

## Dates for your Diary:



Tots' Play and Praise every Tuesday in term time at 10.00am  
Coffee Morning every Wednesday in term time – open to all 9.15 to 11.15am  
– do come and join us!

### February

St Francis Fellowship	Monday 17 <sup>th</sup> February 2.30pm
Service of Thanksgiving	Sunday 23 <sup>rd</sup> February 6.00pm
Singing Group	Monday 24 <sup>th</sup> February 7.30pm
Ash Wednesday	26 <sup>th</sup> February
Community Shop	Saturday 29 <sup>th</sup> February 11am – 1pm

### March

Men's Breakfast	Saturday 7 <sup>th</sup> March 8.45
Holy Communion	Monday 9 <sup>th</sup> March 12.00pm
Lunch Club	Monday 9 <sup>th</sup> March 1.00pm
Singing Group	Monday 9 <sup>th</sup> March 7.30pm
PCC Meeting	Tuesday 10 <sup>th</sup> March 7.30pm
St Francis Fellowship	Monday 16 <sup>th</sup> March 2.30pm
Mothering Sunday	22 <sup>nd</sup> March
Book Group	Tuesday March 24 <sup>th</sup> 8.00pm
Community Shop	Saturday 28 <sup>th</sup> March 11am – 1pm
Singing Group	Monday 30 <sup>th</sup> March 7.30pm

### Contact details:

Rector – Revd. Stefanie Hodges – Tel 504228

Curate – Revd. Diane Peters – Tel 532796

Hall manager/lettings – Val Holt – Tel 852764

Safeguarding for St Francis – Eike Ndiweni-Muller, 07764 785600 or  
[Eike.ndiweni@gmail.com](mailto:Eike.ndiweni@gmail.com)

Stewardship – Mike Hammond - Tel 562661 email [m\\_hammond@talk21.com](mailto:m_hammond@talk21.com)

Newsletter – Sallie Garrod – Tel 504839 or email [sallie.garrod@gmail.com](mailto:sallie.garrod@gmail.com)  
or [admin@stfrancisstclareguildford.org.uk](mailto:admin@stfrancisstclareguildford.org.uk) by Wednesday 9am please

## ST. FRANCIS PARISH CHURCH, WESTBOROUGH

### Notice sheet for Sunday 16<sup>th</sup> February 2020

A very warm welcome to everyone joining us for our Communion Service this morning.

Please do join us in the hall after the service for a cup coffee and a chat.

### Collect for The Second Sunday before Lent: Epiphany 6

Almighty God,  
give us reverence for all your creation  
and respect for every person,  
that we may mirror your likeness  
in Jesus Christ our Lord

### Readings:

Deuteronomy 30: 15.-20	Page 208
Psalms 119: 1-8	Page 617
I Corinthians 3: 1-9	Page 1145
Matthew 5: 21-37.	Page 969

### Please pray:

- For complete and full recovery for Carol and also for Molly and Ayleen
- For healing of 13month old Jacob currently in St Georges Hospital, London
- For the NHS dealing with the ongoing challenges of the winter and now with the outbreak of the Coronavirus
- Those around the country seriously affected by the recent storms

## *Songs of Praise*

*Next Sunday - 23<sup>rd</sup> February at 6.00pm*

Come and join us for a service of thanksgiving where people will be choosing their favourite hymns and talking about why they are important to them

## Thought for the Week

It was so good to see people enjoy themselves at the social last week. Lots of laughter amongst the growls of the competitive ones (or was that just our table)!!! It reminded me of Proverbs 17 v 22 - ***“Being cheerful keeps you healthy” (good news bible)***

When you need to be physically recharged, your body gives us various signs. If your stomach growls, it's time to eat. If your eyelids get heavy, it's time to sleep. We tend to notice those signs, but we often overlook the other signs that say we need emotional recharging, such as a sense of being overwhelmed, a short fuse, an impatient outburst, or avoiding people. You also have no desire to love people when your emotional tank is running low.

To keep on loving well and doing the things God's called you to do, keep your emotional tank full. How do you do that?

First, get some time alone. Even Jesus withdrew from crowds when he needed to recharge himself emotionally. Mark 6:31 says, *“Then Jesus suggested, ‘Let's get away from the crowds for a while and rest.’ For so many people were coming and going that they scarcely had time to eat”* (TLB). People who are available all the time aren't really fully available unless they set aside time to rest. Then figure out what activities recreate energy in your life and recharge you. Each one of us has different things that recharge us because we're all made differently. It may be hobbies, a sport, a craft, or games for you.

Find out what recharges you emotionally, and then make time for it.

Jesus was the most intensive, ministry-oriented person who ever lived, yet the Bible says, *“The Son of Man came, enjoying life”* (Matthew 11:19).

We weren't made to be exhausted all the time. We were made to be more like Jesus. (A lesson for all of us who feel overwhelmed)

Finally, let's develop the habit of laughter. Again, the Bible says, *“Being cheerful keeps you healthy”* (Proverbs 17:22 GNT).

Laughter increases the number of T-cells in your body, which raises your immunity and releases endorphins in your brain.

Laughter is good for your health! It's God's gift to you that doesn't just make you enjoy life more; it also helps you love others well.

## St Francis Fellowship

Tomorrow we have a visit from Guildford Historian David Rose who will be talking about “Road Names”. This promises to be a very interesting meeting so do come and join us at 2.30pm. Entrance £2 if you are not already a member. Everyone welcome!

## Social Evening



Come and join us for a board games evening on 7th March  
£5 for adults and £3 for children  
A variety of games fun games with simple rules  
We will provide hot dogs with veggie and gluten free options  
And with nibbles for each table  
Bring your own drinks

## A message from Bo, our furry congregation member!

### Cocker spaniel rules...



1. The Cocker spaniel is not allowed in the house
2. Okay, the Cocker spaniel is allowed in the house, but only in certain rooms.
3. The Cocker spaniel is allowed in all rooms, but has to stay off the furniture.
4. The Cocker spaniel is only allowed on the old furniture.
5. Fine, the Cocker spaniel is allowed on all the furniture, but not allowed to sleep with humans on the bed.
6. Alright, the Cocker spaniel is allowed on the bed, but only by invitation.
7. The Cocker spaniel can sleep on the bed whenever he wants, but not under the covers.
8. The Cocker spaniel can sleep under the covers every night.
9. Humans must ask permission to sleep under the covers with the Cocker spaniel!
10. In all cases of dispute....

**...The cocker spaniel rules!**