



Broadfield Christian Fellowship

Broadfield Community Centre, Broadfield Barton, Crawley. Reg. Charity no. 1081321

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NewsFlash!

Sunday 22nd February/1st March 2026

This morning 10.30am: Morning Worship in the Social Hall

Worship: Kevin Gordon; Speaker: Ian Johnson – Noah

We offer a warm welcome to all visitors to our worship today

If you would like to know more about us, please ask one of the leaders

Monday 9.30am: Little Lambs Play & Sing Toddler Group in the Social Hall

Tuesday 7.30pm: Home Group at Ben & Pauline's Home

Wednesday 9.15am: Coffee Shop in the Social Hall

12.30pm: Ensemble Reza Concert in the Church (*refreshments from 12.00*)

Saturday 4.30pm: Christian Family Hang-out in the Social Hall

Next Sunday 9.30am: Prayer Meeting

10.00am: Tea & Coffee

10.30am: Morning Worship in the Social Hall

Worship: Viv Evans; Speaker: Lawrence – Jonah

7.00pm: The Lighthouse Project 95% Prayer Meeting at Crawley Baptist Church

To pray for the 95% of children and young people who have no connection with a local church

Monday 2nd 9.30am: Little Lambs Play & Sing Toddler Group in the Social Hall

Tuesday 3rd 7.30pm: Home Group at Ben & Pauline's Home

Wednesday 4th 9.15am: Coffee Shop in the Social Hall

Friday 6th 10.30am: World Day Of Prayer for Nigeria at St. John's Church, Crawley, RH10 1HH
6.30pm: World Day Of Prayer for Nigeria at Gatwick Seventh Day Adventist Church, Lowfield Heath, RH11 0PQ

Sunday 8th 9.30am: Prayer Meeting

10.00am: Tea & Coffee

10.30am: Morning Worship in the Social Hall

Worship: Kevin Gordon; Speaker: Caroline Wainwright – David

See overleaf for Thought for the Week

Advance Notices

Saturday 14th–Sunday 15th March: Church Weekend with Henry & Lydia George at the De Vere Horsley Estate, East Horsley, KT24 6DT. Prices held: Adult shared room £130, single occupancy £160, child (5–11) £100. All our allocated places have now been taken and the hotel is nearly full so places are subject to availability. If you want to come you need to fill in a booking form and make a down payment

Saturday 23rd May, 2.00–5.00pm: The **Jesus March** from Marble Arch to Trafalgar Square, see jesusmarch.org

Saturday 1st–8th August: Revive 2026, **Church on Fire**, bookings now open at revivelive.co.uk, early bird discount for bookings received and paid for by 31st March 2026

Jesus looked at them and said, 'With man this is impossible, but with God all things are possible.'

(Matthew 19:26)

Thought for the Week – from Caroline

1 Timothy 4:8 *For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.*

I go to the gym three mornings a week when possible but that only equates to five hours (maximum) exercise which isn't a lot, but I also try to walk as much as possible too, and play badminton once a week. I'm not telling you this to exalt, praise or boast but simply to emphasise the importance of maintaining muscle strength, particularly in old age.

Muscles deteriorate at an alarming rate as we age, balance can go "out the window" and bones become fragile and weak. There are people my age much fitter than I am but it's better than nothing.

A famous quote by John Wooden, Basketball Coach: "Physical strength is measured by what one can carry; spiritual strength by what one can bear."

If physical wellbeing is so important, how much more important is our spiritual strength. While physical strength is temporary, spiritual health benefits are not just for this life but eternity. Don't think for one moment, "I practise what I preach," I know I don't spend nearly enough time praying or reading my Bible so this thought is as much for myself as anybody else. If I want to grow in wisdom, fortitude, resilience and peace in all circumstances I absolutely must spend time with Jesus. I "harp on" about wanting a close relationship with Jesus but I have to actually do something and pursue it just as much as a person doing no exercise must be disciplined and do something. A person with physical disabilities may only be able to take small steps to gain strength, just as a person with emotional and circumstantial problems may take small steps in prayer or study, but it's a start. Just as physical exercise can improve arthritis and other debilitating ailments, spiritual strength will improve our resistance to "Satan's arrows," which are sent to weaken us. You may well say, "Well, bully for you, you don't have the health problems I have," but I have a friend in the gym who has muscular sclerosis and walks with the aid of a walker and has an electronic push button aid she wears on her hip to give an electric boost to her most affected leg muscle. She uses what machines she can in the gym and attends regularly. Her condition will get worse but she is doing all she can to prolong her strength and ability. Our prayer and study prepares us for our battles. I know this, now I've got to do it.

AI overview

Exercising in old age is crucial to maintain independence, mobility and strength while preventing chronic diseases like heart disease, diabetes and cancer. It enhances mental health, reduces the risk of cognitive decline, improves balance to prevent falls, and strengthens bones. Regular physical activity for older adults should aim for a combination of aerobic, strength, and balance.

Prayer is a foundational practice for strengthening individuals for future battles, offering both spiritual fortitude and mental clarity to face impending challenges. It is viewed not as a last resort, but as a proactive, daily, and often "frontline" defence that enables believers to depend on divine power rather than their own limited strength.