

			
(5 <sup>th</sup> in month) Sunday, 30/07/2023 Pentecost 9	09.30	Matins (Church)	
	11.00	1982 Family Eucharist (Church); Godly Play Activity Bags available; refreshments afterwards (Hall)	
	Any time*	Service online	<a href="http://www.stjohnsdumfries.org">www.stjohnsdumfries.org</a> . *Available on website from about same time as actual event & for some days thereafter
Monday, 31/07/2023	10.00-17.00	Church Office open	
	10.30-17.30	UCI Groups (Hall)	
Tuesday, 01/08/2023	18.30	1982 Eucharist (Lady Chapel)	
Wednesday, 02/08/2023	10.30	1970 Eucharist (Church), followed by refreshments (Hall)	
Thursday, 03/08/2023	19.30	Bell Practice (Tower)	Please contact <a href="mailto:bells@stjohnsdumfries.org">bells@stjohnsdumfries.org</a> or 07754 596140 if not a regular.
Friday, 04/08/2023	10.00-17.00	Church Office open	
Saturday, 05/08/2023	09.30	Silent Prayer @ Elshields	<a href="mailto:pastadmin@stjohnsdumfries.org">pastadmin@stjohnsdumfries.org</a> for details.
(1 <sup>st</sup> in month) Sunday, 06/08/2023 Transfiguration	08.00	1970 Holy Communion (Church)	
	11.00	1982 Family Eucharist (Church); Godly Play bags available (Hall); refreshments afterwards (Church*)	*Note: refreshments in the Church this week, as the Hall will have been set up for next week's Holiday Club
	Any time*	Service online	<a href="http://www.stjohnsdumfries.org">www.stjohnsdumfries.org</a> *Available on website from about same time as actual event & for some days thereafter

And, as always, if you need us, you can contact

- The Rector on 01387 254126 / 07487 653069  
/ [rector@stjohnsdumfries.org](mailto:rector@stjohnsdumfries.org)
- The Church Office on 07754 596140  
/ [pastadmin@stjohnsdumfries.org](mailto:pastadmin@stjohnsdumfries.org)

## Magazine:

The latest edition of the St J's Magazine (what the Beano used to call a Summer Special) is out today. Please collect your copy and remember to tick your name in the relevant folder when you do. If you're not sure which folder you appear in, please ask me. I won't be here this Sunday, but you can offer a Magazine subscription or donation, via the card reader, next, and subsequent, Sundays; or via the website. *David*

## Outings:

Next one is scheduled for Saturday, 19 August. It will be to either or both of the National Tapestry of Scotland in Galashiels and Traquair House. Please indicate, on the list, which you'd like to visit (or if you'd like to visit both). If, as seems likely, people opt for one or the other, rather than both at the same time, then we might do one this month, and perhaps go to the other in a subsequent month. Tapestry of Scotland might keep till a season with (even) more uncertain weather? But state your preference, and we'll see what seems most popular. *David*

## Dates for your Diary:

- Summer Holiday Club: For children in Primaries 1-7:  
Themed on Disney's The Lion King:  
Monday, 07/08/2023 – Friday, 11/08/2023.  
NO CHARGE.: Details: ask Rector, or see posters
- Friday, 06/10/2023: Beetle Drive
- Friday, 19/01/2024: Burns Supper
- Thursday, 14/03/2024 Pamper Session
- Saturday, 16/03/2024 Men's Breakfast

At the time of writing, there are some 35 primary aged children booked to attend this coming week's **Holiday Club**, which will be running Monday – Friday. This will put the hall out of action for other activities, but if that does, or is likely to, cause you a problem, give me a call (07754 596140) and I'll see what can be done to help. In the meantime, your

prayerful, and moral, support of the whole enterprise, including the children, their families and the St J's leaders involved, would be much appreciated.

David

**In receipt of benefits? Cheaper phonenumber and broadband may be available.** See the lit noticeboard for details; or ask the Office.

## What is Spring Social Prescribing?

It's a way to connect people to activities, groups and services based in their community that can help to improve their health & wellbeing. Leaflet on lit noticeboard; copies available from church office.

**Quartz** have produced a number of these cards to aid reflection or meditation. You can find them at <https://www.wordsmithcrafts.co.uk/Quartz/sensingspirituality/doorways/>, or the office could print one or more off for you: just ask.

