

## Prayer Requests

### LMC Family

Maurice Heather, Ruth Howarth, Lynn Baker, Tracy, Charlie & Lauren Deacon, Pam Utting, Eleanor Houston, Lily Austin, Jean Fryer, Deborah Davies, Elsie Applebee, Jane Da Silva, Margaret Donoghue, Peter Wicks, Andrew King & Steve Baker

### Friends of LMC

Phil and Flora Nell Duke (Caroline Duke's parents), Paul & Janet Wickham, Becky King (Angela Yeoman's niece), Marion Palmer, Linda Howarth, Brian Watts, Wanda Rogers, Lauren, Martin and children George, Ellie and Alexa, Liam O'Sullivan and family (friends of David Hobbs), Rob Mullings (friend of Megan Rambarran), Connie Eaton (Joyce Cootes' sister), Jenna & Julie Wilkins (friends of Ruth Hobbs), Terry Brandon, Jason and Claire Gray & Family (relatives of Joy Vollmer), Gregory Hayes & Norma Albright

### For LMC Preachers preparing for services next week

Chris Watts (Lighthouse)

### Prayers for World Methodism

Stephen Wigley (Wales Synod Chair) and Stuart McMillan (President, The Uniting Church in Australia)

#### Prayer

Father, forgive us for all the times we walk far from your presence, every time we have ignored your presence, allowed other things to be in the place that belongs to you in our hearts. We call ourselves Christians, but have not shown our love for each other. Every day we have found more arguments to not forgive. Who are we before the sacrifice of Your Son Jesus Christ? We don't have the right to withhold forgiveness, and for this reason, dear Lord, give us a heart like yours. Amen

The Revd Luiz Fernando

### For Churches Together in Loughton

Loughton Baptist Church

### Bible Reading Philippians 1 v 3-9

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

## The Week

5th August 2018

Loughton  
Methodist  
Church 

## Welcome

New friends ... we look forward to getting to know you better;  
please introduce yourselves after the service and fill in a Welcome Card.

LMC friends ... do introduce yourselves to people you don't know.

**May the Peace of the Lord be with you all**

### This Sunday

10.15am Prayers in the Church Hall - All are welcome to join  
10.30am Morning Service with Chris Watts and Tracy Deacon

Duty Church Steward: Peter Medway

The flowers this week have been donated by Christine Watson and arranged by Tracy Deacon.

Thank you to everyone who is involved in the Services today, we appreciate your time and talents to further God's Kingdom at LMC.

### Next Sunday 12th August

10.15am Prayers in the Church Hall - All are welcome to join  
10.30am Morning Service with Communion led by Rev Leslie Griffiths

### Bible verse for August

#### Matthew 11 v28-30

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

**Loughton Methodist Church, 260 High Road, Loughton IG10 1RB**

Church Office Tel: 020 8502 3071 email: administrator@loughtonmethodist.org.uk

www.loughtonmethodist.org.uk

**Mon-Thur 9.00am to 4.00pm - Fri 9.00am to 3.00pm - Sat 10.00am to 12.30pm**

## WEEKDAY ACTIVITIES AT LMC

Monday	6th	8.00pm	Badminton Club (Wesley Hall)
Tuesday	7th		
Wednesday	8th	9.00am 7.00pm	Prayer Meeting Table Tennis Club (Wesley Hall)
Thursday	9th	10.30am 11.00am	Girl's Group meeting for coffee Piano Music at Wesley Café
Friday	10th		
Saturday	11th	2.30pm	Messy Vintage

### Welcome Service – SAVE THE DATE

The Circuit Welcome Service for the Rev. Sue Creighton and her husband Gary will take place at LMC on Tuesday 4<sup>th</sup> September 2018, at 7.30pm. Please do join us to welcome Sue & Gary to the Circuit. The service will be followed by tea/coffee and cake.

### Holiday Club 28-31 August 2018

If you would like to volunteer and have not yet had an email from Victoria Williamson, please contact Victoria as soon as possible (07858 295 384). We look forward to welcoming you 'aboard'!

Holiday Club also need you to start collecting small empty water bottles with screw tops and **VERY LARGE** cardboard boxes (flattened please)

### Douglas Alcantara Junior

Douglas is taking part in a ten day Summer Urban Mission in Bournemouth from 28<sup>th</sup> July until 8<sup>th</sup> August. He has requested your support in prayer and if willing, financially as well. Please speak to any of the family.

### Note for Teens and Their Parents Re: Reach/SNYF

Just so you are aware, SNYF will not be meeting during the months of July and August. Reach on a Sunday morning will continue to meet in July but not in August. Hope you all have a good summer. Thanks, Charlotte.

### Action for Children—Thank you

Trisha and Marilyn would like to thank everyone who helped with or donated to the Loughton Street Collection. A total of £379.54 was raised and, considering the heat, this is a wonderful result.

We are also having an AFC collection day at Tesco in Epping on Friday 10<sup>th</sup> August. If anyone can spare an hour to help please contact either of us.

**The Week** If you want to put an item in **The Week** - please get it to the church office **NO LATER** than midday Thursday each week.



**MESSY VINTAGE**

Loughton Methodist Church

**For those who like a gentler pace**

**Saturday 11th August**

Loughton Methodist Church  
2:30pm - 5pm

**Come and join us for a time of Christ-Centred fellowship, craft, conversation and afternoon tea!**

For further info: Tel: 020 8502 3071 Email: administrator@loughtonmethodist.org.uk

If anyone feels they can bake some scones, brownies or a lemon drizzle traybake for the August 11<sup>th</sup> Messy Vintage please let Charlotte McKernan or the Church Office know.

### Have you liked our FaceBook Page??

Want to share church news or an event on Facebook? Make sure you've liked Loughton Methodist Church on Facebook and you can post it to the page. Don't have Facebook but still want to share? Let Jenna know or email her on [lifeworks@loughtonmethodist.org.uk](mailto:lifeworks@loughtonmethodist.org.uk). Don't forget to like the LifeWorks page and add yourself to Loughton Methodist Family group.

### Fake Pimms

Some of you have asked for the recipe for the Fake Pimms which we have been enjoying at Tom and Armstrong's final services so here goes:

1 litre diet lemonade

1 tablespoon Balsamic Vinegar

Chopped cucumber, strawberries and sprigs of fresh mint

Place all ingredients in a jug and stir (leave to stand for a while for fruit to absorb flavour)

Add some ice to jug – Serve & ENJOY

### Update on Steve Baker

Thanks everyone for all your good wishes, cards, texts etc. which have been greatly appreciated. The patient is showing good signs of recovery and is glad to be home.

### Date for your Diary

Action for Children Quiz Night—Saturday 27th October at Bancroft's School. Tickets £13 including fish and chip supper. See Sue Palmer for more details.