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Hello, and welcome to our magazine. I hope you find something interesting in this issue.

Kindness.

We move to the fifth of the fruit of the Spirit.

On the surface it appears to be the easiest of the fruit to define. Kindness is love in action. It involves doing something rather than talking about something. It is the first virtue that we learn when we are children. If you are kind to someone, you are treating them as you would like to be treated. Kindness costs us nothing we are told and it is true. It is a natural overflow of being human to respect others and want to do what's best for them.

However, being kind can be hard. People could and can walk over us. This is the risk of love and is part of what Jesus meant by carrying the cross. Kindness like all the other fruit is a characteristic of Jesus, and so the Holy Spirit which is the spirit of Jesus is inside each one of us, enabling us to be like him which includes being kind.

In this modern age, we are also encouraged to be kind to ourselves. The summer period enables us to do that. We can spend time with friends and family. We can spend time visiting other places in this wonderful world, enjoying the beautiful creation God has given us as a gift. We can live life at a slower pace. I certainly intend to do that during August, finding time to simply be. Other than '*Homes and Gardens*' and the '*Prayer Meeting*', there are no extra church activities. Take the time to be refreshed in ways that you enjoy, including taking time with the one who created you and wants to be kind to you.

May the love, joy and peace of Christ be yours in abundance this month.

Glen and Rowan Graham.

Five-Finger Prayers

I recently came across this "Five-Finger Prayer" to use as a guide when praying for others.

- When you fold your hands, the thumb is nearest you. So begin by praying for those closest to you—your loved ones. (Phil. 1 vv. 3-5)
- The index finger is the pointer. Pray for those who teach—Bible teachers and preachers, and for those who teach children. (1 Thess. 5 v. 25)
- The next finger is the tallest. It reminds you to pray for those in authority over you—national and local leaders, and your supervisor at work. (1 Tim. 2 vv. 1-2)
- The fourth finger is usually the weakest. Pray for those who are in trouble or who are suffering. (James 5 vv. 13-16)
- Then comes your little finger. It reminds you of your smallness in relation to God's greatness. Ask Him to supply your needs. (Phil. 4 vv. 6, 19)

Whatever method you use, just talk with your Father, He just wants to hear what's on your heart.

Anne Cetas — "Our Daily Bread"

Knit for Peace

I recently received an update of where the knitted garments have gone. There was a lovely photo of babies in clothes to keep them warm. 300 different outlets have been used to distribute the items, such as hospitals, charities and refugee camps. 15000 items have been distributed from blankets to baby clothes. So keep knitting.



One of their problems is funding the transport. Maybe in the Autumn we can raise some money to help this wonderful cause.

Homes and Gardens

It was so good to see so many at Forest Glade for our first get together of the Summer. On the Sunday before I was feeling so uncertain about having tea as so many people were on holiday, had appointments and other reasons why they couldn't be with us. In the morning we were sitting in the clouds. At one o'clock the cloud cleared and then the sun came out. I think everyone was warm enough in the garden. It was so good to have the children with us and they enjoyed a swim.

Pear Drive — Coffee mornings

Last winter we held a Saturday coffee morning in our home, once every month, as a means of just getting together. We hold it on a Saturday so people who are working during the week can join us.

We are proposing to do this again this coming winter. If people are interested, please could you let us know.

Laurie and Angela



Church Diary *Welcome!*

You are welcome to join in any of our activities. Newcomers to the town and holiday visitors are particularly welcome.

SUNDAY WORSHIP

Services are at 10.30 on a Sunday morning. We have a regular Morning Sunday School. Children take part in the 10.30 service before going to their own activity. Please join us after the service for coffee in the Hall.

August

6 th	am	Rev. Glen Graham
13 th	am	Rev. Glen Graham
20 th	am	Rev. Glen Graham— <i>Communion</i>
27 th	am	Rev. Glen Graham

September

3 rd	am	Rev. John Sanderson
10 th	am	Rev. Glen Graham
17 th	am	Rev. Glen Graham— <i>Communion</i>
24 th	am	Rev. Glen Graham— <i>Harvest</i>

Seen in a holiday advert

COTTAGE TO LET
SLEEPS 4 CHILDREN AND PETS WELCOME
NO GIRAFFES!

House Group

Mondays, 10.30 resume
 Sep. 11th
Tuesday, 19.30 resume
 in Sep., date to be advised
 venues to be given on Sunday
 previous.

3rd Sat
of month

Prayer Meeting

Sat. 19th Aug. and 16th Sep.
 9.30 am in vestry.

2nd Sat
of month

Coffee Morning

Sat. 12th Aug. and 9th Sep.

Lunch Club

Friday 8th Sep., 12.30.

2nd Sat
of month

Fairtrade

Sat. 12th Aug. and 9th Sep.
 a.m., in schoolroom or outside.

Fellowship meeting

7.30 p.m. Tuesday 5th Sep.

Harvest Service for Clark's Court

19th September 10.30

Harvest Supper

22nd September 7 to 9 p.m.

Homes and Gardens

2 nd August	Angela & Laurie	3-5
9 th August	Ruth & David	3-5
16 th August	Angela & Laurie	10-12
23 rd August	Joan and Brenda hosting in the Church schoolroom	3-5
30 th August	Freda & Norman —Sidmouth	11-3