

**The right DIET** 

As Colin used his guitar as an illustration last Sunday, I was transported back to my youth. Along with almost every other student preparing for a life at university, I decided to learn how to strum a few chords on the guitar. I never really had much aptitude for the instrument though, so that phase of my life didn't last too long - but the chords that I learnt back then remain embedded in my memory and I am sure I could still strum my way through a simple tune if absolutely needed. Does that mean I can play the guitar? No, not really! I never had any real 'dedication' towards the instrument, I was self-taught, so never had any 'instruction', I didn't 'exercise' through practice and I never spent the 'time' to learn. My DIET was all wrong.

Colin went on to compare our faith to learning a musical instrument. We can't just pick it up and assume that we are experts – it takes much dedication, instruction, exercise and time to mature our faith. We need to adopt a healthy *diet* in our Christian lives. Just like with my early forays into becoming a god of rock, very few of us would succeed when left to our own devices. It was reassuring, therefore, to hear that 'We are not on our own – we have the Holy Spirit' to help us.

Paul Heath

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# People

As of writing, those mentioned recently in our bulletin are making slow, but good progress in recovering from their respective illnesses. However, there are a number of people who have seasonal colds, along with some who have had an adverse reaction to their Flu / COVID jabs. Please continue to pray and support each other at this time and please contact us if we can be of any assistance.

Whilst we are fundraising for Staple Hill SA, we are also conscious that we should support other initiatives. This week Nneka is fundraising to help end youth homelessness by sleeping out on the 7<sup>th</sup> November. If you are able to support, please follow the link or speak to Nneka on Sunday.

https://1625ip.enthuse.com/pf/nneka-hitchcock



Sleep Out 2024

I'm supporting 1625 Independent People by Sleeping Out and helping put youth homelessness to bed!

# **Engineers?**

If you are good at designing or making something out of metal, then please speak to Colin, as I have a couple of projects on the go!

## **Flowers**

First of all – an apology. Unfortunately, I missed out of last week's bulletin that one of the lovely flower arrangements at the hall had been given by Doris and Geoff Pearce in memory of Frank. Sorry.

Today, we are equally appreciative of the beautiful flowers given by Tash and Phil James to enhance our worship. Thankyou.

## **Care for Creation**

On Monday the 4<sup>th</sup> November, from 7pm to 8:30pm, Joe Saint will be hosting a meeting at the Corps centred around the mission objective "Care for Creation" looking at what we currently do, what areas we'd like to explore and some ideas for short term and long-term goals.

It'd be great to see you there.

### **Christmas programme and dates**

Please pick up a printed calendar or see the link on your email.

# **Christmas Worship & Carol Services**

All the Christmas worship and carol services have now been added to the 'Dates for the Diary' section at the end of this bulletin.

# **Christmas Reception, Food and Toy parcels**

Our Christmas Reception will be open from Monday 25<sup>th</sup> November, every week day (Monday to Friday) between 10am and 12pm

Toy sorting begins 8th December 1-4pm anyone welcome to help



# **Carolling & Outreach**

Here are the main times, but please see separate programme for details and offer to help if you can:

- Saturday 30<sup>th</sup> November: 10am–2pm
- Saturday 7<sup>th</sup> December CHRISTMAS ON THE HILL:
  - 10am–2pm Inside Café and Craft activities for families
  - o 10.30am-4.30pm Outside Band and Collectors
- Saturday 14<sup>th</sup> December 10am–4.30pm
- Saturday 21<sup>st</sup> December 10am-4.30pm

# **Community Programme events**

Open doors, Lunch Club and Tots on the Hill continue as normal until Christmas.

### **CAMEO Craft Group:**

Monday 25th November 8pm

### Lunch Club Christmas Dinner:

Thursday 5<sup>th</sup> December 12.30pm (after Thurs Church Carols)

### Tots on the Hill Christmas party:

Wednesday 18th December 9.30am

### **Extra Slice Groups:**

Please check with the leader of your group about meeting over the Christmas period

### **Musical rehearsals:**

Last YP practices & Songster practice: Tuesday 26th November

Last Senior Band practice: 3<sup>rd</sup> December (extra practice Thursday 28<sup>th</sup> November)



# Frontline Carols (FC)

There will be lots of ad hoc groups playing or singing carols on their frontline (where they live, work or spend their leisure time). These are organised by the band, songsters, extra slice groups and just groups of people getting together. Please let Colin, Nicola or Myriam know if you are organising one of these so that we can let you have resources to share the meaning of Christmas.

# **Job Opportunity**

The Salvation Army are recruiting for a Regional Accounts Assistant in this area:

https://dev.salvation-army-

careers.pages.dev/vacancies/vacancy/a3k5eEVhR2M2alFjR3M2RG9K c2wxQT09?ExtraData=&utm source=social&utm campaign=sharing b uttons

You are invited to Bath Salvation Army Prayer Room

# Open Day Saturday 9 November

Drop in between 10am and 4pm refreshments available For more information contact: 07506 507435 Email: alan.young@salvationarmy.org.uk





## **The Week Ahead**

#### **TODAY - 3rd November:**

10am	All Age Worship led by Majors Colin & Nicola
	We are the Church 3: We work together'
	<u>1 Corinthians 3 vs 1-23</u>
11.30am-12:15pm	Children's & Youth Activities

#### Monday 4<sup>th</sup> November:

7pm	'Care for Creation' meeting -	anyone welcome
/ pill	care for creation meeting -	unyone welcome

#### Tuesday 5th November:

Employment Plus with Tyrone
Fitness Club
Extra Slice Group (leader: Kelvin) at the hall
Open Doors (homemade soup available at 12:30pm)
YP Band Practice and Singing Company Practice
Senior Band Practice

#### Wednesday 6th November:

9:30am	Tots on the Hill
3:30pm-4:30pm	Extra Slice Group (leader: Gerry) online
8pm-9pm	Extra Slice Group (leader: Linda) at Kelvin & Linda's
8:15pm-9:15pm	Extra Slice Group (leader: Beth) online

#### Thursday 7<sup>th</sup> November:

10am-12noon	Open Doors
11:15am-12pm	Thursday morning Extra Slice group <i>at the hall</i>
12.30pm	Lunch Club
8pm-9pm	Extra Slice Group at Colin & Nicola's
8pm-9pm	Extra Slice Group (leader: Bethany) at Bev & Jon's
8:15pm-9:15pm	Extra Slice Group (leaders: Ian & Rachel) <i>online</i>

#### Friday 8th November:

10am-12noon	Open Doors
4pm	Cleaning Hall

#### Saturday 9th November:

10am-12noon Cof	ffee Morning – <i>coordinated</i>	by Bev,	Jon,	Deb 8	& Mark
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# **Next Sunday**

Sunday 10 <sup>th</sup> Novembe	r: Remembrance Sunday
10am	All Age Worship <i>led by Majors Colin &amp; Nicola</i>
	We are the Church 4: We can help each other'
	<u>1 Corinthians 4 vs 1-13</u>
11.30am-12:15pm	Children's & Youth Activities

Our band will be leading the parade as normal, mustering in Page Road from 10am before marching off at approximately 10:20am to the War Memorial in Page Park for the Service of Remembrance

## **Dates for the Diary**

Here are some dates that are coming up soon:

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Monday 11 <sup>th</sup> November	Mission Council Meeting
Thursday 14 <sup>th</sup> November	Thursday Church
Saturday 16 <sup>th</sup> November	Our band in concert at Morriston
Sunday 17 <sup>th</sup> November	Messy Church
	Youth Pulse Event
Sunday 24 <sup>th</sup> November	Divisional Leaders leading our Sunday
	Worship
Monday 25 <sup>th</sup> November	CAMEO Craft Group
Sunday 1 <sup>st</sup> December	10am Family Carol Service
	5pm Light up a Life with St Peter's
	Hospice
Thursday 5 <sup>th</sup> December	11:15am Thursday Church Carol Service
Sunday 8 <sup>th</sup> December	10am Toy Service (last day to bring gifts)
Sunday 15 <sup>th</sup> December	10am All Age Worship
	4pm-6pm Messy Church
Sunday 22 <sup>nd</sup> December	10am All Age Worship
	5pm Carol Service
Christmas Eve	5pm Carols in the Square
Christmas Day	11am Christmas Day Worship