

Prayer at the Heart

Please pray for:



Immediate needs 2 - 4 weeks

Katy (Burney) with a deteriorating knee condition. Andrew Crocombe, for a successful operation and recovery. Liz Leaman (Frances' friend) - please pray for healing, following an unsuccessful eye operation. Myrtle Stroud, for a good recovery following a hip replacement. Elaine (Oakley) having chemo for breast cancer. Freddie and Charlie Crocombe (grandchildren to Andrew's brother). Melissa Clackett whose health is deteriorating please pray for it to improve and for baby Isaac.

Continued prayers for Beth (Stan and Carol's daughter) as she undergoes chemotherapy. Pat Wade. Dorothy Vener. Bob Simmons. Audrey (Porter) for continued healing of her back. During June we will be praying for those living in Wauchope Road, Foxdene Road and Saltern Place..

Long term needs - up to 3 months

Daniel Hampton with Long Covid. Barry (Paula's brother-in-law). Sheila Pearse. Joan Moss. Dennis Spinner, please pray for him to get strong and stay free from illness. Lise Jennings, for relief from pain.

Prayer Needs

Please contact: Carol Judge 277752; or David and Lynda Kemp 272470

We also have a Prayer Requests page on Facebook, please let us know if you would like your prayer needs to be posted there.

<https://www.savewatersavemoney.co.uk/freecheckout/complete>

Click on the link above for some ideas about how to save water.



Welcome to St Alphege, Seasalter

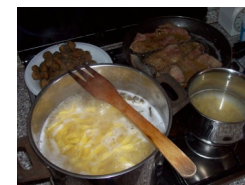
27 June 2021

**Readings: Psalm 130; Mark 5:21-end
4th after Trinity**

Cook Along in May

Many thanks to everyone who contributed to the Cook Along project during May half term. Whether you donated, planned, shopped, packed, prayed or distributed we are very grateful for your help as Cook Along would not run without you!

Twenty families took part this time and up to 3 meals were provided for each family, particular favourites this time around were gammon with a cheese and broccoli bake and meatballs as well as the gingerbread man kits aimed at the children.



We are now planning for the long summer holidays which present some new challenges for us so if you'd like to get involved please do contact us, we'd love to hear from you. We are especially looking for new recipe ideas, main meals and desserts so please let us know your favourite meals bearing in mind they need to be healthy'ish' and affordable for people on low incomes.

If you would like to contribute a recipe, make a donation or get involved please contact treasurer@stalphegeseasalter.org

Welcome back! - Don't forget to book...

It's been fabulous to see more people returning to our gathered services. We are STILL in this in-between period, offering 2 identical services at 9 and 10.30 with Holy Communion every other week. Eventually we will return to services that have their own 'flavour' in a similar way

Contd./...

to before, but until restrictions lift that's not possible.

Like you, we are so very much looking forward to the time when we don't have to book in for Sunday services and can just turn up. However, we need to continue this for the time being for everyone's safety.

It's VERY important that you book if you want to attend especially now we are getting fuller. We need to protect a little space for people who are visiting for the first time, and it's really awkward if church family who haven't booked turn up and take places, then those who have come and find there's no room for them. So:

1. **You must book each week for the service** you (and those you are bringing with you) want to attend - no rolling bookings/booking ahead, But you've got from Monday up to 11 am Friday of that week to book with the office: 01227 276923 or office@stalphegesesalter.org. You can't assume you have a place if you contact after that time or don't get confirmation from Becky.
2. **Sunday school/Sunday Creche** - please make sure you book in advance in the same way for these via the office - if you are going to be in the service while your little ones are in creche or Sunday school, you'll need to book yourself a seat.
3. Any problems that arise regarding booking after 11 am on Friday, contact Paulette (07305 611437) or Ali Fuller: alifuller@talktalk.net
4. Capacity is up to 40 places for each service, plus the service team, which allows us a small additional capacity for brand new people.
5. If we run out of room in the service you'd prefer, you will be offered the other service if there's space, or can opt to be put at the top of the list for your preferred service for the following week (*1 week ahead only, and only if we've run out of room when you try to book - this is the only case in which booking ahead may happen*).

Thank you for your help with this - and for your care of one another.

Love Paulette



We have a trained prayer ministry team at St Alphege Seasalter who are happy to pray with anyone who would like confidential prayer for themselves or someone else (our safeguarding policy applies). If you'd like that, please let Paulette (paulette.stubbings@stalphegesesalter.org) or Diana High know, or message me in the chat privately and we can arrange for someone to get in touch to do that. Do offer this to friends or neighbours.

Would anyone like a large quantity of embroidery silks? Free to a good home.

I don't do so much embroidery now and I have more silks than I will use.

Marian Russell (07946 439 591)



Something to Share?

If you would like to contribute to these church notices; or subscribe to the (electronic) mailing list do please get in touch with me.

Please be aware when supplying contact information, this notice sheet is circulated physically and digitally via our website, social media and email.

The deadline for the following Sunday is midnight on Tuesday.
Paula. Email: deaneves@msn.com

Chuckle Corner

Here is the challenge to all the Church Family: please send in your one-liners, an amusing quote, something you observed which made you smile or maybe a line from a book which made you laugh out loud.



Overheard on British Rail: The train pulled into the station stop and a little girl said: 'Mummy what does that sign say?' 'It says Chestfield and Swalecliffe darling' came the reply. 'But mummy how can we be in two places?'

'Listening to God Through The Creative Arts'



A Quiet Day with Rev. Denise Critchell

Saturday 24th July 2021

10.00 am - 4.00 pm

The Living Well, Vicarage Lane, Nonington CT15 4LH

**You do not need to be an artist to enjoy this retreat,
just come as you are!**

Please book via [Eventbrite](https://www.eventbrite.co.uk) or contact
the administrator on 01304 842847 / contact@the-living-well.org.uk.

Cost: £25. Refreshments and lunch provided



www.the-living-well.org.uk

Registered Charity No.: 1123792



Getting to grips with the Bible - SAVE THESE DATES!

**Four Saturday afternoons in
September, 4th, 11th, 18th and 25th
from 2-4.30 pm at the Christian Centre.**

**Cost: £5 per person for the whole
course, to cover materials.**



We are going to be running a 'Reading the Bible with Confidence' course in September to look at some tools and skills that will help you get the most out of your Bible reading.

It's for anyone – whether you have read your Bible inside out and upside down, or whether you find it a difficult and perplexing thing to get into.

The Bible is a rich and wonderful gift to us, the story of God's journey with and love for humanity, a source of instruction, comfort and of wisdom that can lead us into deeper relationship with God and one another, and to transformed lives in Christ.

But it's not always an easy thing to read. Made up of 66 books written at different times and of different writing types and styles, conveying different messages to particular audiences at the time of writing. How do we understand and interpret what we are reading? How do we know what it's saying to us today? How do we make sure we don't abuse it by taking things out of context?

We want St Alphege Seasalter to be a place where we grow and learn together about faith and where we can use the tools and gifts we've been given to encourage each other and flourish. When it comes to reading and interpreting the Bible we won't always agree on everything – but we will grow if we share our viewpoints and our thinking safely with one another and learn from our different perspectives.

More info on how to book a little nearer the time.

WHY ONLY 'BOUNCE BACK' WHEN WE CAN 'BOUNCE FORWARDS'?

Nottingham, Queens London, Eastbourne, Birmingham, Wimbledon, all tennis tournament locations at this time of year. For the next two weeks it's Wimbledon with hours of coverage on TV, like it or not. Once again we will be bombarded with statistics before and after play as well as between points and sets. What I want to know is, who holds the record for the number of times a player bounces the tennis ball he or she is about to throw in the air before hitting whilst serving? Why keep letting go of the ball just so it can bounce back again into your hands? Does it have a purpose or has it just become 'just the thing to do'?



'You'll bounce back.' Have you heard that expression or even used it yourself? Why would we want to bounce back, do we want to return to how we were before, after going through some adversity, trial or tribulation in our lives? There is an alternative.

I have just been reading Patrick Regan's book, written during the COVID 19 pandemic, that has the title 'BOUNCING FORWARDS'. To give you an idea what the book is about, I can't do better than tell you what is written on the book's back cover.

'You'll Bounce Back ...' How many of us have heard these well-meaning words when faced with mental or physical health challenges, trauma or loss of dreams? And yet, life's battles can leave us scarred and changed. Why would we want to go back when what we have been through has taught us so much?

In 'Bouncing Forwards', Patrick draws on his own journey of making peace with his on-going anxiety, to look honestly and vulnerably at the temptation to wait for the day when all will be well whilst missing out on what's happening in the here and now. Exploring resilience, acceptance and emotional agility, Patrick shows how we can find meaning in some of

life's toughest moments and the hope to journey on. For him those 'toughest moments' include acute anxiety from time to time, a degenerative knee condition for which he has already had two lots of major surgery, a dad with cancer, a wife who had a miscarriage and a daughter diagnosed with additional needs.

Originally the book was going to be titled 'How to be OK when life isn't'. The chapter headings were not changed and include 'Acceptance Not Defeat', 'Growing Through Pain', 'Learning to Grieve', 'Going Back to Go Forwards', 'Kindness is the Best Drug'.

The book also includes several wonderful testimonies written by friends of Patrick who have all had things happen to them or to members of their family which have required 'resilience, acceptance and emotional agility'. For Patrick and others who contribute to this book, it is their Christian faith that has and is playing such a vital part in their lives - the kind of situations many if not all of us have had to face or are facing. It's a very practical book which corrects some of the wrong things/ideas said and written about faith, healing and wholeness. It reminds us of some of the things that we hear and say which are meant kindly but are not helpful, or even true when for example we talk to someone mourning the loss of a loved-one.

If the book has one drawback it is that the print is rather small, but the positive side to that for me was I read it much slower and gave more thought to what I was reading. My prayer and longing now is to learn the way of BOUNCING FORWARDS in every area and situation I face in life and help others to do the same.

P.S. Having just finished writing the above book review, I have made a fantastic discovery. Google 'BOUNCING FORWARDS BY PATRICK REGAN' and scroll down until you come to the video which was made when Patrick himself launched the book in March this year. If that doesn't inspire you to buy and read the book, nothing will. Thanks to a very dear friend of mine, my copy was obtained from Amazon and given to me as a present. From there it cost £7.99 I believe but I think the actual price is £8.99 at bookshops like Waterstones and W.H. Smith.

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