

Peace of Mind May 2023

Find peace with God, yourself and others

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 **UK BANK HOLIDAY**
Remember that
all feelings and
situations pass
in time

2 Nothing
can hold us
back or scare us
when we have
the strength
of God
Philippians 4:13

3 Identify the
route of any
insecurities or
worries and ask
God to remove
them

4 Start today by
being thankful
that you are
alive

5 **Read Psalm
139:13-16:**
Remember how
wonderfully
made you are

6 Make a list of
things that
you're looking
forward to

7 **Read John 14:27:**
Worldly peace is
only temporary,
but God's peace
is forever

8 **UK BANK HOLIDAY**
Reach out to
someone you
trust and share
your feelings
with them

9 Share each
other's
burdens
Galatians 6:2

10 Learn what's
really important
in life and set
those things as
your priority
Luke 10:38-42

11 When
things get
tough, say to
yourself "this
too will pass"
for the week

12 **Read
Ecclesiastes 3:**
Recognise there
is a time to cry
and a time to be
happy

13 Remember it's
ok not to be ok.
We all have
difficult days

14 Trust in
the peace that
God offers and
don't be
troubled or
afraid
John 14:27

15 Don't
worry about
things you can't
control. Control
the things you
can with God's
help

16 Get the
basics right -
eat well,
exercise and go
to bed on time

17 Don't compare
how you feel
inside to how
others appear
outside

18 **Read
Psalm 148:18:**
When anxious
seek God's
comfort and he
will give you joy

19 Make
time to just
breathe, be still
and relax

20 **Read
Ephesians 6:10:**
Meditate on
this when
you're feeling
tired or worn
out

21 Take time
to forgive
someone who
hurt you in the
past

22 Don't
let anger fester.
Deal with it
before the day
ends
**Ephesians
4:26-27**

23 Spend
time talking
with God and
away from
texting, calling
and social
media

24 Make a list of
things that
you're looking
forward to

25 **Read
Jeremiah 29:11:**
Think how God
wants to give
you hope and a
future

26 Catch yourself
overreacting?
Take a deep
breath

27 For perfect
peace, keep
God in the
forefront of
your mind
Isaiah 26:3

28 Go for a walk to
clear your head
when you feel
overwhelmed

29 **UK BANK HOLIDAY**
Have a device
free day and
notice the
benefits

30 If you're
feeling burdened
by guilt, seek the
forgiveness God
willingly offers all
Daniel 9:9

31 **Read
John 14:27:**
Worldly peace
is only
temporary, but
God's peace is
forever