



*Ainsdale Methodist Church*

# Weekly Notices



*1st March 2026*

**10.45am** Service of Holy Communion led by Rev Patrick Evans

**8th Mar** - 10.45am Joint Parade Service with AVC led by Nigel Mawdsley  
- 6.30pm Circuit Service at Liverpool Road Church

*Image: John 1.29-42*

## **Mission Statement**

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

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# *Lectionary Readings 1st March 2026*

Isaiah 49.1-7; Psalm 40; 1 Corinthians 1.1-9; John 1.29-42  
(Year A - Lent 2)

## *Prayer*

Christ, Son of the living God, who for a season laid aside the divine glory and learned obedience through suffering: teach us in all our afflictions to raise our eyes to the place of your mercy and to find in you our peace and deliverance.

We make our prayer in your name. Amen.

## *Bible Study*

Bible Study is continuing on a fortnightly basis, with the next session taking place on Monday 9th March at 7pm at Cynthia and Frank's (17 Everton Road).

All are welcome.

## *Gardening Club*

Every Monday at 10am, meet in the church lounge. New faces are always welcome and no experience is needed. Enjoy some fresh air, friendly conversation and time in the garden, followed by tea, coffee and refreshments. Everyone is very welcome.

## *Mid-week Prayers*

Wednesdays at 10am. All welcome.

## *General Church Meeting*

There will be a General Church Meeting after the service this Sunday 1st March to discuss the redevelopment of the church buildings. Please do attend this important meeting and share your views on the way forward. All are welcome.

# *Churches Together in Ainsdale Lent Course*

## **Week 3**

2.00pm: "Come Alive"

Wednesday 4th March at our church looking at an excerpt from the film, 'The Greatest Showman'.

## *Churches Together in Ainsdale*

With the help of Shoreside Hookers CTiA are hoping to put out lots of little knitted/crocheted hearts in Ainsdale Village on Easter Sunday morning. The more there are, the greater the impact, so we are asking everyone who can to please knit or crochet a small heart. (There are printed copies of knitting and crochet patterns in the church porch).

The bible verse, John 3:16, will be attached to each heart to let whoever takes one know that each one of us is loved.

You can use any wool and any colour or combinations of colour. If you have spare wool please leave it in the box in the church porch for other people to use. You can leave your finished hearts there too or give them to Ann Howard before 22nd March.

Thank you.

## *Southport World Day of Prayer*

The Service for 2026 will be held at St. James' CE Church, 26 Lulworth Road, Southport PR8 2BQ on Friday, 6th March at 11am. It has been prepared by the Christian women of Nigeria.

All are welcome!

Please come and join us: we look forward to seeing you.

## *Church Notices*

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

# *Keeping a Spiritual Journal*

Putting pen to paper may have unhappy associations for some, particularly those who have struggled at school or who found writing essays difficult.

However, these earlier experiences don't need to put you off using a spiritual journal as a whole new way of connecting with God.

A spiritual journal is a highly personal record of our own journey with God. It is not concerned with spelling, grammar or punctuation; nor does it have to fit into anyone else's ideas of length, content or style. A journal may contain some comments about what is going on in your life, but its real focus is on where God might be found in those events, what God might be doing in our life; stories of grace will sit alongside stories of struggle in prayer or relationships. For some people, a journal might be a series of written reflections on Scripture verses, song lyrics or poetry that have touched our hearts. For others it might be a compilation of pictures, doodled diagrams with a few words here and there or collages copied and reduced in size so they fit.

Whatever shape the journal takes, whether a simple, spiral-bound notebook, a scrapbook bulging with special bits and pieces, or a series of reflections in a protected computer file, one thing is paramount: that the journal holds the story of our walk with God in the valleys and on the hilltops of life, and, just as importantly, along the paths of daily routine with their inevitable potholes, curves and cul-de-sacs.

*So what is your history of writing, doing assignments or keeping a diary?*

*How do you feel about keeping a journal as an aid for spiritual growth?*

*If you already keep a spiritual journal, what have been the benefits or difficulties?*

I'm one of those people who did struggle at school and did find essay writing difficult. I have found over the years that recording my thoughts and feelings in a spiritual journal has been very helpful. If you have never kept a spiritual journal, maybe you would like to do so during this period of Lent.

Ernie