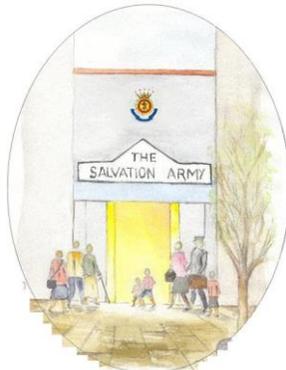




STAPLE DIET

JULY & AUGUST 2014



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

A University lecturer gave a lecture about weight and she held up a beaker half full of water. The students expected the question to be 'Is the beaker half full or half empty?' but the question was 'How much does it weigh?' The students start to answer 5oz, 10oz etc. The Lecturer then said, 'Well it starts off light but it gets heavier and heavier the longer we hold it'. So even though the quantity of water doesn't change the weight seems to increase.

When I read that it made me think how relevant this story is to both our faith and our everyday lives.

Things come our way and sometimes they weigh us down. The longer we bear our problems and the things we care about, the heavier they become and eventually it may seem that we cannot cope any more.

In Christ it is a blessing to know that we can take our worries to him. He takes and shares our burdens so we do not have to carry them on our own. There really is no need for us to become 'weighed down'!

There are many references in scripture and songs that tell us to hand our worries over to God.

*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
Staple Diet Editor

From The



Officer's Desk

This will be my final entry in Staple Diet and considering what to write as an encouragement for you for the future, in just a few words, has been difficult.

I have to say thank you to so many Corps folk that have joined us on the journey, especially to those that have embraced 'Looking to the Cross' to capture a strategy for the Corps: my message to us all is to press on:

- Press on towards the completion of this journey of discovery as you continue to look at 'Welcome' as a strategy;
- Press on in your personal journey with God; and
- Press on into action as you reach out to the local community and beyond.

There are things that I will miss about Staple Hill Corps: the fellowship of our coffee morning friends, the tours of the building by local school children, working with local community groups aiming to make Staple Hill a better place to live and of course, the support of many local officers, soldiers and friends as we have worked together to make worship both special and relevant in this generation.

To you all, I say thank you, as I promise to remember you all in my future prayers. I ask you to pray for Helen, Abi and me as we move on to Southsea and new challenges and joys.

Major Ian

News about People

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

Madge Rickards, Edie Phillips, Marion Davis, Irene Ackerman, Francis & Ruth Shepherd, Gladys Shellard, Edna Heath, Pam Henderson, Gordon Stone, Valerie Scott, Tom and Ruth Cable, Joyce Lear, Gwen Lear.

THOSE AT COLLEGE / UNIVERSITY

Natasha Bennett (Bristol Uni), Esther Dickens (U.W.E. Hartpury, Glos), Andrew Campbell (Plymouth), Paige Hassard (U.W.E.), Bethany Martin (Bath Spa).

Family and friends shared in the dedication of Amara Louise, daughter of Ruth and Matthew Always, and grand-daughter of Gerry and Malcom Wiltshire. Major Ian Urmston conducted the dedication

Linda Hall was recently commissioned as Corps Secretary, an important role in the Corps which had been unfilled for some time. Rodney Clothier was commissioned as a Bandsman and Chris Painter was commissioned as Deputy Bandmaster.

Shelia Tovey will celebrate a special birthday on 22nd July 2014. Congratulations and enjoy your special day.

I am sure there will be many words of "Thank You" in the next few weeks for Majors Ian and Helen Urmston; however, I will include them in our Corps family because they have been our leaders for the last four years. We say 'thank you' for your leadership during this time and know God will be with you and Abi in the coming days as you go to Southsea Citadel Corps - I will leave you with this verse from Song 772:

*'When we cannot see our way
Let us trust and still obey
He who bids us forward go
Cannot fail the way to show'*

Viv Wallington

A Message from the Janes Family

Following the recent Promotion to Glory of Nancy Janes, Alan, Julie and I would like to thank you all for the support we have received during the past few weeks. The many cards we have received, your prayers and words of condolence have supported us as a family through this sad time.

We would particularly like to thank all those who have helped Mum getting to and from the hall. Without your help, Mum wouldn't have been able to enjoy the warmth and fellowship of her friends at the Salvation Army.

The 9th June was always a special day as it was Mum and Dad's wedding anniversary; therefore it seemed fitting for Mum's funeral to be held on Monday 9th June, their 63rd wedding anniversary. It was at Staple Hill Salvation Army where Mum and Dad were married and where the family spent many happy days: it will, therefore, always have a special place in our hearts.

Mum was a very special person: she had the most wonderful fun-loving, mischievous character and always took an interest in others. Even though she suffered for many years from Rheumatoid Arthritis, she managed to hide the pain she was in and always greeted everyone with her warm smile.

We will always cherish the great times we shared and the memories we have of Mum. Even though our hearts are sad, we thank God for a wonderful Mum who has touched the lives of so many people, and who showed her love of God in the way she lived her life.

Malcolm, Alan and Julie

Cakes Needed!

Homemade cakes are always wanted for Saturday Coffee mornings. If you are one of the growing numbers of people that cannot help on a Saturday morning, why not bake a cake and pass it to Mary White so that it can be frozen and then used on a suitable occasion.

July Meetings

6 th	11am	Farewell Meeting for Majors Ian, Helen and Abi
	1pm	Corps Lunch
	5pm	No Sunday Supper
13 th	All Day	Corps Mission away day at Weston-Super-Mare
	11am	Morning Worship at Staple Hill Corps, led by Mike Dyer, for those who can't get to Weston-Super-Mare.
20 th	11am	Morning Worship
	3pm	Praise in the Park - Page Park
27 th	11am	Welcome Sunday for Majors Colin and Nicola Hylton-Jones
	5pm	Sunday Celebration

YP Anniversary 2014

Sunday 29 June was our YP Anniversary. The day was based around the Bible passage Matthew 22: 34-40 and asking God to do something new in our life, our friends and family's lives and the life of our Church. We started off the morning with Joseph Williams, our Corps Sergeant Major for the day giving us the announcements and very good he was too! Marc, I think you may have some competition!

Throughout the meeting many of the young people took part. Jessica Dickens brought her first vocal solo to us entitled 'Think of a world without any flowers' and Nneka and Megan Saint debuted their duet of 'Tell me the Stories of Jesus'. It was clear that the girls had put a lot of effort into preparing for the day. Josh Dickens give us a beautiful rendition of 'Simple Prayer' on his euphonium accompanied by the Young People's Band, thank you to Josh for the time he dedicates to his playing and his willingness to share his talents. The contributions from the Young People's Band and Singing Company enhanced our worship and my thanks go to Sam Roberts, Michelle Dickens and their respective teams for their preparations and hard work.

As always the primary item did not disappoint. The primary brought to us the song 'Approaching Jericho', it was delightful to see all the children taking part and happy. It was good to see the trumpets they had made, you never know we could have a cornet virtuoso of the future among them! What an amazing wall of Jericho they had put together and it really did come tumbling down making sure that everyone was awake!

A massive thank you to Margaret and her team for all their preparations for today and their work week by week.

It was good and fitting to be able to recognise the faithful service that Kay Willetts has given as Young People's Band Sergeant for over 25 years. We heard from Josh Dickens, Alex Bessex and Ian Roberts about the impact she had on their lives both as Young People and fellow leaders. Rightly so Kay received messages from our Territorial Commander, Divisional Youth officer and past members and local officers of the YP Band. Kay was presented with flowers and a gift by the YP band and a certificate of recognition and a long service award by Major Ian on behalf of the Divisional Commander. Kay, we salute you for your faithful service!

Thank you to all the YP workers in the Corps who work silently week by week to encourage and teach our young people, we could not do it without you! The biggest thank you of all must go to the Young People for being so willing to take part in our YP anniversary and spending time learning things and practising their readings and items.

The meeting ended with every person being offered a balloon as a symbol of the Young People's Corps but also inviting them to ask God to do something new in their life. Let's just say after being part of a team that inflated 170 balloons at 8:30 am on a Sunday morning I am not sure I want to see another balloon for a while! A big thank you to my balloon inflating pals: Tash, Hannah and Nick!

After the meeting, everyone enjoyed fellowship with tea, coffee and some rather delicious cake, celebrating Kay's service to the YP band and then we went over to Vassells Park where food, fellowship and fun was enjoyed by many for the afternoon.

*Yesterday has gone, another day has come,
Do something new in my life.
Yesterday has gone another day has come,
Do something new in my life,
I cannot live without you,
Cannot live without you,
I cannot live without you, O Lord
Cannot live without you,*

YPSM Laura Baker



The band has kept very busy by supporting the ministry at the corps through various events as well as in normal Sunday worship.

Those of you who are regular attenders at Staple Hill may have noticed that the Band has been

welcoming people into our hall most Sunday mornings by playing outside the main entrance in Broad Street. Whilst we hope that this helps to prepare you for worship, it has brought a number of new people into our meetings: one Sunday we had four new people joining us. They may have only come in once, but they took that important step over the threshold into our building. We, therefore, ask you to pray for this outreach, that we will bring others into God's house.

By the time you read this the Band will have taken part in the Armed Forces Day, this year taking place in Kingswood. For those of you who don't know, the Band leads the parade each year, not only on Armed Forces Day but also on Remembrance Sunday. This is a great honour and privilege for the band and shows what a great deal of respect our community has for The Salvation Army, whilst also recognising the work undertaken by the Salvation Army in conflicts around the world.

As a Band, we are privileged people to use our God given gifts to spread His message to those who may not necessarily hear it: we thank God for these opportunities we have.

To keep up to date with the Band news and its ministry follow us on Facebook, Twitter and YouTube:

www.facebook.com/staplehillcitadelband

Twitter: @staplehillband

Neil Baker
Band Librarian

Annual Proms Night
Saturday 19th July 2014 - 7pm
Tickets £5 - Under 16s Free
Tickets available from Brian Usher

Harvest 2014: 27th & 28th September 2014

This year we are holding a Barn Dance and Harvest supper on Saturday 27th September 2014 at 7pm. Tickets are now available from Corps Secretary Linda Hall. Price includes entry and a Ploughman's supper.

Prices: £5 (Adults), £3 (Students) and free for children under 12.

Join us for a Hearty Harvest Hoedown!

The Kenya Trust Presents

'INTO AFRICA'

Supported by

Staple Hill Citadel Band

Euph Fellowship

Taunton School Girls' Choir

Saturday 15th November 2014

Watch this space for more information

Salvation Brass Release Debut CD

As mentioned in June's Staple Diet 'Delight!' the CD recorded by Salvation Brass is now available from Neil Baker for you to purchase at just £10.

The CD is already proving popular with copies being sold across the world in Australia, New Zealand, USA and the UK.

One reviewer stated: *'Just listened to the CD whilst working. Excellent and could really sense the aim of the CD. True worship experience and that came through in abundance. First Band CD I have listened to in about 10 years! Well done to all involved. Great Ministry.'*

The CD features 12 new or previously unrecorded items and highlights the gifts of emerging writers and musicians.



TRACK LIST:

Worship (David E Jones);
Breathe (Dorothy Gates);
God of wonders (Marcus Venables);
Everyone needs compassion (arr. Dean Jones); *Amazing Grace* (Martin Cordner);
In the name of the Lord (Sandi Patty arr. Brian Bowen);
Psalm 37:4 (David Leak);
Lord you are good (Israel Houghton arr. Dean Jones);
This I know (William Himes);
You Are (Emma Jones);
Love Divine (Howard Goodall arr. Andrew Wainwright);
Soulsa! (Dean Jones);
Pilgrimage of prayer (Darren Shaw);
They shall come from the east (Kevin Larsson);
Total Praise (Richard Smallwood arr. Seb Farrall)

Love in the Park

This all-day event organised by the 'Friends of Page Park' will be taking place on Saturday 19th July in Page Park. If you have never been to one of these free events in the past, then you have seriously missed out; there will be activities and stalls to enthral the whole family and the numbers that attend are simply staggering - 10's of thousands. Once again, we shall be erecting our tent within the park in order to draw people in and tell them about God's love and the work of the Salvation Army. In past years, I have relied heavily upon the help of our Corps Officers in order to set-up and run the event: this year the event falls in the interim period when we have no officers officially in post, therefore, I am desperately looking for some help (particularly at the start and end of the day). The Summer Proms Concert is scheduled for the same evening, however, we should be packed away well before the concert starts. If you would like to help, then please let me know.

Paul Heath, Corps Treasurer

Operation Christmas Child

Brownies and Rainbows will once again be supporting Samaritan's Purse in their Christmas shoebox appeal.

If you would like to help us with this project and need a shoebox Margaret has some to spare. Why not spread the cost by buying an item here and there over the summer and early autumn.

Leaflets will be put in the foyer before too long.

More information can be found at <http://www.samaritans-purse.org.uk/operation-christmas-child-resources>

Thank you all very much.

Margaret Belcher

Gift Aid

At the end of March 2013, the corps received a further gift-aid payment covering the 2012/13 tax year which amounted to £10,721.39. This needs to be allocated in various different ways across the corps in line with the budget that we submitted last year. However, it does mean that we can now make a further £11,000 repayment off our building loan (including funds accumulated through various donations, etc. over the past few months), bringing the outstanding balance of the loan down to £29,000.

We have also recently submitted our Gift Aid claim for the 2013/14 tax year, which has amounted to an almost identical figure to the one above. The amount of tax we can reclaim from the government continues to be a very major source of income for the corps and we would like to thank everyone who has signed a Gift Aid mandate in the past which enables this important funding stream. Gift Aid allows us to reclaim an extra 25p for every £1 given to the Corps from income taxes that have already been paid.

If you would like any further information about Gift Aid, or would like to complete a Gift Aid mandate yourself, please let me know.

Corps Treasurer, Paul Heath

Corps Mission Away Day

Weston-Super-Mare: Sunday 13th July

The Corps at Weston-Super-Mare (WSM) is very small and unable to meet the challenge of taking the gospel to the crowds who visit WSM during the summer.

The Staple Hill Corps Leadership Team has accepted the invitation to support our fellow Salvationists and to lead their Morning Worship and a Beach Open-air Meeting. It will be great for them to be part of all that God has given us, which we perhaps sometimes take for granted. Given this, we thought it would be wonderful for the whole Corps to travel to WSM and enjoy a special day out together - Fellowship and Outreach!

We would like everyone to travel by car, utilising all our spare seats for those who do not, or are unable to, drive to WSM. The Corps has access to a school with parking facilities. We suggest everyone takes their own packed lunch to reduce costs, and this can be eaten either in the Hall, or by walking the short distance to the beach. We can spend our time together or wander off at your leisure.

There will be meetings at Staple Hill on this day led by Mike Dyer. However, the Corps Officer at Kingswood is fully supportive of this venture and extends a warm welcome to their Morning Meeting for anyone who is unable to come with us to WSM but would like to support a small corps in our area as we are supporting the corps at Weston. We will arrange transport for you to Kingswood if that is a problem.

We are still putting together all the logistics for the day, but we hope you will see the potential for a great day together. Your prayers and encouragement would be greatly appreciated.

Corps Weekly Activities

Monday

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

Parents & 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
Singing Company Practice	6.45pm to 7.45pm
Songster Practice	8pm to 9.30pm

Friday

Junior Club	6pm to 7.30pm
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Saturday

Coffee Morning	10am to 12pm
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Sunday

Primary	9.45am - 10.45am
Lighthouse Club	9.45am - 10.45am
Youth Group	9.45am - 10.45am
Morning Worship	11am
1 st Sunday - Sunday Supper	5pm
2 nd Sunday - Sunday Worship	5pm
3 rd Sunday - Sunday Study	5pm
4 th Sunday - Sunday Celebration	5pm
5 th Sunday - Simply Sunday	5pm

Corps Monthly Diary - July 2014

Sunday 6 th	Farewell Meeting for Majors Ian & Helen and Abi followed by Corps Lunch
Sunday 13 th	Corps Outing to Weston-Super-Mare
Monday 14 th	Greenfingers - 10.30am to 12pm
Saturday 19 th	Corps Proms Night - 7pm
Monday 21 st	Home League Fellowship - 2pm
Saturday 26 th	Wedding of Sam & Emma
Sunday 27 th	Welcome Sunday for Majors Colin & Nicola Hylton-Jones, Carys and Senan - 11am and 5pm
Wednesday 30 th	Territorial Music School Mid-Week Festival: Monkton Coombe School, Bath

Corps Monthly Diary - August 2014

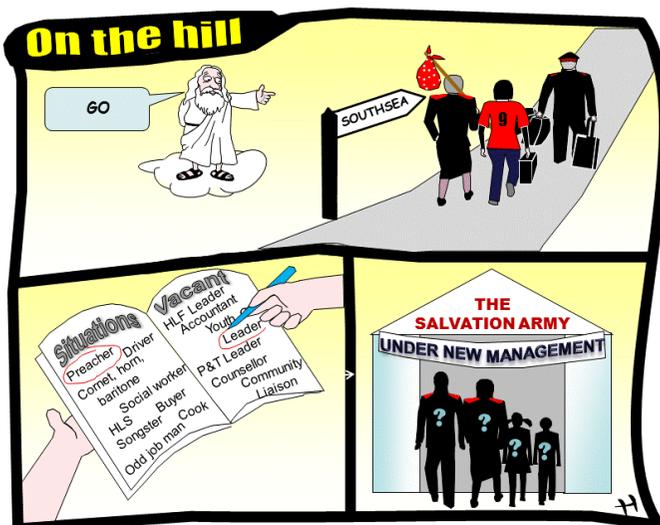
Saturday 2nd August	Territorial Music School Final Festival: The Forum, Bath.
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The deadline for entry in
September's Newsletter is
Sunday 24th August 2014,
Please email
stapledietnewsletter@gmail.com

Corps Annual Diary (2014)

Saturday 27 th September	Harvest Supper & Barn Dance
Sunday 28 th September	Harvest and Back to Church Sunday
Saturday 4 th October	Visit of Portsmouth Citadel Band
Sunday 12 th October	Corps Anniversary
Sunday 19 th October	Songsters at Reading Central
Sunday 9 th November	Remembrance Sunday
Saturday 15 th November	INTO AFRICA!
Sunday 7 th December	Toy service - 11am
	Light up a life Service - 5pm
Sunday 14 th December	YP Carol Service - 5pm
Sunday 21 st December	Corps Carol service - 5pm
Wednesday 24 th December	Carols by Candlelight
Sunday 28 th December	Morning meeting only

Further dates to be added in the coming month



Corps Leadership Team

Laura Baker, Margaret Bessex, Tim Bessex, Margaret Boxell,
Liz Brewer, Mark Dickens, Linda Hall, Paul Heath, Kelvin James,
Nathan James, Les Palfreman, Majors Ian & Helen Urmston,
& Marc Willetts.

Pastoral Care Council (PCC)

Margaret Bessex, Margaret Boxell, Liz Brewer, Linda Hall,
Kelvin James, Rachael James*, Hilary Sims, Majors Ian & Helen
Urmston, Marc Willetts, Gerry Wiltshire, Malcolm Wiltshire
& A Youth Rep.

Worship Team

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



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