

All Saints' and St Antony's in the Parish of Sanderstead

Growing in Christ, working together with the community and sharing God's love



Parish News

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If you have an article or information that you think might be of interest to the church family, please send it to Parishnews@sanderstead-parish.org.uk

A new sermon series started on 22 June entitled: "Perplexing Paradoxes".

Read more on page 3.

NB If you miss any, you can always catch up on All Saints' Sanderstead Youtube Channel.

'Boosting Life Skills' Course

A free course to run over seven Wednesday mornings at Purley Baptist Church beginning 30 July.

Would this benefit you or someone you know? See full details and how to register on Page 10.

Can you help?

A second editor is needed to assist with producing the church newsletter.

The role would be to source appropriate articles from the congregation (preferably in a digital format) and to do an initial edit, checking spelling etc. and then pass the articles on to Jackie to be laid out in Publisher.

If this is something that you would feel able to do, please speak to Jackie in church or email her at :

Parishnews@sanderstead-parish.org.uk

A PRAYER FOR THE PARISH DURING THE INTERREGNUM/VACANCY

God our Father, we thank you for your faithfulness and for your unchangeable love.

We thank you that, in Jesus Christ, you have called us to be his body in this place to shine like a beacon on the hill, growing in Christ, working together with the community and sharing God's love for one another.

During this time of uncertainty and change, we ask that we may be filled, guided and encouraged by your Holy Spirit. Grant us vision, energy, faithfulness a real sense of togetherness and a love for one another.

We ask you to guide with your heavenly wisdom those appointed to discern the way ahead and lead them to the right person to be our new incumbent. May we receive with joy and unity the priest you have prepared for your people here, ready to serve you and build us up in faith, and lead us by example in loving obedience to your Son, our Saviour, Jesus Christ. AMEN



All Saints' & St Antony's in the PARISH of SANDERSTEAD

All 9.30am Sunday services at All Saints Church are livestreamed.
www.sanderstead-parish.org.uk

JUNE 2025 - All Saints' Church...

NB This calendar is showing only services for the remainder of June

Saturday 28th June	9.00 am PARISH PRAYER <i>Led by Judith Robinson</i>
Sunday 29th June Trinity 2	9.30 am FAMILY WORSHIP with Communion <i>Bishop Rosemarie Mallett, Bishop of Croydon</i> Perplexing Paradox No.2 – Giving is receiving

St. Antony's Church...

CAFÉ CHURCH - Every Sunday at 3.00 pm *A relaxed worship service with Afternoon Tea, refreshments, singing, Bible readings, a short talk, prayers, and time to get to know Jesus better.*

T4U - 2nd & 4th Mondays of the month at 2.00pm
An informal social time of tea, cake & chat.

Growing in Christ, working together with the community and sharing God's love

Would you be interested in joining our Short Walks Group?

As many of you will know, we have a flourishing walking group that meets every Wednesday for a walk of 4 – 5 miles, followed by a pub lunch. These walks have been happening for almost 8 years now and the main focus is increasingly social, rather than for exercise. Indeed, some people join us for lunch without walking which is absolutely fine. As we all get older however, some of us struggle with 4-5 miles (not to mention stiles!) so I decided to set up a Tuesday short walking group.

The Group meets at All Saints' at 3pm for a stroll round Sanderstead Recreation Ground, followed by a cup of tea and a slice of cake in the Church Halls. Again, the purpose is primarily social, with some gentle exercise thrown in for good measure.

The first Tuesday short walks took place on 10th and 24th June and have proved to be a success. The next walk will take place on 8th July and will carry on fortnightly thereafter. There is no need to sign up for each walk - just turn up when you can. Well behaved dogs can come as well!

Hope to see you there,

Dick Hibberd (dick.hibberd@gmail.com / 07775 824 743)

All are welcome to join our
Messy Church families for our

Whole Church Summer BBQ on the Gruffy from 1pm on Sunday 13th July

Food will be provided

Monetary donations would be
gratefully received on the day.

Everyone is invited,
but for catering purposes we need to
know who will be coming.

You can sign up by clicking on this link...

[https://sandersteadparish.churchsuite.com/
events/6bipnaji](https://sandersteadparish.churchsuite.com/events/6bipnaji)

or by emailing Rosanne at
admin@sanderstead-parish.org.uk
Alternatively sign-up on the list at the
back of church.

When you sign up, do let us know of
any dietary requirements.

We hope that as many people as
possible will come.

Please invite family and friends
and bring chairs / rugs to sit on.

Messy Church

Someone once said: “Deep Summer is when laziness finds respectability”. Well, here we are in ‘flaming’ June, about to enjoy another Summer. I wonder what you are planning to do over the next three months?

I have some sympathy with this statement! If we are forever busy and never take time to allow our batteries to recharge, we should not be surprised if we “burn out”. Some folk just seem unable to relax, always fretting about the next big event. Beware: someone told me today that there are just 204 sleeps until Christmas.

The Welsh poet William Henry Davies wrote these words:

*What is this life if, full of care,
We have no time to stand and stare.*

*No time to stand beneath the boughs
And stare as long as sheep or cows.*

*No time to see, when woods we pass,
Where squirrels hide their nuts in grass.*

*No time to see, in broad daylight,
Streams full of stars, like skies at night.*

*No time to turn at Beauty's glance,
And watch her feet, how they can dance.*

*No time to wait till her mouth can
Enrich that smile her eyes began.*

*A poor life this if, full of care,
We have no time to stand and stare.*

One of the joys I have recently discovered is to spend time gazing up at the night sky.

Inspired by our recent visit to Kenley Observatory, and also by our departed friend Mike Fixter, I recently purchased a telescope that enables me to see the rings around Saturn and the detail of craters on the Moon. It is truly

fascinating to gaze in wonder at everything God has created. I hope you will use these coming months to deliberately slow down the pace of your life - even if only for a short hour or so - and ponder the wonder of the created order.

As ever, there's a lot happening in our church. The Gruffy Fayre will happen on 14 June, and I'm sure many of you will be heading off for holidays once the schools have broken up in July.

From 22 June we will be starting a new sermon series in our Sunday services, entitled: “Perplexing Paradoxes”. In this series, we are going to look at some familiar Biblical statements which, on the face of it, seem to be oddly - and sometimes absurdly - paradoxical. So we'll be unpacking some famous -

apparently paradoxical - statements and trying to understand their significance and meaning. For example: “The Last shall be First”; “The meek shall inherit the earth”; “Giving is receiving”; “Becoming wise by being foolish”. At each stage we shall ask Why? We shall reflect on the apparent non-sense of the statement - surely “giving” means I lose something, so how can I possibly gain or receive when I give? How can the last possibly become the first - surely they were late to the party, so it seems a bit unjust to promote them to first place! And if I'm weak, how can I be strong at the same time? And how can St Paul possibly say that he “delights in weaknesses”? What sense does that make?

Do come along to our Sunday morning services if you'd like to find answers to some of these statements. You'll be very welcome, and you may also wish to join one of our Homegroups to explore in greater detail.

In the meantime, enjoy as much fine weather as you can find and don't forget to take time out to “stand and stare”.

REVD JEREMY GROOMBRIDGE

**Don't forget to take
time out to
“stand and stare”.**

The Gentle Gardener

By Edgar Albert Guest

I'd like to leave but daffodils
to mark my little way,
To leave but tulips red and white
behind me as I stray;
I'd like to pass away from earth
and feel I'd left behind
But roses and forget-me-nots
for all who come to find.

I'd like to sow the barren spots
with all the flowers of earth,
To leave a path where those who come
should find but gentle mirth;
And when at last I'm called upon
to join the heavenly throng
I'd like to feel along my way
I'd left no sign of wrong.

And yet the cares are many
and the hours of toil are few,
There is not time enough on earth
for all I'd like to do;
But, having lived and having toiled,
I'd like the world to find
Some little touch of beauty
that my soul had left behind.

Submitted by Sally Nicholas



COFFEEPOT

Drop-in for Coffee, Tea and Cakes at All Saints'

This is a friendly welcoming activity, which is on offer alternate Friday mornings between 10.00 – 12 noon in the small hall.

Did you know that Coffee Pot runs throughout the summer?

Our summer dates are:

Friday 27th June

Friday 11th July

Friday 25th July

Friday 8th August

Friday 22 August

What do we offer? A warm welcome, friendship, lots of chat and laughter, and yummy homemade cakes!!



PILGRIMAGE 2025, 35th Anniversary - Walking to change lives



The Connections at St Martin's in the Fields works with people as they recover from life on the streets, to help them move on to meaningful, fulfilling futures and a place called home.

Rena Gray returned after many years to take up the challenge to walk from St. Martin's in London to Canterbury Cathedral, a walk of 73 miles over the late May Bank Holiday weekend, to aim to raise money for the charity.

According to Rena's Justgiving page, she has raised over £1100 (including gift aid)

Well done Rena, and thank you to everyone who supported her. Ed.

More details from Rena are to follow.

RENA'S CHARITY WALK

RENA'S CHARITY WALK

Sunday Lunch / 80th Anniversary of VE Day



Congratulations to Susie Steel for hosting Sunday Lunch on 4 May with a VE Day Anniversary theme.

Men's Group visit to Kenley Observatory

One dark Friday evening at the end of March, 24 of us gathered for a visit to the Norman Fisher Observatory, home to Kenley Astronomical Society. The first challenge was finding the observatory in the dark even though many of us have walked right past it on a Wednesday walk without ever realizing that was what the small white buildings with a dome actually were!

Eventually everyone arrived and we were greeted by three members of the Society who split us into two groups. One group stayed outside (well wrapped up) and the leader pointed out various constellations and also a couple of passing satellites. We were fortunate to have chosen a clear night and it was amazing just how many stars were visible, helped no doubt by the relative lack of light pollution on top of a hill near Kenley Aerodrome.

The second group squeezed under the dome where there was a decent-sized telescope and

one by one we were able to study Mars and part of Orion's belt amongst other stars and planets. Once the two groups had swapped places, we all assembled inside where they answered our questions and reminded us to watch out for a partial eclipse of the sun next morning, using a pin hole camera or proper eclipse glasses of course.

All in all it was a very interesting evening at a very modest cost and at least one member of our group has subsequently bought their own telescope. If you missed it, the observatory is open every Saturday evening from 6th September until April, depending on the weather of course! There's no point in going when it's a cloudy evening.

With thanks to the Croydon Astronomical Society Astronomy | [Croydon Astronomical Society](#) for hosting us and to Tony Robinson for arranging the trip.

Dick Hibberd

MEN'S GROUP – Breakfast Talk by Revd Steve Cooper - the RNLI

On Saturday 24th May, some 40 people gathered in St Catherine's aisle to listen to Revd Steve telling us about the RNLI and his time as a volunteer.

Founded in 1824, the RNLI has been responsible for saving over 146,000 lives as well as helping hundreds of thousands if not millions of others, but increasingly a priority for the RNLI is preventing people from getting into difficulties in the first place – prevention is better than cure.

Particular milestones have included taking delivery of the first steam powered lifeboat in 1890; maintaining their remit to cover the whole of Ireland in 1922; saving 6,372 lives during World War Two and the receipt of the Blue Peter lifeboat in the 1960's. The most highly decorated lifeboat-man was Henry Blogg from Cromer Lifeboat who retired after 53 years during which he was involved in saving 873 lives.

Technology has advanced in leaps and bounds with the original "rowing boats" evolving into the latest £2.5 million Shannon class boats which the Fleetwood crew has seen capable of 25 knots in a force 10 gale, well beyond the design specification. Steve described them as 1,300 horse power jet skis, as water jets provide their propulsion, enabling them to ride up and over the waves, rather than crashing through them. Even more remarkably, the jets enable them to stop within their own length, vital if spotting someone in trouble in the water.



The Shannon Lifeboat, the RNLI's most agile and manoeuvrable all-weather lifeboat yet.

Steve also showed us a short video of a lifeboat launched into a gale and being blown back onto a shingle beach, before the skipper asked all the crew bar himself to stand in the bows, lifting the stern so that he could reverse it off the sands directly into the wind and waves. The boats and crews are tough.



Steve also shared some of his own experiences with the Fleetwood lifeboat in Morecambe Bay, although his main focus now is on training and talking to schools about Water Safety. In this he focuses on four things: **Stopping and Thinking** (being prepared for whatever we find when we are around water); **Staying Together** (looking out for each other and even being prepared to say 'No'); **knowing how to Float** (so if you end in the water you can calm down and work out what to do next); and **knowing what to do to Call for Help** (signals, 999 or 112); all this to enable people to Stay Safe and Enjoy the Water.



When Steve talks about rescues I struggle with his notion that rough seas making the boat "bouncy" were fun times on the job – for me they would be the most terrifying!

The RNLI receives no money from Government beyond gift aid, relying wholly on donations to cover the £191 million pa running costs. 60% of the work of the RNLI is directly funded by gifts in wills - six in ten launches, training exercises, sets of crew kit, everything.

The RNLI has a vision of One Crew, everyone from boat crew through shore volunteers, committed

supporters, to people who put money in a box on the chippy counter. We are all One Crew, so we were pleased to join the RNLI "crew" with a donation of £125.

With thanks to Steve and also to David Chillman for organising the refreshments.

Dick Hlbberd

Photos from Steve plus a few more facts about the RNLI

There are **238 Lifeboat stations** around the UK and Ireland with **448 lifeboats and hovercraft** and over **5700 volunteer lifeboat crew members**. Lifeboats range from the all-weather boats—currently consisting of the Shannon, Severn, Trent, Tamar and Mersey class lifeboats—to the smaller more manoeuvrable inshore lifeboats in classes B and D plus E class on the River Thames. The RNLI also have inshore rescue hovercraft for areas that are inaccessible to conventional RNLI lifeboats such as mud flats and river estuaries. Hovercraft are on station at Hoylake, Hunstanton, Morecambe, and Southend lifeboat stations.



Severn



Trent



Tamar



Mersey



B Class



D Class



E Class



Hovercraft

In Croydon we are not that far from the busiest lifeboat station in the country. In 2001 a new search and rescue service for the Thames was announced and the RNLI was asked by the Government to provide lifeboat cover. This is the first time the Institution had set up lifeboat stations to specifically cover a river rather than estuarial waters.

As one of the four lifeboat stations along the Thames (the others being at Chiswick, Teddington and Gravesend) **Tower Lifeboat Station** is the busiest across the country and had reached the milestone of 10,000 lifeboat launches on 6 June 2023. It now has a new building which was officially opened by RNLI President HRH The Duke of Kent on 23 June 2023.

The **RNLI College** is in Poole, Dorset, and it is the home of RNLI training, with members coming from across the UK and Ireland. It also houses a hotel, a restaurant, a bar and a shop selling RNLI products, all of which are open to the public. Why not visit if you are down that way?

Editor



FOOD LIST - JUNE 2025



At Purley Food Hub we provide emergency food, toiletries and household essentials to local people going through times of crisis. Please consider donating any of this month's Top 10 priorities:

- Small Bottles of Pasta Sauce
- Tinned Corned Beef, Chicken, Ham
- Tins/Snap Pots of Baked Beans
- Toddler Microwave Meals: 10mths & 12mths+
- Small (500g) Packets of Sugar
- Tinned Tomatoes
- Packets of Custard requiring only hot water
- Tinned Rice Pudding
- Small Bottles of Shampoo
- Kitchen Scourers

We are most grateful for everyone's continued kind support. In 12 years your donations have enabled us to provide food for **more than 43,500 people - equivalent to nearly 395,000 meals.**

EMBRACE THE MIDDLE EAST

One of All Saints'
Supported Charities

This is a reminder that the latest edition of the **Prayer Diary** for the period up to the end of July can be downloaded at

<http://embraceme.org>.

Here you will also find lots of information about the charity and about how its agents are being affected by the current crisis as well as prayers for peace.

The prayer request for the week of 22 June is included below.

22 June As well as providing physical rehabilitation services, the Bethlehem Arab Society for Rehabilitation (BASR) works to improve the inclusion of people living with disabilities in the West Bank.

Please pray for them as they raise awareness of disability rights and advise organisations and employers on making their premises and Services more accessible.

During our 9.30 service at All Saints' on 22 June we had an informative and moving talk about the work across the Middle East of this charity from its representative, Rowena Worthington. If you missed this talk, do watch it within the service broadcast on the All Saints' Sanderstead youtube channel.



PURLEY FOOD HUB
Tel: 07546 635295 | Email: purleyfoodhub@gmail.com
Website: www.purleyfoodhub.net
Charity no: 1152807 | Company no: 08557885

Churches
together
Purley & Kenley

Donating to Project 800

Thank you to everyone who is supporting us for free on #easyfundraising. Your continued support means the world to us! So far you have raised £30.42.

If you've not signed up yet, please join today and you can raise free donations for Sanderstead All Saints Church every time you shop online this year! Over 8,000 retailers like eBay, Argos, John Lewis & Partners, Etsy, Tesco and Just Eat will donate at no extra cost to you. Plus, every new supporter who signs up before 30th June has a chance to win a £500 donation in the Jumpstart your June giveaway. Sign up at this unique link: <https://join.easyfundraising.org.uk/sanderstead-all-saintschurch/sqvlqu/c2s/mQ7oHj9a/CE947/facebook/28.31>

How to prevent yourself from being hacked – and what to do if you have been

Some of the UK's biggest retail names have been struck by a spate of recent cyber attacks stalling online shopping and putting personal data at risk. Marks and Spencer, Co-op and Harrods have all fallen victim prompting the National Cyber Security Centre to warn this should be seen as a "wake-up call to all organisations".

For those on the other side of the retail fence, it also raises concerns about personal cyber security and the risk of being hacked. Keeping devices, data and your identity safe from hackers is key and an ongoing issue. We take a look at some of the best approaches to protection and what to do if you are the victim of hacking

How to stay secure online?

Hacking is a term to describe an attempt to gain unauthorised access to devices, data or online accounts enabling perpetrators to find and exploit personal and financial information.

To prevent this happening to you, the National Cyber Security Centre has six top tips to ensure your devices, personal details and online are safe.

- **Protect your email by using a strong and separate password.** Cyber criminals can use your email to access many of your personal accounts, leaving you vulnerable to identity theft. Using a password you don't use for any other accounts, either at home or at work, is key.
- **Install the latest software and app updates.** Software and app updates contain vital security updates to help protect your devices from cyber criminals.
- **Turn on two-step verification (2SV).** Turning on 2SV is one of the most effective ways to protect online accounts from cyber criminals. It adds an extra layer of protection to online accounts, with a second verification step such as a code sent to your phone or an authenticator app before logging in. Important accounts, such as email, banking, social media and online shopping, should have two-step verification.
- **Use password managers.** These are software applications or tools that can help generate and store strong passwords securely. This means you can use unique, strong passwords for important accounts rather than using the same password for all of them.
- **Back up data.** Safeguard your most important data, such as your photos and key documents, by backing them up to an external hard drive or a cloud-based storage system.
- **Three random words.** Use three random words to create a password that is difficult to crack. The longer and more unusual your password is, the harder it is for a cyber criminal to crack.

What should you do if hacked?

If you think you have been hacked and you can no longer access an account or you have noticed unusual activity, then it's important to act quickly. There are a number of steps you should take to limit the damage and protect your details and accounts and those of your contacts, according to the NCSC.

- **Contact your account provider.** Go to the account provider's website and search their help or support pages where it should explain the account recovery process.
- **Check your email account.** Check email filters and forwarding rules. Cyber criminals sometimes set up a forwarding rule to automatically receive a copy of all emails sent to your account, allowing them to reset your passwords.
- **Change passwords.** Immediately change the password for the hacked account and any accounts where you use the same password.
- **Log out of all devices and apps in your account.** When you have changed your passwords, log out of the account on any devices and apps using the 'settings' menu or privacy or account options.
- **Set up two-step verification.** This means even if a criminal knows your password, they won't be able to access your accounts.
- **Update devices.** Turn on 'automatic updates' on your device settings so you don't have to remember to do it.
- **Tell your contacts.** Get in touch with friends or followers linked to the hacked account. Let them know you were hacked so they can protect their accounts.
- **Check bank statements and online store accounts.** A hacked email account can lead to hacks elsewhere. Look out for unauthorised purchases and check bank accounts for unusual transactions. Report any to your bank.
- **Report hacking incidents.** Report to [Action Fraud](#) or [Police Scotland](#), if in Scotland.

Submitted by Michael Turner

Boosting
Life Skills



course #1
in the series
of Positive Life
Courses*

*Providing knowledge & tips to
boost life skills by unlocking
potential in Wellbeing, Health
and Interpersonal Skills... and so
have a 'Positive Life'



How to boost motivation, self-confidence & make effective decisions

“Boosting Life Skills : an introduction” (BLS) course

How to:

- boost motivation & self-confidence, set & achieve goals
- cope with change, challenges/setbacks, criticism & rejection
- break destructive habits, stop procrastination
- say 'No', develop courage & move on from a bad situation
- make effective decisions.

Start: **Wednesday 30 July 2025**

Duration: **7 sessions of 2 hours**

When: **Wednesday mornings 10am-12noon**

Cost: **Free of charge**

Where: **Cube training room, Purley Baptist church,
Banstead Rd, Purley CR8 3EA**

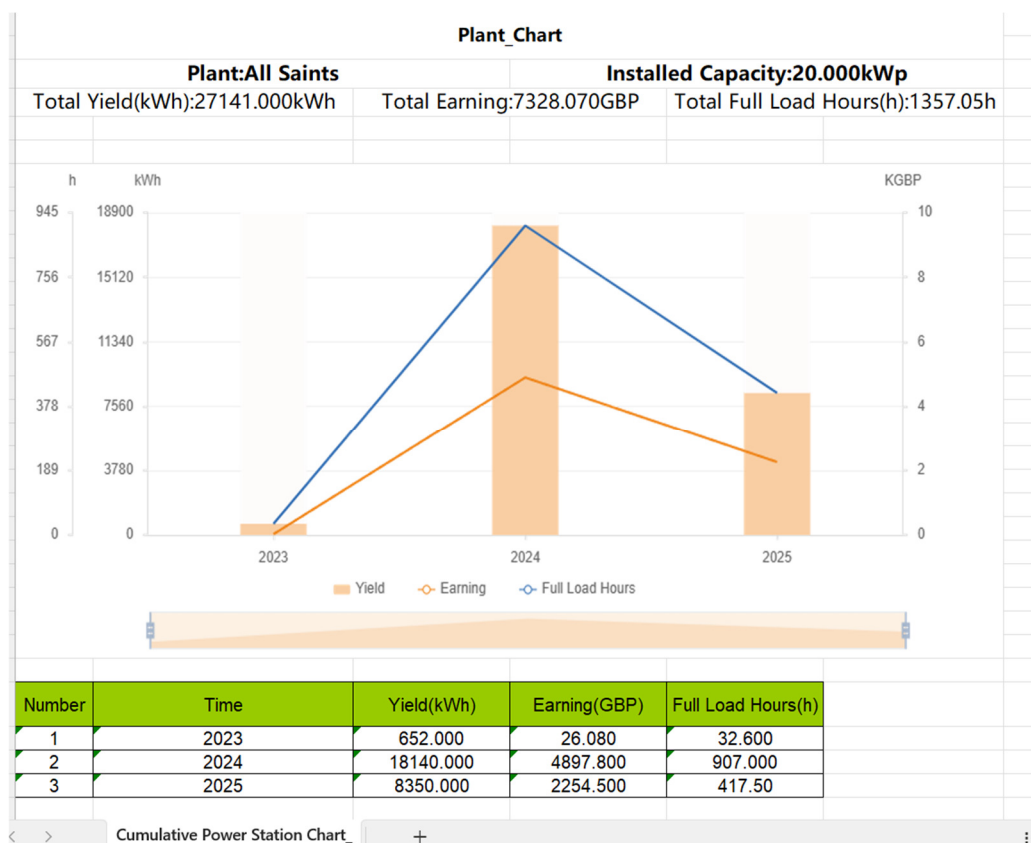
To book your place, or for more details, contact Purley Baptist Church Office
(0208 668 0422 or office@purleybaptist.org).

There are limited places; so, to avoid disappointment, book early. 😊

PERFORMANCE OF SOLAR PANELS ON THE CHURCH HALL ROOF

The graph aside shows
how well the solar
panels have been
performing, earning over
£7320 since their
installation in late 2023.

Michael Turner



I'm Sue Atkinson, Bishop David's wife and I'm a survivor of childhood abuse and also spiritual abuse as an adult. So very little is known about the long term effects of trauma - the brains of survivors are different from the general population. Too often survivors who turn to the church for help, report being badly treated. In an attempt to put that right I've spent the last three years writing leaflets for survivors of abuse and those who support them, for example, **'Understanding abuse'** covers what to do when someone discloses abuse to you.

Lots of people have helped me, including Reverend Jeremy, and David has been a wonderful proof-reader and advisor. The leaflets are packed with information, case studies and sources of help.

The leaflets are free to download at <https://survivorsvoices.org>



Go to 'resources' then 'leaflets'.

A donation to SVP would be welcomed if you need quantities such as for teaching.

What follows here is a list of all the leaflets arranged in sections.

The **introductory section** has these five leaflets: *How to use these leaflets*, *What do we mean by abuse?* An introduction for survivors, *Understanding abuse*: an information leaflet for those receiving safeguarding training and those who want basic Information about abuse, *Caring*

for survivors of abuse, and *The importance of self-care*.

The **different kinds of abuse** are covered in these seven leaflets:

Understanding emotional abuse, *Understanding sexual abuse*, *The impact of rape and sexual assault*, *Understanding physical abuse*, *Understanding domestic abuse*, *Understanding spiritual abuse*, and *Especially for men and boys*.

The **root of it all** just has one leaflet: *Understanding trauma*.

Learning to manage life as a victim/survivor has eight leaflets:

Coping strategies, *Managing anxiety, stress and burnout*, *Making sense of depression*, *Working through shame and guilt*, *Making sense of memories, triggers and flashbacks*, *Understanding dissociation*, *Dealing with our anger*, and *Understanding suicidal thoughts*.

Social perspectives has these four:

Thinking about disclosing abuse, *Searching for justice*, *Forgiveness following 'shattering harm'*, and *Faith and the responses of the church to survivors of abuse*.

Moving on has just 2 leaflets to help with recovery: *The recovery journey: reconnecting after trauma*, and *Finding a therapist*.

I hope you find our leaflets helpful.

Sue Atkinson



- **Monday 14th July 7.30pm "Illiteracy Doesn't Make Sense" St Catherine's Aisle**
- **August no meeting**

We are looking for new members to join us and join in but all our meetings are open to everyone

Rosemary Kemp sell email :Rosemarykemp sell@gmail.com; Tel: 020 8657 0482



All Saints' & St Antony's in the PARISH of SANDERSTEAD

All 9.30am Sunday services at All Saints Church are livestreamed.
www.sanderstead-parish.org.uk

JULY 2025 - All Saints' Church...

<u>Sunday 6th July</u> Trinity 3	9.30 am	PARISH EUCHARIST with choir, healing prayer & JIGSAW (Sunday School). Bishop David Atkinson <i>Perplexing Paradox 3 - The meek shall inherit the earth</i>
<u>Sunday 13th July</u> Trinity 4	9.30 am	FAMILY WORSHIP with Communion Revd Steve Cooper <i>Perplexing Paradox 4 - The last shall be first</i>
	3.30 pm	MESSY CHURCH Crafts, games, songs, refreshments for children/parents/carers. WHOLE CHURCH BBQ 
<u>Thursday 17th July</u>	12.30 pm	Midweek Communion Revd Steve Cooper
<u>Sunday 20th July</u> Trinity 5	9.30 am	PARISH EUCHARIST with choir. Revd Kevin Garrett <i>Perplexing Paradox 5 - Loss is gain</i>
<u>Saturday 26th July</u>	9.00 am	PARISH PRAYER Led by Elaine Leck
<u>Sunday 27th July</u> Trinity 6	8.00 am	SAID EUCHARIST Bishop David Atkinson
	9.30 am	FAMILY WORSHIP Revd Jeremy Groombridge <i>Perplexing Paradox 6 - To live is Christ, to die is gain</i> With Update on PURLEY FOODBANK by Steve Hunt
<u>Sunday 3rd August</u> Trinity 7	9.30 am	PARISH EUCHARIST with healing prayer Andrew Moncrieff from CRISIS With Update on CRISIS by Leigh Hall

St. Antony's Church...

CAFÉ CHURCH - Every Sunday at 3.00 pm A relaxed worship service with Afternoon Tea, refreshments, singing, Bible readings, a short talk, prayers, and time to get to know Jesus better. **Holy Communion Sunday 27th July, 3.00pm led by Revd Steve Cooper.**

T4U - 2nd & 4th Mondays of the month at 2.00pm
An informal social time of tea, cake & chat.

Growing in Christ, working together with the community and sharing God's love