



Emmanuel Parish Community News Letter



31st July 2022

Seventh Sunday of Trinity

Liturgical Colour: Green

Year C



Worship at Emmanuel

Further items can be found on the website
www.emmanuelsouthport.org.uk

Services this coming week

Sunday 31st July 8.30 am Service and 10.30 am Service

Thursday 4th August 1pm service in the Centre Eucharist service

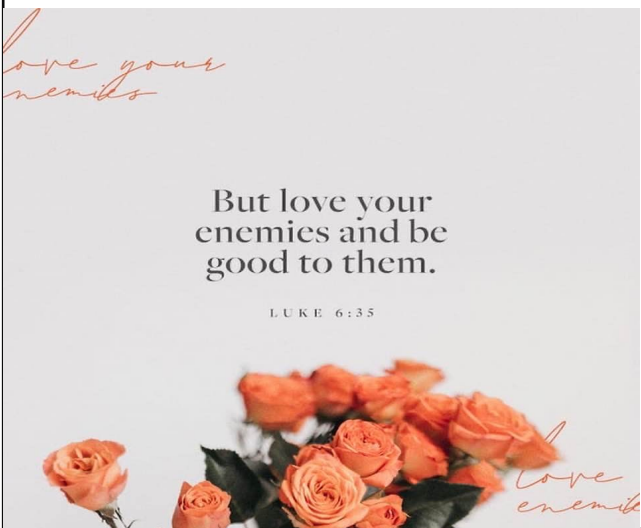
Sunday 7th August 8.30 am and 10.30 am services

Contact Numbers

If you need to talk to someone for any reason please call - Rev Stewart (07540 344870) or any member of the leadership team - Linda (213986), June (226661) or Jean (227211).



Due To unknown circumstance's the much anticipated holiday club due to start this week has , with regret, been cancelled and apologies for this disruption to you all.



Collect of the day

Lord of all power and might, the author and giver of all good things: graft in our hearts the love of your name, increase in us true religion, nourish us with all goodness, and of your great mercy keep us in the same; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.



Well as it is the holiday season and so many people are away , or attempting to get away, on their annual holidays, this is a light news letter highlighting what is going on in the community for those of us still in the vicinity .Each week I am highlighting a research organisation , as with the Alzheimer's overleaf with a lovely poem. If you have a group or organisation you wish to have a piece written on them, let me know. Or just something for your fellow community that will find of interest.



Southport Flower Show is on at Victoria Park from the 18th to the 21st August and much loved by many.



The Commonwealth Games are on in Birmingham and kicked off with a spectacular opening ceremony on Thursday so you maybe able to get a ticket or just watch on the TV.

Chorley Flower Show Astley Park, Chorley Last day is today 31 July 2022. 10am – 5pm

What ever you are doing have a lovely August



When I can't find my way, hold on to me
 When I am lost, hold on to me
 When we are in crowds, hold on to me
 When we are alone, hold on to me
 When I am unsteady on my feet, hold on to me
 When I just need a seat, hold on to me
 When I forget who people are, hold on to me
 When I forget who you are, hold on to me
 When I can't see things properly, hold on to me
 When I get things wrong, hold on to me
 When I get angry and shout, hold on to me
 When I forget what it's all about, hold on to me
 When it's time to go to bed, hold on to me
 When it's time to get up, hold on to me
 When I am scared, hold on to me
 Forever and always Dear Dad, I'll hold on to you
 But one thing I ask please Dear Lord, anchor me.
 Hold on to me. A poem by Pat McTaggart.



Helping Hands is a domiciliary care provider offering adults of all ages the expert care and support they need to live independently at home. We offer all different services including the Companionship, Domestic Duties, Personal Care, Meal Preparation, Medication Support. For further information please contact Sarah Burke, who is

Branch Care Manager ☒ Southport

Sarah.Burke@helpinghands.co.uk

Tel: 01704339073

Mob: 07393906013

www.helpinghandshomecare.co.uk



This is YOUR news letter so if you want an item included then Please email or phone in by Thursday email sally@cleverwebseo.com or phone 01704 227 157
 Many thanks Sally.



Coffee & Chat

Coffee and a Chat dates for the next two months so please put them in your diary and come along and do bring a friend and enjoy coffee/ tea cake and a chat from 2pm to 4pm

Thursday 4th August 2022

Thursday 18th August 2022

For those who would like to have a fitness regime, not as intensive as in a local gym and would like meet other people, then this could be for you



Chair Aided Balance & Strength

With Alison

Tuesdays	Wednesdays	Fridays
10.30am – Chair Aided Balance & Strength Haigh Court, Peel Street, Southport £3,50	9am – Online Chair Aided Balance & Strength Online Zoom class £17 for 5 sessions	10.30am – Chair Aided Balance & Strength Formby Methodist Church, Elbow Lane, Formby £3,00
1pm – Super Seniors Circuit Training (not suitable for those who are reliant on a walking aid) Holy Trinity Church, Rosemary Lane, Formby £4	11am – Chair Aided Balance & Strength Southport Community Centre, Norwood Road £4	12.30pm – Chair Aided Balance & Strength Lord St West Church, Southport £4
2.15pm – Chair Aided Balance & Strength Holy Trinity Church, Rosemary Lane, Formby £4		



Exercise classes specifically for older adults and helping to maintain & improve strength, flexibility, mobility, balance and general well-being. Suitable for anyone regardless of illness, injury or ailment. Contact me for more information.

07528414299
 www.fiftyfivefit.co.uk
 alisonthept@yahoo.co.uk