

FALLS PREVENTION WORKSHOP - Tuesday 14th Feb

Did you know that 1 in 3 adults over 65 fall every year? Not all falls can be prevented, but help is at hand! We are pleased to announce a **free workshop on "Falls Prevention"** delivered by clinical exercise specialists. They will cover health promotion, home exercise programmes, exercises for knee and hip replacements, coping strategies and lots more! Follow up courses will be available.

The workshop will be on Tuesday 14th February at 2.00 - 4.00 pm in the Halls. If you would like to attend, please let Liz King know so that we can get an idea of numbers.

ADVANCE NOTICE - LADIES PAMPER NIGHT

Friday 16th March 7.00 - 10.00 pm. - Make a note of the date and plan to come along for your beauty treatments including: massage, hand and foot hot wax, manicures, facials, Indian head massage, eyebrow threading and lots more including a variety of beauty products, jewellery and gifts for sale. Tickets £5 on sale soon. This is a Cornerstone fundraiser.



ITEMS FOR SALE FOR CORNERSTONE

If you would like to offer items for sale for Cornerstone - people will make a reasonable donation for the item which will go to our Cornerstone appeal. Just send details by email to the office: office@sjep.org

MOTHERCARE PINE BABY CHANGING TABLE (W.80cms D.51cms H.84cms)

Changing Table plus two shelves: Contact: Becky Sowter 8777 0874

ERGONOMIC OFFICE CHAIR - Contact Derek & Maureen
(for back sufferers) Gamson on 8462 3509

QUALCAST CARPET SWEEPER - Contact Derek & Maureen
Gamson on 8462 3509



DINING TABLE & 6 CHAIRS - Contact Marna de Cruz : 07847 169329

DOUBLE BED FRAME - Contact Marna de Cruz : 07847 169329



COFFEE TEAM ROTA: Next Sunday - 12th February - tea/coffee will be provided by members of Heather Freeman's home group.

Vicar: Rev'd Nick Lang Tel: 8650 6110 Email: vicar@sjep.org

Associate Vicar: Rev'd Liz Lander Tel: 3417 6285 Email: landerliz@yahoo.co.uk

Church Wardens: Elizabeth Clarke Tel: 8650 2170 & Jef Foulger Tel: 8658 6243

Church Office: Liz King Tel: 8650 3515 E-mail: office@sjep.org

Office Hours: 8.00 am - 1.30 pm Mon. 8.00 am - 4.00 pm Tues, Thurs, Fri. (Closed Wed)

Website: www.sjep.org

News & Notices for week commencing: **Sunday 5th February 2012**

A very warm welcome to you all, especially if you are new to St. John's or you are just visiting - we are delighted to have you with us. Refreshments will be served in church after the service this morning .

Sunday 5th February

10.00 am Morning Worship - Rev'd Nick Lang
"Blessed are the merciful" (Matthew 5:7)
 1 Samuel 26: 1 - 25 and Matthew 18: 21 - 35

6.30 pm Holy Communion - Rev'd Liz Lander
 Readings: Philippians 2: 12 - 28 and Luke 5: 1 - 11

Wednesday 8th February

10.45 am Holy Communion - Rev'd Nick Lang

Sunday 12th February

10.00 am Holy Communion - Wesley Guy
"Blessed are the pure in heart" (Matthew 5: 8)
 Psalm 24: 1 - 5 and Mark 7: 1 - 8 and 14 - 23

6.30 pm Evening Worship - Alasdair Cameron
 Readings: Genesis 2: 4b to the end and Luke 8: 22 - 25

Special Prayer for 3rd Sunday before Lent

*Eternal God,
 whose Son went among the crowds
 and brought healing with his touch:
 help us to show his love,
 in your Church as we gather together,
 and by our lives as they are transformed
 into the image of Christ our Lord.
 Amen*

Is there something you would like to pray about today?
 Someone will be available to pray with you after each service..

Monday 6th February

- 8.45 am Parish Prayers
- 10.30 am The LINK – coffee followed by lunch from 12 noon
- 2.30 pm Women’s Focus - Music and Song with Marian Blakeney

Tuesday 7th February

- 10.00 am The Ark
- 8.00 pm 1st Tuesday in the Vicarage. (see note below)

Wednesday 8th February

- 9.15 am Parish Prayers
- 10.45 am Holy Communion in the Chapel
- 10.30 am The LINK – coffee followed by lunch from 12 noon
- 2.00 pm OPEN HOUSE
- 5.30 pm Kingfishers
- 6.30 pm Kestrels

Friday 10th February

- 8.45 am Parish Prayers
- *****

Please pray for –

- ♦ *Percy Persaud*
- ♦ *Mabs Storey - a Focus lady in Farnborough Hospital*
- ♦ *Nancy Day*
- ♦ *Jane Mercer (Stan & Flo’s daughter)*
- ♦ *Chris Clayton*
- ♦ *John Corcoran (Becky Sowter’s father)*

PARISH PRAYERS : An opportunity to meet for 1/2 hour to pray together. 8.45 am on Mondays and Fridays and 9.15 am on Wednesdays.

1st TUESDAY - 7th February - What it means to be a Christian today. Coffee and cake in the Vicarage. Nick & Maureen will be hosting an hours discussion and prayer on the theme of ‘What it means to be a Christian - for us as individuals and as a Church’. See you all there.

CONFIRMATION - Now is the time to be thinking about confirmation. Young people and older people alike, this is an opportunity to make a public commitment of your faith, to be blessed by the bishop and to receive the prayers of all the church for a special blessing of the Holy Spirit. This year our service of confirmation will be on 29th April at St Paul’s, Brackley Road, at 4.00 pm. Whether you are 13, 33 or 83...if you would like to know more please talk to Nick or Liz Lander.

Special prayer topics:

- ♦ *Residents of Holly Crescent and Lodge Gardens*
- ♦ *Older people at home - retired people.*

CORNERSTONE - We’re getting on with it!

Nick announced last week that the PCC has decided to proceed with the remaining planning work and preparations to start work on Phase 1 in July 2013. Nick’s statement can be found on the website www.sjep.org. We hope this weekend to have a leaflet available for everyone explaining a bit more about the PCC decision and the financing of the project. Look out for it soon. Meanwhile, please pray for the continuing work - especially for our team now getting on with work and for a miracle of money!

Cornerstone Prayer

Living God, inspire us all to lives of faithful service and self-less love, as we seek to share the Good News and minister to others.

We open ourselves to the power of your Holy Spirit in our lives to inspire, teach and guide us as your people.

Use us as your tools to minister Christ’s love to others. Amen

WOMEN’S FOCUS - Following Nick’s message last week, please continue to think and pray about how you may be able to support or assist with the work of Women’s Focus. Talk to Nick please, or to Maureen who is acting as leader until April.

News about Caleb Meakins

Caleb is now in his last year at university - preparing to finish in June and is looking for his first job. Meanwhile, he has been accepted as a Global Poverty Ambassador for 2012/13 representing the joint work of the Global Poverty Project and the Bill & Melinda Gates Foundation. After training in March, his role will be to develop opportunities over the next year to make presentations on the project, raising awareness of poverty around the world and the campaign to eradicate it.

MEN’S VIEWPOINT BREAKFAST - ‘The next Men’s Viewpoint breakfast will be this Saturday, February 11th at 7,45 for 8 am. The speaker will be Alasdair Cameron. His title is ‘By Hook or by Book’.



Bromley Concert Band will be performing for us on Saturday 25th February, 7.30pm with a programme of popular classics and songs from the shows. Admission free with a retiring collection for the work of the Mission Aviation Fellowship. This is a really great evening so do please come along and support them.