





Holiday Club in Church & Hall all week

			
(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; refreshments afterwards (Church)	Refreshments will be served from the meeting room/back of church today, as the hall is set up for the 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
Monday, 07/08/2023	10.00-17.00 <del>10.30-17.30</del>	Church Office open <del>UCI Groups (Hall)</del>	Elsewhere this week.
Tuesday, 08/08/2023	18.30	1982 Eucharist (Lady Chapel)	
Wednesday, 09/08/2023	10.30	1970 Eucharist (Church), followed by refreshments (Hall)	Holiday Club in church and hall; service in church; refreshments TBC
Thursday, 10/08/2023	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, 11/08/2023	10.00-17.00	Church Office open	
Saturday, 12/08/2023			
(2 <sup>nd</sup> in month) Sunday, 13/08/2023 Pentecost II	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

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 on the streets. 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. Many of the folders are already out with the distributors. Remember, you can offer a Magazine subscription or donation, via the card reader, this, or, indeed, almost any, Sunday; or via the website. *David*

## Outings:

Next one is scheduled for Saturday, 19 August. At the time of writing, it looks as if the majority preference is for the National Tapestry of Scotland in Galashiels. There are still plenty of places left. We might visit Traquair House another time, if people wish to do so and, indeed, suggestions for other destinations always welcome. There aren't any trips scheduled after this one, but that's not to say we couldn't do some, if people would like to go. *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



This week in  
church & hall

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 and, to some extent, the church, 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*

*Kate Lidwell adds...* I will write a short summary each afternoon; either points to give thanks for and/or to pray for.

These will be put on the church WhatsApp group but anyone who wishes to receive these who is not in the WhatsApp group should contact me (katelidwell@yahoo.co.uk) and I will send them the information each day.

**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.

### **MU Notices:**

As many of you will know, MU is hosting a **Cook and Taste India** event on Saturday 30 September 2023 at 2.30pm in the Hall. Getsy has very kindly agreed to cook around 5 different dishes, mostly vegetarian, but with one chicken dish, along with her famous pakoras. There are 50 tickets for sale at £6 pp, and those attending will be able to enjoy a real taste of India.

After expenses, money raised will go to MU funds, with a donation being made to AFIA (Away From It All) a holiday project for families, which is supported by the Diocese and St John's MU. As stated, tickets are limited and going fast. If you would like to attend, please get a ticket from Carolynne ASAP

**The Usual Place:** Following the informal gathering in July, which was a great success, MU will meet again for tea/ coffee and fellowship on Thursday 17th August at 2 pm in The Usual Place. All MU members and friends are invited to attend. Be assured of a warm welcome.

**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.

**A MYSTIC'S DOOR FOR #SENSINGSPIRITUALITY**

**BREATHE**  
From your belly  
Slow down  
Lose yourself in the moment  
Find yourself in your sensations  
Open your mind  
Be at peace

We have left Eden, and there is no going back. This is the womb within which we shape our creation. Now we see in a muddy mirror - but we can see glimpses.

How would you live, if reality was more like ... guidelines

What do you sense?  
What will you become?

What is hidden?  
What do you long for?

What would you experience, if you lived at the speed of a tree?

**Interweave**  
A Quince Project event

**John's**

**Handmade Crafts**