



Staple Hill

Local ... Lively ... Loving



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The Post Box



Whilst out for my daily exercise walk on Friday, I came across something new. It was a post box situated close to Stanshawes Court in Yate tall and very thin and unlike any post box I have ever seen before. I'm a bit of a nerd when it comes to post boxes – I find myself fascinated by the different designs you come across around the country.

It got me thinking about letters. It is amazing that a letter posted in a box on the corner of the street can be read anywhere in the world within a few days, even during the current restrictions. The same service is available to all, irrespective of language, social status, sex or age. We are a connected community dispersed across the world.

As it happens, I had been talking to Rita only moments before coming across this box about the prayer network – our very own post box to God. Our Lord has always encouraged us to post our prayers directly to him – connecting believers across the world to the one with all the answers. Jesus said:

Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. [Mark 11:24]

Paul Heath

WEEKLY PROGRAMME:

All activities in our buildings are currently suspended in line with government advice in the fight against the corona virus.

THE GREAT BIBLE BEST BITS:

The Great Bible Best Bits started last week with Nicola's meeting on David and Goliath and this week we continue with the story of Samson. Now, with any Great Bible Story, we cannot do justice to it in just 5 minutes in our on-line worship - I

have 5 weeks of meeting on Samson, which follows an A-Z theme if you are interested! For those of you who would like a 'bit more' why not join one of our on-line Extra-Slice groups?



This week 30 people signed up, and we ran 3 'Zoom' meetings during the week, during the day and in the evening. All you need is a computer, tablet or smart phone, you click on the link that we send through and then you're connected with a group of people from the church. You can just listen or you can take part in discussion or just pop in to say hello to some friends.

Why not give it a try? Either email: contactstaplehill@gmail.com or phone/text Nicola or Colin.

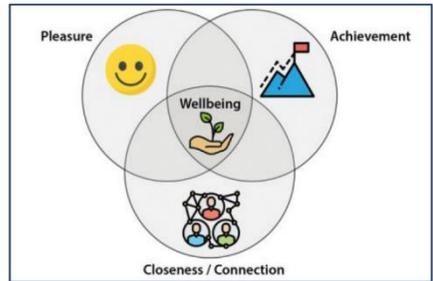
CANDIDATES SUNDAY:

This Sunday is Candidates Sunday, which is an opportunity for us to consider God's directions for our lives. I know that many people are using the opportunity of time to consider their Spiritual journey and how that can be worked out. For some it will be locally, for others it may involve a move into full time ministry. Please take this opportunity to consider what God is calling you to do, and don't forget to let us know, so what we can support you in God's calling for your life.

LOOKING AFTER YOUR WELLBEING:

In a communication received this week by Colin and Nicola from the Territorial Wellbeing Department, there was this helpful section that may be of benefit to all of us.

We are urged to organise a daily routine that involves a balance between activities that:



- Give you a sense of achievement – a feeling you have accomplished something. Could be work related, or exercising, gardening, completing a new recipe, etc.
- Are just for pleasure – things that make you feel joyful e.g. reading a good book, watching a comedy, dancing or singing your favourite songs, taking a relaxing bath.
- Help you feel close and connected with others – connect with family and friends and have social time in a social way.

In times of uncertainty we can lose a sense of balance when the majority of our thinking time is given over to worries and grumbles. There are lots of legitimate concerns and unanswerable questions right now. The 'Virgin Global Challenge' highlights gratitude as part of the balance we need for our wellbeing. What if we were to balance out our grumbles with gratitude? We could dilute some of the toxic impact of worry by taking time each day to name the things we are grateful for; it could be speaking out to God in prayer, writing in a gratitude journal, or writing them and creating a gratitude jar, or in whatever way works for you

FLOWERS TODAY:

In more normal times, we would have been blessed by flowers on our Altar table today from Jill Whitelaw in remembrance of her mother's birthday.

PRAYER NETWORK: staplehillprayers@gmail.com

The prayer network continues to receive many requests:

- Those who have lost loved ones and are finding it hard as they are unable to visit family members or attend funerals
- Those who have relatives who have been taken seriously ill
- People who are finding life difficult at the moment
- People unknown to us who have lost friends due to the virus
- To thank God (but continue to pray) for the return to health so far of David from Wales.

At the 'Best Bits' virtual get together we were asked to pray for neighbours, people in the Corps far from well, the loss of loved ones and those of our Corps Family working on the frontline of the NHS who are coming into contact with the virus.

Prayers are greatly needed at this time, as always, but we do know the power of prayer.

If not already a member of the Fellowship, you are welcome to join. Just send an email to staplehillprayers@gmail.com and your name will be added.

LINDA'S FUNDRAISING:

Linda Hall is undertaking a 10k Solo Run today (in lieu of running in the Bristol 10k), raising money for our own young people in the Corps to support them going on a weekend retreat when the Lockdown restrictions are lifted. If you would like to donate, then please go to Linda's Just Giving page by following the link below. The page will remain open for the next few days:



<https://staplehillsa.us16.list-manage.com/track/click?u=52a1264a836284a11716937ab&id=2246aae4a&e=03bd99b7f3>