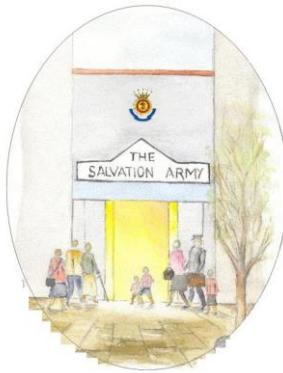




# ***STAPLE DIET***

## ***JUNE 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

Encouragement, We all need it don't we? If we didn't have encouragement I don't think anyone would get very far.

Take Page Park Praise for example, people were encouraged to undertake different responsibilities in organising the setting up of Page Park Praise, in the hope that the children's activities, the PA, the march, the advertising of the event would encourage us as 'performers' (if I can use that word) and in turn, encourage those who came to watch and listen. We hope and pray that those who attended gained encouragement from us that The Salvation Army isn't just for the old, it's all inclusive no matter what age.

A further example of encouragement I have gained personally is since I started Slimming World. Over the past 12 weeks I have attended Slimming World classed on a weekly basis, and for me, it is somewhat of a miracle! Would I have thought 12 weeks ago that I would be writing this over 3 stone lighter? The answer would be NO WAY! Those of you who are my Facebook Friends will see my weekly posting of my result from that week's weigh-in, many of you have 'liked' it, and for me, seeing 40 or so friends 'liking' that post is encouragement for me to carry on. The comments are also encouragement to keep to the plan and to lose even more.

In the Bible there are hundreds of verses to give us encouragement to carry on, to take up something new, to take a step of faith in whatever we find ourselves doing.

**Joshua 1:9** "Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."

**Psalms 121:1-8** "I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth."

**Philippians 4:13** "I can do all things through him who strengthens me."

**Jeremiah 29:11** "For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope."

As Christians, it is our privilege to be able to encourage others through our faith - let us use every opportunity not only to encourage each other but those that we come into contact with.

**Neil Baker**  
Editor - Staple Diet

# **Sunday Celebration**

**Sunday 28<sup>th</sup> June 2015 - 5pm**

*Featuring*

**Vocal Soloist Hannah Brewer**

**Supported by Staple Hill Citadel Sections**

# **Young Peoples Celebration**

**Sunday 14<sup>th</sup> June 2015 - 11am**

*Led By*

**Divisional Children's Officer  
Yvonne West**

**All Age Worship with some great  
activities for the kids!**

**Followed by Lunch and  
fellowship in the Park.**

# From The



## Officer's Desk

This year there has been a concerted effort by many within the corps to tidy, decorate and clean many of the seen and unseen areas of our hall. As a result we have been able to: 'free' up some space to be able to meet the need of expanding areas of our programme; bring together many of our resources into accessible and central areas; and declutter our hallways to ensure ease of entrance

and exit. We have been humbled by those involved giving of their time, skills and abilities, which has been extremely appreciated.

However, I am aware that empty spaces seem to attract clutter, but hopefully we can all play our parts to continue the work that has already been started.

Whilst this has been a physical activity, decluttering can be a spiritual activity. There are many things which demand and clutter our time ... energy ... resources, so much time that there is little time or space in our time ... energy ... resources for God. In Psalm 46 we read: be still and know that I am God. As we move forward we hope and pray that you will find time to declutter to be still and seek God's face for your life, and for the life of our fellowship.

**Colin 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.).

Many Congratulations to Hannah Brewer and Nick Fortt who announced their engagement on 1<sup>st</sup> May 2015 whilst on holiday in America. It was a very special time for them. We wish you lots of happiness for the future.

Alan and Yvonne Tilling celebrated their Diamond Wedding Anniversary (60 years) on 9<sup>th</sup> May 2015. We offer our congratulations. For those who attended on the following Sunday Evening, Alan and Yvonne cut a beautiful cake baked by their daughter for each of us to enjoy.

Early in July, many people will be attending the Boundless Congress in London. Given that so many will be away, I am going to mention two special birthdays in this edition:

Birthday greetings to Hilary Sims who will celebrate her 70<sup>th</sup> birthday on 1<sup>st</sup> July 2015 and Arnold Tilling who will celebrate his 80<sup>th</sup> birthday on 23<sup>rd</sup> July 2015. Congratulations to you both and enjoy your special day.

Vivien Wallington

## June Sundays

7 <sup>th</sup>	11am	Morning Worship	5pm	Sunday Supper
14 <sup>th</sup>	11am	Morning Worship	5pm	No Evening Worship
21 <sup>st</sup>	11am	Morning Worship	3.30pm	Worship & the Word
28 <sup>th</sup>	11am	Morning Worship	5pm	Sunday Celebration



## **Non-Residential Corps Retreat. 3<sup>rd</sup> & 4<sup>TH</sup> 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 linked to our church to join us in Minchinhampton on the Saturday, and in our own buildings on the Sunday, as is possible!

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.



# Page Park Praise - May 2015



Thank you to Garry Matthews & David Slator for these photos.



# Travellers News - Spring 2015

During March I had a lot of travelling in Czech' Republic' - Poland-Lithuania, Latvia and Estonia, where I had Business Management Seminars to present. All went well except for one plane being cancelled due to engine failure, and the associated delays it caused.

One of the hotels in Lithuania, I had stayed in before, is an old monastery rebuilt into a hotel. Obviously with my hair style I qualify to stay there!! It's still very basic with an archaic heating system that rarely works [heard that before somewhere??] The City of Vilnius is beautiful though and retains most of its old charm, churches and buildings. During the few days there, lecturing to some Estonians ,Latvians and Ukraine staff, I read an article by a monk and one thing he said was " We are rich if we don't need much and poor if we need a lot" - it takes a bit of thinking about but it's very true in this material world of ours.

I am fortunate that work is slowing down at last, and although I am contracted to be in Asia Pacific and at my office in Tokyo, I am able at the start of spring this year to be in Europe for a spell. April has seen me in Brighton area - Southampton - the Midlands, and possibly Sweden for a few days, so not so hectic!!

Another article by the monk ended with a wise quote:

"Life is not about the number of breaths we take - But is about the moments that take our breath away."

How often we consider only the present moment and not how we can experience those breath taking moments in our lives - such as when we first met the saviour and how fortunate we are with all we have in our lives.

One of the delegates came from Kiev in the Ukraine and we shared time together regarding how they are finding life under such difficult circumstances. We went together into a beautiful church and stood in the quiet atmosphere experiencing the peace of our surroundings. He felt an awareness of the peace and said he was so pleased to have had the opportunity to be there. It was one of those

moments that took our breath away as we rested in the quietness and peace of our time there.

We will meet again, when considered safe for me to be in Kiev, for a time.

It makes you realise how fortunate we are in all we have around us every day of our lives.

The past months have given very different challenges in the UK and Northern Ireland areas but has meant I have been able to attend more 'home' meetings at Staple Hill.

I am fortunate to be having a few weeks to catch up on the garden and the long list stuck to the fridge door of 'To Dos'! And then it is off again to Northern Ireland - UK mainland - and probably Egypt again. Riding the Harley on some of the better days for weather has reminded me of the beauty of our countryside in the springtime.

In the brief respite from long distance travel, it is good to have some time of quietness and reflection: a song that springs to mind is Song Book No.567 and verse 4:

*Drop thy still dews of quietness,  
Till all our strivings cease;  
Take from our souls the strain and stress,  
And let our ordered lives confess  
The beauty of thy Peace.*

May we all recognise the beauty of His Peace and have the knowledge of His Care for us and Love.

God Bless

Mike Dickens May 2015

***'I dream of an army that is spiritually-vibrant, Biblically-  
Strong, Culturally-Sensitive,  
Evangelistically-Passionate, Community-Connected and  
Holy Spirit-Empowered.'***  
General Eva Burrows

# A Spotlight on...

## ...Natasha Bennett

**What is your job within our church?** Youth leader - I couldn't ask for a better group of people to work with.

**What is your day job?** PhD student working in the field of Nanotechnology. I spend most of my days in the lab or working on electron microscopes. This summer I will be writing my thesis, a 50-100,000 word document highlighting all the work I have done in the last 4 years. I would love it if you would be willing to pray for me as I go through this busy, stressful time!

**Favourite Music?** I love most music, but have a preference for anything 90's - pop, hip-hop and R&B. Definitely not a fan of rock or heavy metal.

**Favourite food?** Nothing better than a slice of great quality bread and butter, maybe with a pot of olives on the side too, and an ice cold diet coke. Bliss.

**The Worst Trait?** Impatience, I can get frustrated very easily and generally it shows.

**Your Best Trait?** I think I'm pretty hard working. I really don't like committing to something if I can't give 100%.

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

**Your most embarrassing moment?** During a school production of Fame, I fell off the stage and landed on a poor unsuspecting trombone player in the pit. Not my most graceful moment. My ankle was sore for a while afterwards, and I'm not sure if the trombone ever made a full recovery!

**What do you most dislike about your appearance?** This changes day to day, I'm sure it does for most people.

**What newspaper do you prefer, and why?** Newspapers are quite 'old school', I generally head to the BBC news homepage.

**What about books? Do you have a favourite author?** I like a mix of genres. I'm a big fan of Lee Child and John Grisham for crime and action, but also love Sophie Kinsella for a light hearted read. The novels at school that I remember the most were "Brother in the Land", a book I really disliked and "To Kill a Mockingbird" which I loved.

**Have you got a favourite TV Programme?** I have to be honest here and admit that I love American high school dramas: One Tree Hill, Gossip Girl, 90210 etc. Recently I really got into Bear Grylls' "The Island" where teams of men and women had to survive on a deserted island for several weeks.

**Favourite TV Personality?** David Attenborough, his career and knowledge are incredible.

**What activity do you most enjoy?** I love my most recent hobby, Irish dancing. It's lots of fun and keeps me fit.

**What is your most memorable moment?** So far, it has to be Phil's proposal at the Grand Canyon. It was a lovely surprise!

**Is there anything about your life so far that you regret?** Nothing major.

**If you weren't you, who would you like to be?** I'm not sure, I've never really thought about it as it isn't an option.

**Is there a particular talent you wish you'd had?** More of a skill than a talent, but after a documentary I watched years ago and my love for resistant materials (in my design & technology class) at school, I've always wanted to try my hand at stonemasonry. Also, I'd love to be a good golfer. I worked in a golf shop as a teenager but never had time to learn.

**How would you like to be remembered?** By the time I pop my clogs, I'd like to have been an inspiration to someone. Even if it's only one person, it would be lovely to be remembered as a person who made a difference.

# Corps Weekly Activities

## Monday

Greenfingers	10.30am (2 <sup>nd</sup> Monday of each month)
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

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 <sup>rd</sup> 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	6pm to 7.15pm
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## 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 <sup>st</sup> Sunday - Sunday Supper	5pm
2 <sup>nd</sup> Sunday - Sunday Worship	5pm
3 <sup>rd</sup> Sunday - Worship & The Word	5pm
4 <sup>th</sup> Sunday - Sunday Celebration	5pm
5 <sup>th</sup> Sunday - Simply Sunday	5pm



# Corps Programme (2015)

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

<b>JUNE</b>	
Sunday 7 <sup>th</sup>	Community Cares Ministry Sunday
13 <sup>th</sup> /14 <sup>th</sup>	YP Anniversary
Monday 15 <sup>th</sup>	Leadership Team or PCC Meeting
Saturday 20 <sup>th</sup>	<i>Divisional Youth Band Event</i>
Sunday 21 <sup>st</sup>	Fathers' Day and 'C in the Park' Event
Saturday 27 <sup>th</sup>	Armed Forces Day in Staple Hill
Monday 29 <sup>th</sup>	Church Parade
<b>JULY</b>	
1 <sup>st</sup> - 5 <sup>th</sup>	<i>Boundless International Congress, LONDON</i>
10 <sup>th</sup> -12 <sup>th</sup>	<i>Divisional Young Adults Mission Weekend (18-25s)</i>
Monday 13 <sup>th</sup>	Leadership Team or PCC Meeting
Saturday 18 <sup>th</sup>	Big Collection Fundraiser Concert
Sunday 19 <sup>th</sup>	Page Park Outreach in the Afternoon
25 <sup>th</sup> - 1 <sup>st</sup> Aug	<i>Territorial Music School</i>
27 <sup>th</sup> - 31 <sup>st</sup>	<i>Divisional Junior Adventure Camp</i>
<b>AUGUST</b>	
3 <sup>rd</sup> - 14 <sup>th</sup>	Corps Officers on Furlough
15 <sup>th</sup> - 21 <sup>st</sup>	SWSCA
31 <sup>st</sup> - 7 <sup>th</sup> Sept	<i>New Horizons Week</i>
<b>SEPTEMBER</b>	
12 <sup>th</sup> - 16 <sup>th</sup>	Big Collection
Sunday 20 <sup>th</sup>	Page Park Outreach in the Afternoon
Sunday 27 <sup>th</sup>	Back to Church Sunday
<b>OCTOBER</b>	
3 <sup>rd</sup> /4 <sup>th</sup>	Corps 'Retreat' Weekend (non-residential)
Sunday 11 <sup>th</sup>	Harvest Festival
Saturday 17 <sup>th</sup>	<i>Divisional Youth Band Event - Shepton Mallett</i>
Saturday 17 <sup>th</sup>	<i>Our Band in Proms Concert in Bath</i>
29 <sup>th</sup> /1 <sup>st</sup> Nov	Corps Officers on Furlough
30 <sup>th</sup> / 1 <sup>st</sup> Nov	<i>Soul Pursuit - Territorial YP Workers Weekend</i>
<b>NOVEMBER</b>	
Saturday 7 <sup>th</sup>	<i>Divisional AFM Fellowship Day</i>
Sunday 8 <sup>th</sup>	Remembrance Sunday
Saturday 14 <sup>th</sup>	<i>Divisional Creative Arts Day for Children</i>
Saturday 14 <sup>th</sup>	Singing Company and Songsters Visit to Street
<b>DECEMBER</b>	
Saturday 5 <sup>th</sup>	Christmas on the Hill

**The deadline for entry in  
July/August's Newsletter is  
Sunday 28<sup>th</sup> June 2015,  
Please email [stapledietnewsletter@gmail.com](mailto: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  
Broad Street, Staple Hill, BS16 5LN  
Tel: 0117 956 5232**

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

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