



Staple Hill

Local ... Lively ... Loving



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The Source of Strength

After almost 5 months of growth, I have finally managed to get my hair cut. What a weight off my mind! Not since I was a child in the late seventies has my hair been so long, so it was a relief to feel 'tidy' again after the hairdresser lopped off around 3" (and a considerable amount of grey) off the length. I am no Samson, so the cutting of my hair hasn't affected my strength (at least, I haven't noticed any change) – but it did make me think of the Samson's "Nazirite" vows to God to abstain from eating or drinking any product derived from grapes, to avoid cutting his hair, to avoid close contact with the dead and to lead a life that is pure both inwardly and outwardly. It isn't a million miles away from the sort of vows we make as Salvationists. Keeping the vows that we make before God and our Church is a source of strength. And as we know from Samson, God has a habit of using the strength He gives us to achieve phenomenal results.

*The Sovereign Lord is my strength; he makes my feet like the feet of a deer,
he enables me to tread on the heights.*

[Habakkuk 3:19](#)

Paul Heath

PRAYER DIARY:

This week, please pray for the following:

10 th	Gary M; Roy R; Jason R; Christine K; Chris, Holly, Dylan, Oscar & Charlie S
11 th	Rita A; Wesley C; Keith, Mary, Dennis, Victoria & Sophia H; Hazel & Tim S; Jay & Lydia M
12 th	Charmaine I; Shirley N; Arnold & Pat T; Sheila T; Michael & Valerie B; Hayley & Mark C
13 th	Janet B; Valerie C; David Ja; Valerie & Martyn P; Marion W; Jill We; Gary W
14 th	Margaret & Peter B; Adam D; Nathan, Rachael, Poppy & Alice J; Gerry & Malcolm W
15 th	Aimee B; Brenda D; Matt, Ruth, Isabella & Amara A; Louise, Karen & Natalie P; Josie K
16 th	Margaret B; Hannah, Nick & Arthur; Garry & Gill J; Bob & Pauline P; Josh D; Robert H

PRAYER NETWORK:

There are a number of people who have been in our prayers this week:

- Ken (Marc's Father) – please see later in this bulletin
- Kelvin and family as they laid Ruby to rest on Tuesday
- Mark, Michelle and family. Mark has been diagnosed with a form of cancer, but fortunately it hasn't spread. Mark returned home and the good news is the hospital are optimistic that it could be treated without surgery
- Andy, Hilary and family. Andy is in Kings College Hospital, London awaiting heart surgery next week

We are sure God will answer our prayers on behalf of these people, He has never failed yet.

FLOWERS:

The flowers that would have adorned our altar table today would have been given by Steve Selfe to mark Myriam's birthday. Happy birthday Myriam!

EXTRA SLICE TAKEAWAY:

Thanks to Linda and her team of volunteers for compiling and distributing our Extra Slice Takeaway boxes. I hope you have and will find them helpful over the coming month.



WEEKLY MAILING:

Also, thanks to the team who put together and deliver our weekly mailing. I know how much it is appreciated by those who receive it. A special thanks for those who covered this ministry while we were away.

ACROSS OUR FELLOWSHIP:

- Our prayers and condolences are with Marc and other members of the family as Marc's father, Ken, passed away on Saturday morning
- Our thoughts continue to be with all those others already mentioned on our prayer network
- Ian Roberts celebrates a significant birthday on Thursday this week. Congratualtions and best wishes for this big day!
- A number of our youth group are anxiously awaiting their 'assessed' A Level results that come out on Thursday this week, so our thoughts are with them

THE WEEK AHEAD:

All activities within our buildings continue to be suspended until it is deemed safe, but the following activities continue:

TODAY Sunday 9th August

- from 10am Lighthouse Club Session available online (ages 7-11)
- 10am Youth Group meets online (ages 11+)
- from 11am Sunday Worship available online
'Ruth' [Ruth 1:1-22](#)

Monday 10th August

- 11am - 12pm Food Parcels available at Hall
- 8pm Mission Council Meeting on-line

Tuesday 11th August

- 11am - 12pm Food Parcels available at Hall

Wednesday 12th August

- 2pm Extra Slice Group online
- 3.30pm Extra Slice Group online
- 7pm Extra Slice Group online
- 8.15pm Extra Slice Group online

Thursday 13th August

- 11am - 12pm Food Parcels available at Hall
- 8.15pm Extra Slice Group online

Saturday 15th August

- 11am - 12pm Food Parcels available at Hall

Sunday 16th August

- from 10am Lighthouse Club Session available online (ages 7-11)
- 10am Youth Group meets online (ages 11+)
- from 11am Sunday Worship available online
'Water into Wine' [John 2:1-11](#)