



Ainsdale Methodist Church

Weekly Notices

Sunday Worship

Minister: Rev Patrick Evans

Tel: 07813 211501

Email: patrick.evans@methodist.org.uk

31st July 2022

10.45am Service led by Rev Jan Fraser

7th August - 10.45am Service led by Lesley Goddard

14th August - 10.45am Service led by Cynthia May & Brian Davey - A "Significant Hymns Service" in the Lounge.

21st August - 10.45am Service led by Rev Dr Sheryl Anderson - Communion

28th August - 10.45am Service led by Tabz

Mission Statement

To share locally and globally in the whole Church's purpose of the worship of God and the care of people.

Lectionary Readings 31st July 2022

**Ecclesiastes 1.2,12-14; 2.18-23; Psalm 49.1-12; Colossians 3.1-11;
Luke 12.13-21**

Prayer

Almighty God, your Son has opened for us a new and living way into your presence. Give us new hearts and constant wills to worship you in spirit and in truth; through Jesus Christ our Lord. Amen.



Flowers

Our flowers have been kindly donated by:

31st July - Val Ormerod in memory of her mother Barbara Ainscough.

7th August - Carol Gadd in memory of her dad Stanley.

14th August - Denis Gilbert in memory of his wife Margaret.



Talk

Cliff Hill has been asked by Southport Local History Society to give a talk on Primitive Methodism. It's on Wednesday 3rd August at 7.30pm in the Cornerstone Lounge. All welcome.

Mid-week Prayers

Wednesdays at 10am. All welcome.



Ecumenical Prayer Meeting

7.30am Tuesdays in August at St Patrick's Church.



Annual Leave

Patrick is on annual leave from 26th July, returning 8th August. If you need to contact a Minister during this time, please contact Rev Sonya Marshall at sonyatolley@icloud.com or on 07824 398263.



Prayer Handbook

If you would like a copy of the new Prayer Handbook 2022/2023 please sign the list in the porch by 14th August. The cost will be £4.50 each and both A5 and A4 copies are available

Over the summer, please don't forget . . .

- * The Foodbank still urgently needs all kinds of tinned and packaged food and drink. There is a box in the Lounge porch for donations.
- * Refugees in South Sefton still particularly need suitcases, backpacks, good quality mens' shoes and clothing. These can be taken to Ainsdale Village Church, Station Road, any Tuesday morning.

Preaching Plan

The new Preaching Plan covering September to November is now available in the porch

Church Office

Please note the Church Office will be closed from 29th July until 10th August. Thereafter open Wednesdays and Thursdays 9am-1pm for the rest of August.

Ainsdale Lunch & Leisure

Mondays

10am-11am - Fit 4 Life Class

Tuesdays

10am-11am - Ukulele Class

12 noon - Lunch

1pm-3pm - Music for All

2pm-3.30pm - Tai Chi

Wednesdays

12 noon - Lunch

1pm-3pm - Games Afternoon (Indoor Bowling, Table Tennis)

Thursdays

9.45am-10.45am - Gentle Gym Class 1

10.50am -11.50am - Gentle Gym Class 2

10am-12noon - Art Class

12noon - Lunch

Fridays

10am-12noon - Needlecraft Class

11am-12pm - Forever Fit Class

Chapel Café is open Monday, Wednesday & Friday - 10am-2pm

For any lunch bookings please call the ALL Office.
01704 574838

As we approach the end of July, the schools have broken up and we are entering what traditionally is known as the summer holidays.

A time once used to explore other places, visit relatives, go on day trips including visits to the beach, picnics in the park etc.

A time to RELAX.

In our constantly changing culture, with many financial pressures, people are finding it harder and harder to stop and relax.

Families often see the summer holidays as a greater challenge with parents balancing their work commitments alongside caring for and entertaining their children.

Grandparents also find themselves over committed, many looking after their much loved grandchildren alongside a plethora of other activities.

One of the positive things which came out of the pandemic was the space it provided for people to STOP. Some nuclear families found they had the most time they had ever had to spend together as a family unit. Single people stepped off the hamster wheel of work and activities.

Though not easy for many, it gave most people the opportunity to reassess and in a lot of cases appreciate the simple things of life. To stop and recharge the batteries of our complex beings.

The Bible reminds us of the need to rest ...

"Six days you shall work but on the seventh you shall rest" Exodus 34v 21.

"Harken unto this, O Job stand still and consider the wondrous works of God" Job 37v 14.

Jesus himself took time out to rest and talk to his father. Luke 5v16.

We are intricately designed and to function correctly we need to rest.

We need **physical rest**, for our bodies to stop, heal and recharge.

We need **mental rest**, rest which allows our brain to slow down or shut off and restores our memory capacity and sharpness of thought.

We need **sensory rest**, taking a break from sensory overload caused by technology, loud noises etc.

we need creative rest, a time focused on refilling our creative well, by being in a place that inspires us.

We need **emotional rest**, having a safe place where we can just be, not worrying about responsibilities and the circumstances around us.

We need **social rest**, taking us away from social situations which drain and exhaust us.

Also we need **SPIRITUAL REST**, a time to communicate with God in a meaningful way. To meet with our creator who delights in our company and is capable of meeting all our needs.

If we find this rest, we become like a 'well serviced car' and function to the best of our created ability. Physically we are stronger and are able to heal more quickly, we are emotionally stronger, mentally more capable, less forgetful and alert, have more creative energy and socially have more to give.

This summer, I hope we are able to find some prescribed rest, that we are able to provide space for others to receive it and that we may all enjoy some quality time with God and be truly blessed.

Love and Prayers.

Sonya x