



International Gospel Church<sup>o</sup>  
**Time to put Love In Action**  
 The Mind Of Christ | Mindful of Man  
 Bring what you can Take what you need

What's behind...  
**The BIG Red Doors?**



IGC  
 A Church...Not As You Know It  
 But As It Should Be

## Upcoming Events:

### Christmas Lunch

We're planning a special fellowship and members lunch on 3rd November 2019 and also a Christmas community lunch on 22nd December 2019.

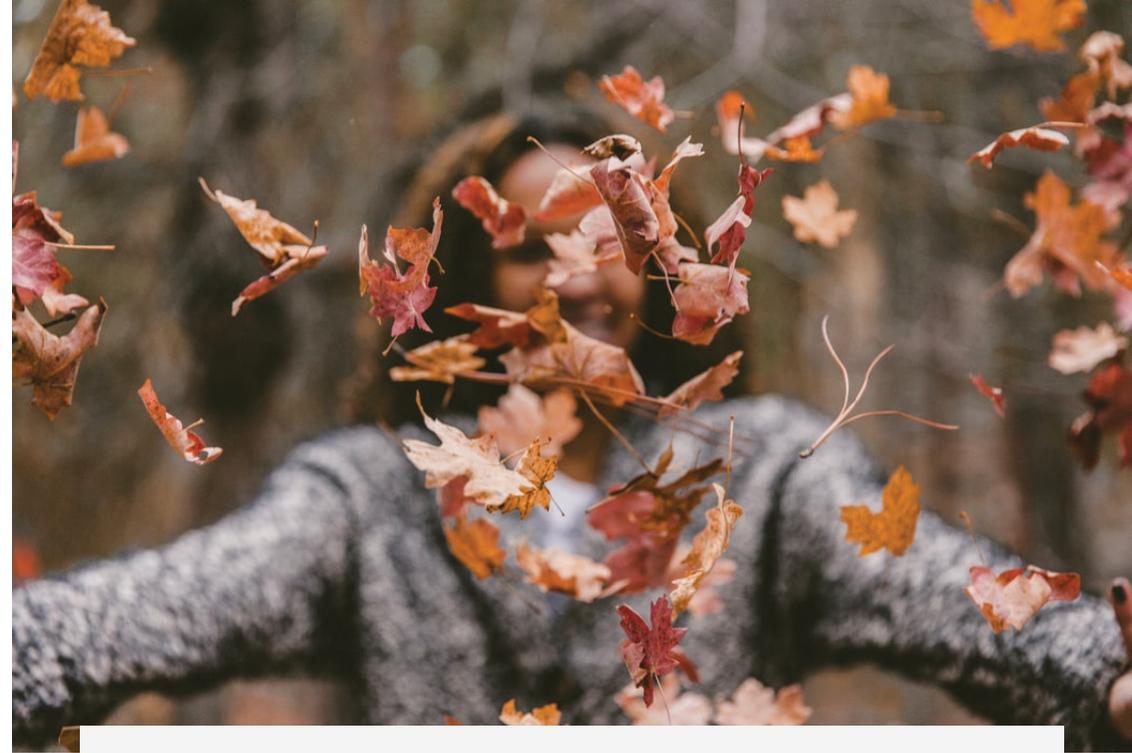
## Teaching Schedule: Grace in the Shadows

### Abraham: A Name that Casts a Long Shadow

6 <sup>th</sup> Oct.	Isaac: A Type of the Son	Paul Anderson -Walsh
13 <sup>th</sup> Oct.	Rebekah and the Rich Man	Frank Irawo
20 <sup>th</sup> Oct.	Jacob and Esau	Graham Mercer
27 <sup>th</sup> Oct.	Leah and Rachel	Rian Francis

## Prayer Meeting

**Prayer meeting** is held on Tuesday between 9.30am to 12.30pm in the lower hall.



IGC Monthly Update *October 2019*

# In The Know...



## Inclusive Grace-Filled Community

### **Inclusive Grace-Filled Community**

102a Watling Avenue, Burnt Oak, Middlesex, HA8 0LN Office  
 General Manager: Michelle Johnson 02089063918 E-mail:  
 michelle@igconline.org.uk | Web: www.igconline.org.uk

## Grace Notes: A Gentle Word

Proverbs 15 contains one of those seminal life verses that I have to come back to all time: "A soft answer turns away wrath, but a harsh word stirs up anger".

Proverbs 15:1 and looking at my diary I suspect I'll need to hold onto this verse today.

Yesterday we saw that there is a way that seems right to a man but it's way leads to death. This verse is a textbook example of that.

Think about it - what's your "reflux-action" when someone has spoken inappropriately to you - when you are provoked? For many of us our response is to fight fire with fire, in other words to use the same methods as the ones that they are using.

We feel the response to our sense of indignation rise in us and try as we may we can't suppress it - Without our consent (because what I'm about to describe takes place in the unconscious realm) the brain processes a provocation as a life-or-death threat. The amygdala bell in the brain sounds the alarm and one or other responses to the perceived emergency is chosen: fight-or-flight.

The moment the alarm bell rings our emotions hi-jack our intellect and take over; all our reasoning faculties are simply overridden. If we choose to stay and fight - the outcome is inevitable, we stir up anger.

So what are we to do? Actually let me rephrase that, who are we to be? You know of course that God is love and you equally know that as (S)He is so are we in this world. Well now let me remind you that love (i.e., you ) can't be provoked. So when we are in consciousness we find a third way: instead of just fight or flight we have FLOW. We are spirit people who flow in the river of life .

So when what I'll call the spirit of the world comes against us we can choose to freeze frame it; you can stop in the moment and observe, watch how we are being; consider what the other is needing and choose to embrace the opposite spirit. We can metaphorically turn the other cheek, by which I mean turn and respond from the unhurt side.

This helps us to frame our response by asking and taking the moment to reframe how we see the person who has provoked us, look and we'll see that:

They have beliefs, perspectives, and opinions, just like we do.

They have hopes, anxieties, and vulnerabilities, just like we do.

They have loved ones just like we do.

They want to feel respected, appreciated, and competent, just like we do.

They wish for peace, joy, and happiness, just like we do.

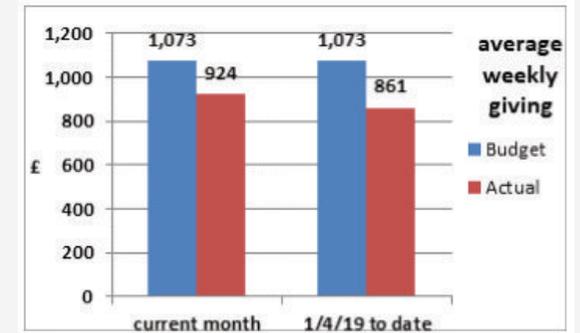
But as yet - they don't know how to get there - unlike we who do.

So, choose the gentle word, it turns away anger - anger is almost invaluablely fear in disguise. So all the while you were afraid of them, it turns out that they are actually afraid of you.

## Average Weekly Giving

Thank you for your continued financial support. As you can see from the graph we are behind budget. The gap between our fixed overheads and our income has widened in recent months. You don't need to be alarmed; the Lord provides. We would only ask you to be open and prayerful as to if, how, and when you too might want to participate in the ministry of giving and receiving.

**If you're not free to say "no"  
you're not free to say "yes"**



**BE COMMUNITY 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.  
**Pay As You Feel Food Market**  
Open Wednesday From 10:30 a.m. to 12:30 p.m.