



Staple Hill

Local ... Lively ... Loving

Majors Colin & Nicola Hylton-Jones

Corps Officers: 0117 9565232

Corps Website: www.staplehillsa.uk

Hall Address:

21 Broad Street, Staple Hill BS16 5LN

Telephone: 0117 9569733



contactstaplehill@gmail.com

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Bulletin e-mail: staplehillbulletin@gmail.com

Perseverance

With the Tokyo Olympics just starting and the Covid restrictions beginning to ease, Colin has written this inspiring article for this month's Downend Voice.

1983 saw the inaugural Sydney to Melbourne Ultramarathon, a trek of approximately 600 miles. Not only was the distance a challenge, but so were the running conditions and it was regarded as one of the toughest in the world. The first ultramarathon was won by Cliff Young, who when he arrived at the starting line was viewed by the other athletes and the event organisers with some scepticism. Why? Cliff was a 61-year-old potato farmer who arrived for the race in his overalls and work boots, although it is reported that he didn't wear his dentures because he said that they rattled when he ran!

At the end of the first day Cliff was miles behind the other racers, but he persevered, running throughout the night and, over the duration of the race, by running continuously he gradually caught up with the other competitors. He eventually won the race in 5 days 15 hour and

4 minutes, over 10 hours quicker than the person who came second. Not only did Cliff persevere to win the race in an unorthodox way, but he won the race prize which he divided between and gave to the other competitors.

It seems to me that perseverance is underrated, but it is something that we have all learnt over the last 15 months. We've learnt to persevere with facemasks, persevere with not seeing our family and friends, to persevere when our holidays are cancelled, to persevere at waiting to enter shops. Hopefully, with a little more perseverance we will soon cross the finish line and meet and socialise more freely.

In Philippians, Paul writes these words:

Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: forgetting what is behind and straining towards what is ahead, I press on towards the goal to win the prize for which God has called me heavenwards in Christ Jesus. [Philippians 3:13-15](#)

As a Christian, my hope is in heaven, a place where there is no more death, or mourning or crying or pain ([Revelation 21:4](#)), and whilst life brings its difficulties and problems, I persevere, I strain towards, I press on towards the goal to win the prize for which Christ has called me heavenward in Christ Jesus. As individuals we need to persevere to overcome the pandemic so that we can all be safe. As Christians we need to persevere to win the prize for which Christ has called us heavenward. I hope that you will persevere both for our community, but also for your faith.

Major Colin

PRAYER DIARY:

We invite you to pray for the following members of our fellowship during the coming week:

26 th	Tim & Sarah B; Morag F; Esther K; Lynette P; Sophie & Kathleen C; Mary Br; Naomi B
27 th	Derek & Margaret B; Yolanda K, Jeovany & Maria; Gary, Joanne, Jacob & Emily R
28 th	Jon H; Joyce L; Sheila F; Heather & Paul C; Paul & Tracey H; Sue M; Bev W
29 th	Staple Hill Corps
30 th	Staple Hill Community
31 st	National & International issues
1 st	Paul & Roz C; Peter H; Bill & Freda M; Elaine & Peter R; Anne & Rob L

PRAYER FELLOWSHIP:

In our prayers this week:

- We prayed for Joyce Lear's granddaughter and great grandson - both unwell with Covid
- Charmaine passed away during the week. We are praying for her husband Trevor and three sons at this sad time.

OFFICER MOVES:

This week, we welcome a number of new officers into the Severn and Somerset Division of the Salvation Army:

- Bridgwater – Lieutenants Jonathan & Heather Culshaw
- Bristol Citadel – Majors Peter & Christa Beeldman
- Malvern – Lieutenant Claire Mynott

BOUNCING FORWARD – OUR NEW ‘REACH OUT’ PROGRAMME:

As we continue to bounce forward and plan for the future, we have a couple of opportunities for anyone to get involved. We're looking for people who are interested in helping out in all sorts of ways. We will be thinking about what we can do as a church to reduce isolation, encourage interaction and ultimately introduce people in the local community to Jesus. Even if you have never helped before, even if you were helping with something else previously but feel like you want a change, even if you're unsure how you can help but feel passionate about this kind of thing - we need your ideas and input so please come along.

Thursday 12th August at 10.30am in the building:

A meeting to talk about how we can work with older people in our community

Thursday 19th August at 6.30pm in the building:

A meeting to talk about how we can help families, children and youth in our community.

AROUND OUR FELLOWSHIP:

- As a corps, we are so thankful for all that Colin and Nicola have continued to do throughout the lockdown period; they have not missed a single Sunday service during the whole of that time! They are now finally taking a few days holiday over the next couple of weeks, so we all wish them to have a good and restful break.
- We were saddened to hear that Charmaine Iles has passed away, and we will be upholding her family in our prayers at this time.
- There are still a number of people within our fellowship who have suffered bereavements over recent weeks, or are unwell. Please continue to remember them in your prayers.



Relax Nicola! I'm sure the meetings will be just fine whilst we are on holiday.

PLANS AS RESTRICTIONS EASE:

From this week, **singing will be allowed** during our services again (Yippee!), but we also remain committed to keeping everyone safe whilst the Covid restrictions ease. During this transition period, we will ease our own restrictions faster during our 10am meetings, but will offer a more covid-safe environment during our 11:30am meetings for those who would prefer a more cautious approach.

Please continue to wear facemasks whilst moving around the building.

- **Sunday 25th July and 1st August:**
 - **10am Meeting:** Facemasks may now be removed once you are seated. Ventilation will remain good and chairs will continue to be spaced out.
 - **11:30am Meeting:** Ventilation will remain good and chairs will continue to be spaced out. However, we will still continue to encourage **face masks to be worn** during this service.
- **Remaining Sundays in August:**
 - **10am Meeting:** We will start to gradually increase the number of chairs but continue to ensure extra space. If you do not want to sit next to anyone, we will have 'reserved' cards available for you to place on nearby chairs. Facemasks may be removed once you are seated.
 - **11.30am Meeting:** will probably be quieter and less busy. Chairs will remain spaced out. We will continue to encourage face masks to be worn during the service.

Until at least the end of August, you will still need to book in.

AUGUST MESSAGE

Look out for a daily message sent out on email and via facebook throughout August (Monday to Friday), starting on the 2nd.

WORSHIP NEXT WEEK:

If you want to attend worship in the building on Sunday next week:

Book-in:

Use the online link on the covering e-mail with this bulletin, click on the picture to the left, or ring [0117 956 5232](tel:01179565232) *by 12 noon on Saturday*



Time:

Choose either 10am or 11.30am (each meeting will last no longer than 45 minutes)

Book-in Details:

We need your name, how many of your household are coming with you, your phone number and email address

COVID Alerts:

If you attend worship at the hall this week and subsequently **test positive** or get 'pinged' through the NHS App please, contact **Paul Heath**, who will then liaise with Divisional Head Quarters.

FLOWERS:

The flowers today are from Mary and Malcolm White to mark their wedding anniversary.

CASUAL WEAR:

We are continuing to take orders for the new, casual wear uniform until Sunday 1st August. Please add your orders to the list at the hall.



THE WEEK AHEAD:

TODAY Sunday 25th July – Worship will be led by Beth Ewins

10am Worship – in the building
from 10am Worship – online
11:30am Worship – in the building

Parables
[Matthew 12 v 24-35](#)

Wednesday 28th July

3.30pm Extra Slice Group online

**Both Wednesday afternoon groups will meet together
this week at 3:30pm**

7pm Extra Slice Group online

8.15pm Extra Slice Group online

Thursday 29th July

There will be no Extra Slice Group meeting this week

Sunday 1st August – Worship will be led by Paul Heath

10am Worship – in the building
from 10am Worship – online
11:30am Worship – in the building

The Light
[1 John 1 v 5-10](#)

Children and Youth activities have now stopped for the summer