

'Martha had a sister named Mary, who sat at the Lord's feet and listened to what he was saying' – Luke 10:39

Today's Bible Passages are:

Colossians 1: 15-28 & Luke 10: 38ff

Notices

We welcome Reverend Sandy Conway who will be taking our 8am and 10am services today

Bring your Bible to Church!

We would like you to bring your Bible to church services. Each week the Bible passage references will be found at the top of The Pulse and next week's passage references will be found towards the bottom; in case you want to mark your Bible before coming to church. Church Bibles will also be available if you forget your own.

Parish Child Protection Officer

We are delighted that Victoria Griffiths has agreed to be our Child Protection Officer. Jenny Peers continues as our Protection Officer for vulnerable adults.

PCC Treasurer Vacancy

Jennifer Blackburn has been our Treasurer for many years and now feels the time has come to pass this role on to someone else. She is very happy to show the 'new person' the ropes. Do you think this is a role you might be able to take on? Please speak to Jennifer if so.

'Plastic Free July'

As a Parish we have started to think about God's amazing gift of creation and our responsibility to protect it. Last month we heard about sustainable toilet paper. This month we want to challenge our congregation to sign up for 'Plastic Free July' - even if it just means a few small changes, 'every little helps'!
www.plasticfreejuly.org/take-the-challenge/

Flower Sponsorship

If you would like to donate towards the cost of the flowers in Church (possibly to mark a special occasion), please do speak to the Parish Administrator.



Upcoming Events

Wednesday 7th August – 'Holiday @ Home', St Lawrence Church Hall @ 10am – 4pm

This year our theme is **'La Dolce Vita' - Italy comes to Effingham**. Save the date! Application forms now available.

Sunday 18th August – Parish Open House, The Rectory, 4 Leewood Way @ 3pm – 6pm

Revd Mandy and Paddy would be delighted to see anyone who would like to drop in at any time between 3pm – 6pm for a cup of tea/coffee and cake.

Churchyard Work Party at All Saints

Thank you for all those who attended All Saints Churchyard Work Party yesterday and did such sterling work. It is much appreciated by the whole congregation.



First Holy Communion

Revd Mandy is now collecting names of children (over 5yrs) whose parents would like them prepared to take their First Holy Communion in October. Please do speak to Revd Mandy if you are interested.

Confirmation

Would you like to be Confirmed? If so, please do speak to Revd Mandy to sign up for classes starting in September.

Children & Families:

TGIS (Thank God It's Sunday)

On the 4th Sunday of each month at St. Lawrence starting at 10am, with a delicious breakfast. This is an informal, contemporary service without communion and is especially appropriate for newcomers & young families.

Next TGIS 28th July – Do join us!

'First of the Month (FOM)' – Informal Family Communion

This service takes place at All Saints on the First Sunday of each month starting at 10am. It includes a children's talk & the children are encouraged to help in the running of the service. Aimed at 3 years+.

Next FOM 4th August – All Welcome!

Next Sunday's Bible Passages are:

Colossians 2: 6-15 & Luke 11: 1-13

Regular Events

Chatterbox: Tuesdays from 10.30am-12pm on the 1st & 3rd Tuesdays in St Lawrence & on the 2nd & 4th Tuesdays at All Saints. Catherine Hall on 453183 for further info.

Parish Pint – Next Date TBC: (for the chaps): 4th Tuesday monthly at the Sir Douglas Haig, Effingham, 12pm. Contact Robert Hall: 453183 or Robert@whestons.co.uk if coming (for catering).

Sunday Breakfast – 11th Aug: - Monthly on 2nd Sunday in the Bowdler Room, All Saints' after 8am Communion. Catherine Hall 453183.

Tuesday 30th July: Tuesday Tea, alternate Tuesdays, in the Catholic Church Hall, Lower Rd, Effingham. From 2.30pm-4pm. A donation of £1.50 is all that is required. Gill or Keith 457987.

Thursday 1st August: Christian Meditation Group: Meets fortnightly, 2.15pm in the Methodist Church, Effingham. Mrs Sylvia Lindsay 457383.

Thursday 1st August: "Connect" Group for carers & partners living with dementia meets fortnightly at 10am-12pm, St Lawrence Church Hall. Contact Gill Walker 457987.

Messy Church – No Messy Church in August

Let's Find Out – Monday 5th Aug: We meet (usually) every first Monday evening of the month at 7.30pm at Sylvia Lindsay's, Elmhurst, Lower Rd, Lt Bookham. Catherine: 453183 Sylvia: 457383

We are delighted to announce that we have a new parish website. It can be found at: www.effinghamwithlittlebookhamparish.org.uk

Please remember we can be found on



Where & When Next: Sunday 28th July:

8am – Communion Service @ All Saints

10am – T.G.I.S Service @ St Lawrence

Weekday Services at St. Lawrence

Morning Prayer will be said on Tuesday at 9am

Holy Communion will be celebrated on Thursday at 9.15am at St Lawrence

Sunday 21st July
2019

'5th Sunday after
Trinity'

Parish Pulse

Children are welcome at all our services



The Parish of St. Lawrence, Effingham with All Saints', Little Bookham



Parish Contacts

Rector: Revd Mandy MacVean – 01372 458314 (Day off usually Friday) The Rectory, 4 Leewood Way, Effingham, KT24 5JN.

Parish Administrator: Hayley Rheinlander at the Parish Office: 01372 451697. St Lawrence Church, Church Street, Effingham, KT24 5LX.

Please send items for the Pulse (via email) by Tuesday each week

E: stlawrence1939@btinternet.com

W: www.effinghamwithlittlebookhamparish.org.uk



Pattern of Monthly Services

St. Lawrence		All Saints'
8am BCP Holy Communion 6pm Taizé Prayer	First Sunday	10am Informal Sunday Worship with Communion
10am Sunday Worship with Communion	Second Sunday	8am BCP Holy Communion
8am BCP Holy Communion	Third Sunday	10am Sunday Worship with Communion
10am Thank God it's Sunday (TGIS)	Fourth Sunday	8am BCP Holy Communion
8am BCP Holy Communion (alternating) 10am Ecumenical Eucharist (alternating)	Fifth Sunday	8am BCP Holy Communion (alternating) 10am Ecumenical Eucharist (alternating)

Church Wardens

Val Winter 454 273
John Amos 453 552

Deputy Church Wardens

Pat Mills 454 293
Paddy MacVean 458 314