

**ELDERSHIP TEAM**

Rev Paul Parks  
Jan Acton  
Pete Acton  
Lynne Clayton  
Lois Parks  
Karen Walker  
Kim Warren  
Nick Warren

**CHURCH WARDENS**

Lynne Clayton  
Simon Jones

**PARISH ADMINISTRATOR & HALL BOOKINGS**

Lois Parks (754290) sthelensoffice@gmail.com

**Church office is open for callers on Monday, Wednesday & Thursday - 9am to 12.30pm**

**VERGER**

Chris Potter

**SAFEGUARDING OFFICER**

Nick Warren (07942 880858) sthelenscpo@gmail.com

**HOUSEGROUP CO-ORDINATOR**

Rev Paul Parks

**PCC MEMBERSHIP**

Paul Parks, Roger Mitchell, Tony Calton, Ray Keene, Sara Hackett, Lynne Clayton, Christine Aitken, Chris Potter, David Walker, Lynn White, Julian Anderson, Jenny Pascoe, Jason Morton, Dick Short, Kim Warren

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**Collect**

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Risen Christ, you filled your disciples with boldness and fresh hope: strengthen us to proclaim your risen life and fill us with your peace, to the glory of God the Father. Amen.

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**Information**

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**Fellowship News** is now being sent out by email to everyone who has given consent under GDPR. If you do not wish to receive Fellowship News by email then please let Lois know. Thank you.

# *Fellowship News*

**Welcome to everyone**

If this is your first time with us, or you are visiting today, then a very special welcome to you: we hope you have a great time with us. Please do make yourself known to one of the welcoming or leadership team, who will be able to tell you more about life at St Helens and St Barnabas. Refreshments are served after both services; in church at St Barnabas, and in the church hall at St Helens. Please do join us!

At St Helens, children start their worship with us in church, and then go to the church hall for their various groups.

**Keep in Touch**

For more information on the life of our church and the various activities to get involved with:



[www.sthelens-ore.org.uk](http://www.sthelens-ore.org.uk)



[sthelensoffice@gmail.com](mailto:sthelensoffice@gmail.com)



01424 754290

**TODAY**

9.00am at St Barnabas  
10.30am at St Helens

Today in our service of Morning Worship we will be starting a 4 week study on the book of Philippians and our reading will be Philippians Chapter 1 (Page 1178)

**12th May**

9.00am at St Barnabas  
10.30am at St Helens

Next week in our service of Holy Communion we will be looking at Philippians Chapter 2 (Page 1179)

**Kids Church**

Little Saints (Reception to Year 4) meets in the hall. RS1 (Year 5 upwards) meets in the upstairs room in Church House Crèche (0—3) meets in the hall. At present this is an unsupervised crèche so children need to be accompanied.

**Our Mission Statement**

**Our vision is to be a healing community, loving like Jesus; growing His Kingdom in our families, church life, town, nation and world.**

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## Weekly Diary

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TODAY	2.30pm	Guestling Church	First Sunday Walk
Tuesday 7th	10.00am	St Barnabas	Art Group
Wednesday 8th	9.30am	St Helen's Hall	Happy Hands
	9.30am—12.30pm	Church House	Prayer Room Open
	1.45pm	St Barnabas	CAMEO (Flower Arranging)
Thursday 9th	7.30pm	St Helen	Worship Team Practice
Friday 10th	6.30pm	St Helen's Hall	Youth Group
	7.15pm	St Barnabas	Film night

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## Notices

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### FELLOWSHIP NEWS ITEMS DEADLINE: 6PM WEDNESDAY

**PRAYER MINISTRY** is offered at the end of the service at St Helen's Church each Sunday. To arrange prayer during the week please contact:

**Leader:** Lynn White

**Organiser:** June Potter

**PRAYER IN CHURCH HOUSE** Prayer for the service at St Helens takes place in Church House from 10am each Sunday. All welcome!

**HAPPY HANDS BABY & TODDLER GROUP** on Wednesday mornings during term time in St Helen's Hall. Tea/Coffee served from 9.30am. All welcome!

**PRAYER ROOM OPEN EVERY WEDNESDAY!** The former creche room in Church House is open as a prayer room between 9.30am and 12.30pm each Wednesday. Colossians 4:2 'Devote yourselves to prayer...'

**STAMPS & BIBLES** Cynthia Care is collecting used stamps for the Bible Society. Any used stamps, British or foreign received at church. Thank you.

**NEXT WEEK (12th May)** Shared lunch in St Helen's Hall after the morning service to celebrate Richard Keep's 60th! Please let Anja know if you are planning to be there

**SAVE THE DATE!** Church BBQ after Sunday services on **Sunday 14th July 2019.**

**ART EXHIBITION & REFRESHMENTS** The Art Group are holding an exhibition in aid of the LOAF project on **22nd June 2019** from 10am until 1pm at St Barnabas. Entry is free and there will be light refreshments on sale—you might even like to buy one of the pictures on display too!

**FOODBANK:** The donations of food received TODAY, will go to the Salvation Army run foodbank. The next collection to go to the Salvation Army foodbank will be on Sunday 2nd June 2019.

**HASTINGS FOODBANK URGENTLY NEEDS:** Rice, Tinned Fish, Tinned Veg, Pasta, Coffee, Tinned potatoes, Custard and Biscuits! Also needs: Tinned meat, Tinned

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## Notices

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Fruit, Toiletries (including sanitary products for ladies), Nappies, Family Sized boxes of cereal, UHT Milk (whole and semi-skimmed, not skimmed), Tea bags, Tinned tomatoes, Tinned spaghetti and Tinned rice pudding. Thank you!

**LOAF PROJECT PRESENTS 'THE KYTES'** - 18th May from 7—10pm at Sedlescombe Village Hall. A great local band playing music from the 50s to the 00s! Tickets are £15 and available from Richard Keep. All money raised goes to the Freedom 19 project.

**SIDESPERSION NEEDED!** Please could you speak with Lynne Clayton if you would like to be a Sidesperson on the 3rd Sunday of each month.

**GARDEN TIDY UP— ST HELEN—**There will be a garden tidy up morning at St Helen's on Saturday 11th May from 9.30am until 12 Noon. Please bring tools! Tea/Coffee and bacon butties will be provided! Please speak with Lynne C for more information and to confirm numbers.

**AVOIDING FRAILTY IN OLDER AGE:** Free Talk to help keep older people safe and healthy on **Thursday May 9th** in St Helens Church hall. Doors open at 6pm, Presentation 6.30pm—8.00pm. Free refreshments. The longer we live our lives, the more important it becomes to maintain our health, though increasingly difficult! Dr Elena Mucci, an award winning consultant geriatrician in the Conquest and Spire hospitals will be tackling a range of age related issues through a humorous and engaging talk. The main aim of the talk is to help keep the elderly out of hospital and to be their own doctor, offering basic tips and bringing new ideas to light. "Do I need all those medicines?" and "Keep control of your life!" Topics include how to prevent falls, how to avoid Vit D deficiency, incontinence and dementia. To learn more about Dr Elena Mucci and her work visit [www.holisticservice.co.uk](http://www.holisticservice.co.uk)

**FIRST SUNDAY WALK—TODAY—**Meet at Guestling Church at 2.30pm for a walk amongst the Bluebells!

