

For the week commencing Sunday 28th January, 2018

Alpha at St Paul's **Mondays at 7:30pm**

Whatever you think about life, faith, meaning and God, we would love for you to join us and bring your questions! Coffee and cake will be provided at each session. For more information please see Hannah or email her at :
curate@stpaulsyork.org.uk

Reading the Bible Together **Thursdays, 12:15-1:15pm, in church**

This spring we will read and explore the Book of Genesis, chapters 37-50 on Thursdays. Everyone is welcome, regardless of how used you are to reading the Bible, or whether you are able to attend regularly or only occasionally. We look forward to seeing you, Vladimir and Jayne Andrie.

Kaleidoscope Bible Reading **Monday 29th January, 7-8pm at St Paul's**

Please tell friends or relatives who, because of additional needs, would appreciate an accessible way into the bible. Refreshments are available. Contact Lucy Brencher for more details.

Men's Breakfast **Saturday 3rd February, 7:45 - 9:30am**

Come along for some fellowship - and of course a full English! Please let Mark Robinson know if you want to come: (heatherandmarkrobinson@hotmail.com)

New Housegroup - Date to be confirmed

John is starting a new housegroup which will be meeting at his house. Please contact the office for details.

New here?

Please do have a word with me after the service and ask for a Welcome leaflet.

John Lee

Services

8:45
Morning Service
10:30
Service
6:30
Encounter
Communion

4th February

8:45
Morning Service
10:30
Communion
Service
6:30
Encounter

Time to Talk - Coffee Morning

Sat 3rd Feb, 10:30am-1:30pm, at church

Around 1 in 4 people will experience a mental health problem this year, yet the shame and silence can be as bad as the mental health problem itself. Your attitude to mental health could change someone's life.

We would like to invite you to be that change by helping us host a coffee morning to encourage people to talk about mental health. The hope is that the Time to Talk banners outside will encourage passers-by to drop in for coffee and a chat.

In addition, there will be a small group of us sewing "A positive note" for mental health which we will then give to Rachael Maskell MP, to help raise awareness of mental health issues in York.

The positive note campaign is being run by the Craftivist Collective (<https://craftivist-collective.com/A-Positive-Note-for-mental-health>) in collaboration with MIND and any donations on the day will go to York MIND.

You can support us through prayer, by providing delicious baked goods, making and serving coffee, by bringing a friend and calling in for a coffee and a chat and by being crafty. Also, there is a 3 minute clip that explains the idea behind "time to talk": <https://www.youtube.com/watch?v=u3XUn3K4FzM>

Please speak to Liz or David Wooldridge to let us know if and how you would like to be involved or email:thewoolies2@ntlworld.com

Young at Heart

Wednesday 14th February 12:00-2:00pm

The next Young at Heart lunch will once again be at The Carlton Tavern on Acomb Road. Entertainment will be provided by Fred Ringer, singer and guitarist. This is his second appearance. Last year he was fantastic so we're in for another treat. There will also be a quiz and a carvery (£5.95).

Please note that until further notice we will continue to meet at The Carlton Tavern.

For more information please contact Hannah Shingler or Truda Counsell.

New Walking Group **Starting Saturday 24th February**

Come and join us for a monthly walk with people from St Paul's. The 4-6 mile walk will be on a Saturday morning starting about 11 and will be within a 15-20 mile drive from York. Bring your own sandwiches, drinks and walking boots. We'll try and end most walks near a tea shop! We hope this will be a really good way of getting to know each other. If you are interested then please contact Julian and Catherine Davies at: j.daviesyew@talktalk.net

St Paul's Out of School Club - New Trustees

The Out of School Club is recruiting Trustees. If you are interested, please see the flyer on the church notice board.

Hannah's Challenge

In 2018 I've set myself the challenge of running ten 10k's to raise money for Restore. I will be running one race a month from February to November. My first race is on 11th February and my second on 25th March. If you are able to sponsor me I would really appreciate your Support The link to sponsor me through total giving is below or come and see me at church and I will have a sponsorship form!
<https://www.totalgiving.co.uk/mypage/hannah-ten10k2018>
Thank you, Hannah Titmas

Parents and Toddlers Team - Kitchen Team

There was a good response to Sarah Graham's appeal for people to help with Toddlers for which we are very grateful. However, the kitchen team needs some additional pairs of hands for the next few months. The work is term time only on Monday mornings from 10am till about 11:45am - making tea and coffee, toddlers drinks etc and clearing up afterwards. We work in teams of 2 and do every 2 to 3 weeks. Can you help over the next 3-4 months? If so, please contact Sarah Graham or Jayne and Vladimir Andrle.

Holgate Community Gospel Choir

The choir is meeting again on Wednesdays at St Paul's School at 7:30-9pm. It's friendly and fun - for all ages and ability levels. New members welcome.

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Carols at Carol's!

A huge thank you to all who turned out on a cold evening to help raise the roof at Christmas Lodge! They said it was "absolutely fantastic and they couldn't be more grateful". Carol was ill over Christmas but better now. Please keep her in your thoughts and prayers and if you know her well, she would appreciate a visit now and then.
Ali Sweasey.

Family Matters

Time Out from Anger - Mondays 26 Feb, 5,12,19
March 7:30-9:30pm, St George's Methodist
Church

**Time Out for Parents - Children with
Additional Needs** - Tuesdays 20,27 Feb, 6,13,20
March, 12:45-2:45pm Hob Moor Children's
Centre

Time Out from Anger - Wednesdays 28 Feb,
7,14,21 March 9:30-11:30am, Scarcroft School

Time Out for Parents the Teenage Years -
Thursdays 22 Feb, 1,8,15,22 March 12:45-2:45pm,
Tang Hall Community Centre

These are free courses. Please see church notice
board for more details.

Women's World Day of Prayer **Friday 2nd March, 10:30am** **at St Aidan's Church**

This year's theme is "All God's Creation is Very
Good! Praying for Suriname. A Service for
Everyone."

2018 Minster Passes

These are available to borrow from the office.
Please see Ian.