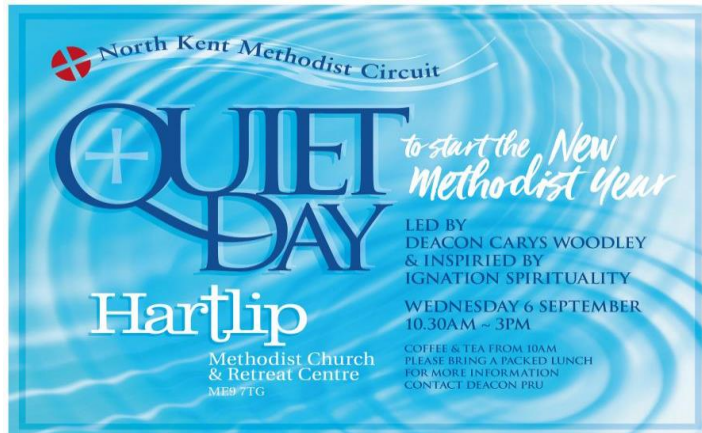


Thanks be to you, our Lord Jesus Christ,  
for all the benefits which you have given us,  
for all the pains and insults which you have borne for us.  
Most merciful Redeemer, Friend and Brother,  
may we know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day.  
Amen.



August 2017

**Focus on: Making Space and Time for yourself**

All the worship at Conference followed this theme.

We were introduced to our **Spiritual five -a-day :**

This theme will recur throughout the year

Give Thanks

Keep Silence

Pray

Act

Read and Reflect

Many of us may use August as a time to recharge our batteries :

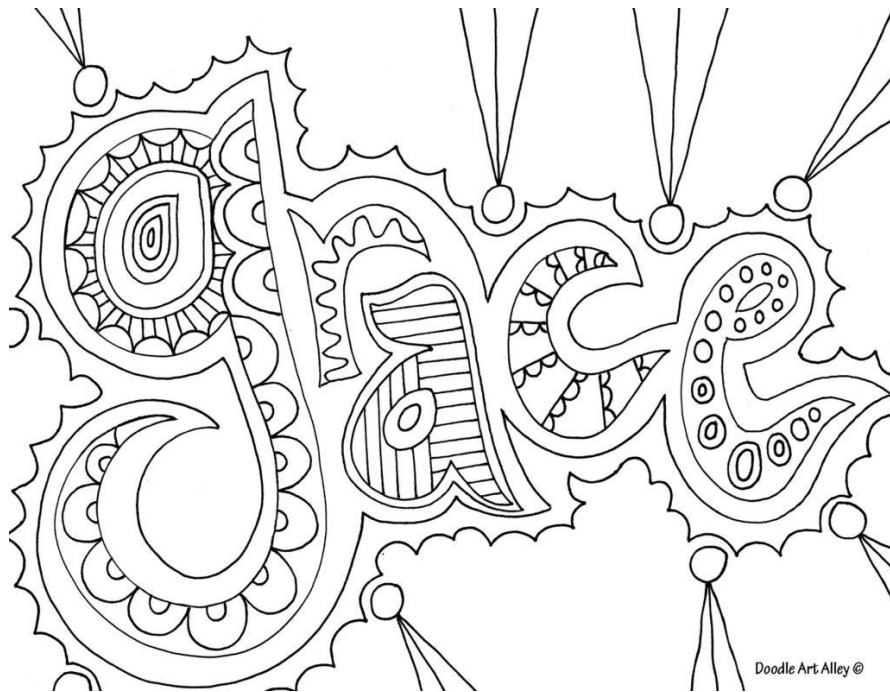
to read and reflect , to find a quiet spot where we can keep silence or enjoy the quiet or perhaps do things that we can't fit in during the rest of the year , maybe holidays or some sort of specific project.

## Take Time

<http://:taketime.org.uk>

takes you to online meditations prepared by Rev Clive McKie who is minister at Reigate Methodist Church .

Something for you to colour in as you reflect on God's Grace



And a wordsearch to help you reflect on the different aspects of God .

**Bible Word Search:**  
**NAMES AND TITLES OF JESUS**

U	Q	O	K	A	I	S	N	S	M	T	K	R	P	M
V	L	F	Z	J	T	Y	O	A	E	E	O	A	O	R
O	M	G	Y	V	O	N	T	N	Z	I	C	B	X	K
Y	D	N	Y	M	O	E	N	U	V	A	N	B	O	A
D	L	O	V	F	H	T	C	A	S	I	R	I	X	R
E	R	I	G	W	A	R	S	P	D	S	H	E	W	E
N	T	O	G	B	M	A	L	I	D	O	V	Z	N	D
F	D	J	L	H	Q	Y	V	K	R	T	T	R	Z	E
I	G	Q	R	R	T	A	E	G	T	H	V	E	P	E
P	B	Y	I	H	D	S	E	K	E	U	C	T	X	M
T	S	W	K	F	T	Y	A	J	I	O	Q	S	L	E
L	I	O	N	A	M	F	O	N	O	S	A	H	R	
V	N	N	Q	Z	Y	K	V	A	D	E	J	M	V	R
G	O	J	E	S	U	S	E	M	M	A	N	U	E	L
S	V	B	G	G	W	T	Z	T	P	B	Q	J	F	E

CHRIST	EMMANUEL	JESUS
KING of the Jews	LAMB of God	LIGHT of the World
LORD	MASTER	NAZARENE
RABBI	REDEEMER	SAVIOR
SON OF DAVID	SON OF GOD	SON OF MAN

Find and circle the words shown in all capital letters. Words may be forward, backward, vertical, or diagonal within the puzzle.

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