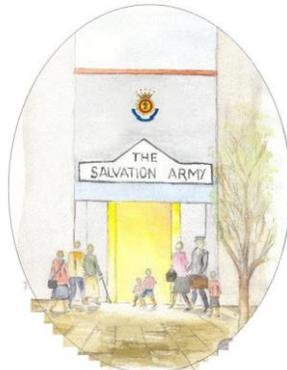




# ***STAPLE DIET***

# ***JUNE 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

Since Easter a song has been consistently going through my head, so much so I ordered the music from America. This last week it finally arrived. The song talks about how Jesus gave his life for us and what a privilege that is. Would we as normal everyday people give our lives for others?

The song goes talks about Good Friday, and how Jesus was despised and rejected but, through his actions, we are loved and accepted. He gave his life for mine, how amazing is that? The words read:

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

His scars of suffering brought me healing.  
He spilled His blood to fill my soul.  
His crown of thorns made me royalty.  
His sorrow gave me joy untold.

***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!***

***He was despised and rejected,  
Stripped of His garments and oppressed.  
I am loved and accepted,  
And I wear a robe of righteousness!***  
*Rebecca J. Peck / Lari Goss*

Neil Baker  
Staple Diet Editor

# From The



# Officer's Desk

John Lennon is the author of this phrase, "There are two basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we open to all that life has to offer with passion, excitement, and acceptance. We need to learn to love ourselves first, in all our glory and our imperfections. If we cannot love ourselves, we cannot fully open to our ability to love others or our potential to create. Evolution and all hopes for a better world rest in the fearlessness and open-hearted vision of people who embrace life." I would add to this a vision the vision of people who learn to love as God loves.

One of the greatest commands that Jesus left us was "Love the Lord, your God, with all your heart and soul and love your neighbour as yourself." The way that we welcome people into the corps fellowship is a snapshot of where we are in fulfilling the command to love your neighbour.

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

Michael and Valerie Baker have welcomed a grandson 'Charlie James' born on May 8<sup>th</sup> in Melbourne, to their son Jonathan and Teresa, A brother for Oliver. A good reason for Michael and Valerie to spend some extra time 'Down Under', they will return in June (Almost time to return again)! Congratulations to you all.

We were saddened to hear of the promotion to glory of Reg Lowe, our thoughts and prayers are with his family at this time.

Dorothy Speakman was promoted to glory at the beginning of May. Dorothy came to the corps about 10 years ago coming from Selby Corps but due to circumstances she started to attend the Salem Church in Winterbourne, Dorothy had been a former Salvation Army officer. Our thoughts are with her family and friends just now.

It is with sadness that as we go to press we have heard of the 'Promotion to Glory' of Nancy Janes. We uphold the family in our prayers at this time. The funeral arrangements will be published in the weekly bulletin as soon as we receive confirmation of them.

In a recent meeting Major Ian Urmston commissioned Laura Baker as Young People's Sergeant Major, Neil Baker as Band Librarian and David Nee as Assistant Corps Secretary.

Birthday Greetings to June Wallington (12<sup>th</sup> June) and Daisy User (16<sup>th</sup> June) who will be celebrating special birthday's this month. Enjoy your special Day.

We are pleased to welcome as soldiers to Staple Hill Rodney & Sheila Clothier.

Viv Wallington

## A Message from Ruth Belcher



I just want to say a big thank you to everyone for their support and donations when I ran the London marathon. Now I've recovered, I can look back and say I enjoyed it, though between miles 18 and 22 it was anything but! I'm immensely proud of my time, 5 hours and 4 minutes and also the fact that I've managed to exceed my fundraising target and raised £1,656.10 for the South West Children's Heart Circle. The money will go towards helping children who have heart defects and also be used to support their families.

I may be doing it all again...Elise has entered us both for next year - watch this space!

## Frank Snell *by Andrew Sims*

After some research it has been possible to obtain some additional information about Frank Snell which was not available for publication immediately following his recent death and to give a fuller picture of this life-long soldier.

Frank Snell was born on 14th December 1917 in Buenos Aires, Argentina. His parents were pioneering Salvation Army Officers and so Frank moved with them firstly to Montevideo, Uruguay in 1922 and then to Santiago, Chile in 1925. Frank was therefore fluent in both Spanish and English.

Frank moved with his parents to the UK in 1930. He lived with them in Newcastle during the 2nd World War and moved with them to London where Frank worked for a time at the Men's Social

Services HQ in Middlesex Street, London. Frank later found employment with the Shell Oil company and continued with that Company when he moved to Bristol. His parents were divisional Men's Social Work Officers and oversaw the opening of the Army's Mowbray Home in Clevedon.

The family attended the Bristol Citadel Corps which is where Frank met his future wife Olive Haskins. They married at The Citadel 21st March 1959 and moved to a house in Pucklechurch, Bristol when the association with Staple Hill Corps began. Sadly Olive died on 10th June 1976 leaving Frank to bring up their son Andrew alone.

Much has been said about Frank's sense of humour. In his own style, a reflection of his financial status at the time, he recounted the story of motor-cycling from Clevedon to Bristol and how, on the downslopes he would turn off the engine to save petrol.

So, for *history's* sake I hope you enjoy these additional facts of *his story*.

Well done Frank. Not forgotten. Unforgettable.

## June Meetings

- 1<sup>st</sup> 11am The Full Armour - Belt of truth  
*2 Timothy 2: 14-26*  
5pm Sunday Supper
- 8<sup>th</sup> 11am The Full Armour - Breastplate of Righteousness  
*Matthew 13: 36-43*  
3pm Praise In The Park - Page Park  
5pm **NO Evening Worship**
- 15<sup>th</sup> 11am Father's Day  
5pm Sunday Study
- 22<sup>nd</sup> 11am **No Morning Service at Staple Hill**  
11am 'C' In The Park - Downed  
5pm Sunday Celebration
- 29<sup>th</sup> 11am YP Anniversary followed by Corps Picnic at Vassals Park  
5pm **NO EVENING MEETING**



On Saturday 10<sup>th</sup> May, instead of staying in and watching the delights of the Eurovision Song Contest a near capacity congregation met to share an evening of music making led by the Band under Bandmaster Nathan James featuring vocal

soloist Hayley Stubbs (Derby Central) and pianist Andrew Wicker (Swindon Citadel).

The concert started with Kevin Larsson's 'Temple 125' which features the tunes 'He came to give us life in all its fullness' and 'Jesus is all I need'. This was received with enthusiastic applause. The band then moved into a reflective mood and played the piece 'Time to be holy'. We were then introduced to our first guest soloist Hayley Stubbs who is the Songster Leader at Derby Central and a former member of the International Staff Songsters. Hayley brought us two songs 'Dance and Sing' an upbeat, exciting song followed by a reminder that whenever we experience tough times in our lives, we should 'Trust in the Lord'.

Andrew's natural ability and talent at piano playing shone through as he played a classical Beethoven piece 'Adagio Cantabile from Sonata in C minor'.

Chris Painter, Flugel Horn soloist from our own corps then brought us the ever increasingly popular solo, 'The Seal Lullaby'. Written by Eric Whitacre (words by Rudyard Kipling 1865-1936) which was originally written for an animation based on 'Kipling's white seal' but the film studio decided to make 'Kung Fu Panda' instead. "Oh! Hush thee, my baby, the night is behind us, and black are the waters that sparkled so green. The moon, o'er the combers, looks downward to find us, at rest in the hollows that rustles between".

Hayley blessed us once again with songs which included 'Journeys End' and 'You are always there', 'When I come to you in prayer You are always there.'

The Band concluded the 1<sup>st</sup> half with a recently published piece of music called Dance-Beat by Paul Sharman, Written for the ISB 120 celebrations for all 8 Staff bands to place on the stage of the Royal Albert Hall. The piece featured Marc Willetts, who you could have mistaken for just coming back from his holidays, as his band cap had been replaced by a sombrero. He entered the hall playing in Mexican style an introduction to the well-known tune 'Teach Me to Dance to the Beat of Your Heart' and 'Jesus, Name Above All Names'.

Kicking off the 2<sup>nd</sup> half the band's next two contributions were 'Ein Feste Burg' which means A Mighty Fortress Is Our God. This followed into the Congregational Song 'In Christ Alone'.

Andrew brought us his final solo for the evening which was Richard Slater's 'All I have is thine', arranged by Peter Ayling, an arrangement of the song, 'I have not much to give thee Lord, but all I have is thine'.

'Soli Deo Gloria' which fuses together two melodies 'Jesu' joy of man's desiring' and 'Jesus, Name Above All Names'.

Hayley sung 'Bow the Knee' which is a piece that is becoming more popular in The Army which in speaks about: whatever we do we bow the knee and trust in God, this lead us into the bible thought.

There are many pieces of music being written for Brass Bands and the final major work from the band is just one of them. 'Fusion' written by Martin Corder includes a warm sound to the middle range instruments, with a slow reflective start and then into a fast tempo'd uplifting melody. A haunting melody played by the Euphonium section featuring the tune 'Come to Jesus' which sounded similar to the Jurassic Park film score. The words that fit

with the main melody are taken from the Salvation Army Song book in Song 59 with Albert Osborn's words

*Thy name is joined with mine  
By every human tie,  
And my new name is thine,  
A child of God am I;  
And never more alone, since thou  
Art on the road beside me now.*

Hayley gave us a final song entitled 'David Danced', this song featured many of the band on percussion instruments.

Major Ian Urmston then brought us the closing benediction which was followed by Olaf Ritman's arrangement of 'The Lord Bless You and Keep You' and finally the march 'Staple Hill Citadel'.

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

[www.facebook.com/staplehillcitadelband](http://www.facebook.com/staplehillcitadelband)

Twitter: @staplehillband

## **Cakes Needed!**

Homemade cakes are always wanted for Saturday Coffee mornings. If you are one of the growing number 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.

# Salvation Army brass group which played at London 2012 Mountain Biking Event release debut CD

A 20-strong brass band, which performed during the London 2012 Olympics, has recorded a new CD.

Salvation Brass performed at the London 2012 mountain biking men's event at The Salvation Army's Hadleigh Farm and has also performed at the Millenium Centre in Cardiff. The Salvation Army musicians are now releasing an innovative CD of their music called *Delight!* Alongside the band, the album also features 17-year-old singer, Charlie Green, who rose to the semi-finals of Britain's Got Talent in 2008.

The CD takes an innovative format, with four mini-programmes of music, which make up the content of the album of 19 tracks. These programmes are headed: "Living Among Us", "Mighty to Save Us", "Delighting in Us", and "Rejoicing over us". There are linking narratives and background music, as well as a considered blend of music; so there's much to discover and appreciate in this inspiring collection.

The album contains a month of devotions in a CD inlay card based on the theme of Zephaniah 3:17: "The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing." And the music has a deeply worshipful feel.

Dean Jones, Salvation Brass group leader, said: "We wanted to really add something of the creative flavour we put into our programmes onto a recording. "It was a challenge, but worthwhile as we feel a true experience of God's word can be discerned through the careful work of those who have made this possible."

The group has been in high demand since their debut in November 2008, but it's the integrity of worship that is so striking about the group, richly evident through their tag line, "A passion for music... a thirst for God...." And this desire is brought to the fore through their music.

The CD is a joint venture between Salvation Brass and The Salvation Army's Adult and Family Ministries unit.

Major Valerie Mylechreest, who heads up the unit, said: "Salvation Brass are just what they say on the label. A brass group unashamed of living and playing out a Christian message in an entertaining, encouraging, engaging and enlightening way. "This group make faith fun and their music making always has a spiritual impact for good."

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

Singing the soulful song, 'You Are' written by Emma Jones, Charlie Green, Britain's Got Talent semi-finalist, said: "It's a real honour for me to work alongside Salvation Brass. They have inspired me as a Salvationist musician so this has been great! The CD concept is really exciting too!"

"Delight!" is available to purchase from June 28 at just £10. To Pre-order please see Neil Baker (I have 25 Copies to sell!)

#### **'DELIGHT!' TRACK LIST:**

*Worship* (David E Jones); *Breathe* (Dorothy Gates); *God of wonders* (Marcus Venables); *Everyone needs compassion* (arr. Dean Jones); *Amazing Grace* (Martin Corder); *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).

# Happiness *Sent in by Alan Richardson*

In 1958 most British families did not have a car or a fridge and they only had one holiday a year at the British seaside. The average family now is much richer. After allowing for inflation, our incomes are nearly three times what they were 50 years ago. Yet people today are less satisfied with their lives than they were then.

In the same period there has been a steady increase in mental illness. Depression, alcoholism and suicide are all much more common these days. Much the same has happened all across the rich nations of the world.

In the last 10 years scientists have started looking at happiness and what makes us happy. They call it positive psychology. The scientists are sure they can tell the difference between happy and unhappy people, but it's a bit harder to *describe* happiness.

It seems to be a feeling of well-being, a satisfaction with life, a good feeling, a positive mood. It's an engagement with living and vitality. You feel more in control of your life. It doesn't mean bad things don't hurt, but you have a resilience that means you can bounce back. It's different from pleasure, which is a quick fix.

By scanning brains and asking people how they feel, they've worked out how to *measure* happiness. That means they can measure happiness before and after something happens to find out what makes us happy and what doesn't.

They can measure whether different life-styles make people happier or not, such as whether rich people are happier than poor. When people were asked what would make them happy, most people said money or fame. But they are wrong. Beyond an income of about £15,000 a year, more money seems to bring very little extra happiness.

Very rich people are no happier than average and some are quite miserable. Winning the lottery doesn't seem to make people happier after the first flush of excitement. Scientists found that very poor people who struggle with the basics of life are mostly not happy, but some are.

And they can compare how happy different countries are. Denmark is officially the happiest country, followed by Malta, Switzerland,

Iceland, Ireland and Canada. The happiest countries are not the richest, but the ones with income equality. Countries like Britain and the US that are richer but with very unequal incomes are much less happy.

So what does make people happy? The three main things are socialising and having close friends, exercise and thinking about good things. There are lists of things you can try as well.

So if you thought chasing the money to buy next gadget or fashion was just a treadmill you were right. A much better thing to do would be to find out what makes you happy and focus on that. We need governments and local Councils to work on what makes everyone happier rather than the pointless and environmentally damaging pursuit of economic growth. When that happens the world will be a better place.

## **Media Update**

After a month of hard work by Aiden and the Media Team we are now able to put our worship meetings and concerts on the internet. These are live recordings. We will monitor how many people listen in each week and hope that in September we can feed some figures back to you.

## **New Displays**

How many people who walk down the corridor into our hall look at the displays on the walls? How effective are they?

During a discussion at Sunday Study a few months ago the suggestion of designing some table top displays for our weekly activities and coffee morning was given. We have triangular display stands to be displayed at all weekly activities and coffee morning. These display details of weekly activities of the corps and there is space also for advertising special events.

# A Spotlight on...

## ... Hilary Sims

**What is your job within our corps?** Assistant Sergeant Major and Deputy Child Protection Co-ordinator.

**What is your day job?** Retired. For nearly 6 years I have worked every Monday as a Chaplaincy Volunteer at Frenchay Hospital.

**Favourite Music?** I love many kinds of music. It's impossible to choose one.

**Favourite food?** Chocolate

**Your Worst Trait? (Be Honest)** Impatience with people who put things off until tomorrow.

**Your Best Trait? (Don't be modest)** Compassion.

**What trait do you most deplore in others?** Dishonesty.

**Your most embarrassing moment?** Uncontrollable giggling at my own father's funeral.

**What do you most dislike about your appearance?** Where do I begin?

**What newspaper do you prefer, and why?** Daily Mail but I only read it occasionally.

**What about books? Do you have a favourite author?** I am not a great reader but read several books when on holiday usually handed down by my daughter or daughter in law.

**Have you a favourite TV Programme? Question of Sport and Would I Lie to You?**

**Favourite TV Personality?** Many but not one in particular.

**What activity do you most enjoy?** Spending time with family, time spent at the corps, holidays and eating out.

**What is your most memorable moment?** Birth of our first child after years of waiting.

**Is there anything about your life so far that you regret?** No. Everything has been for a purpose.

**If you weren't you, who would you like to be?** Someone in the medical profession.

**Is there a particular talent you wish you'd had?** Ability to play the piano.

**How Would you like to be remembered?** As someone who cared.

## **Hall Hire**

Our suite of buildings form a fantastic resource for both corps use and use by the wider community. Our hire charges are low in relation to the facilities that we offer, and have been kept the same for a number of years. As a result, we have many different groups and parties booking and using the hall throughout each month. Please do not just assume that rooms will be available for any event or concert that you may be organising - please check with our Corps Organising Secretary, Tracey Heath before arranging anything. For legal and insurance reasons a licence agreement has to be issued and signed by the organiser of any and all private functions at the hall and a hire charge agreed by the corps officer. These licence agreements have to be presented to the divisional business board who have to sign off these arrangements prior to the event taking place.

# Community Care Ministries

What is Community Care Ministries all about? What do they do? For starters our CCM Group hold a monthly act of worship at Deerhurst Nursing Home and each Friday we visit 5 public houses and 2 Clubs selling the War Cry and meeting people with all sorts of needs. Dave Nee now provides the same literature ministry outside the Hall on Thursday mornings. There are many other ways in which we can and do help in our local community and this would be enhanced if only more of the Corps were willing to get involved and work with us. The scope for service just where we are is great. (Matthew 9 v 37).

We are required to show Christ's love (Matthew 25 v 35-40) and the desire to care for others ought to be in the DNA of all associated with The Salvation Army. Our premises are ideally situated in the middle of Staple Hill and I believe God has placed this, the only Corps situated in South Gloucestershire, in the same place as the area which has the highest IMD (Indices of Multiple Deprivation) and which is a Priority Neighbourhood of the Council. You could start by attending our monthly meeting (usually third Thursday of the month). We always have time for a social discussion and we often have an outside speaker or show excerpts from "The Link", a quarterly Salvation Army DVD which widens our horizons and shows what other Salvationists and Corps are doing. Meetings are open to all regardless of age or gender and start at 7 p.m.

Please feel welcome to come

# Corps Weekly Activities

## Monday

Home League	2pm (1 <sup>st</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	7.45pm (last of Each Month)

## Tuesday

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

## Wednesday

Baby Song	from 9.30am
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## Thursday

Luncheon Club	12pm
Thursday Fellowship	2pm to 3pm
Singing Company	6.45pm to 7.45pm
Songsters	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 <sup>st</sup> Sunday - Sunday Supper	5pm
2 <sup>nd</sup> Sunday - Sunday Worship	5pm
3 <sup>rd</sup> Sunday - Sunday Study	5pm
4 <sup>th</sup> Sunday - Sunday Celebration	5pm
5 <sup>th</sup> Sunday - Simply Sunday	5pm

# 'C' in the Park

'C' in the Park is back again! King George V Park, Downend 11am-4pm Sunday 22<sup>nd</sup> June 2014. This is an event arranged by the churches for the churches and the local community.

There will be an open air service will be at 11am. This is arranged by leaders from several churches in the Downend, Mangotsfield and Staple Hill areas. This year the corps leadership team have taken the decision to support this event and our morning service will be with the other churches in King George V Park.

Throughout the day there will be an area set aside for prayer. Staple Hill Corps will be coordinating this and the corps display tent will be used for this. We will be looking for people to assist in setting this up (7am) operating the prayer tent and dismantling everything at the conclusion (4pm). There will be main stage attractions from midday which include local bands and school groups. Our own YP band will be taking part during the afternoon but we have yet to have the time confirmed.

There is also a climbing wall, rodeo bull, refreshments tent, bungee run, bouncy castle, sports arena and craft tent through the afternoon. All these activities will be free of charge.

There will be a Sunday Celebration event at 5pm at the hall featuring our own musical sections.

# Farewell Sunday 6<sup>th</sup> July

A Service of Celebration & Thanksgiving for the work of  
Majors Ian & Helen Urmston and Abi

We do hope you will be able to join us for this special day as we thank God for Ian, Helen & Abi, thanking them for all they have done over the last 4 years and to wish them well as they move on to their new appointment at Southsea.

10.30am.	Meet for refreshments in the Hallway
11am-12.30pm	Service of Celebration & Thanksgiving
1.00pm	Celebration Lunch
5.00pm	No Meeting

Everyone is invited to the lunch which Mary White will co-ordinate. To help with the catering & costs, a list will appear in the Hallway so that we know how many might be likely to attend & for you also to agree to supply one of the following:

Quiche (any flavour!), Ham, Cheese, Coleslaw, Crisps, Trifle, Cheesecake, Fresh Fruit Salad, Fruit Crumbles & Pavlova. (The Corps will supply Salad, New Potatoes, Pickles, Drinks & cream/custard for the puddings). If there is any particular culinary delight that you wish to supply, that will be great!

# Corps Mission Away Day to Weston-Super-Mare

## Sunday 13<sup>th</sup> July

The Corps at WSM is very small & is 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. We thought it would be wonderful for the whole Corps to travel to WSM and enjoy a special day out together - Fellowship & 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. We can eat our lunch in the Hall or walk the short distance to the beach. We can spend our time together or wander off at your leisure.

As such, there will be no meetings at Staple Hill on this day. 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. 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 & encouragement would be greatly appreciated.

## Corps Monthly Diary - June

Monday 2 <sup>nd</sup>	Home League - 2pm
Sunday 8 <sup>th</sup>	Praise in the Park - 3pm
Monday 9 <sup>th</sup>	Greenfingers 10.30am to 12pm
Sunday 15 <sup>th</sup>	Father's Day Sunday Study 5pm
Monday 16 <sup>th</sup>	Home League Fellowship - 2pm
Sunday 22 <sup>nd</sup>	'C' In The Park - 11am Sunday Celebration - 5pm
	<b>Staple Diet Deadline</b>
Sunday 29 <sup>th</sup>	YP Anniversary Celebrations
Monday 30 <sup>th</sup>	Cameo 7.30pm to 8.30pm

## Corps Monthly Diary - July

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

# Corps Annual Diary

Saturday 2 <sup>nd</sup> August	Territorial Music School Final Festival The Forum, Bath
Saturday 27 <sup>th</sup> September	Harvest Supper & Barn Dance
Sunday 28 <sup>th</sup> September	Harvest and Back to Church Sunday
Saturday 4 <sup>th</sup> October -	Visit of Portsmouth Citadel Band
Sunday 12 <sup>th</sup> October -	Corps Anniversary
Sunday 19 <sup>th</sup> October -	Songsters at Reading Central
Sunday 9 <sup>th</sup> November -	Remembrance Sunday
Saturday 15 <sup>th</sup> November -	INTO Africa
Sunday 7 <sup>th</sup> December -	Toy service - 11am Light up a life Service - 5pm
Sunday 14 <sup>th</sup> December	YP Carol Service - 5pm
Sunday 21 <sup>st</sup> December	Corps Carol service - 5pm
Wednesday 24 <sup>th</sup> December -	Carols by Candlelight
Sunday 28 <sup>th</sup> December -	Morning meeting only

Other dates to add in the coming month  
watch for announcements

**The deadline for entry in  
July & August's Newsletter  
is Sunday 22<sup>nd</sup> June,  
Please email  
[stapledietnewsletter@gmail.com](mailto:stapledietnewsletter@gmail.com)**

# On the hill



What a simply gorgeous afternoon!



A perfect, sunny, summers day



Daddy, it's Sunday - shouldn't we be doing something religious?



Right you are then. Lettuce spray!

Now you're just being silly!



### **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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**[www.staplehillcitadel.com](http://www.staplehillcitadel.com)**

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