



*Ainsdale Methodist Church*

# Weekly Notices

**Minister: Rev Patrick Evans**

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*21st May 2023*

**10.45am Service led by Rev Patrick Evans**

**28th May - 9.45am Service at Ainsdale Village Church**

**- 6pm Raising Praise at Leyland Road Church**

## **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 21st May 2023*

Acts 1.6-14; Psalm 68.1-10,32-35; 1 Peter 4.12-14; 5.6-11; John 17.1-11

## *Prayer*

Lord of Hosts, purify our hearts that the King of Glory may come in, even your Son, Jesus our Redeemer; for he is alive and reigns with you, in the unity of the Holy Spirit, One God, now and for ever. Amen.

## *Bible Study*

We'll be continuing to look at Mark's gospel on Monday (22 May) at 7pm in the church lounge.

After the Spring Bank Holiday the next meeting will be 5 June and thereafter fortnightly through the summer.

Come when you can - everyone welcome!

CHRISTIANITY | EXPLORED

WHAT'S THE BEST NEWS  
YOU'VE EVER HEARD?



Everyone is invited to join this seven session course at Leyland Road beginning on Monday 5th June with a simple lunch at 1230 (shared with visitors to Welcome Space) and then the group session will run from 1pm-2.30pm. The final session will be Monday 17th July.

If you would like to book onto the course please email Lucy on [lucy@southportmethodist.org.uk](mailto:lucy@southportmethodist.org.uk) or ring 01704 536648 (leave a message ).

If you would like to just come for 1pm and not have lunch beforehand that's ok.

## *Mid-week Prayers*

Wednesdays at 10am. All welcome.

# *Ainsdale Lunch & Leisure*

## **Mondays**

10am-11am - Fit 4 Life Class  
12 noon - Lunch  
1pm-3pm - Games afternoon which includes Cards, Dominoes, Jigsaws, Bingo, Quiz.

## **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-12 noon - Art Class  
12 noon - Lunch

## **Fridays**

10am-12noon - Needlecraft Class  
11am-12pm - Forever Fit Class  
12 noon - Lunch  
12.45pm-1.45pm - Singing for All

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

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

## *Circuit Choir*

As you may be aware there is a circuit service on 18th June and so we are getting together a circuit choir for the occasion. The rehearsals will be on a Tuesday afternoon from 2.00-3.00 at Ainsdale Methodist Church when we will learn two or three items to contribute to the service. If you are interested in joining could you please let me know on [cerimusic@hotmail.co.uk](mailto:cerimusic@hotmail.co.uk).

I look forward to hearing from you so that we can make a joyful noise to the Lord!

With best wishes Ceri Williams.

## *Church Notices*

If you have any items you want including in the notices please let Lucy Lloyd know on 01704 536648 or [lucy@southportmethodist.org.uk](mailto:lucy@southportmethodist.org.uk).



Dear Friends

Accompanying me on my recent bike ride was a friend who was ten years older than me and who eighteen months ago had a hip replacement. He cycled like a machine. We cycled for fourteen days with one rest day. I warned my friend of the physical and mental impact the ride would have. As the days pass your world closes in with the sole focus of your existence being on crossing the finishing line. And once completed there is a loss of purpose, an emptiness and disorientation. My friend is a hardy character and he had totally underestimated the impact the experience would have on his head, Towards the end of our journey he asked if he was making sense anymore, we would both struggle to find the right words when conversing, and our memories for the days that had past were confused. Much of this was driven by cumulative tiredness.

This week has been Mental Health Awareness Week. It reminds me that I need to be aware of my own mental health, along with that of those around me. What makes for good and poor mental health? There have been two programmes that I have found especially helpful this week. On Radio 4 there was "Is Psychiatry Working? Anxiety: why do we have it, and how can we control it?" (<https://www.bbc.co.uk/sounds/play/m001mdn8>). On BBC1 there was "Matt Willis: Fighting addiction" (<https://www.bbc.co.uk/iplayer/episode/m001m0jq/matt-willis-fighting-addiction>). I commend both programmes to you. In the Matt Willis programme he goes back to a rehabilitation centre that helped him to become clean. With some of the current clients who were fighting addiction, at the end of their talking therapy session he was invited to lead them as they shared the serenity prayer.

*God, grant me the serenity to accept the things I cannot change,*

*The courage to change the things I can,*

*And wisdom to know the difference.*

May we, with God's help, support one another as we seek good mental health.

God bless

Patrick

