

Woosehill Church



Worship for 16th July Fifth Sunday after Trinity

8.45am Holy Communion **Rev'd Catherine Bowstead**

Steward: Lynne Paine
Communion Steward: Sue Wells
Projector: Andrew Carson
Sound: Bob Clark

10:00am Morning Worship **Rev'd Catherine Bowstead**

Steward: Geoff Peck
Sidesperson: Gill & Bernie Waters
Readers: Gill & Bernie Waters
Prayers: Geoff Peck
Coffee: Sally Maloy
Offertory Stewards: TBA
Projector: Tony Sayer
Sound: Roger Prior
Music: Music Group
Flowers: Melanie Hutchinson
Sunday Club: Mark Payne & Emily Payne

Our songs and readings are projected onto the screen, but we have large print copies of Mission Praise and the NIV Bible. Please ask the sidesperson if you would like a copy to use during the service. You are especially welcome if you are joining us for the first time. Please do stay for a cup of tea or coffee afterwards. Children aged 3 and over are very welcome to join the Sunday Club. There are toys in the room behind the kitchen for the under 3's (parental supervision).

DIARY: This week (all events at church unless stated otherwise)

Tues	8.00-9.30	Study Group
Wed	8.30am	Morning Prayer
Wed	9.00-11.00am	Tadpoles
Thurs	8.00-9.00pm	Together in Prayer

Events & Notices

HELP FOR PATRICK & JONATHAN

Patrick has asked for our help in 2 ways over the coming weeks as he and Jonathan will be spending most of each day in Oxford and some nights. Firstly if you can help by mowing the lawn and have a petrol mower please contact Geoff who will manage this rota.

He would also be really grateful for some home cooked food. Jonathan and Patrick like most things except for mushrooms and squid, I did comment that it was unlikely that anyone would cook squid but it is one of Helen's favourites which they do not like!! If you can help please make a meal in either a disposable dish or one you are in no hurry to get back (clearly labelled with your name) and get them to me. Please label each meal with what it is. I will freeze them and then drop round to Patrick in a batch. Please call to check Phil or I are in 01189774257 before coming round. Thank you Lynne

HOT WEATHER ADVICE

We have had a few people feeling unwell or faint at church recently in the hot weather. Church is a very common place to feel faint because there is lots of standing up and it is more common to faint if you are older or have other health conditions.

As a GP, I just wanted to share some advice. I apologise if some of this is obvious, but fainting is not pleasant and one risks injuring oneself in falling on the hard floor in church.

Please have some breakfast and drink plenty before church.

Take care not to stand up too quickly.

If standing for a while try not to stand totally still, but move your legs and feet. (This helps keep your blood pressure up)

If you feel lightheaded, sick or unwell, sit down, or don't stand up in the first place.

Once sitting down, putting your head between your knees can help you feel better.

Do let the person sitting next to you know you feel unwell so they can get you a glass of water, or help you lie down to recover, or get help from others at church. We are very lucky to have a number of nurses and first aid trained individuals in the congregation.

Please try not to feel silly if you feel ill. It can happen to anyone and we all need help sometimes.

Below are some links to NHS information about fainting and hot weather.

<http://www.nhs.uk/Conditions/Fainting/Pages/Introduction.aspx>

<http://www.nhs.uk/Livewell/Summerhealth/Pages/Heatwave.aspx#risk>

Susannah



The Church needs your help to run smoothly. We are unable to fill all the gaps on the next rota even with many members being on more than one. Please pray and consider if you could help, make coffee, read, lead the intercessions, count the money, set up communion, arrange flowers or help at Sunday Club. There really is a complete variety of things to choose from, something for everyone. Please let any of the stewards know even if you are just slightly interested!! Thank you.

WOW

All ladies are invited to an al fresco evening in my garden (26 Camellia Way) on Wed 19th July at 7.30pm. There will be Pimms, soft drinks, nibbles and hopefully a fine Summers evening on offer. Please could you let me know if you are able to join us on 9782816 or lyn@lynbrown.me

TRIP TO NORTHERN CYPRUS

Rev'd Jane Kraft is leading a trip to Northern Cyprus this September & there are still a few places left (double & twin rooms, 1 single room). See poster on the notice board for further details. Jane needs to know in the next week if you are interested.

SUMMER CONCERT at ST NICHOLAS CHURCH, HURST

On Saturday 22nd July at 4pm - 'Music for a Summer Day'. Tickets £5, in aid of their Parish Room Refurbishment project. See poster on the notice board for further details.

WOKINGHAM FOODBANK - CURRENT NEEDS

Thank you for your support for the foodbank, without it we could not continue to help those who find they need us. This is our current shortages list - Tinned Hotdogs, Pot Noodles, Sponge Puddings, Small Jars of Coffee, Fruit Squash. Many Thanks, David Atkinson, Manager - The Wokingham Foodbank

PRAYERS

If you would like prayers for yourself, your family or friends, please contact the Prayer Coordinator, Lynn Smith woosehillprayerchain@gmail.com or tel.07757 701730. Messages on the prayer chain are totally confidential and only seen by those Church members on the chain, if you would also like to be included in the intercessions on a Sunday morning then please let Lynn know.

PRAYER ROADS

This coming week we will be praying for Neptune Close & Phoenix Close

Worship for 23rd July

Sixth Sunday after Trinity

10:00am Holy Communion Rev'd Judi Hattaway

Steward: Lyn Brown
Sidesperson: Faye Gooch
Readers: Faye Gooch
Prayers: Peter Murgatroyd
Coffee: Amy Truluck
Offertory Stewards: TBA
Projector: Lynne Paine
Sound: Tony Sayer
Communion Steward: Sue Church
Music: Music Group
Flowers: Lynne Paine

**6.15pm Evening Worship Home Team
(Taize)**

Coming up in the next few weeks:

30 th July	10.00am	Café Church - Home Team
6 th August	10.00am	Morning Worship - Home Team
13 th August	10.00am	Holy Communion - Rev'd Richard Lamey
20 th August	10.00am	Morning Worship - Doreen Murgatroyd
27 th August	10.00am	Holy Communion - Rev'd Julie Mintern

Please send any information for the noticesheet to
woosehill.church@googlemail.com before 8.00pm on **Wednesday**.
Thank you. Alison

If you have any enquiries or would like to speak to a minister for any reason,
please contact Rev'd Patrick Mukholi 0118 9773397/07448 794154,
patrick.mukholi@spauls.org.uk