

**1) Look back – in remembrance of Jesus’ death**

“Do this in remembrance of me.”

**2) Look up – to feed on Christ in your heart**

“Take and eat this in remembrance that Christ died for you, and feed on him in your heart by faith with thanksgiving.”

**3) Look around – at those with whom you are united in Christ**

“The peace of the Lord be always with you.”  
“And also with you.”

**4) Look forward – to the final judgment and banquet to come**

“Consider how Saint Paul exhorteth all persons diligently to try and examine themselves, before they presume to eat of that Bread, and drink of that Cup.”

**1) New Associate Minister for Women - Corinne Brixton**

We are delighted to announce that we have appointed Corinne Brixton to be our new Associate Minister for Women. Corinne will join us in late September/early October. Please do pray for Corinne over the next few months as she prepares to move to St John’s.

**2) Ong Family visit + church lunch (12:30pm, Sunday 28th July)**

Roger & Corrina Ong who served at St John’s until 2015 will be visiting London this Summer. There will be a church lunch after the morning service and everyone is welcome to come. Please let Lydia Stanton ([leelydia@hotmail.com](mailto:leelydia@hotmail.com)) know if you would be able to help.

**3) Picnic & Pool Party (from 12:30pm, Sunday 4th August)**

John & Gillian Lawson are once again very kindly opening up their home on Sunday 4th August at 7, Oakhill Way, NW3 7LR after the morning service for a picnic and pool party for the whole church. All are invited - please bring your own picnic (BBQ will be lit) plus swimming gear - perfect weather *guaranteed!*

**4) Save the Date - Women's Day event (Saturday, 28th September 2019)**

We will be holding a joint women's event with St Luke’s Church, West Hampstead in September. Clare Heath-Whyte will be speaking and all women are welcome to come along. More details available soon.

**5) Save the Date - Weekend Away 2019 (Friday 15th to Sunday 17th November 2019)**

Please put these dates in your diaries now to avoid clashes - we would love to see everyone there! This year we are again returning to Denham Grove and Paul Jump from St Clement’s, Manchester will be speaking to us from the Book of Ruth. More information, including application forms, will be available shortly.

**For further discussion**

- Looking back (11:23-26): What are we looking back at during the Lord’s Supper? What are we not doing? How does a wrong understanding of the Lord’s Supper damage our assurance of our forgiveness?
- Looking up (10:16): Is the Lord’s Supper merely a memorial? Is it just an optional extra to our Christian life? How might this affect how you come to the Lord’s Supper?
- Looking around (11:17-22): What was wrong with how the Corinthians were celebrating the Lord’s Supper? What might the equivalent look like today?
- Looking forward (11:27-34): Why must we examine ourselves before we receive the Lord’s Supper? How can we tell the difference between having a sensitive conscience about sin and genuinely ignoring these warnings?