

# VICTORIA *Life*

Sunday 6th July 2025



SET YOUR MINDS ON  
THINGS **ABOVE**, NOT  
ON EARTHLY THINGS.

*Colossians 3:2*





**"Set YOUR MINDS ON THINGS ABOVE,  
NOT ON EARTHLY THINGS"**

Colossians 3:1-17

This Sunday we are looking at this wonderful passage of scripture together - it reminds us that we are a heavenly people of the risen Messiah, Jesus - chosen, holy and dearly loved. It calls us to look up to Jesus, to die to sin and live for Him – wearing His clothes of love, compassion and peace. I pray it will be an encouragement to you, as it has been to me, and we can together be thankful to God for all that He has done for us.



This morning's service will include Communion, led by Chris Short.

## **This Evening**

Please remember our fortnightly Prayer Meeting at 6.30pm. These are held on 1<sup>st</sup> & 3<sup>rd</sup> Sundays each month.



## **Next Week (13<sup>TH</sup>)**

The Morning Service at 10am will be an All-Age service led by Simon & Jez.  
Our monthly Evening Service will be at 6pm

## STAFF/OFFICE MATTERS

### Staff movements for next week

Chris off Tues

Colin off Mon

Kevin off Sat

Tim in Wed am & Fri am

Nadine in Mon & Thurs

Sandra off Thurs

Phil in Tues am, Wed, & Thurs pm

Simon off Tues

Julie in Thurs

Lucy in Wed am, Thurs, Fri am

Jez in Wed & Fri

#### Senior Minister

Chris Short

#### PA to Senior Minister

Sandra Taylor

#### Family Ministries

Simon Grimes - Children

#### Church Administrator

Colin McMahon

#### Caretaker

Kevin Virgo

#### CAP Debt Centre Manager

Phil Papps

#### CAP Debt Coach

Nadine Crawford-Piper

#### Treasurer

Mark Evason

#### Finance Assistant

Julie Hanks

#### Ministry Assistants

Tim Nunn (Discipleship)

Lucy Craggs (Women)

#### Life Group Coordinator and interim Youth Leader

Jez Taylor

#### Staff contact details:

*firstname@victoriabaptist.org.uk*

(eg *chris@victoriabaptist.org.uk*)

#### VBC Bank Details

*Account Name:*

Victoria Baptist Church Trust

*Account Number:* 00010297

*Sort Code:* 40-52-40

#### 01323 737974

Eldon Road, Eastbourne BN21 1UE

*helpdesk@victoriabaptist.org.uk*

*www.victoriabaptist.org.uk*

- Sun 6    9.30am    Prayer Meeting in Chris' office  
              10.00am    Live@10 with Chris Short. Dan Fairhead is preaching -  
                          the service will include Communion  
              6.30pm    Prayer Meeting  
              7.00pm    Xcav8
- Mon 7    6.00pm    Girls Brigade
- Tue 8    7.15pm    Soaking in the Spirit (ladies only)
- Wed 9    7.00am    Prayer Meeting  
              8.15am    Community Fridge  
              10.00am    Vicky Bees  
              6.15pm    Boys Brigade
- Thu 10    7.30am    Prayer Meeting (men only)  
              2.30pm    Women's Fellowship - Cream Tea with Chris Short  
                          evening Omega 18-35 (for timing/venue contact Tim Nunn)  
              7.30pm    Ukraine Prayer Meeting
- Fri 11    10.00am    Outreach Prayer Meeting  
              10.00am    Vicky Bees  
              5.00pm    Kids Club  
              7.00pm    Xpect
- Sat 12    10.00am    Flow Cafe  
              10.30am    Creative Writing/Book Club
- Sun 13    9.30am    Prayer Meeting in Chris' office  
              10.00am    All-Age Service@10 with Simon & Jez  
              6.00pm    Evening Service  
              7.00pm    Xcav8

## Preaching Engagements *Please remember in prayer*

Erik Cornelisse    Jul 6    Newhaven Baptist 10.30am

Ian Doling    Jul 13    Beer Congregational Church, Devon 10am



**Wed July 16** - Curry Night for men

**Fri July 18** - VBC Open Golf, meet at 2.45pm

- Willingdon Golf Club. Contact Colin McMahon for more info.

If you haven't yet signed up, please do so by next Friday (11<sup>th</sup>)



VICTORIA  
Baptist Church Eastbourne

THE  
**RESTORATION  
STATION**

**HOLIDAY CLUB**

**Thursday 7<sup>th</sup> August  
to Saturday 9<sup>th</sup> August**

Concluding with a Sunday Morning celebration service

**10am to  
12:30pm**

**Reception to  
Year 6**

**Sign Up Here**



**£10  
per child**

Info: [simon@victoriabaptist.org.uk](mailto:simon@victoriabaptist.org.uk)  
or 01323 737974



## PRAYER DIARY : 7<sup>TH</sup> - 13<sup>TH</sup> JULY



*Following a recent visit to the beautiful Salisbury Cathedral, these prayers are a reflection on that visit*

**Monday** Prayerfulness ... on the hour, each hour, a member of the cathedral clergy calls everyone to prayer.

Father, help us to make prayer a habit, to acknowledge that You are **Lord**, to create a thankful heart and to make us pause and be still through our day. Father, I thank You for the example Christ gave us of prayerfulness.

Thank You that You know what troubles we have and that we can bring them to You. We pray for those who visit churches and cathedrals, that seeds may be planted that flourish by Your spirit.

**Tuesday** Font ... the beautiful modern font, by William Pye, sits centrally in the cathedral, flowing water constantly from all corners.

Lord, we thank You for the living water that You give, we know that You renew us every morning and we know that our hope is in You. Thank You for the reminder, inscribed on the lip of the font, that all who are weary and heavy laden can come to You. Help us, Lord, to show all those around us, in our families and friendship groups, that You are our living water, our rest and our burden-carrier.

**Wednesday** The Medieval Clock ... the world's oldest clock calling people to prayer for 600 years.

Ancient of Days, Lord God, we reflect on Your faithfulness through all generations, on Your timeless love for us. Help us to understand Your timing and how You have plans for us and Your creation. We hear there is a time for everything and we thank You that Your timing is perfect. Help us Lord, in our busyness not to be tied by minutes, hours, days, months and years but to spend time wisely and compassionately with people and to reflect on Your seasons.

**Thursday** The 21<sup>st</sup> Century Altar ... is engraved with parts of a poem “ the Altar” by Herbert who died in 1633. This prayer-poem moved me.

A heart alone is such a stone  
As nothing but Thy pow'r doth cut  
Wherefore each part of my hard heart  
Meets in this frame, to praise thy Name

**Friday** the famously tall, leaning Salisbury Spire which was propped up by Christopher Wren in 1668.

Lord, help us to remember that You are our prop and our anchor, that when we are falling You renew our strength and we will mount up with wings as eagles.

Lord, we thank You for the skill of makers, masons, architects and artists over many years and those who work today. We give thanks for those who honour You in their work and help us to appreciate Your greatness and goodness.

**Saturday** Chapter House ... which was a meeting place for the clergy but now houses the Magna Carta, has a beautiful Old Testament Frieze

Father God, we give thanks for those who have gone before us and who point to Your Son, Jesus - for the ancient patriarchs on the frieze and the Christians who have spread the Good News throughout the world. Lord, we pray for those who spread Your Word in nations and in our neighbourhood, and we pray for those who are yet to know You. We pray, too for our own team here at Victoria.

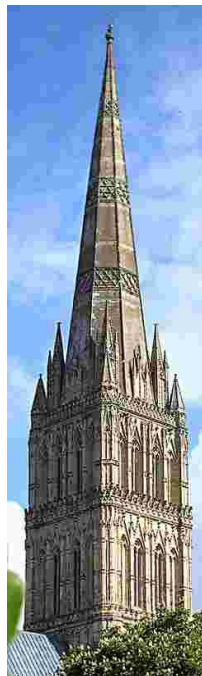
**Sunday** Magna Carta ... has become an internationally known symbol of freedom and justice.

Lord, we thank You for Your Law and Your Word which is our foundation. We thank You for the Magna Carta and the history of edicts which have established juries, law, women's rights etc. We thank You for the universal declaration of human rights, based on Magna Carta. We pray for those countries where justice, rights and humanity have been stripped away and we ask that our prayers reflect Your sorrow at the plight of Your people. We pray for our government as significant new laws are being considered.

## **Funeral DETAILS**

**Rose Pavey's** funeral will be held on **Monday July 28<sup>th</sup>** - the committal will be at Eastbourne Crematorium at noon, followed by the **Thanksgiving Service here at VBC at 3pm**. For catering purposes, please use the sign-up sheet in the Welcome Centre if you would like to join the family for refreshments after the service.

**Ruth Simmonds'** funeral meanwhile will be held on **Wednesday August 6<sup>th</sup>**. The **Thanksgiving Service will be at 11.30am, here at VBC** with the burial following on from that at Willingdon Cemetery, 1pm. Family & friends are then invited to join together for refreshments here at 2pm. Again, please use the sign-up sheet in the Welcome Centre if you intend coming.



# Seeing CHRIST IN THE BOOK OF PROVERBS

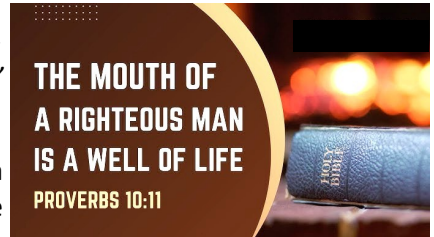
with the help of Tim Keller

## Part 18: 'Watch your Mouth'

*'The mouth of the righteous is a fountain of life,  
but the mouth of the wicked conceals violence.'*

Prov. 10:11

This is our eighteenth study into how to live a wise and fruitful life as a Christian from the Godly teacher in the book of Proverbs. Today we turn our attention to the words we speak.



1. **What we say** is very important for wise living, shown by the fact there are more references to our speech in Proverbs than any other subject beside wisdom.

### 2. Why is it so important?

A. **It has the power for good or bad in people's lives** and can affect them physically, psychologically, socially, as well as spiritually.

B. The ability to speak is part of our **being made in the image of God**. At the creation of the world, God repeatedly spoke to bring things into existence: 'God said, "Let there be...."' and in the New Testament Jesus is called 'The Word' of God.

C. What we say helps **show our true character and even shape it**,

*'The good person, out of his good treasure, brings forth good, and the evil person, out of his evil treasure, brings forth evil.'* Matt.12:35.

*'An evil man is ensnared by the transgression of his lips.'* Prov. 12:13

*'The tongue is set among our members, staining the whole body, setting on fire the entire course of life.'* Ja.3:6

D. It aids our well-being because there is **value in us expressing what we go through**, sharing our problems and good experiences as well as confessing our faults to one another. On the other side we also **need to hear 'good words' of encouragement and affirmation** in what we do and suffer, especially if ignored or subjected to the 'silent treatment.'

3. Proverbs and the Bible list five characteristics of good and helpful speech for wise living.

A. **Speak the truth not lies.** *'Whoever speaks the truth gives honest evidence, but a false witness utters deceit.'* Prov. 12:17.

B. **Be gentle and kind with your words not harsh.** *'A gentle tongue is a tree of life, but perverseness in it breaks the spirit.'* Prov. 15:4. ....



C. Be careful to **choose appropriate words for the circumstance**, not mechanically or without thought. *'The lips of the righteous know what is acceptable, but the mouth of the wicked, what is perverse.'* Prov. 10:32.

D. **Be courageous and speak up for what is right**, rather than stay silent and acquiesce with the crowd. *'Whoever rebukes a man will afterward find more favour than he who flatters with his tongue.'* Prov. 28:23.

E. **Be concise and restrained in your response, not impulsive.**

*'When words are many, transgression is not lacking, but whoever restrains his lips is prudent.'* Prov.10:19

4. As James reminds us in his letter in chapter three, we all 'stumble' in this area. **Where can we find help to speak what is good and edifying?** Willpower is not enough, **we need a change of heart to truly help us** - *'The heart of the wise makes his speech judicious and adds persuasiveness to his lips'* - Prov.16:23.

Jesus takes this theme up in the New Testament, *'For out of the abundance of the heart the mouth speaks.'* We need a new heart like Jesus'. He always knew what to say as 'The Word of God.' *'No one ever spoke like this man'* recorded John 7:46 and Hebrews 1:2 tells us *'God has spoken to us by His Son.'* On the cross Jesus experienced 'God's silent treatment' for the evil in our hearts, including our 'broken and hurtful words'. When we believe in Him, He enters our hearts and renews them by His Holy Spirit so that we want to glorify Him and follow His example in what and how we say things. It doesn't matter how eloquent we are, God is able to use what we say and bring glory to Himself - eg it could be in testimony, kind words, advice, inviting someone to a service, or pointing them to helpful teaching (eg the captured Jewish servant girl directing Naaman to Elisha for healing), or even keeping silent. It is interesting to note one of the differences Pentecost made to the disciples was that people nearby **'heard them telling in different tongues the mighty works of God'** Acts 2:11. Their hearts were so filled with the Spirit of Jesus they couldn't but speak. As we submit to God and open our lives to His leading, He will transform all of our lives, including our speaking, bringing glory to Him and benefitting our lives as well.



Why not listen to the full sermon at: [Words – Gospel in Life?](#)

John Demetriou

We are having a fund raising morning  
at Vicky Bees for new garden  
equipment.

We would like some cakes to sell.  
If you're able to help please email:  
[simon@victoriabaptist.org.uk](mailto:simon@victoriabaptist.org.uk)



Bee and  
Lamb  
teddies

Fund Raising Day



Vicky Bees

Wednesday 16<sup>th</sup> July

We will be having a fund raising day for new garden  
equipment for Vicky Bees.  
Any money we raise the Church will match!

Cakes

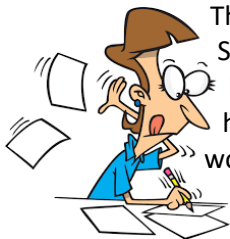
Wet  
sponge  
Simon

Face Painting



## Reminder

Another reminder that Flow Café is on the agenda for next Saturday (12<sup>th</sup>) at the usual time of 10am-12noon. Proceeds raised from this month's event will be given to the Girls Brigade.



The Creative Writing Group is also meeting next Saturday – at 10.30am. With that end-of-term feeling, this will have an Open Mic session (without a microphone!). So, if you have something you haven't shared before, something you're working on, or a brand new piece, bring it along and we can encourage one another in our endeavours. For more information, contact Helen Trimmings

Book Club is also taking place as usual, in the Snug, at 10.30am. Please contact Ingelore Demetriou for more information. All are welcome.

## BAPTISM SNAPSHOTS

How blessed we've been in recent weeks to witness 6 baptisms - please continue to pray for each of them as they continue on their spiritual journey - Lee, Toby, Olga, Luanda, Megan & Golda.





**Flower Ministry**

The flowers last week were donated by  
**David & Wendy Dick**



*A big thank you to the church family for the lovely flowers I received on Monday. They were so much appreciated. MP*