

Minister: Rev Roger Hides
www.ceredigionmethodists.org.uk

NOTICES FOR THE WEEK BEGINNING

Sunday 4th February

– Services and preachers for today –

St Paul's, Aberystwyth:

Please join others in a quiet time of reflection, meditation, and personal prayers of thanks and intercession in the *half hour prior to the morning service* upstairs in Room 2.

St Paul's Aberystwyth:

10.30 am in English – Rev Roger Hides

10.30 am in Welsh – At Bethel

6.00 pm [Traditional] – Ruth Gooding

6.00 pm [Open Space] – Rev Marty Presdee

2.15 pm – Hafan Y Waun – Rev Heather Evans

2.30 pm Tregaron [Bont] – Dionne Sherwood

Please note that our Communion bread is gluten-free and our 'wine' is non-alcoholic.

THIS WEEK (at St Paul's unless stated otherwise)

Weekdays	11am -1.30pm.....	Coffee Bar + light lunches
Tues	2.30 pm.....	Friendship Group: Sarah Taylor
	7.30 pm.....	WWDP Bible Study (see notice)
Weds	7.30 am.....	Early Communion
	7.30 pm.....	InDeed
Thurs	11am -1.30pm.....	Pay-As-You-Feel Café
	7.30 pm.....	Music Group
Sat	3.00 pm.....	Messy Church

A telephone prayer chain of volunteers is available to pray for you and for those for whom you are concerned.

If you need them, please phone any of the following :

Yvonne Bonner; Norma and David Green; Heather Jones; Margaret Jones (623701); Liz Lee;
Sara Windsor-Hides

- There will be **NO Singers** on Friday 9 February.
- The **Christian Aid Bread and Cheese Lunch** will be held tomorrow, on **Monday 5th February**, from 12 noon to 1.30pm in **Bethel, Baker Street**. Please support this event if you can.
- **Helpers needed!** Please let Catherine, Kate or Ruth know if you can help with Sunday school occasionally. You wouldn't need to lead a session (though you'd be more than welcome to), but we would love new people to come and join in and help out.
- **Please join us for tea and fellowship** at the Tuesday Friendship Group on 6th February when Sarah Taylor will be speaking.
- **Tuesday 6th February:** If we were asked what we know about Suriname many of us would have to reply, 'not much'. The annual WWDP service this year (Friday 2nd March) gives us a chance to find out a little more about this interesting country and give our support to the women of Suriname who have prepared the service on the theme 'All God's Creation is Very Good'. We are aware that our responsibility for and care of the environment are subjects of prime importance in the world today. **There will be a preparatory Bible study on the theme on Tuesday 6th February in the Octagon at 7.30pm.** Please support this if you are able. Men will also be very welcome.
- There will be an **early morning communion service this week** at St Paul's, at 7.30 am on Wednesday, 7th February. All welcome.
- The next **Messy Church** will be on 10th February and we will be exploring the theme of Lent. **Help still needed;** you don't need to lead a craft activity, but we do need people to come on the day, and help in the kitchen, help with tidying up and generally making themselves useful. If you can help it would be great if you could let Ann Price know - but if not, just turn up on the day and you will be welcomed with open arms! *If you aren't able to come, please continue to remember Messy Church in your prayers.*
- **LENT BOOK READING GROUP.**
Starting on Ash Wednesday (14th Feb), we will be having a weekly book reading group at St Paul's through Lent. We will meet for an hour at 8pm each Wednesday. We will be going through "The Provocative Church" by Graham Tomlin. It looks into the characteristics that make a church somewhere where people meet with God, and challenges us to start making our church like that. If you are interested, there will be a copy of the book for looking through at St Paul's on Sunday morning. If you want to join the group, ask Chris Price to order you a copy of the book (£8.71 from Amazon, so if you ask early enough, your book will arrive by Sunday 11th).
- **The Thursday Pay-as-you-Feel lunchtime café:** turning supermarket surplus food (mainly vegetables; no raw meat or fish), still perfectly good to eat but otherwise likely to be thrown away, into tasty meals, as well as providing a welcoming place for people to meet and eat, and where money isn't a barrier to getting a good meal. Come and join us – all helpers welcome too! We'd be delighted to see you! We start serving food at 12 noon (though you're welcome to drop in for tea and coffee before that). *And whether you can come or not, please continue to pray for people to come and enjoy a meal and feel welcome as part of a fruitful collaboration between church and wider community.*

- If anyone would like to provide **cakes and snacks for P & P** (approximately 30 students, so it's great if several people could contribute a little) at the Manse during term time, 7.45 pm start, please sign up on the list in the concourse. Many thanks, Sara.
- **Weekday Coffee Bar Volunteers** needed! Even just once a month could make a huge difference to the rota and it's such a valuable service to the community, including to new students, and to visitors. If interested, please contact Jenny Smith.
- **And just as importantly...** Please add your name to the rota on the notice board if you would like to help serve coffee **after morning services**. *The time after the morning service is so valuable for giving everyone in the church family the chance to hear about each other's news and problems and to welcome any visitors and newcomers, so please bear in mind that no volunteers means no coffee.*
- St Paul's Methodist Centre partners churches and communities through the Methodist relief and development fund 'ALL WE CAN'. As a church we had a collection at Christmas towards its work, for which thank you.
The AWC. team have produced a booklet which is a 40-day resource for individuals or a 6 week focus for groups. "This is to inspire us, with others, to explore the pleasure of living simply, while joining in solidarity with our global neighbours."
Sue Peterson has the booklets - please ask her for one in readiness for the beginning of Lent which starts on 14 February. The booklets will also be placed on the table near the library bookcase.
- There is a box in the concourse for the **Jubilee Food Bank** run by St. Anne's Church, Penparcau. Please see the list on the notice board for items needed. If you *should* able to take any items up to the Jubilee Storehouse at St Anne's Church, please use the bags provided and sign on the side of the box. Thank you again for your generosity.

- PLEASE LET US KNOW IF YOUR NOTICE SHOULD BE DISCONTINUED -

These notices can be made available in a large print format.
Please tell us if you would like a copy printed next week.

Have the notices sent to your inbox!

If you would like to join the *circulation list* for a weekly email copy of the notices, please send an email request to stpaulsnotices@hotmail.com or speak to Neil Taylor

Please send notices for the next copy ...
... before *midday* of Wednesday either by

(PREFERABLY) emailing* them to: stpaulsnotices@hotmail.com

If you *cannot* use email you may leave them in the 'N' or 'Notices' pigeon-hole at St Paul's, or post them to 'NOTICES, St Paul's Methodist Centre, Queen's Road, Aberystwyth'

* (If you are looking at this online, please do **not** submit new notices by replying to the mailing list)

Please let us know when any notice should be discontinued!

Lectionary readings this week:

- Isaiah 40:21-31 • Psalm 147:1-11, 20c • 1 Corinthians 9:16-23 • Mark 1:29-39
(from: *lectionary.library.vanderbilt.edu/Revised Common*)

– Services and preachers for next Sunday

St Paul's Aberystwyth:

10.30 am in English – David Lowe – All Age Worship

10.30 am in Welsh – Rev Roger Hides

6.00 pm [Traditional] – At St David's

6.00 pm [Open Space] – Chris Price

2.15 pm – Hafan Y Waun – Dionne Sherwood

2.30 pm Tregaron – Rev David Whitehouse

Room bookings in St Paul's: If you would like to book a room in St Paul's
– either for a church meeting or for use by an outside organisation – please contact the Bookings
Secretary, Ruth Flatman, on:

Email: stpaulsbookings@gmail.com

Booking information including room hire charges can be found at:

www.ceredigionmethodists.org.uk / twitter.com/stpaulsaber / facebook.com/stpaulsaber
