

'While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them, and said, "Take; this is my body." Then he took a cup, and after giving thanks he gave it to them, and all of them drank from it.' - Mark 14: 22-23

Today's Bible Passages are:

1 Corinthians 11: 23 - 26 & Luke 22: 14 - 20

Notices

Many Congratulations to Anaya, Amelie, Cillian, Freya, Imari, Kate, Kim, Lydia and Sam who will take their First Communion today at our 10am service.

Our Creation of a Parish Community Orchard & Family BBQ

Apologies that we had to cancel this event due to the very bad weather. Another date will be arranged.

Beware of Scammers

In another Parish, one of their churchwardens has just been parted from a not-insignificant sum of money by an email scammer posing as the Vicar.

Please everyone, be vigilant. Revd Mandy will never email requests to make church-related purchases, and please ignore any such emails purporting to come from her. If in doubt, please speak to Revd Mandy.

Eco Church

We are working towards an Eco Church Bronze Award. We have set some initial targets and each week we will share the targets with you.

This week, our targets are:

- 1) To calculate our church's Carbon Footprint and make suggestions for improvements.
- 2) To encourage church members to calculate and act upon their personal Carbon Footprints.

Please also see our Eco Church Page on our Parish website under the 'Church Life' section:
www.effinghamwithlittlebookhamparish.org.uk

Pulse Online

Thank you to those who signed up to receive their Pulse electronically, hopefully this Pulse arrived on Wednesday. If anyone else would like to take part in this Eco Church initiative, please email the church office:
stlawrence1939@btinternet.com

Village Carol Service Choir

Our Village Carol Service is on Sunday 22nd Dec at 6pm & the choir will shortly be practicing for it. They would be very pleased for anyone to join them & swell the ranks. Practices are normally on a Thursday evening. If you are interested please speak to Anne Bleming in church or on 458321.

Upcoming Events

TODAY Sunday 6th Oct - First Communion Service, All Saints Church @ 10am

Please consider coming to support our 9 children as they take their First Communion.

TODAY Sunday 6th Oct - Taizé Prayer, St Lawrence Church @ 6pm.

All are welcome, please do come along.



Sunday 13th Oct - Pet Blessing Service & Thanksgiving for Creation, St Lawrence Church @ 3pm

Please do join us. All pets and their owners very welcome, including cuddly toy pets and photos of dearly departed pets. Dog and human biscuits will be served after the service.

Friday 18th Oct - Churches Together Film Evening, Catholic Church Hall @ 7pm

Come and enjoy another film featuring a 'singing (Italian) mother'. Join us at 7pm for a 7.15pm start. Please bring a plate of finger food to share. Wine available. Donations requested for Christian Aid. Any questions to Barbara Henry or Pat Withers.

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 27th October - 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 3rd Nov - All Welcome!



Next Sunday's Bible Passages are:

2 Timothy 2: 8-15 & Luke 17:5-10

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 – Tues 22nd Oct: (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 – 13th Oct - Monthly on 2nd Sunday in the Bowdler Room, All Saints' after 8am Communion. Catherine Hall 453183.

Tuesday 8th Oct- 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 10th Oct - Christian Meditation Group: Meets fortnightly, 2.15pm in the Methodist Church, Effingham. Mrs Sylvia Lindsay 457383.

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

Messy Church – Wed 9th Oct: at St Lawrence Church Hall) 3.30pm-5pm. 2nd Wednesday of each month. Contact Gill Walker on 457987.

Let's Find Out – Monday 4th Nov: 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 13th October:

8am - Service @ All Saints

10am - Service @ St Lawrence

3pm - Pet Blessing Service & Thanksgiving for Creation @ 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 6th October
2019

'16th 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