Family News

November 2026



SOUTHWELL BAPTIST CHURCH

CHRIST CENTRED–COMMUNITY FOCUSED



The Meaning of Remembrance Sunday Today

Each year on Remembrance Sunday communities across the UK gather around war memorials and in churches, or simply stop what they are doing and pause, to observe two minutes of silence, wearing our poppies as a mark of respect for those who gave their lives in service of their country.

At its heart, Remembrance Sunday is about gratitude. We remember the courage and sacrifice of men and women who faced unimaginable hardship during times of war. Many never returned home, and others were scarred, physically and emotionally, for life. By remembering them we acknowledge a debt that we can never repay. As the years pass and the generation for whom the world wars were a lived experience become fewer in number, it is still important that we remember. In an increasingly volatile and conflict ridden world the lessons from the past are more relevant than ever.

Remembrance Sunday is not a celebration of war, but a recognition of sacrifice and a call for renewed determination to seek reconciliation, to value human life, and to reject hatred. The long lists of names on our cenotaphs tell stories of lives cut short, grieving families and changed communities. Though the nature of warfare may have changed, the human cost remains the same. Remembering these realities should deepen our commitment to peace. In the words of Jesus "Blessed are the peacemakers, for they will be called the children of God".

The Christian faith places great importance on remembering. At the last supper Jesus told his disciples "Do this in remembrance of me", and we still honour that request as we take part in the communion service today. As Christians, how can we not remember God's sacrificial gift of his son, given that we may be saved? The cross, however, reminds us that suffering is not the end of the story, and the resurrection tells us that death does not have the final word. As Christians we have been given the precious gift of hope.

This Remembrance Sunday, may we reflect with humility and gratitude, live with hope, and pray for God's intervention for a more peaceful future.

Blessings

Sue

Carols

by

Candlelight

at Southwell Baptist Church

13th December at 4pm





Work Day

3rd October



















Don't Believe Everything You Think

We all talk to ourselves. Some of us even answer ourselves. And that's fine. It's when we start losing the arguments that we may need to be concerned! Every day thousands of thoughts travel through our minds. Some are sensible. Some helpful. Some ridiculous. And some arrive completely uninvited. In five minutes we can remember something embarrassing we did fifteen years ago, worry about something that may happen next week, rehearse a conversation that hasn't happened, and wonder what we're having for dinner. And we haven't even got out of bed.

Here is an important truth: don't believe everything you think.
A thought is not necessarily a fact.
A fear is not necessarily a forecast.
A feeling is not necessarily the truth.
Just because a thought knocks on the door doesn't mean we have to invite it in, make it coffee and give it the spare bedroom.

Mind Your Mind

The Bible takes our thought-life seriously. Paul writes, 'Let God transform you into a new person by changing the way you think' (Romans 12:2 NLT).

God doesn't merely want to change what we do. He wants to transform how we think. Thoughts influence attitudes. Attitudes influence actions. Actions become habits. Habits help shape a life. What occupies our mind eventually influences our direction. Some people are very careful about what they eat but consume mental junk food all day. We check the ingredients on a box of cereal but allow almost anything into our heads! Perhaps some thoughts need a warning label: 'Contains worry, comparison, imaginary conversations and very few actual facts. Best avoided before bedtime.' The mind is a wonderful servant but a terrible master.

Your Mind Can Exaggerate

Have you noticed how dramatic the mind can be? One thing goes wrong: 'Everything is going wrong.' One person criticises us: 'Everybody thinks I'm useless.'Someone sends a message: 'Can we talk?' Those three words have probably raised blood pressure more than a salty portion of fish and chips. Suddenly our imagination has produced a three-part TV mini series, complete with villains, disaster and background music. Jesus said: 'Can all your worries add a single moment to your life?' (Matthew 6:27 NLT). Worry cannot change tomorrow, but it can certainly spoil today. Fear asks, 'What if?' Faith asks, 'Even if, is God still God?' Worry is imagination without God in the picture.

Jesus Answered the Lie
After Jesus had fasted for forty days in the wilderness, the devil came to tempt him. Notice the strategy: words, suggestions, distortions. 'If you are the Son of God . . .'

How did Jesus respond? He didn't debate. He didn't say, 'That's an interesting perspective.' He answered, 'The Scriptures say, "People do not live by bread alone, but by every word that comes from the mouth of God"' (Matthew 4:4 NLT).

The devil tried again.

Jesus replied, 'The Scriptures also say, "You must not test the Lord your God"' (Matthew 4:7 NLT).

A third temptation came.

Again Jesus answered, 'For the Scriptures say, "You must worship the Lord your God and serve only him"' (Matthew 4:10 NLT).

Three temptations; three answers: Scripture, Scripture, Scripture. Jesus did not answer lies with feelings. He answered them with truth. We cannot stop every lie arriving but we can stop giving it the microphone.

Feelings Are Real . . . But Not Always Reliable
Our feelings matter. God created us with emotions. But feelings make wonderful passengers and terrible drivers. We may feel abandoned. That doesn't mean God has abandoned us. We may feel hopeless. That doesn't mean there is no hope. We may feel afraid. That doesn't mean fear gets to make our decisions.

The psalmist says, 'Why am I discouraged? Why is my heart so sad? I will put my hope in God!' (Psalm 42:11 NLT). The psalmist doesn't simply listen to himself. He speaks to himself. Sometimes we need to stop listening to our mind and start preaching to it.

Beware of Imaginary Conversations
I have had some magnificent arguments with people who weren't there. I won every one. I was eloquent, devastating and completely unanswerable. Sadly, the other person knew nothing about it!

We replay conversations, rewrite conversations and prepare speeches for conversations that may never happen. Imaginary battles produce real exhaustion. Paul gives us a better focus: 'Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable' (Philippians 4:8 NLT). Notice what comes first: true.
Before asking, 'How does this make me feel?' ask, 'Is it true?' Truth is one of God's great medicines for a troubled mind.

The Story We Tell Ourselves
Brené Brown uses a helpful phrase: 'The story I'm telling myself . . .' Often it isn't what happened that troubles us, but the story we construct around it. Someone walks past without speaking. Fact: they walked past. Our interpretation: 'They ignored me. They don't like me. I've obviously offended them. Come to think of it, they looked unfriendly last week . . .' Perhaps they simply didn't see us!

One unanswered email can become a complete rejection narrative before lunchtime. So pause and ask: What actually happened? What am I assuming? Never confuse the story in our head with the truth in God's hands.

When the Story Changes
Nick Vujicic was born without arms or legs. As a child he endured bullying, loneliness and deep despair. He has spoken openly about reaching such a low point that, aged ten, he attempted to take his own life. Imagine the thoughts that could have defined him: I'm different. I have no future. Nothing good can come from my life. But they didn't get the final word.

Through faith in Christ, Nick discovered a different understanding of his identity and purpose. He went on to travel internationally, speaking to millions about truth, hope and faith. His circumstances did not suddenly become easy, but his perspective changed. He has expressed it memorably: 'If you can't get a miracle, become one.' We should never allow today's pain to write tomorrow's story. God sees possibilities where we see limitations.

Take Your Thoughts Captive
Paul writes, 'We capture their rebellious thoughts and teach them to obey Christ' (2 Corinthians 10:5 NLT). Capture them. Don't allow every thought to wander around our mind unsupervised. Interrogate it. Does it agree with what God has said? Does it lead towards faith, hope, love and obedience?
We need border control for the brain. Not every thought gets a visa. Some need to be told, 'Entry refused.'

We cannot always control what arrives at the door of our mind, but we can decide what moves in.

Replace the Lie
Christian thinking is not simply trying not to think negative thoughts. Try not thinking about a pink elephant. There. What are you thinking about? Exactly.

The biblical pattern is replacement. Replace lies with truth. Fear with faith. Bitterness with forgiveness. Comparison with gratitude. Despair with hope.

'I am alone.' God says, 'I will never fail you. I will never abandon you' (Hebrews 13:5 NLT).

'I cannot cope.' God says, 'My grace is all you need' (2 Corinthians 12:9 NLT).

'There is no way through.' Scripture says, 'Nothing will be impossible with God' (Luke 1:37 ESV).

We don't defeat darkness by endlessly analysing it. We turn on the light.

Think Again
Perhaps today our greatest battle is not around us but between our ears. A thought has repeated itself for so long that we have started treating it as truth: You're finished. You'll never change. God has forgotten you. There is no hope.

Bring that thought into the presence of Jesus and hold it against Scripture. Ask: 'Is this what God says?'

Jesus answered temptation with Scripture. So can we. Feed our minds with God's Word. Season them with gratitude. Guard them with prayer. And occasionally tell them to calm down!

A thought is a visitor; we decide whether it becomes a resident. We should never make permanent conclusions from temporary emotions.

So when our mind starts running away with us, perhaps we need to stop, smile and say, 'Hang on. I know you're my thought but that doesn't mean you're right.'

Don't believe everything you think. Believe Jesus – he is the Truth. And remember: what enters our mind may influence us, but what we allow to remain there will shape us, so let Jesus have the final word.

J.John
jjohn.com

(Submitted by Arderne Gillies)

Dates for the Diary

Nov 1st	**Cafe Church**
Nov 9th	**Church Meeting**
Nov 14th	**CTiS Open Forum at SBC**
Nov 20th	**CTiS Joint Prayer for Southwell Evening**
Nov 26th	**CTiS at Christmas Shopping Night in Southwell**
Dec 13th	**Carols by Candlelight**
Dec 20th	**Christmas Social Bring & Share**
2027	
Jan 10th	**Covenant Service**
Jan 20th	**CTiS Week of Prayer Meeting and Lunch at SBC**
Jan 23rd	**Women's Breakfast**

Regular Church Activities

Renew Wellbeing	**Mondays 1pm-3pm (except Bank Holidays)**
Craft & Chatter	**1st & 3rd Fridays Monthly 10am-12noon**
Dwelling Place	**1st Friday monthly 9.30am-2.30pm**
Prayer Meetings	**Sundasy 10am in church**
	Wednesdays 7.30am via Zoom
Southwell Court	**1st Tuesday monthly 2.30pm**
Services	

The Dwelling Place

Southwell Baptist Church

1st Fridays Monthly 9.30-2.30

Bacon Roll , white or brown. 4.50
Add egg. 50

Sandwiches served with salad garnish and crisps .
on brown, white or gluten free bread.
Smoked salmon & cream cheese 5.50
Tuna Mayo. 5.00
Chicken and salad. 5.50
Ham and salad. 5.50
Cream cheese and beetroot. 4.50
Cheese, tomato or onion. 4.50
Egg and tomato 4.50
Cream cheese & cucumber 4.50
Honey roast ham and tomato £5.50

Soup of the day..see board with roll and butter 4.50

Light bites
Toasted Teacake & butter. 2.00
Scones with butter. 2.50
Jam. 50 Cream. 50
Cheese scone with butter. 2.50
Pickle. 50

Deserts - see board
Cakes -see counter….All home made

Drinks
Teapot per person. 2.00
Lemon & Ginger , Earl Grey, Green tea
Berry and Peppermint. 2.50
Cafetière coffee per person. 2.50
De caff. 2.50
Cold cans, coke, diet coke,
Lemonade. 1.50
Elderflower 2.50
Sparking water. 1.50

Harvest September 2026



At our Harvest service this year we once again supported Newark foodbank by requesting gifts of food to be added to the display during the service. These were delivered immediately after the service when the volunteer driver fortuitously arrived to collect the donations from our usual collection site. As Newark cannot take fresh produce, these items were sent to Ollerton foodbank, so everything went to help those in need.

In addition to the much needed boost to food stocks we also dedicated the offering at this service, and a total £135 was donated to help with the operational costs incurred and enable supplies of low-stock items to be purchased.

Following our morning service we had a wonderful time of fellowship with a fun quiz and a pie and pea harvest lunch, which was enjoyed by all.

Thanks go to all that made the morning such a success.

Weekly Programme

Sun	10.00am	Prayer Meeting (Upstairs Room)
Sun	10.30am	Sunday Worship & Children's Church
Mon	1.00 pm	Renew Wellbeing
	07.30pm	Home Group - Southwell
Tue	10.30am	Home Group at SBC
	07.30pm	Home Group via Zoom
Weds	7.30 am	Prayer Meeting via Zoom
	2.00 pm	Home Group - location varies
	7.30 pm	Home Group - Southwell
1st Tues Monthly	02.30pm	Service at Southwell Court Care Home
1st Fri monthly	10.00am	Dwelling Place Tea Room (inc Craft & Chatter from 10am-12 noon)
3rd Fri monthly	10.00-12noon	Craft & Chatter

Contact Details:

Steering Group:	Iain Dalziel, Jenny Harris, Sue Hartley, Janet Kneen, Chris Puddephatt & Barry Westbury isg@southwellbaptistchurch.co.uk
Administrator:	Sue Hartley (church office) 07866 617463 info@southwellbaptistchurch.co.uk
Treasurer:	Iain Dalziel 07834 814217 idalziel@btinternet.com

Child Protection & Vulnerable Adult Representatives:

Designated Person for Safeguarding:	Janet Kneen 07719 203566 janet_kneen@hotmail.com
Safeguarding Trustee:	Jenny Harris 07802 288959 jennyaharris@hotmail.com

Please contact Janet Kneen in the first instance to raise concerns.

SBC Contacts

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CTiS Rep	Arderne Gillies 01636 815762 rev.arderne@btinternet.com

Church Meeting

Monday 9th November

7.15pm for 7.30pm

All regular church attendees are welcome.

Voting is restricted to members only.

