


# FIT in BODY MIND & SPIRIT



OR DO YOU NOT KNOW THAT  
**YOUR BODY**  
**IS A TEMPLE**  
OF THE  **HOLY SPIRIT**  
WITHIN YOU, WHOM YOU  
HAVE **FROM** GOD?

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YOU ARE **NOT** YOUR OWN, FOR  
YOU **WERE** BOUGHT  
**WITH A PRICE.**  
SO **GLORIFY** GOD  
IN **YOUR** BODY.

1 CORINTHIANS 6:19-20

What you do with your body sets the tone for everything else. Physical health influences your mental health, your spiritual health, your emotional health, your relational health, and even your financial health. How many times





Faith



Food



Fitness



Focus



Friends





saboteur? Your brain. Your mental health is vital for your overall health. Negative thoughts, positive thoughts, or lack of thought can consume you. Depending on



*And now,  
dear brothers and sisters,  
one final thing.  
Fix your thoughts on what is*

**true,**  
& **honorable,**  
& **right,**  
& **pure,**  
& **lovely,**  
& **admirable.**

*Think about things that are*  
**excellent**  
& **worthy** of  
**praise.**

Philippians 4:8

## Keeping Focused:

- a. Think well
- b. Know your motivation
- c. Stay thankful
- d. Learn from failure





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*Two are better than one,*  
BECAUSE THEY HAVE A  
*good return* FOR THEIR LABOR.

IF EITHER OF THEM FALLS DOWN

*ONE CAN HELP THE OTHER UP.*

BUT PITY ANYONE WHO FALLS  
AND HAS NO ONE TO HELP THEM UP.  
ALSO IF TWO LIE DOWN TOGETHER,  
*they will keep warm,*  
BUT HOW CAN ONE KEEP WARM ALONE?  
THOUGH ONE MAY BE OVERPOWERED,  
*two can defend themselves—*

*A CORD OF THREE STRANDS*  
*is not easily broken.*

»»»»»»»» ECCLESIASTES 4:9-12 ««««««««

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connections are critical. When you are surrounded by people who have the same values, goals, and health habits, you are going to progress farther than you could on your own.



# life groups

Our Life Groups are at the heart of our church. They meet in people's homes in Winchester and the surrounding areas. They are a great place to get to know others, share both the big and the small things of life, and learn to do the things Jesus did.

Groups run on a termly basis, with some groups lasting just a term and other groups lasting longer. You are welcome to continue going to the same group for several terms.

## how to join a life group

Signups for Spring term 2017 start on the 1st January. Groups will start at the beginning of February and run to the end of April.

**Please sign up even if you're planning on going to your existing group!**

[View the list of life groups »](#)





Reviews (14) ★★★★★

## THE DANIEL PLAN STUDY BUNDLE

RRP: \$34.99

(You save \$12.00)

**\$22.99**

The study bundle includes: 1 Daniel Plan DVD Study 1 Daniel Plan Study Guide  
This six-session video-based, small group study from Rick Warren, Dr. Daniel Amen, and Dr. Mark Hyman is cent...

Quantity :

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# **FITSTEPS**

**Fridays 7:30pm**

**kids & youth  
groups available**



# Vineyard Football

A photograph of three football players in a starting crouch on a grass field. The player in the foreground is wearing a yellow shirt and dark shorts, seen from the back. The player in the middle is wearing a red shirt and blue shorts, looking towards the right. The player in the background is wearing a red shirt and dark shorts, also looking towards the right. The background shows a blue door and green trees.

**Mondays 8pm**  
**Knightwood Leisure Centre**  
**All abilities welcome**



## Winvin Wayfarers (Spring 2017)



- 📅 Meets Fortnightly on Saturday
- 🕒 10:30am
- 📍 Vineyard Centre
- ✅ Sign-up 01-Jan-2017 - 30-Apr-2017
- 🕒 11-Feb-2016 → 30-Apr-2017









### Northampton Food Bank

Providing emergency food packages to families and individuals.



### Re:Store Hub

A place where people are listened to and cared for.



### Soup Run

Offering hot food and drinks to people on the streets of Northampton.



### CAP Money

Helping people gain a better knowledge of whether earn and what they spend



### COOK

Equipping clients with the skills to prepare healthy, nutritious and cost efficient meals.



### The Allotment

Giving families and individuals the knowledge and skills to grow their own food



