

## Prayer Meeting

**Prayer meeting** is held on Tuesday between 9:30 a.m. to 12:30 p.m. in the lower hall.

The **Real Junk Food**  
Project London NW



## The Real Junk Food Project (TRJFP) London

International Gospel Church®

**Time to put Love In Action**  
The Mind Of Christ | Mindful of Man  
Bring what you can Take what you need



## Chimanimani Fund Raising

Please support Jane Mbazima by using the link provided in raising funds for her father's homeland which was recently devastated by a tropical cyclone.

<https://www.gofundme.com/f/chimanimani-fund-raising>

## Teaching Schedule: The Wardrobe of Grace Series - Colossians 3:12-17

5 <sup>th</sup> May	A Compassionate Heart	Paul Anderson-Walsh
12 <sup>th</sup> May	Kindness	Graham Mercer
19 <sup>th</sup> May	Humility	Paul Anderson-Walsh
26 <sup>th</sup> May	Meekness	Rian Francis



IGC Monthly Update *May 2019*

# In The Know...



## Inclusive Grace-Filled Community

Inclusive Grace-Filled Community  
102a Watling Avenue, Burnt Oak, Middlesex, HA8 0LN  
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## Grace Notes: Love GROWS

### Well-being

It may at first seem counter-intuitive to think that the outcome of other-centredness is in fact well-being. We are all too often encouraged to be selfish rather than selfless. But the apostle Paul was clear, it is better to give than to receive. God's is a paradoxical economy.

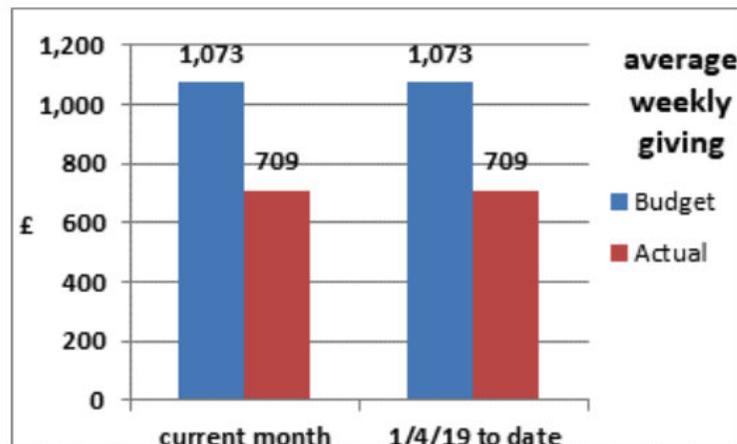
Spiritual and Emotional Wellness is about balance. It is the ability to engage with daily life circumstances in a positive way. It is about having our internal world in balance so that we can cope with the imbalance of the external world.

Most people who come through our big red doors for the first time don't come to the church as well people, they come as thirsty, disillusioned and broken people. Our role and our function in the

community is to be a place for healing and wholeness, a place where hearts are healed and dreams are made and a place of wellness.

### Average Weekly Giving

Thank you for your continued financial support. We continue to encourage taxpayers to Gift Aid their giving, also you have an option of giving by monthly standing order. Please ring the office for further information.



# THE COMMUNITY KITCHEN CAFE

Every **Wednesday** from **10:30 a.m.-5:00 p.m.**  
Serving tea, coffee, snacks, salads and hot meals.  
Operating on a **Pay As You Feel** basis.

Run by the community for the community.

THE REAL JUNK FOOD PROJECT  
PAY AS YOU FEEL

LONDON NW

SUPPORTING PARTNERS

@loveburntoak  
Building a community, increasing opportunity, connecting people.