

Woosehill Church

Worship for 30th July
Seventh Sunday after Trinity



10:00am Café Church Home Team

Steward: Geoff Peck
Sidesperson: Sue Wells
Readers: Sue Riddick
Prayers: Geoff Peck
Coffee: Amy Truluck
Offertory Stewards: TBA
Projector: Andrew Carson
Sound: Tony Sayer
Music: Music Group
Flowers: Gillian Payne

5.30pm Suffolk Lodge Service

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. There are activities for children on the table at the back of the Church.

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

Wed	8.30am	Morning Prayer - St Paul's
-----	--------	----------------------------

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 Lyn Brown. Please label each meal with what it is. They will then be frozen and dropped round to Patrick in batches. Please call Lyn on 0118 9782816 to arrange dropping off. Thank you.

NOTICE SHEET EDITOR - HOLIDAY

There will be no notice sheet on 13th & 20th August as I am away on holiday. I will try to ensure that all relevant information is in next weeks notice sheet to cover for my absence !

VIRTUAL PRAYER WALK

This week we will be praying for Agate Close & Amethyst Close.

AUGUST TIDY

On 19th August we are meeting to sort out the storage of our stationery and craft bits. If you can help please meet at 10am at the Church.
Thank you Lynne.

AUTUMN COURSE

The Parish Church of St John the Baptist will be holding an Autumn Course on the subject of 'Mystics Ancient & Modern', on Mondays from 8-9.30pm, commencing 11th September. See poster on the notice board for further details

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

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.

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

Thank you. Alison

Worship for 6th August

Eighth Sunday after Trinity

10:00am Morning Worship Home Team

Steward: Geoff Peck
Sidesperson: TBA
Readers: Geoff Peck
Prayers: Geoff Peck
Coffee: Barbara, Sue & Ann
Offertory Stewards: TBA
Projector: Bob Clark
Sound: Roger Prior
Music: Music Group
Flowers: Linda Hoskins

Coming up in the next few weeks:

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

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