24 Decide to lift people up rather than put them down

25 Instead of going on a diet, try adopting a healthier lifestyle

26 Tell yourself, "I can do all things through God who strengthens me."
Philippians 4:13

27 Switch off all your tech 2 hours before bedtime

28 Try something new today - walk, run, explore, relax

29 Reflect on a problem and ask yourself, will this matter a year from now?

30 **Read Psalm 143:8:**
Ask God to guide your decisions and put your life in his hands

31 Write down your hopes and plans for the future

NOTES