

# Anton Beach Breakers

Late Breaking News from the New Church at Boynton Beach February 24, 2017 561-736-9235

E-mail subscriptions from pastor@newchurchboyntonbeach.org

#### Week of Feb 27th - Mar 5th

## Monday the 27th

#### **♦**4:00 Bible Study:

Reading: Matthew 15. If you would like a ride to and from Bible study, speak to Larry K. Conference call is also available by request.

# Sunday the 5th

Journey Program Launch! Workbooks will be available at church.

- **♦9:15am** Contemporary Sing-Along with Rob E.
- **◆10:00am** Simpler Service

### Volunteer Schedule

Music
Sound
. Flowers
.Chancel
Usher
Greeters
Lower SS
<b>Upper SS</b>
Snacks

#### **Announcements**

◆ Baby Shower! On Sunday the 12<sup>th</sup> of March, help us show love and support to the growing young family of Josh and Liz C! They are registered at www.buybuybaby.com registry number 544115414. There is also a signup sheet in the Boker room to help with refreshments.

#### **→ Mindful Communication**



# Challenge:

Ready? Set. Go! This coming Sunday is the official launch

of the Journey program!
There are groups forming
online (Monday evenings), in
Jamaica Bay (speak to Amy
M. or Jane S), and at the
Church (Wednesday
evenings at 7:00pm). As a
reminder, this program is
designed to help us work on

our ability to communicate more authentically, effectively, and kindly... that is more heavenly! Each Sunday the sermon will lead off the topic for the week. And if you are unable to join every week in person, you will be able to watch live, or later, via our Facebook page!

Future Sermon Topics Sun. the 5<sup>th</sup> "Mindful Communication Challenge -Pt. 1. Listening" - It is easy to get sidetracked by what we are going to say next, or how we are reacting to what someone else is saving. It takes mindful attention to listen and listen well. To really hear what someone is saying with both their words, their tone, and body language. Sun. the 12th "Mindful Communication Challenge -Pt. 2. Is it True?" The first question we might want to ask ourselves when speaking to or about someone else is. "Is it TRUE?" Sometimes when we are hurt, it is very easy for our tongue to slip and say some really nasty and false things! How might mindfulness not only prevent us from saying things that

are not true, but also lead us to see others in a heavenly light?

#### A Word for the Week

Jesus said "The kingdom of God cometh not with observation: Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you" (Luke 17:20-21).

"It is important to know what the form of heaven is, since not only are all there associated according to it, but also all communication is in accordance with that form, and in consequence of this communication, all extension of thoughts and affections, and thus all the intelligence and wisdom of angels. From this it follows that so far as anyone is in the form of heaven that is. so far as he or she is a form of heaven, to that extent he or she is wise."

(Heaven and Hell 201)

Have a blessed week!