

Prayer Stations.

Throw out the cargo.

What heavy things do you carry in your life that God may be asking you to discard : anxieties, ambitions, guilt, responsibilities, material things.... ?
Take a piece of wood and toss it into the "sea", and trust your future without it to God.

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The depths of the sea.

Take a sticky fish and stick it on the picture in the dark, depths of the sea. As you do so pray for someone you know (or yourself) who feels sad, lonely, or depressed .
Remember that God's love will surround them even when they feel in a dark place.

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Deck chairs!

Sit in a deck chair for a few moments, and put on a hat. Close your eyes and remember happy times at the seaside. Thank God for your special memories and for friends and family.

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Sand.

Write your initials in the sand, as you remember that each of us has a special place in the world and God has a purpose for us being here. Thank God that you are special.
Then smooth the sand out for the next person.

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The oil slick.

Stir the oil around in the water. As you watch it move remember with sadness the harm we do to our world, and pray for those whose livelihood has been affected by the recent oil disaster.

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Tues and Thurs am. Thurs 6 – 6.30 pm
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St Barnabas

August 15th
2010

Church Matters

Welcome to St Barnabas.

Coffee, tea and cold drinks are served after the worship, and there is the opportunity for personal prayer with any of the clergy or worship leaders following the service should you wish.

Family Praise is on the 3rd Sunday of every month at 10am

A very warm welcome to our Services today

8am Holy Communion

10am Seaside Praise A special Family Praise service to imagine we are at the seaside (even if we are not!), hear the story of a shipwreck, and use the symbols of sand, water, and sunshine for our prayers. Ice cream cones will be served after!



11.30am Holy Communion - A short service in the Lady Chapel

12.00 Baptism. We will be welcoming Holly, Joshua and Scarlett and their families

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Next Sunday : August 22nd

8am Holy Communion.

10am Parish Communion - Summer Worship at which Helen will be speaking about the Old Testament characters Esther and Mordecai.

11.45am Baptism. We will be welcoming Jessica Perry

6.00pm Evening Service



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