

## SERVICES

### THIS WEEK—3rd October

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

### NEXT 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

Please pray for the grieving families and friends of:  
Mildred Mobbs and Joan Tusting

Team Rector Helen Jary—01502 561546  
Team Curate/Vicar Designate Andy Bunting—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 4th

12:30pm, Daily Prayer, St. Mark's  
2.00pm, Ladies Group, St. Mark's

### Tues 5th

2:00pm, Private Prayer, St. Michael's  
5:30pm, Daily Prayer, Zoom  
7.15pm, St. Mark's Railway Group

### Wed 6th

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

### Thurs 7th

2:00pm, Knit and Natter, St. Mark's  
5:30pm, Daily Prayer, Zoom

### Fri 8th

12.30pm, Daily Prayer, St. Mark's  
2:00pm, Private Prayer, St. Michael's

### Sat 9th

11.00am, CONTACT  
1.00pm, St. Luke's Coffee Afternoon

### St. Mark's Hymns:

MP3; MP449; MP626; WT313;  
MP651

### 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

3rd October, 2021

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



### 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 will be 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



### 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.

## HELEN ON LEAVE THIS WEEK

Helen will be on leave between October 2<sup>nd</sup> and 10<sup>th</sup> inclusive. Please direct any enquiries to the Parish Office at St Mark's, or to Andy (01502 816021).

## FOODBANK REQUIREMENTS

The Foodbank currently requires:-

Tinned fruit

Tinned rice pudding

Small jars of coffee

Fruit juice

Squash

Savoury snacks

Crisps

Chocolate

Sweets

Donations can be left in the porch at St. Mark's



## HONDURAS

Today at St. Mark's there will be both Bric-a-Brac and Craft items for sale

between the services. There is a large selection of DVDs for both adult and children for sale and of course gloves, mittens, scarves and hats will be available at only £1.50 per item and can be used to help fill the Samaritan's shoe boxes.

## LADIES STROLLERS

Our next ladies strollers on Tuesday October 19th will be walking from Sparrows Nest to the most easterly point. We will meet at the car park opposite the Sparrows Nest at 1.30pm. Afterwards we will have tea/coffee and cake in Martello. Please join us.

## DAILY PRAYER

Just a reminder that Daily Prayer is still ongoing Monday to Friday with plenty of opportunities to pray together in person or via Zoom.  
Monday—12:30pm at St. Mark's  
Tuesday—2:00pm at St. Michael's or 5:30pm on Zoom  
Wednesday—5:30pm on Zoom  
Thursday—5:30pm on Zoom  
Friday—12:30pm at St. Mark's or 2:00pm at St. Michael's  
Zoom Login Details:  
Meeting ID: 879 9317 3242  
Passcode: 520220  
Phone: +44 0280 806592

## 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.

## 'GREEN' THINKING

The 'Green Team' (initially a working title) was to be called 'Dad's Garden' - in honour of walking with Our Father through this earthly patch of His Creation. What an amazing privilege...

But maybe the title 'Green Team' is more self explanatory?

Whatever is the case: "All powerful God, you are present in the whole universe and in the smallest of your creatures.....Bring healing to our lives, that we may protect the world and not prey on it.....Encourage us, we pray, in our struggle for justice, love and peace..." (Pope Francis). Enjoy 'Dad's Garden', Amen.

For more information about the green team and our future plans please contact Harvey (harveybradley213@gmail.com) or Helen (revhelenjary@gmail.com)

## ST. MICHAEL'S KNIT & NATTER

St. Michael's knit and natter group will be meeting on Tuesday 5th October at 1.30. The new venue is 50 Elmhurst Avenue. Anyone is welcome to come along and join our small group.

## FOOD GIVES

Thank you so much to everyone from our three churches who supported our harvest appeal. Once again your generosity for our suffering brothers and sisters has been amazing. Keep up the good work! Since Barnabas launched the appeal we have sent 27 boxes to be shipped and we have another 34 boxes of harvest gifts waiting to be forwarded  
Thanks again.—Peter Wood

## 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.

## 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.

# Long COVID

*How to spot the signs and keep yourself and others safe*



## What is long COVID?

For some people, coronavirus (COVID-19) can cause symptoms that last weeks or months after the infection has gone. This is sometimes called post-COVID-19 syndrome or "long COVID".



How long it takes to recover from COVID-19 is different for everybody.

Many people feel better in a few days or weeks and most will make a full recovery within 12 weeks. But for some people, symptoms can last longer.



The chances of having long-term symptoms do not seem to be linked to how ill you are when you first get COVID-19.

People who had mild symptoms at first can still have long-term problems.



This is why it is vital that we continue to take precautions to keep each other safe.

The best way to avoid long COVID is to reduce transmission of the virus. You can do this by getting vaccinated, wearing a face covering in an enclosed or crowded space such as public transport, washing your hands regularly and avoiding close contact with others.



Symptoms of long COVID are varied and can include: breathlessness, fatigue, chest pain or tightness, problems with memory and concentration (also called brain fog), difficulty sleeping, heart palpitations, dizziness, pins and needles, joint pain, depression and anxiety, tinnitus, skin rash, earaches, headaches, feeling sick, diarrhoea, stomach aches, loss of appetite, a high temperature, cough, sore throat, changes to sense of smell or taste.



## Where can I get help?

Contact a GP if you're worried about symptoms 4 weeks or more after having COVID-19.