



*Ainsdale Methodist Church*

# Weekly Notices

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*19th May 2024 - Pentecost*

**10.45am** Service led by Eirlys Jessop - Christian Aid Theme

**26th May** - 10am 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 19th May 2024*

Acts 2.1-21; Psalm 104.24-34,35b; Ezekiel 37.1-14; John 15.26-27; 16.4b-15

## *Prayer*

Almighty God, who on the day of Pentecost sent your Holy Spirit on the disciples with the wind from heaven and with tongues of flame, filling them with joy and boldness to preach the gospel: send us out in the power of the same Spirit to witness to your truth and to draw everyone to the fire of your love; through Jesus Christ our Lord. Amen.

## *Bible Study*

Next session is at 7pm on Monday, 20 May when we will be looking at Acts Chapter 3.

Everyone is welcome to this informal group in the Lounge.



## *Pentecost Prayer Service*

All the Ainsdale churches are invited to this special service at 6pm at Sacred Heart Catholic Church on Pentecost Sunday, 19 May, when we will celebrate together God's gift of the Holy Spirit.

## *Mid-week Prayers*

Wednesdays at 10am. All welcome.

## *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).

# *D Day 80th Anniversary Commemoration Service.*

On the morning of Thursday June 6th we will be holding service in church to commemorate the 80th anniversary of D Day. We would like to include any stories or the names of any family members who played any part in the day. You may wish to share a brief description of the part they played in the service, or just have their name remembered in our prayers.

Should we have a number of stories and names we would like to create a display with the stories on and a list of the names to be remembered. For further information or to pass on any names or stories please see Brian Davey.



## *Church Council Meeting*

Wednesday 22nd May at 2pm

## *Thank You*

Barbara and Brian send their heartfelt thanks to all our friend at AMC who have shown such loving concern for us and our son Rob during his long illness. Your prayers have surrounded and carried us. Many thanks for your kind messages and cards of sympathy following his recent death. Love and God bless. Barbara and Brian.

## *Ecumenical Prayer Meeting*

7.30am Tuesdays in May at Sacred Heart Church.

Dear Friends

I write in the middle of Mental Health Awareness Week and this years theme is 'Movement: Moving more for our mental health'.

One of the most important things we can do to help protect our mental health is regular movement. Our bodies and our minds are connected, so looking after ourselves physically also helps us prevent problems with our mental health. Exercise releases "feel good" hormones, that reduce feelings of stress and anger. It also helps us feel better about our bodies. It can improve our sleep too. If it involves other people we see regularly, that can also boost our mental health. Despite these benefits, so many of us struggle to move enough.

This Sunday we celebrate Pentecost. Jesus had foretold of the coming of the Holy Spirit...

*I will ask the Father, and he will give you another advocate to help you and be with you forever— the Spirit of truth...you know him, for he lives with you and will be in you.  
(extract from John Ch 14 vs 16-17).*

Upon the day of Pentecost Peter quoted from the book of Joel...

*'In the last days, God says,  
I will pour out my Spirit on all people.  
Your sons and daughters will prophesy,  
your young will see visions,  
your old will dream dreams.  
Even on my servants, both men and women,  
I will pour out my Spirit in those days,  
and they will prophesy.'* (Acts Ch 2 vs 17 & 18)

In assessing our wellbeing we have traditionally focused on the physical, although we now know that our physical and mental wellbeing are two sides of the same coin. If we ignore our mental health we suffer physically and vice versa.

I wonder if the same applies to our faith, both as individuals and fellowships? If we ignore or inhibit the Holy Spirit, without seeking, allowing or enabling a movement of the Holy Spirit does the wellbeing of our faith suffer? May we seek afresh a movement of the Holy Spirit for the wellbeing of our personal faith and that of our fellowships.

God bless  
Patrick