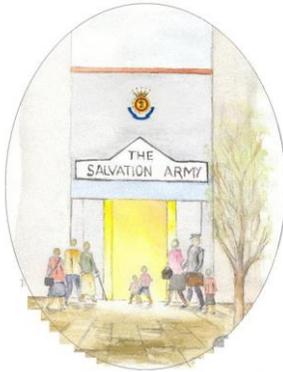




STAPLE DIET

APRIL 2015



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

When thinking about what to say for this edition, many things went through my mind, with lots of them drawing a complete blank but with this being the 12th edition since I took on the staple diet I thought about anniversaries and then thought about Easter.

Whilst Easter isn't a set date each year like Christmas, it comes annually to remember the ultimate sacrifice of Jesus who gave his life for us. A song which I came across last Easter was an American song called 'His life for mine'. I remember sitting in the gallery at Norwich Citadel last Easter and the Songsters sung this song and as soon as I got back to the Mother-in-laws I got on the internet and ordered the music from America and downloaded a recording of the song by Pasadena Songsters.

His heart was broken, mine was mended,
He became sin now I am free
The cross he carried bore my burden,
The nails that held him set me free.

*His life for mine, His life for mine,
How could it ever be?
That he would die,
God's son would die to save a wretch like me,
What love divine, He gave his life for mine.*

His scars of suffering brought me healing,
He shed his blood to fill my soul
His crown of thorns made me loyalty,
His sorrow gave me joy untold.

He was despised and rejected,
Striped of his garments and oppressed
I am loved and accepted
And I wear a robe of righteousness.

Neil Baker - Editor, Staple Diet

From The



Officer's Desk

As the mornings get lighter and the daffodils start to appear our minds turn to Easter. Arguably the most important Christian festival when we celebrate the death of Jesus that saved us and the resurrection on Easter Sunday.

This Easter we will be joining together in many different and varied activities to help us to think afresh about the Easter message, to share that message

with others and simply to have fun. Our theme is 'The Witnesses' as we focus on those people who witnessed the events of that first Easter, we also witness it from our perspective in 2015. How do we view the events and what difference does it make to us?

Easter begins for us on Palm Sunday when there will be family worship at 11am and Sunday worship at 5pm, we will celebrate together Jesus' arrival in Jerusalem. On Monday evening we will be 'Setting the Scene' and there will be an opportunity to for families to get to know each other better as they participate in our 'Eggtastic Easter Crafts'. There will be crafts for all ages and families are encouraged to come together to 'have a go'. Children need to bring at least one adult with them, but apart from that everything will be provided. This will be followed at 8pm by our regular Cameo group (our adult craft group) this month it's glass painting. After hours, anyone is invited to join together to simply read through Mark's gospel together as this sets the scene for the next few days.

On Tuesday we will share together in worship with a meditation entitled 'The Witnesses' supported by our band and songsters. On Wednesday, we join with Jesus in the garden of Gethsemane as we come together in our hall for prayer.

On Thursday something totally different is planned as we share together in the Murder mystery event 'The Suspects'. We will have an opportunity to interview the suspects to find out who killed Jesus? Why did he die and whose fault was it?

Good Friday morning worship will take place at 11am with the help of our band and songsters followed by outreach on Broad Street with music from the band and free hot cross buns.

And so we arrive at Easter Sunday, we will join together in worship on Sunday morning at 11am entitled 'The Women' followed by a march through Staple Hill as we announce the good news of the resurrection and then an opportunity to share in Easter lunch together (please sign up for this).

A busy week, but hopefully an enjoyable one where we will have the opportunity to reflect, to laugh, to bring someone along with us, to worship, to grow and to witness.

"We are witnesses of everything he did in the country of the Jews and in Jerusalem. They killed him by hanging him on a cross, but God raised him from the dead on the third day and caused him to be seen" Acts 10:39-40

Nicola Hylton-Jones
Corps Officer

News about People

Those currently on the 'Wish you were here' prayer list are:

Madge Rickards, Irene Ackerman, Francis & Ruth Shepherd, Edna Heath, Pam Henderson, Gordon Stone, Valerie Scott, Tom and Ruth Cable, Joyce Lear, Gwen Lear, Margaret Hattan.

THOSE AT UNIVERSITY

Natasha Bennett (Bristol Uni), Paige Hassard (U.W.E.), Bethany Martin (Bath Spa), Adam Raine (Bath Uni).

Gladys Shellard

Joy and Barry would like to thank everyone for their kind thoughts and messages of sympathy on the passing of Aunty Glad.

Special thanks to Major Colin for leading the funeral service, to the band for providing the music, to David for the Bible Reading, to Mike for carrying the flag and to Margaret and the ladies for preparing the refreshment.

Gladys will be loved and remembered as an independent lady whose various interests brought her into contact with many people during her long life.

April Sundays

5 th	Easter Sunday 11am Morning Worship
12 th	11am Morning Worship 5pm Sunday worship - Songs of Praise
19 th	11am Morning Worship 5pm Worship & The Word
26 th	11am Morning Worship 5pm Sunday Celebration

Sunday Celebration

Sunday 26th April 2015 - 5pm

Featuring

Staple Hill Citadel YP Corps Sections

Saturday 18th April | 7pm

Visit of

Droitwich Spa Songsters

Songster Leader Lee Fisher

Featuring Vocal Soloist

Charlie Green *Britain's Got Talent Finalist 2008*

Tickets £5 under 16s are Free

Tickets are available from Linda Hall or by calling 07837 086619

INTO Africa 2015

The combination of Staple Hill Band, Gloucester Songsters and vocal soloist Songster Leader Phil Webb (Gloucester) proved to be a winner in every way when they combined to provide an evening of music making in support of The Kenya Trust. The sell-out event raised over £7800 for the Trust and this will be used to support three major projects which have been agreed for funding in both the Kenya East and West Territories during 2015.

Staple Hill Band set the scene with its first offering of 'Horizons' (Paul Lovett-Cooper) which with the aid of PowerPoint illustrated the beauty of Africa whilst also showing some of the poverty and a selection of the projects already delivered by the Trust over the past years.

Gloucester Songsters presented both lively and reflective music in two sections of the programme, and delighted the congregation with some fine singing using their expertise in such numbers as 'Make His Praise Glorious' and using to great effect Andrew Maycock's beautiful version of 'Everywhere'.

Songster Leader Phil Webb, a former Chorister of Gloucester Cathedral brought three songs by Peter Warlock in the first Half whilst creating some sensitive moments in his singing of 'Channels only' and 'I will wait' which were received in silence as the congregation took in the message which the songs so effectively conveyed.

Bandsman Phil James together with Staple Hill Band brought the exciting Euphonium solo 'Travelling Along' (Chris Mallett), which was made additionally significant as Chris's wife Faye Mallett was amongst the congregation.



Euphonium Soloist Phil James

Staple Hill Band concluded the evening with ‘The Day of the Lord’ (Steven Ponsford) reminding the congregation that the Lord will return and all the inequalities of today will be at an end.

Envoy Ken Clark (Twickenham) Chairman of the Kenya Trust received the cheque from Carys Hylton who was dressed in traditional African dress, with beads made by Dorcas Beads an Army project in Kenya supported by the Trust aimed at finding employment for women who have been affected by the ravages of AIDS.



Kenya Trust Chairman Envoy Ken Clark receives the cheque from a Staple Hill Junior Soldier.

Worship & the Word

On Sunday 15th March a number of us gathered for Worship & the Word. The Focus on this was The Lord’s Prayer. Here I have included the document we were given and I thought it may be helpful for it to be included in this edition.

The Lord’s Prayer

‘Our Father’ - Dependence

“I am poor; thou art rich and didst come to be merciful to the poor. I am a sinner; thou art upright. With me there is an abundance of sin: in thee is the fullness of righteousness. Therefore, I will remain with thee of whom I can receive but to whom I may not give” (Martin Luther)

Thank God for being our loving Father. Pray for those who don’t know the fatherhood of God. Pray for family life in Staple Hill and those who

cannot understand the concept of loving, secure family life, or caring parents.

'Who art in heaven' - Affirmation

"As the rain hides the stars, as the autumn mist hides the hills, as the clouds veil the sky, so the dark happenings of my lot hide the shining of thy face from me. Yet, if I may hold thy hand in the darkness it is enough. Though I may stumble in my going, thou dost not fall." (Alistair MacLean)

We thank God for the future gift and promise of heaven

'Hallowed be thy name' - Blessing and thanksgiving

"Teach me Thy love to know that this new light, which now I see, may both the work and the workman show: then by a sunbeam I will climb to thee." (George Herbert)

Pray against all false gods, false religions. Pray that the Christian Church will be united, here in Staple Hill and elsewhere.

'Thy kingdom come' - Longing

"God of your goodness give me yourself for you are sufficient for me. I cannot properly ask anything less, to be worthy of you. If I were to ask less, I should always be in want. In you alone do I have all." (Julian of Norwich)

Pray for Staple Hill Salvation Army and our work to extend God's kingdom. Pray that kingdom values may rule in our corps.

'Thy will be done on earth' - Dedication

"Take, Lord, all my liberty. Receive my memory, my understanding and my whole will. Whatever I have and possess thou hast given to me; to thee I restore it wholly, and to thy will I utterly surrender it for thy direction. Give me the love of thee only, with thy grace, and I am rich enough; nor ask I for anything beside." (St Ignatius Loyola)

Pray for the institutions and authorities in Staple Hill - the police, local councillors, schools etc.

'As it is in Heaven' - Guidance

"Grant me, O Lord, to know what I ought to know, to love that I ought to love, to praise what delights thee most, to value what is precious in thy sight, to hate what is offensive to thee. To discern with true judgement

between things visible and spiritual, and above all things to enquire what is the good pleasure of Thy will.” (Thomas a Kempis)

As Christians let us pray that God will show us His will and plan for our lives.

Give us this day our Daily bread’ - Daily

“The day returns and brings the petty round of irritating concerns and duties. Let cheerfulness abound with industry. Give us to go blithely on our business all this day, bring us to our resting beds weary and content, and grant us in the end the gift of sleep.” (R.L. Stevenson)

Pray for those who are homeless or living in poverty. Pray for those who are spiritually hungry.

‘Forgive us our trespasses’ - Penitence

“Make in me a clean heart, O God, and renew a right spirit within me. Cast me not away from thy presence, and take not thy Holy Spirit from me. (Psalm 51: 10-11)

Ask the Holy Spirit to show you areas of your life that needs forgiveness. Come before God, yourself, in repentance, asking for his forgiveness.

‘As we forgive those who trespass against us’ - Relationships

“O Lord remember not only the men and women of goodwill, but also those of ill will. But do not remember all the sufferings they have inflicted on us; remember the fruits we have brought, thanks to our suffering - our comradeship, our loyalty, our humility, our courage, our generosity, the greatness of heart, which has grown out of all this, and when they come to judgement let all the fruits which they have borne be their forgiveness. (A prisoner in a concentration camp)

Pray for reconciliation and healing in relationships.

‘Lead us not into temptation’ - Right Living

“O God Almighty, Father of our Lord Jesus Christ, grant us, we pray thee, to be grounded and settled in thy truth by the coming down of the Holy Spirit into our hearts. That which we know, do thou confirm; and keep us blameless in thy service, through the same Jesus Christ. (St Clement of Rome)

Pray for those people who find it hard to be a Christian.

‘But Deliver us from evil’ - Protection

“O Lord we beseech thee to deliver us from the fear of the unknown future; from fear of failure; from fear of poverty; from fear of sickness and pain; from fear of age; and from fear of death. Help us, O Father, by thy grace to love and fear thee only, fill our hearts with cheerful courage and lovingly trust in thee; through our Lord and Master Jesus Christ.” (Akanu Ibaim)

Pray for peace across the world, in this nation, in Staple Hill and in every person's heart.

‘For thine is the kingdom’ - Devotion

“Grant me, even me, my Lord, to know Thee and love thee and rejoice in thee. And if I cannot do these perfectly in this life, let me at least advance to higher degrees every day, till I can come to do them in perfection. Let the knowledge of thee increase in me here, that it may be full hereafter; that my joy may be great in itself, and full in Thee.” (St Augustine)

Praise God that He is in control of all creation. Let each one of us pledge our devotion to Him.

‘The Power and the glory, for ever and ever, amen’ - Eternity

“Grant us, O Lord not to mind earthly things, but to love things heavenly, and even now, while we are placed among things that are passing away to cleave to those that shall abide; through Jesus Christ our Lord. (Leonine Sacramentary)

Praise Him that he reigns forever. Let this assurance take away any worries.

EASTER 2015

At Staple Hill Salvation Army

THE WITNESSES

Palm Sunday 29th March

11am 'The Crowd'

Family Worship

5pm 'The Stones'

Sunday Worship

Monday 30th March

'Setting the Scene'

6pm Easter Family Crafts for all ages

8pm Cameo - Glass painting

9.30pm 'The Evidence'

Reading through the whole of Mark's Gospel

Tuesday 31st March

8pm 'The Witnesses'

Reflective worship with our band and songsters

Wednesday 1st April

8pm 'The Garden'

Joining with Jesus in the garden to pray

Thursday 2nd April

8pm 'The Suspects'

A Murder Mystery

Who Killed Jesus? Interview the witnesses and get some answers!

Good Friday 3rd April

11am 'The Guilty One'

Family Worship

12pm Outreach on Broad Street
Distributing hot cross buns with music from the band

Easter Sunday 5th April

11am 'The Women' - *Family Worship*

12.30pm 'The Witnesses' *We are the witnesses as we march through Staple Hill*

Followed by Sunday Lunch (Please sign up)

Travellers News

January to March 2015

In my last edition at the end of 2014, I said that I would be in Rotterdam and that proved a good trip and utilised my new Harley to put some miles on it. Traveling to Harwich and the Hook of Holland ferry gave me some time to enjoy the chilly yet spring like weather.

January started a lot easier and slower with some preparation work in the first week here at home and then a very windy wet week in Belfast Northern Ireland. This was quickly followed by a week in Presov -- Slovakia that was cold but very good week recruiting new staff and developing the business that I had opened some 2 years ago. How quick that has sped by.

A couple of weeks holiday in early February that proved to be wet and cold most of the time were followed by preparing for a busy March with training Dealer staff.

It hardly seems possible that March is already here and I travel now to Wroclaw in Poland for most of the week and start the newly prepared business training seminars. On return, I have one day, and it is off to Rotterdam to open a bike show up, then work with the new Dealer in Rotterdam for about 10 days so will be away for a lot of March. The end of the month takes me to Prague for 2 days with another business seminar and then to Vilnius in Lithuania to finish the month off.

Here comes Easter!!! My how the time appears to fly.

It will soon be time to come together and reconsider Good Friday and Easter Day and all it means to us Christians around the world.

As a boy I listened to my parents leading the Easter meetings and the song always has been ringing in my ears "Up from the Grave He arose"

How wonderful we receive that assurance repeatedly in this dark world of ours.

May we this Easter 2015 reaffirm our faith in the words of that song that brings us such a reassurance of a living Christ.

God Bless all especially at this Easter time 2015.

Mike Dickens - March 2015.

Corps Weekly Activities

Monday

Greenfingers	10.30am (2 nd Monday of each month)
Home League	2pm (1 st Monday of each month)
Home League Fellowship	2pm (3 rd Monday of each month)
Rainbows	6pm to 7pm
Brownies	6.30pm to 7.30pm
CAMEO	7.45pm (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

Luncheon Club	12pm
Thursday Fellowship	2pm to 3pm
Community Care Ministries	7pm (3 rd 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 st Sunday - Sunday Supper	5pm
2 nd Sunday - Sunday Worship	5pm
3 rd Sunday - Worship & The Word	5pm
4 th Sunday - Sunday Celebration	5pm
5 th Sunday - Simply Sunday	5pm

Corps Programme (2015)

(Events in italics indicate other Corps, Divisional & Territorial Events)

APRIL	
7 th - 12 th	Corps Officers on Furlough
Friday 3 rd	Good Friday
Sunday 5 th	Easter Sunday
Monday 13 th	Leadership Team or PCC Meeting
Saturday 18 th	Droitwich Songsters - Fundraiser for Big Collection
Sunday 19 th	Our YP Band leading Kingswood's Evening meeting
Saturday 25 th	<i>Divisional AFM Resource Day</i>
MAY	
2 nd / 3 rd	<i>Divisional Youth Band Event - St Ives</i>
Sunday 10 th	Candidates Sunday
Monday 11 th	Leadership Team or PCC Meeting
Weds 13 th	<i>Divisional AFM Rally</i>
Saturday 16 th	<i>Unite - Divisional Youth/Children's Workers Event</i>
Saturday 16 th	Band League Concert
Sunday 17 th	Page Park Outreach in the Afternoon
23 rd - 31 st	Corps Officers on Furlough
Sunday 24 th	Pentecost
JUNE	
Sunday 7 th	Community Cares Ministry Sunday
13 th / 14 th	YP Anniversary
Monday 15 th	Leadership Team or PCC Meeting
Saturday 20 th	<i>Divisional Youth Band Event</i>
Sunday 21 st	Fathers' Day and 'C in the Park' Event
Saturday 27 th	Armed Forces Day in Staple Hill
Monday 29 th	Church Parade
JULY	
1 st - 5 th	<i>Boundless International Congress, LONDON</i>
10 th - 12 th	<i>Divisional Young Adults Mission Weekend (18-25s)</i>
Monday 13 th	Leadership Team or PCC Meeting
Saturday 18 th	Big Collection Fundraiser Concert
Sunday 19 th	Page Park Outreach in the Afternoon
25 th - 1 st Aug	<i>Territorial Music School</i>
27 th - 31 st	<i>Divisional Junior Adventure Camp</i>
AUGUST	
3 rd - 14 th	Corps Officers on Furlough
15 th - 21 st	SWSCA
31 st - 7 th Sept	New Horizons Week

SEPTEMBER	
12 th - 16 th	Big Collection
Sunday 20 th	Page Park Outreach in the Afternoon
Sunday 27 th	Back to Church Sunday
OCTOBER	
3 rd /4 th	Corps 'Retreat' Weekend (non-residential)
Sunday 11 th	Harvest Festival
Saturday 17 th	Divisional Youth Band Event - Shepton Mallett
Saturday 17 th	Our Band in Proms Concert in Bath
29 th /1 st Nov	Corps Officers on Furlough
30 th /1 st Nov	Soul Pursuit - Territorial YP Workers Weekend
NOVEMBER	
Saturday 7 th	Divisional AFM Fellowship Day
Sunday 8 th	Remembrance Sunday
Saturday 14 th	Divisional Creative Arts Day for Children
Saturday 14 th	Singing Company and Songsters Visit to Street
DECEMBER	
Saturday 5 th	Christmas on the Hill

Date for 2016 - International Staff Band Visit 19th/20th March

The deadline for entry in
 May's Newsletter is
Sunday 19th April 2015,
 Please email stapledietnewsletter@gmail.com

Corps Leadership Team

Laura Baker, Tash Bennett, Margaret Bessex, Tim Bessex, Margaret Boxell, Liz Brewer, Mark Dickens, Linda Hall, Paul Heath, Majors Colin & Nicola Hylton-Jones, Kelvin James, 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 (Secretary), Viv Wallington & Kay Willetts.



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

www.staplehillcitadel.com

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