

A message from Si, our vicar:

Dear church,

I hope you are managing to carve out some time for rest this summer. As I say this, some will be thinking 'that's never going to happen.' But as the Bishop of Carlisle often says to us clergy, 'when I tell you to rest it's not my idea!' The principle is there in the instruction to remember the sabbath day and keep it holy; which seems to be part of a broader scheme of rest in the Old Testament, with worshipful holidays (festivals). Even the land has to be rested on a rotating basis!

As promised, I've attached a [how to guide](#) for Bible walks. If you think Bible walks might be for you, I commend it as one way to put on the armour of God.

As ever, if you need someone one to talk to or simply just to listen and pray with, please get in touch. People often assume the need of others is greater, but usually they have underestimated their own need to talk and pray with another Christian. Details under visiting, below.

This Week's Bible Reading:

Colossians 3:1-4 and Titus 2:11-14

The Collect:

O God,
you declare your almighty power
most chiefly in showing mercy and pity:
Mercifully grant to us such a measure of your grace,
that we, running the way of your commandments,
may receive your gracious promises,
and be made partakers of your heavenly treasure;
through Jesus Christ our Lord.

What's On This Week:

Saturday 11am: Chinese Bible Study

Sunday 9.00am: Holy Communion Service (& refreshments in the lounge)

afterwards)

Sunday 11.00am: All Age Service (& refreshments in the hall afterwards)

Sunday 8.30pm Zoom Prayer Meeting for half an hour. Everyone is welcome to join us for this; there is no pressure to pray out loud. The zoom meeting link is: <https://us02web.zoom.us/j/85963653180>

Most mid week groups are having a break for August. Please check with your group leader if you are unsure.

Catch Up:

If you miss the Sunday sermon, you can watch a video of it on the St Johns YouTube Channel. It's usually uploaded on a Monday.

Dates for your Diary:

1st & 8th September 10:00-12:30 CAP money course

29th September 14:30-16:30 or 18:30-20:30 Safeguarding training

3rd October 10:00-13:00 Women's Day

News:

The gift day for St Andrews roof fund raised a whopping £13,160! Thank you so much for all your generosity.

Pat Smith will be hosting a 2 session CAP money course on the 1st and 8th September in the church hall. The course will start at 10am with tea and coffee and will conclude at approx 12.30pm each week. The course is a great help for learning how to budget and is suitable for all - not just those in poverty. Please contact Pat via capmoneywhitehaven@gmail.com to express your interest in attending.

Bring and Share Lunch

This Sunday, the 16th, we will enjoy a time of fellowship together sharing lunch after the 11am service. Please bring an item of food to share. Food contributions can be dropped off with the catering team from 10.30am. We are trying to reduce the workload for our team, so please can I ask:

If you are bringing hot food, please bring it hot and with a way of keeping it hot.

If you bring things that need to be sliced please bring them ready sliced.

If you can, please bring your contribution on a plate or bowl that can be put straight onto the share table.

Before you leave, please pop any rubbish in the bin, put your cutlery in the bowl by the kitchen and your plate on the table by the kitchen hatch.

Please collect the plate/bowl that you brought your contribution in and take it home to wash. (I will provide a bag to take it in)

If you're able to stay to the end and help to tidy up or put tables and chairs away, that would be very helpful. Many hands make light work.

Safeguarding Training

Booking is now available for the in-person safeguarding foundations training being run at St Johns on Tuesday 29th September.

Sessions are available at 2.30pm and 6.30pm. The training will last about 2 hours.

These sessions are open to new volunteers and those due or soon due to renew their training, who prefer in-person to on-line training.

Please email our parish safeguarding officer Heather Naylor to book your place (indicating your preference for afternoon or evening), or to find out more on: safeguarding@stjohnshensingham.org.uk

Please pray for:

- The friends and family of Sylvia Jones, whose funeral will be held at St John's on the 24th August.

- The friends and family of Jean Mainey, whose funeral will be held on the 21st August in Birkdale. Please pray for Ian (our former vicar), Simeon, Nathan, Hannah and their families.

- Mel Turner, Helen Stoker, Tony Pang, Jenny Wong, Jean Mainey and Mei Lan Benn

- The work of Sim International

- Oluchi, Winnie, Lola and all their families as they leave for a new life in Canada. We thank them for all their contributions to St John's family life and will be praying for them as they move on.

Spotlight on Serving: The Sound Desk

Every Sunday, our sound team use their technical skills to balance the sound levels around the church and ensure that the worship team can hear each other. It's a role that isn't often noticed but is absolutely invaluable. Thank you to everyone who serves quietly and faithfully in this team. Here's what a current team member had to say about the role: "Serving on the sound team makes me feel that, along with the visuals team, I'm contributing to ensuring that people can 'See and Hear God's Word'. I enjoy being able to support the worship and on a personal level, I've been

able to develop new skills and learn something new, whilst getting to know members of the church family that I didn't previously know"

Could this be a place for you to use your gifts? Chat to Sue Lane or David Holburt and we can arrange for you to observe a Sunday session before you decide. Full training and support will be given if you would like to give it a try.

Pastoral Visits

Si and the pastoral visiting team are available to visit you at home, or elsewhere if you prefer. Pastoral care is very important to us, so please don't be afraid to ask for a visit. To organise a visit, please get in touch with Sue on 07563473620 or office@stjohnshensingham.org.uk

Useful contact details:

Sue Lane, Church Coordinator, office@stjohnshensingham.org.uk, 07563473620

Si Walker, Vicar, simon@stjohnshensingham.org.uk, 0194663797

Heather Naylor, safeguarding

officer, safeguarding@stjohnshensingham.org.uk, 07718961077

Tim Naylor, treasurer, treasurer@stjohnshensingham.org.uk

Ann Christian, warden, ann@stjohnshensingham.org.uk

Rich Davey, warden, rich@stjohnshensingham.org.uk

Our Mission Community partner churches:

Church on the Moor (Cleator Moor): www.churchonthemoor.com

St Andrew's Church (Mirehouse): www.standrewsmirehouse.co.uk

St Bridget's Church (Moresby): www.stbridgetsmoresby.com

Mission Community Events website:

<https://www.churchonthemoor.com/mc-events>