

## SERVICES

### THIS WEEK—10th October

9.00am—Holy Communion, St. Mark's  
9.30am—Morning Prayer, St. Luke's  
10:45am—Holy Communion at St. Michael's  
10.45am— Informal Service at St. Mark's

### NEXT WEEK —17th October

9:00am—Morning Worship at St. Mark's  
9:30am—Holy Communion at St. Luke's  
10.45am—Informal Worship at St. Mark's  
10:45am—Morning Worship at St. Michael's

Please pray for the grieving families and friends of:

Joan Tusting and Lilian Woods

Team Rector Helen Jary—01502 561546  
Team Curate/Vicar Designate Andy Bunter—01502 816021

Church Office: Mandy Marler - 514774  
stmarks.oultonbroad@gmail.com  
Mon-Fri 9:00am to 1:00pm

www.stmarksob.org  
www.stmichaelsoulton.org  
http://facebook.com/stmarksob  
https://facebook.com/St-Michaels-Church  
-Oulton-103838944389976

### BROADSHEET ENTRIES

Must be submitted to the parish office by Wednesdays at 1pm and be less than 120 words, if possible, due to limited space.

## DIARY

### Mon 11th

12:30pm, Daily Prayer, St. Mark's

### Tues 12th

2:00pm, Private Prayer, St. Michael's  
5:30pm, Daily Prayer, Zoom

### Wed 13th

8:30am, Quiet Time in Church, St. Mark's  
9:30am, Holy Communion, St. Mark's  
5:30pm, Daily Prayer, Zoom

### Thurs 14th

2:30 pm, Ladies Guild, St. Luke's  
5:30pm, Daily Prayer, Zoom

### Fri 15th

10.30am, MU Prayer Group, St. Mark's  
12.30pm, Daily Prayer, St. Mark's  
2:00pm, Private Prayer, St. Michael's

### Sat 16th

### Sun 17th

2:00pm, Afternoon Concert, St. Mark's

### St. Mark's Hymns:

MP70, MP529; WT8; MP14

### St. Michael's Hymns:

CA74; CA297; CA494

Our churches depend on donations to fulfil Christ's mission and care for our community. If you would like to give, please visit:

<http://stmarksob.org/giving>

There you will find options to give to St. Luke's, St. Mark's and St. Michael's.

# The BROADSHEET

## The Weekly Newsletter for the Oulton Broad Team Ministry

10th October, 2021

[stmarksob.org](http://stmarksob.org)—[stmichaelsoulton.org](http://stmichaelsoulton.org)

ST. MARK'S CHURCH PRESENTS  
SUNDAY 17TH OCTOBER, 2:00PM

## AN AFTERNOON OF MUSIC

FEATURING

JO KNIGHT (SOPRANO) - GEMMA EGLINGTON (TRUMPET)  
GRAHAM MEADOWS (VOCALS & GUITAR) - THE ZIPFEL FAMILY

TICKETS £5

AVAILABLE FROM ST. MARK'S OFFICE OR ON THE DOOR



### LISTENING CHALLENGE CARDS

Have you been able to ask people in our community what the church should be doing? If so, don't forget to get your feedback into the office or to Helen!



God's vision for us:

A growing, Christ-centred community, led by the Holy Spirit, worshipping God and making disciples.

## PRE-PRINTED SHOEBOXES ARE NOW IN!

These are available at the back of St. Mark's for .50p each (to help defray the cost). There is also information about what you can pack and labels available too.

### National Collection Week 15th—22nd November

St. Mark's will be a drop off location again this year. You can drop off your boxes in the porch or at the following times:

15th—19th November: 10am to 4pm  
20th November: 9am to 12pm  
21st November: 9am to 12pm  
22nd November: 10am to 4pm

## FOODBANK REQUIREMENTS

The Foodbank currently requires:-

**Tins of soup, tinned rice pudding, tinned custard, tinned fish, tinned puddings, jam, instant mash, chocolate, sweets, savoury snacks, and biscuits**

Thank you to everyone who regularly donates. As always donations can be left in the porch at St. Mark's

## LADIES STROLLERS

Tuesday October 19th, 1:30pm  
We will meet in the car park opposite the Sparrows Nest and then walking to the most easterly point. Afterwards we will have tea/coffee and cake in Martello. Please join us.

## BARNABAS FUND PRAYER FOR THE PERSECUTED CHURCH

6th November, 10am-11am at St. Mark's

All are welcome to join us as we pray for our persecuted brothers and sisters around the world. We look forward to seeing you.—*Peter and Janice Wood*

## STEWARDSHIP LETTER

There is still plenty of time to submit the stewardship letter. Please take time to carefully read and prayerfully consider your giving. Once you've made a decision, return the form to St. Mark's office by 31st October. If you haven't had a letter, there are extras available at each church.



## 'GREEN' THINKING

Happy or Sad??

No one wishes to be 'bone-tired'. Exercise and joy often go together - even if taken up as a spectator sport.

8.45am on a typical Saturday morning along Lowestoft sea front promenades is a time of anticipation for people of all ages. At least 300 Parkrunners prepare for a 3 mile run, jog or walk (the oldest being 80years old). 22 or more volunteers set out to Marshall and support 'athletes' (of all shapes and sizes). 30 plus swimmers group on the beach, meditating before their dip in the sea. Up and down the prom many stroll, cycle or walk their dogs. Others sit at the cafes taking in the good vibes and sea air. There is a general feeling of communal wellbeing. It makes me smile to think about it. Remember, 'A joyful heart is the health of the body, but a depressed spirit dries up the bones' (Proverbs 17:22). 'A cheerful heart is good medicine'.. (NIV translation.)

Little wonder that many local Doctor's Surgeries are Parkrun ambassadors - prescribing enjoyable exercise as a way to beat depression.

If you have ideas of how the green team could help promote more health and cheerfulness please contact Harvey (harveybradley213@gmail.com) or Helen (revhelenjary@gmail.com).

In the meantime, 'Bring me sunshine in your smile...'

## ONLINE BIBLE STUDY

Starting on October 25<sup>th</sup> at 7.30

### "THE CHOSEN"

An authentic and revealing picture of Jesus with questions to instruct and challenge us. Zoom ID: 818 2312 1983—Passcode: 580913  
Everyone welcome.

## TABLE TOP SALE

Saturday 20th November, 11:30am—3:00pm at St Luke's

Anyone wishing to hire a table for £10 is welcome, for Charity ones we would like a donation. There will be light lunches and afternoon tea together with a variety of other stalls. Ring Pat Low on 01502 581643 for details. Thank you.

## THANKSGIVING SERVICE

### FOR JILL PIRRIE

Thursday 21st October, 11:00am at St.

Michael's

Since Jill's funeral took place during the height of lockdown, there will be an opportunity for all who knew and loved Jill to join together for a service of thanksgiving for her life at St. Michael's. All are warmly invited to attend.