



Monthly Newsletter
markyate
baptist church
January 2024

2024. We're there already. Another year gone by!

The turning of the year seems to catch people out, annually. There always seems to be the shared feeling that the year has flown by in the blink of an eye.

Then we have January. The month that always seems to be the longest. Somehow, it just appears to last *forever*. Apparently, there are scientific reasons for this...but we won't go into that here.

Instead, I want to focus briefly on the notion of 'Blue Monday'. This is the name given to the third Monday of January – said to be the most depressing day of the year. It's said to be based on an equation that factors in elements such as weather, people's debt, time passed since Christmas, and more.

Does this sound a little bleak? Perhaps you're beginning to wonder why I've chosen this topic to explore for MBC's January Newsletter piece! Well, I'm pleased to say that the theory and formula for 'Blue Monday' have been completely debunked scientifically. In fact, the theory of this notion was made up by a UK travel company, with the idea that if people were made to believe this idea, then more people would be encouraged into booking summer holiday travel packages...!

Regardless of where the notion of 'Blue Monday' itself is true, January can still feel like a heavy month for some. Mental wellbeing is a very real thing. We are *all*

somewhere on the sliding scale of how we are doing mentally/emotionally. There has been a much-needed increase in understanding, recognising and responding to mental health needs in society in recent years. However, we are still finding ourselves in a mental health crisis, particularly in the wake of Covid and lockdowns.

What does God, the Bible, Jesus, and the Church have to say on the issue of mental/emotional wellbeing?

This January/February, we will be considering the relationship between our faith and our mental health, and the ways in which God journeys with us through it all.

I won't share too much on what this will look like...you need to come along to our Sunday services to hear more! However, I leave you these beautiful words from Psalm 46:

¹ God is our refuge and strength, an ever-present help in trouble. ² Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, ³ though its waters roar and foam and the mountains quake with their surging.

Even in the midst of the emotional storms of our lives – particularly through those times – God is 'ever-present'. May God be your refuge and strength and you embark on the highs and the lows that 2024 will bring you, and may you lean into God and draw from Him now, more than ever.

Grace and Peace,

Nick Drury
Minister MBC

Our Vision Statment:

Growing Together by loving God loving others & serving our community

What's On—January 2024

Friday 5th

MBC Café—open to all
10am—12pm

Saturday 6th

9.30am Prayer Meeting in
Church *before taking down the
decorations*

Sunday 7th

10.30am Covenant Service
With Nick Drury

Monday 8th

MBC Café—open to all
10am—12pm

Friday 12th

Jack & Jill's Baby & Toddler
group
10am—11.30am

Saturday 13th

9.30am Zoom Prayer Meeting

Sunday 14th

10.30am Morning Service
With Nick Drury

Monday 15th

MBC Café—open to all
10am—12pm

Friday 19th

MBC Café—open to all
10am—12pm

Saturday 20th

9.30am Zoom Prayer Meeting

Sunday 21st

10.30am Morning Service
With Nick Drury

Monday 22nd

MBC Café—open to all
10am—12pm

Friday 26th

Jack & Jill's Baby & Toddler
group
10am—11.30am

Saturday 27th

9.30am Zoom Prayer Meeting

Sunday 28th

10.30am Morning Service
With Nick Drury

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