

SUNDAY 22nd September 2024



Local ...
Lively ...
Loving

Earworms

I have recently suffered from Earworms, have you? Earworms or 'stuck song syndrome' are catchy tunes/songs that repeat in your head. These tunes/songs keep playing in a loop during the day and the night while you try to sleep. Up to 98% of people in the western world have experienced this when these songs wriggle their way into the brain's memory centres and set up home.

Certain music/songs are catchier than others, and so more likely to "auto repeat" in your head. They are typically triggered by actually hearing a song though they may also creep up on you when you are feeling good. Also, if you have a musical background, you may be more susceptible to Earworms.

For me, it seems to be on a Sunday night when my 'Earworms' start, and this will stem from a song or piece of music played in the Sunday morning service. As I try to get to sleep this will be repeating in my head. I'm sure this is God reminding me of the meaningful message within that song or tune. God does work in strange ways!

What am I to do? I will pray with my spirit, but I will pray with my mind also; I will sing praise with my spirit, but I will sing with my mind also. [1 Cor. 14 v15](#)

By the way, if you want to stop the Earworm, one study showed the most helpful "cure" tunes were "God Save The King" and "Happy Birthday"!

Gary Matthews

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|---------------------------|--|--|
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People

Please continue to remember Alison and Mark in your prayers following the Promotion to Glory of their father, Tom. The arrangements we have for Tom's funeral are:

- Service of Committal at Westerleigh Crematorium on Wednesday, 9th October 2024 at 1pm.
- Service of Celebration at The Salvation Army, Staple Hill on Wednesday, 9th October 2024 at 2.30pm.

Liz was going into hospital this week, and our thoughts with are with Liz, Derek, Hannah and their family. There are a number of people who are struggling with coughs and colds, so please be careful and let us know if you need any support.

Namoi is attending a Design for Life conference this weekend at the training college. We pray that this will be a time of blessing for her.

Thanks to Paul for leading worship this week as we leading the Harvest Celebration at Swindon. On Monday we are then away for a mid-week break. With us and Gerry being away, if you have any 'people' news for the bulletin, please send them direct to Paul.

[Ed.] Colin would never put this in the newsletter himself, but if you do manage to see him this week – wish him a happy birthday for Wednesday as he celebrates his 60th. Liz Church also has a special birthday on Tuesday this week, but has a whole extra decade to celebrate!

Growing Young Leaders

Next weekend, some of our young people are away at the first weekend of a year-long course called 'Growing Young Leaders'. Nicola is also with them as she is part of the staff team. Please pray that it will be a good opportunity for them to grow into the people God created them to be.

WANTED

Do you have a flair for computers?

Do you have a knowledge of  , or a willingness to learn?

If the answer is YES, then we have a great opportunity for someone to volunteer to manage our website. Keeping it updated and relevant to our activities.

STAPLE HILL SALVATION ARMY

This is a role that can be fulfilled remotely, but vitally important to our mission at Staple Hill.

Contact Mark Dickens if interested



A Musical by Stephanie Lamplough and Paul Sharman

Belongings

5TH OCTOBER 7PM

The Princes Hall, Clevedon

2 Princes Rd, Clevedon, BS21 7SZ

Tickets available on Ticketsource

Scan here:



Adults: £10
18 and under: £5



Music and
Creative Arts

Harvest Weekend 5th & 6th October

Saturday Ceilidh

On the Saturday we have a professional band and caller to guide us in a relaxed and fun dance evening. Hotdogs served 6.45pm – 7.30pm, Dancing 7.30pm–9pm. Minimum Donation £5 each (Primary School age children free). Please sign your name on the noticeboard or email us so that we have numbers for catering (including any dietary requirements). All profits to the building fund so if you want to pay more, please do!

Sunday Harvest Celebration 10am All Age worship

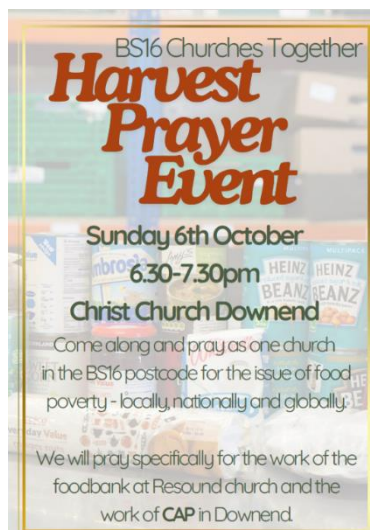
During our Sunday morning worship, we will have a collection of food for our food store and also an Altar Service collection (proceeds to Salvation Army Mission projects in Staple Hill and across the South West)

Please bring items from this list only, thank you:

- Tins of Fray Bentos pies, meat (including ham, corned beef, stewing steak, chicken etc), fish (e.g. Tuna, mackerel, sardines), potatoes, vegetables, baked beans, soup, tomatoes, beans/chickpeas
- Tins of fruit, rice pudding, custard
- Jars of pasta sauce, curry sauce
- Biscuits, crackers
- Pasta, rice, noodles (plain & flavoured)
- Tea, coffee, long-life milk
- Small packets of breakfast cereal

Sunday Harvest prayer Event - 6.30pm at Christchurch Church

A united Church event to celebrate harvest together



Harvest Giving

In readiness for this year's Harvest, please see the below information on the ways to give your gifts.

- **By Harvest envelope**

Please collect your named envelope from the table in the foyer to use with cash or cheques (made payable to The Salvation Army)

- **By online BACS payments** using the details below

Account Name: The Salvation Army

Sort Code: 60-01-73

Account No: 00130997

Using Ref: Harvest

- **By Contactless Payment**

There will be a card reader available before and after the Harvest service (but not during the service) in the foyer

Thank you for contributing to the mission of The Salvation Army in our area.

Flowers

Today, the flowers at the front of the hall have been given by Morag and Linda to remember Maureen's birthday.

Staple Hill Interactive Pianothon (S.H.I.P)

12th October 5.30am-8pm!

Presented by Michael Blowers

14 hrs of piano playing (an hour for every decade of the Salvation Army in Staple Hill), celebrating the role of the piano in the Mission and Ministry of the corps.

It's not a 'performance' but an open opportunity for worship and fellowship, and all in aid of the corps building fund.

Interactive?? Yes, get involved.... get 'onboard' the S.H.I.P.

- Spread the word on your frontlines... and invite sponsorships!
- Come along, invite friends, family and work colleagues along, sing along, play along, make requests, make donations!!
- Each of the seven 'two-hour' sets will include hymns and songs from across the decades, choruses, songster songs, and songs from the (army) musicals... a real 'mixed bag'!

The last session (6pm-8pm) is intended to be a relaxed and informal time of 'Open PAWS' (Praise and Worship Songs) in a cafe style setup... bring a picnic, bring some friends, bring some money!!

More than that... please pray that the event will be successful, not only in its fundraising, but also in its ambition to be a source of ministry and mission!

The Week Ahead

TODAY Sunday 22nd September:

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| 10am | All Age Worship – <i>Led by Paul Heath</i> 'A Day of Rest' Genesis 2 vs 2-3 , Exodus 20 vs 8-11 , Matthew 11 vs 28-30 |
| 11.30am-12:15pm | Children's & Youth Activities |
| 4pm-6pm | Messy Church |

Tuesday 24th September:

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| All day | Employment Plus with Tyrone |
| 10am | Fitness Club |
| 11am-12noon | Extra Slice Group (leader: Kelvin) |
| 12pm-2pm | Open Doors |
| From 6:30pm | YP Band Practice and Singing Company Practice |
| 8pm | Senior Band Practice |

Wednesday 25th September:

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| 9:30am | Tots on the Hill |
| 3:30pm-4:30pm | Extra Slice Group online (leader: Gerry) |
| 7:45pm-9pm | Extra Slice Group at Kelvin & Linda's house |
| 8:15pm-9:15pm | Extra Slice Group online (leader: Beth) |

Thursday 26th September:

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| 12.30pm | Lunch Club |
| 7:45pm-9pm | Extra Slice Group at Colin & Nicola's house |
| 8:15pm-9:15pm | Extra Slice Group online (leaders: Ian & Rachel) |

Friday 27th September:

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| 10am-12noon | Open Doors |
| 4pm | Cleaning Hall |

Worship Next Sunday

Sunday 29th September:

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| 10am | All Age Worship – <i>Led by Majors Colin & Nicola</i> 'Judges: Samson Part 2' |
| 11.30am-12:15pm | Children's & Youth Activities |
| ~12noon | Church to U – <i>in Wick, and at Deerhurst</i> |

Dates for the Diary

Here are some dates that are coming up soon:

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| Monday 30 th September | CAMEO Craft Group |
| Saturday 5 th & Sunday 6 th October | Harvest Weekend |
| Monday 7 th October | Pastoral Care Council meeting |
| Saturday 12 th October | Coffee Morning Staple Hill Interactive Pianothon |
| Saturday 12 th & Sunday 13 th October | Young People's Prizegiving Weekend |
| Monday 14 th October | Mission Council Meeting |
| Friday 18 th – Sunday 20 th October | Divisional YP Worker's Retreat Weekend |
| Sunday 20 th October | Messy Church Youth Pulse Event |
| Sunday 27 th October | Church 2 U – in Whitchurch and at Badminton Gardens |