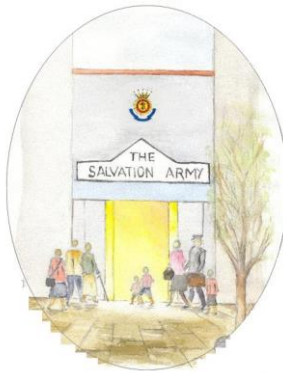




STAPLE DIET

JULY & AUGUST 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

In thinking about what to say this month, we have just celebrated the Young Peoples Anniversary and recently we have been singing a new song in Songsters which has related to me personally.

It's coming up to a year when Laura and I moved to Staple Hill Corps and a year on, I sometimes ask the question 'was this meant to be?' 'was it in God's plan for my life?'

As I journey on life's road,
Many challenges surround me
And it seems as though my cares are just for me;
As I think about my road
And what has brought me to this moment
So I wonder was this what was meant to be.
And then I think about your promise to be with me to the end,
And as I look around I see that
You have always been my friend.

*Help me to see you, Lord,
To see you in your glory,
To see you in the hearts and lives of those along my way,
Help me to see you, Lord,
In everything around me
And to know that you go with me
As I face another day.*

So, a year on, I know that it has all been part of the bigger picture of God's plan for my life, to lead me to a place where I see and experience his glory in the hearts and lives of those here at Staple Hill.

Whilst we may see his Glory in each other's life's, lets pray that those who we come into contact with also see his glory in our life's and our Church.

Neil Baker
Editor - Staple Diet

Summer Festival Weekend 2015

Saturday 18th July - 7pm

The BIG Collection Concert

**Fundraising Concert for The
Salvation Army's Big Collection to
help people in need.**

Tickets £5 *Under 16s Free*

Tickets Now Available

Sunday 19th July

Morning Worship - 11am

March of Witness - 3pm

Page Park Praise - 3.30pm

From The



Officer's Desk

The month of July sees the long awaited International Congress come to London. Many of us will have the opportunity to attend some of the activities organised. If you are not able to travel to London, you can still take part by joining together in the streamed event on Sunday 5th July.

The theme for the congress is 'Boundless - The whole world redeeming'. As I am writing this, many Salvationists from all over the world and from many different cultures will be making their way to London to join together in a celebration of praise for all that God has done through The Salvation Army in the last 150 years.

The title comes from 'O Boundless Salvation' the well-known song written by our Founder, William Booth. It was written as a result of a sleepless night in 1893 as he meditated on the salvation that Jesus brings. The song was sung for the first time that year at the Boundless Salvation Campaign meetings in Exeter Hall. William Booth also used the song as part of his 83rd birthday celebration, which was to be his last public appearance in May 1912. Boundless is a great word - it means 'having no boundaries, without limits' and as such speaks to us of God's boundless love, grace, mercy and salvation. Whether we are travelling to London or not - this boundless nature of God is available to us all and maybe we can grasp again the awesomeness of this for ourselves

*O boundless salvation! deep ocean of love,
O fullness of mercy, Christ brought from above.
The whole world redeeming, so rich and so free,
Now flowing for all men, come, roll over me!*

'preach to the nations the boundless riches of Christ'.

Ephesians 3:8

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, Gordon Stone, Valerie Scott, Tom and Ruth Cable, Joyce Lear, Gwen Lear, Margaret Hatton.

THOSE AT UNIVERSITY

Natasha Bennett (Bristol Uni), Paige Hassard (U.W.E.).

Well done to both Carys and Senan Hylton who have recently received awards: Carys for Grade 4 in Speech and Voice, receiving 90 out of 100 with Distinction and Senan for pupil of the term, receiving the pride of Kings Forest award.

Congratulations to Emily Hall on gaining her Foundation Degree in Early Years.

Orla Brake has recently celebrated her 18th Birthday, we trust you had a lovely day.

Congratulations to Sam and Emma Roberts on the birth of their baby son, Noah Jacob Samuel, born on 15th June 2015, weighing 8lbs 13oz.

Thoughts and prayers have been with Daisy Usher, Elsie & Mike Dyer on the recent promotion to glory of Brian Cordy. Brian was part of this corps for some time, growing up in the Young People's Corps and becoming a soldier - we think of all family members at this time.

Our thoughts have also been with Brenda and Barry Bray following the loss of Brenda's Mother.

Jonathan Hall and Perri Stokes will be married on Saturday 1st August 2015 at All Saints Church, Martock. We wish you both much happiness and God's blessing on your future together.

Congratulations to Michael and Valerie Baker who will celebrate their Golden Wedding Anniversary (50 Years) on 7th August 2015. In July they will start celebrations by a Family Reunion. Enjoy your Anniversary

Vivien Wallington

As a family we say thank you for your thoughts, prayers, cards and phone calls with the recent Promotion to Glory of Brian. His service of thanksgiving took place at Christchurch Hannah and was well attended by Family, Friends and Colleagues. It was almost 2 years since Brian became ill but we know he is now at peace with God.

Elsie & Mike Dyer

July Sundays

5 th	11am	Morning Worship	5pm	Sunday Supper
12 th	11am	Morning Worship	5pm	Sunday Worship
19 th	11am	Morning Worship	3.30pm	Praise in the Park
26 th	11am	Morning Worship	5pm	Sunday Celebration

August Sundays *There will be no evening worship during August.*

2 nd	11am	Morning Worship
9 th	11am	Morning Worship
16 th	11am	Morning Worship
23 rd	11am	Morning Worship
30 th	11am	Morning Worship

Sunday Celebration

Sunday 26th July 2015 - 5pm

Featuring

Vocal Soloists

Fiona & Ross Mercer

Supported by Staple Hill Citadel Sections

Baby Song

On a cold June morning 74 babies, toddlers, parents, grandparents and helpers met at Bristol Zoo for their day out - a most enjoyable time for all. The babies stayed awake, enthralled by the antics of the animals. We all met for lunch for which Colin & Nicola joined us for our picnic on the lawn - we sang happy birthday to three of our group then at 2.30pm a very tired group made their way home. An enjoyable day was had by all or as the children said, "it was a lush day!" and I would agree.

Pauline Perkins

So where has your money gone???

Has the recent musical evening which raised over £8000 for the Kenya Trust created a spark of interest in what the Trust has been doing to support the work of The Salvation Army in that country?

Well if it has, you may be interested in a short Kenyan holiday which aims to take people like you to Kenya to show them some of the projects that's have been completed so far, and others that are in the pipeline.

The trip is planned to take place in February 2016 and will last between seven and ten days. It will not be a luxury holiday! Accommodation will be basic but clean and will have both running water and sanitary facilities. But you will see some of the challenges of Kenya and some of the need. You will attend worship at one of the Army's Corps (probably in Nairobi) and see the children at work in some of the schools we have built or refurbished.

The holiday will conclude with two days on Safari where you will have a chance to see some of Africa's famous wildlife.

The cost will be in the region of £1200 per person and the party will be led by one of the Kenya Trust Trustees.

Interested in knowing more? Have a word with Hilton Baker.



The Big Duck Challenge In Aid of The Big Collection



I am organising this fun fundraising event and invite you to be involved in a Duck Shoot! No, we are not going to shoot ducks with a gun but shoot them with our cameras!

**Join in with the Fun - Entry to the competition is £2 -
The Duck is FREE!**

Your photos can be entered into four categories:

Out of town	Your exotic, or not so exotic, holiday location/ day trips/visiting friends
In Staple Hill/Bristol	Local environment/ house or garden/school or place of work
Photo with caption	The funnier the better!
Children	Taken by children
Decorated Ducks	Submit your decorated duck to me or Linda Hall before the closing date of the competition

All photos to be sent to margaretboxell@gmail.com or alternatively, hand your photos to me or Linda Hall, making sure you write your name on the back of each photo. Remember to state which category you wish your photo to be entered and where the photo was taken. **You may enter a maximum of four photos in each category.**

Judging will be undertaken by an independent group who will select a shortlist of 3 photographs for each category. The winner of each category will be selected by vote at a special 'Duck Celebration Evening.' During this evening all the photos and decorated ducks will be displayed. A prize will be awarded to each of the category winners and the overall winner.

Get your duck as soon as possible from me or Linda and take it with you wherever you go! You never know where will be a good place to 'shoot a duck!'

Margaret Boxell



Non-Residential Corps Retreat.

3rd & 4TH October 2015

"Retreat": A place you can withdraw to, without the pressures, requirements, intrusions, and distractions, of everyday life, in order to reassess your position and move forward once again

As we head towards our Corps Retreat weekend in October, the final arrangements are beginning to take 'SHAPE'.

"For we are God's masterpiece. He has created us anew in Christ Jesus, so that we can do the good things he planned for us long ago. Ephesians 2:10 (NLT)"

We would like as many people as possible linked to our church to join us in Minchinhampton on the Saturday, and in our own buildings on the Sunday!

We are in for a really exciting and engaging weekend.

Book your place here: <http://doodle.com/r8gwd6sps2s74e49>

Or write it physically on the list at the back of our main worship hall but please only add it to one list!

The arrangements are:

SATURDAY will start at 9am with tea, coffee & pastries and will end by 8pm. Refreshments will be provided at the venue. During the day there will be Worship, teaching, and various group sessions. We will also have the opportunity for some outdoor activities, plus a barn dance to finish the day, hosted by the excellent duo that ran our harvest supper barn dance "*Life of Riley*"!

The venue for Saturday is:

**Minchinhampton Baptist Church
Tetbury Street
Minchinhampton
Stroud
Gloucestershire GL6 9JH**

TRANSPORT: If you require transport to and from the venue in Minchinhampton, please let us know on booking and it will be arranged for you.

SUNDAY will start at our own halls in Staple Hill with breakfast at 9am and will include Worship at 11am & 5pm with additional teaching & group sessions. You are asked to bring your own lunch.

The Retreat will end by 6.30pm following Worship

Both of these days are being planned as "all-age" events, with appropriate sessions for everyone

If you would like further information, or **have any questions**, please reply directly to this email address, and a member of the Leadership Team will respond to you personally.

We look forward to you joining us on this journey.

A Spotlight on...

...Les Palfreman

What is your job within our corps? Worship Team leader and a bandsman

What is your day job? My current job is the best of my career so far - I get paid for doing just as I please. Prior to that I was a Pensions Manager.

Favourite Music? I don't have a favourite but enjoy a wide range of music including light orchestral, movie soundtracks, 60s/70s/80s pop as well as some of the current stuff.

Favourite food? Fried egg and chips with HP sauce

The Worst Trait? (Be Honest) Indecision - I think.

Your Best Trait? (Don't be modest) Patience (although my wife would almost certainly say, with everyone except her).

What trait do you most deplore in others? Dishonesty.

Your most embarrassing moment? Far too embarrassing to tell.

What do you most dislike about your appearance? Nothing really but another 6 inches in height wouldn't have gone amiss.

What newspaper do you prefer, and why? With news readily available 24/7 on TV and online I don't often buy a newspaper these days but if I do it is usually the Times. I think it less sensationalist than many others

What about books? Do you have a favourite author? No favourite author. I like a good thriller or murder mystery and writers such as Mark Billingham, Ian Rankin, James Patterson and Lee Child generally hit the spot for me.

Have you a favourite TV Programme? Spooks (and the movie was equally good).

Favourite TV Personality? Hmm, difficult one. More film and stage than TV perhaps but probably Maggie Smith or Julie Walters.

What activity do you most enjoy? Travel - UK and further afield.

What is your most memorable moment? There are many memorable moments, such as holding in my arms for the very first time each of my grandchildren (not all at once, obviously).

Is there anything about your life so far that you regret? Life is full of opportunities and missing or ignoring them is to be regretted.

If you weren't you, who would you like to be? No one I can think of.

Is there a particular talent you wish you'd had? I would have liked to have become a competent pianist but didn't ever get started.

How would you like to be remembered? I would like to be remembered as a person of integrity.

Caption Competition

If you have any suitable Captions for this photo please email them to stapledietnewsletter@gmail.com and we will publish some of the best in the September issue.



Orders & Regulations for Bands



1. There will be a chap out the front waving his arms around. He's called the **Bandmaster**. **DO NOT WAVE BACK**.
2. All bandsmen should attempt to play from the same **Tune Book**.
3. Observe the 'repeat' signs **ONLY** if you think a passage is worth repeating.
4. If everyone gets lost except you, play **LOUDER**.
5. If you hit a wrong note, **GLARE** at the bandsman next to you. Keep glaring. Do not back down.
6. The right note at the wrong time is still a wrong note.
7. A wrong note, played with **AUTHORITY**, is simply your interpretation.
8. Ignore markings for 'slurs', 'dynamics' and 'accidentals'. They are only there to make the score look more complicated.
9. If a march is hard, slow down. If it's easy, speed up. Everything averages out.
10. When everyone else stops playing, you should stop. Don't play any left-over notes.
11. Never, under any circumstances, pass on the tune number.
12. If you're unsure, play **LOUDER**.
13. Keep your eyes down or closed. Watching the **Bandmaster** only stifles your artistic interpretation.
14. Don't make eye contact with the **Bandmaster**. He'll stop all the fun stuff.

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
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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

NO Friday Club till September 2015

Saturday

Coffee Morning	10am to 12pm
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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)

JULY	
<i>1st - 5th</i>	<i>Boundless International Congress, LONDON</i>
<i>10th - 12th</i>	<i>Divisional Young Adults Mission Weekend (18-25s)</i>
Monday 13th	Leadership Team or PCC Meeting
Saturday 18th	Big Collection Fundraiser Concert
Sunday 19th	Page Park Outreach in the Afternoon
<i>25th - 1st Aug</i>	<i>Territorial Music School</i>
<i>27th - 31st</i>	<i>Divisional Junior Adventure Camp</i>
AUGUST	
3rd - 14th	Corps Officers on Furlough
<i>15th - 21st</i>	<i>SWSCA</i>
<i>31st - 7th Sept</i>	<i>New Horizons Week</i>
SEPTEMBER	
12th - 26th	Big Collection
Sunday 20th	Page Park Outreach in the Afternoon
Sunday 27th	Back to Church Sunday
OCTOBER	
3rd/4th	Corps 'Retreat' Weekend (non-residential)
Sunday 11th	Harvest Festival
<i>Saturday 17th</i>	<i>Divisional Youth Band Event - Shepton Mallett</i>
<i>Saturday 17th</i>	<i>Our Band in Proms Concert in Bath</i>
29th/1st Nov	Corps Officers on Furlough
<i>30th / 1st Nov</i>	<i>Soul Pursuit - Territorial YP Workers Weekend</i>
NOVEMBER	
<i>Saturday 7th</i>	<i>Divisional AFM Fellowship Day</i>
Sunday 8th	Remembrance Sunday
<i>Saturday 14th</i>	<i>Divisional Creative Arts Day for Children</i>
<i>Saturday 14th</i>	<i>Singing Company and Songsters Visit to Street</i>
DECEMBER	
Saturday 5th	Christmas on the Hill

**The deadline for entry in
September's Newsletter is
Sunday 23rd August 2015,
Please email stapledietnewsletter@gmail.com**

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 (Secretary),
Viv Wallington & Kay Willetts.



**The Salvation Army, Staple Hill Citadel Corps
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