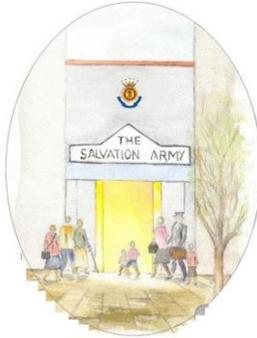




# ***STAPLE DIET*** ***MARCH 2016***



## **Staple Hill Corps**

**- A Good NEWSS Corps for all people**

**(Nurture, Evangelism, Worship, Service to Corps, Service to Community)**

### **Our Purpose is:**

- **To be a vibrant, worshipping Christian community actively introducing Jesus to the people of our area.**
- **To be a place where all can belong and grow in their relationship with Jesus.**
- **To serve the local community.**

# From the desk of the Editor

Challenge, we all have challenges in our lives, some are through our own conviction where we want a challenge or choose to go for a challenge, or some can be thrown our way and we wonder how we are going to get through the challenging times.

Over the next few months I have a challenge to complete, swimming the length of the English Channel for Diabetes UK in their 'Swim22' swimming challenge. Thankfully, it's not the real channel but the 22 miles in Longwell Green Swimming Pool. It will be a challenge but I will do it, I wouldn't have signed up if I knew I couldn't, I will be looking for sponsors to help me raise money for this great cause, for those of you whom I see every week and don't want to donate online I will have a paper sponsorship form every week or you can sponsor me via Just Giving on this link if you have received this electronically. [www.justgiving.com/Neil-Baker7](http://www.justgiving.com/Neil-Baker7)

As a corps, we also have a challenge over the coming months in refining our mission plan and mission statement for Staple Hill Salvation Army. In February we looked at a number of areas of how as a corps were we are now in terms of People, community, property etc. We also created a dream wall, if there were nothing in our way such as money, space etc., how would your dreams look like for our church?

Are you ready to be part of making your dream church a reality?

***'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God'***

*Philippians 4:6*

Neil Baker, Editor - Staple Diet

# From The



# Officer's Desk

a criticising word on the other hand can make someone give up.

'Sticks and Stones may break your bones but words will never hurt you'. An often quoted untruth I think, as words can be very hurtful and have long-lasting consequences. Words are powerful and we all need to be careful how we use them. An encouraging word can make all the difference to someone who is needing reassurance, a

It will soon be Easter, and this year we are concentrating on the words that were said at that first Easter - 'Cross Words'. From 'Hosanna' to 'He is risen' many of these words are familiar to us as we have heard the Easter story many times over the years. These words were also powerful, they tell us what people were thinking, they affected the unfolding events, and help us to understand what was really going on.

In John's gospel, Jesus is described as 'The Word'. At Christmas 'the Word became flesh and made his dwelling among us'. On Christmas Day Colin talked about this when he showed the picture of front doors. As the events unfold we're told that the world did not recognise him and ultimately the Word was put to death on a cross. But that was not the end, we celebrate his resurrection on Easter Sunday and know that we have the choice to receive Him.

*'He was in the world, and though the world was made through Him, the world did not recognise Him. He came to that which was His own, but His own did not receive Him. Yet to all who received Him, to those who believed in His name, He gave the right to become children of God.'* John 1: 10-12

**Major Nicola Hylton-Jones**  
**Corps Officer**

# Easter 2016 at Staple Hill

## 'Cross Words'

Sat 19 <sup>th</sup>	7pm	International Staff Band at Broadmead Baptist Church
Palm Sunday	11am & 5pm	Palm Sunday worship with the ISB
Mon 21 <sup>st</sup>	6pm	Family Crafts Evening
Tues 22 <sup>nd</sup>	8pm	<b><i>'Crucify Him'</i></b> Easter meditation with our own Band & Songsters
Weds 23 <sup>rd</sup>	8pm	<b><i>'In the beginning was the Word'</i></b> Reading through John's gospel
Maundy Thursday	8pm	<b><i>'Do this in remembrance of me'</i></b> A Passover Supper
Good Friday	11am	<b><i>'Remember me'</i></b> Good Friday All Age worship followed by Hot cross bun distribution on Broad Street
Easter Sunday	11am	<b><i>'Come and see, go and tell'</i></b> Easter Sunday All Age Worship followed by corps march and Easter lunch

# News about People

Those currently on the 'Wish you were here' prayer list are: Irene Ackerman, Tom and Ruth Cable, Owen Chappell, Joan Jones, Joyce Lear, Gwen Lear. Madge Rickards, Valerie Scott, Francis & Ruth Shepherd.

We think of, and pray for, people within our fellowship who have members of their family with health issues at present. In particular: Paul Campbell's brother-in-law and Catherine Read's nephew, Peter Clark, who is seriously ill, Rob Hall's mother who has recently suffered a stroke, Rachael James' Mum, Pauline Elcoat who is far from well and Malcolm Wiltshire's mother who is not in good health at the moment. Bev Dickens has also asked us to pray for her brother, Shaun Skinner. Also, please continue to pray for Gwen Lear.

It is good to see Viv Wallington back with us following her walkabout in Australia, although our prayers are with her following the death of her mother, Joyce Kendrick. We also pray for Margaret Bowell, whose mother Major Ruby Chadwick was Promoted to Glory last week.

Finishing with good news, we say congratulations to Will, Joseph and Jessica who, this week, all learnt they had been accepted into their first choice secondary schools to start in September - well done!

## March Sundays

- 6<sup>th</sup> Mothering Sunday**  
11am - Morning Worship      5pm - Sunday Supper  
*Dedication of Alice James*
- 13<sup>th</sup> 11am - Morning Worship      5pm - Sunday Worship**
- 20<sup>th</sup> Palm Sunday - Visit of The International Staff Band**  
11am - Morning Worship      5pm - Sunday Celebration
- 28<sup>th</sup> Easter Sunday**  
11am - Morning Worship followed by March & Lunch

# Coffee Morning Rota

March		April	
5 <sup>th</sup>	Margaret Belcher & Janet B	2 <sup>nd</sup>	Linda & Rob Hall
12 <sup>th</sup>	Julie, Christine & Colin	9 <sup>th</sup>	Michelle Dickens & Linda James
19 <sup>th</sup>	Pat Usher & Doreen Foote	16 <sup>th</sup>	
26 <sup>th</sup>	<b>NO COFFEE MORNING</b> (Bank Holiday Weekend)	23 <sup>rd</sup>	Jen & Les
		30 <sup>th</sup>	<b>NO COFFEE MORNING</b> (Bank Holiday Weekend)

# Sunday Evening Coffee Rota

March		April	
6 <sup>th</sup>	Margaret & Derek Boxell	3 <sup>rd</sup>	Viv, Pauline & Bob
13 <sup>th</sup>	Lilian Baker	10 <sup>th</sup>	Jen & Kay
20 <sup>th</sup>	Linda & Kelvin James	17 <sup>th</sup>	Pat & Arnold
27 <sup>th</sup>	Easter Sunday	24 <sup>th</sup>	Heather

# **The S.H.A.P.E. of Marion & Alan Richardson**

We have been asked to comment on our 'S.H.A.P.E' which has been largely determined by our experiences, abilities, passions and concerns. Ours is a “Green” S.H.A.P.E. Let’s see if we can explain why!

## **AFRICA.**

In 1971 Alan started work as a lecturer in “Water Development” at an agricultural college in Lusaka, Zambia. Within a few weeks of arrival, we were official foster parents and our family of two daughters (Sally and Susan, ages 2 & 4) was increased to include Zambian brothers Edward and Brighton aged 3 & 4. The boys were suffering from kwashiorkor and also putsi fly maggots growing under their skin and appearing like boils. For us this was first-hand experience of African poverty. The children got on well together, and soon our daughters (and Marion) had a basic knowledge of Nyanja, and the boys were picking up English. They spent about 6 months with us. Other foster children followed.

Our 5 years in Africa changed us. We ate what was locally available, and often infested - such as the flour and rice (sterilised by cooking). We shopped on a tight budget, often where expatriates were rarely seen, such as the local African markets. We learnt to live without things we had previously regarded as essential. When we discovered that the college students arranged their own church services we started attending. We were the only staff who did. The students made their own arrangements for preachers, who were from any and all denominations. This was our introduction to the Salvation Army.

## **BACK IN BRITAIN.**

On our return to Britain our priorities were Alan's job, housing, schools, and a replacement for the Landrover we had owned in Zambia. After 6 months the car was still outstanding, and we questioned whether it was really needed. Instead we bought new bikes (still in regular use). Marion became involved with a Workers

Co-operative which ran a small Wholefood shop. This led to our deeper involvement in organic and Fairtrade foods, and vegetarianism. Much of our very large back garden became our 'organic allotment' and we became keen organic gardeners (we still are).

Just before the 1983 General Election, Alan read the Green Party's election manifesto. He realised that this closely coincided with his Christian beliefs and African experiences. He joined the party. The 1985 Green Party Conference was held at nearby Southport which Alan attended. One of the stalls was the Christian Ecology Group, which aimed to inform party members about Christian beliefs, and to educate Christians about Green Party policies. Alan joined. During the late 1980's Alan contested Local Council elections as a Green Party candidate.

In 1989 we came to Bristol, where Alan was employed as a Council Cycling Officer, and Marion became a Nursing Auxiliary before working as a Ward Receptionist at Frenchay Hospital. We were active in a Methodist Church and persuaded members to join with the Church of England on protestor coaches to the G8 summits at Cologne and Birmingham, and also to organised lobbying meetings with local M.P. Roger Berry.

When Alan retired he contested the Downend Parish Council elections as a Green Party candidate, and was elected! He served for 8 years.

## **GREEN CHRISTIAN.**

This is the present name for the Green Christian organisation. How are we different to other Christians? We see man as being responsible for looking after the earth as God's caretakers, rather than to rule over the animals and to subdue the earth as masters. Green Christians place greater emphasis on the non-human elements in God's creation. Greens are concerned about every aspect of life, and its effect on God's creation. Everything an individual does and spends has an effect on our environment. We have only the one planet on which we depend. Are we aware of the

'knock-on' effect of our actions? They all have an impact. Such things as: Do we, where possible, buy Fairtrade goods? Do we invest in an ethical bank? Is our electricity from a sustainable source? Are our cheap consumer goods being produced by 'slave' labour? Why should we reduce our meat consumption? How are farm animals treated? Are our actions polluting our world, our oceans and our air with toxic chemicals? Do we appreciate our responsibilities regarding these choices? How can we find out? Magazines such as 'Ethical Consumer' (the green equivalent to 'Which') or the on-line 'GreenLine' can keep us informed. So do many of our daily newspapers, TV stations and Radio 4. They are all there for us to act upon or, if we choose, to ignore!

Finally, a quote from the latest "Green Christian" magazine *"The work of "eco-ness" can be just as guilt-inducing and preachy as any other aspect of Christianity. We need to grow in awareness and care for Creation and in our love for Creation and Creator. Coming to see a green lifestyle as a form of worship has been helpful in this. I believe in a God who is able to transform small actions to have significant effects, and a Kingdom where small is beautiful, significant and valued."* Written by Dan Ross - an ordained trainer at Ridley Hall, Cambridge.

We hope you are now able to see why we describe our 'S.H.A.P.E' as Green.

*Marion & Alan Richardson*

**The deadline for entry in  
March's Newsletter is  
Sunday 20<sup>th</sup> March 2016,  
Please email [stapledietnewsletter@gmail.com](mailto:stapledietnewsletter@gmail.com)**

# Corps Weekly Activities

## Monday

Greenfingers	10.30am (2 <sup>nd</sup> Monday of each month)
Home League Fellowship	2pm (3 <sup>rd</sup> Monday of each month)
Rainbows	6pm to 7pm
Brownies	6.30pm to 7.30pm
CAMEO	8.00pm (last of each month)

## Tuesday

Tuesday Toddlers	from 9.30am
Young People's Band Practice	6.45pm to 7.45pm
Senior Band Practice	8pm to 10pm

## Wednesday

Baby Song	from 9.30am
-----------	-------------

## Thursday

Hall open for coffee from	10.30am
Lunch Club	12.30pm
Friendship Club	2pm to 3pm
Community Care Ministries	7pm (3 <sup>rd</sup> Thursday of each month)
Singing Company Practice	6.45pm to 7.45pm
Songster Practice	8pm to 9.30pm

## Friday

Friday Club	6pm to 7.15pm
-------------	---------------

## Saturday

Coffee Morning	10am to 12pm
----------------	--------------

## Sunday

Primary, Lighthouse Club and Youth Group	9.45am - 10.45am
Morning Worship	11am
1 <sup>st</sup> Sunday - Sunday Supper	5pm
2 <sup>nd</sup> Sunday - Sunday Worship	5pm
3 <sup>rd</sup> Sunday - Worship & The Word	5pm
4 <sup>th</sup> Sunday - Sunday Celebration	5pm
5 <sup>th</sup> Sunday - Simply Sunday	5pm

# Corps Calendar 2016

<b>MARCH</b>	
Sunday 6 <sup>th</sup>	Mother's Day and Dedication of Alice James
Sunday 13 <sup>th</sup>	SD Altar Service
Monday 14 <sup>th</sup>	Church Parade with Puppet Group
19 <sup>th</sup> /20 <sup>th</sup>	Palm Sunday and ISB Visit
Sunday 27 <sup>th</sup>	Easter Sunday
<b>APRIL</b>	
Sunday 17 <sup>th</sup>	<i>Divisional Youth Councils</i>
Saturday 23 <sup>rd</sup>	Senior Band at Yeovil
<b>MAY</b>	
Sunday 8 <sup>th</sup>	Candidates Sunday and Beaufort Court visit
11 <sup>th</sup>	<i>Divisional AFM Rally</i>
Sunday 15 <sup>th</sup>	Pentecost and Page Park Praise
Saturday 21 <sup>st</sup>	Band League Festival
Sunday 22 <sup>nd</sup>	<i>South Western Divisional Celebration</i>
<b>JUNE</b>	
Sunday 19 <sup>th</sup>	Fathers' Day
Saturday 25 <sup>th</sup>	Armed Forces Parade Kingswood
25 <sup>th</sup> / 26 <sup>th</sup>	Young People's weekend
<b>JULY</b>	
Sunday 3 <sup>rd</sup>	C in the Park
16 <sup>th</sup> /17 <sup>th</sup>	Summer Festival/ Page Park Praise
<b>AUGUST</b>	
1 <sup>st</sup> -5 <sup>th</sup>	Junior Camp
20 <sup>th</sup> -26 <sup>th</sup>	SWSCA
Mon 29 <sup>th</sup>	Hannah and Nick's wedding
<b>SEPTEMBER</b>	
10 <sup>th</sup> -24 <sup>th</sup>	Big Collection
Sunday 18 <sup>th</sup>	Page Park Praise
Sunday 25 <sup>th</sup>	Back 2 Church Sunday
<b>OCTOBER</b>	
15 <sup>th</sup> /16 <sup>th</sup>	Harvest
<b>NOVEMBER</b>	
5 <sup>th</sup> /6 <sup>th</sup>	Youth weekend
Sunday 13 <sup>th</sup>	Remembrance Sunday
<b>DECEMBER</b>	
Saturday 6 <sup>th</sup>	Christmas on the Hill (tbc)



## **Corps Leadership Team**

Laura Baker, Tash Bennett, Margaret Bessex, Margaret Boxell, Liz Brewer, Mark Dickens, Linda Hall, Paul Heath, Majors Colin & Nicola Hylton-Jones, Nathan James, Les Palfreman, Marc Willetts.

## **Pastoral Care Council (PCC)**

Margaret Bessex, Margaret Boxell, Liz Brewer, Linda Hall, Majors Colin & Nicola Hylton-Jones, Kelvin James, Rachael James, Hilary Sims, Marc Willetts, Gerry Wiltshire, Malcolm Wiltshire.

## **Worship Team**

Michael Baker, Tash Bennett, Jon Dickens, Michelle Dickens, Nathan James, Les Palfreman (Leader), Jenny Palfreman (Sec), Viv Wallington, Kay Willetts.

**The Salvation Army, Staple Hill Corps**  
**Broad Street, Staple Hill, BS16 5LN**  
**Tel: 0117 956 5232**

**[www.staplehillsa.uk](http://www.staplehillsa.uk)**

The Salvation Army is a Christian Church and a registered charity, No 214779