

WORDSEARCH: AUTUMN

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AUTUMN	CORN	HARVEST	RAINCOAT	STEW
CHANGING	COSY	HIBERNATING	RUST	TREE
CINNAMON	CRUNCHY	LEAVES	RUSTLING	UNPREDICTABLE
COLOURFUL	ENCHANTING	ORANGE	SOUP	WONDROUS

SHOEBOX APPEAL

We will again be supporting the Samaritan's Purse Shoebox Appeal.

Please listen out for further details regarding this, and start collecting small items to go in your boxes.

This will light up someone's Christmas and every box and donation are greatly appreciated by the children who receive them.

FOR INFORMATION TO
BE INCLUDED IN THE NEXT
NEWSLETTER

CONTACT A JOSHAM
OR

EMAIL
SMAAANEWS@GMAIL.COM
BY 21/10/2018

ST MICHAEL AND ALL ANGELS CHURCH

NEWSLETTER

OCTOBER 2018



AN OCTOBER THOUGHT:

Life is like a great big canvas;
Throw all the paint on it you can.
Spend time this autumn looking in awe and wonder
at the canvas painted by God;
Red, Gold, Green, Orange, and Brown.
Think about how God is painting your life too;
how he wants to create new in you.

BISHOP PATRICK VISIT

Bishop Patrick from Uganda will be visiting St Michael's during the Wednesday Communion service on 17th October.

He will then be at Bishop Viv's enthronement service on Saturday 20th and will visit St Francis on Sunday 21st for the morning service.

We look forward to welcoming him.

BROWNIES

We have a Brownie group connected to the church if anyone would like further information about this group, whether this is how to join or help out please see Donella.

ALPHA COURSE AT ST PAUL'S CHURCH

St Paul's Church in Southville are running an Alpha course, this is a seven week course which started on Thursday 04/10/2018 at 7.30pm., However everyone is still welcome.

VOLUNTEERS FOR WILD GOOSE CAFE

Please let us know if you would like to join our team of volunteers helping out at The Wild Goose Cafe.

BIBLE AND FELLOWSHIP CLASS

The weekly Bible and fellowship class is being held in the Upper Room at Church starting at 8pm every Wednesday.

Please come and join us, and don't worry there's no homework, and no knowledge of the Bible needed.

Just a willingness to get to know more about the Bible and each other.

RECIPE OF THE MONTH: 'MAGIC' SOUP

INGREDIENTS

1 tbsp olive oil
1 red onion, roughly chopped
1 vegetable stock cube
1 medium sweet potato, peeled and roughly chopped
2 carrots, roughly chopped
2 red peppers, sliced
400g tin chopped tomatoes
2 slices brown bread
60g Cheddar, grated
200ml light or regular coconut milk

METHOD

Heat the oil in a saucepan over a medium heat and fry the onion for 5 mins until soft. In a jug, make 750ml stock using the stock cube and boiling water.

Pour into the pan, add the sweet potato, carrots, peppers, stock and tomatoes, then season with pepper.

Cover the pan and simmer for 20 minutes.

Preheat the grill to medium-high.

Toast the bread, then sprinkle the cheese on one side of each slice and grill until melted.

*Cut star shapes from each piece of toast using a cookie cutter, or cut star shapes with scissors.

Blend the soup until smooth, add the coconut milk and season with black pepper.

Stir well to combine, then ladle into bowls.

Top with the cheesy stars and a twist of black pepper.

HINTS AND ALTERNATIVE SUGGESTIONS

To modify this recipe you could

Char grill the red peppers and remove the skin first, Use a Ham stock cube for a more intense flavour, Add a spoonful of peanut butter at the end, Add a bit of fresh chilli, Use low fat creme fraish, whole milk/cream, extra stock or chopped tomatoes instead of the coconut milk, Add a stick of celery to it, Add A squeeze of ginger puree, & some turmeric, Add tinned cherry tomatoes, red roasted peppers in brine, from a jar with a good heaped desert spoon of smoked paprika, Add four crushed garlic cloves fried in with the onions and 1/2 a teaspoon of ground cumin and 1/4 teaspoon of ground cinnamon when starting to simmer, Try swapping the sweet potato for white potato, or perhaps butternut squash

You can also

Use it one day as a soup, and another as a chilli. Add Canellini beans and fresh Parsley and mix as a sauce with rice and chicken another day or even use it as a basis for Bolognese sauce, You can also serve it with garlic bread instead.

* Not cutting into star shapes will not effect the taste.

Please let us know if you have any recipe ideas you would like included .

RECENT EVENTS:

WOODLANDS, HARVEST AND THE BRING AND SHARE LUNCH

Woodlands was a great success and enjoyed by everyone who went.

Thank you to Sarah for organising this fun trip.

Harvest was also very well attended and we would like to thank everyone who brought donations for Wild Goose.

The recent Harvest and Patronal service was also followed up by a bring and share lunch. Thank you to everyone who brought food and helped prepare and clean up before and after this event.

ART ON THE HILL 2018

Art on the Hill will be taking place on the 6th and 7th of October 2018.

Venues open throughout the parish, including the church which will be open for a cuppa.

This is a great community event where everyone is welcome.

DATES FOR YOUR DIARY:

OCTOBER:

SUNDAY 7th

Service taken by Andrew Josham LLM

SUNDAY 14th

Service taken by Rev Andrew Doarks

SUNDAY 21st

Service taken by Sally Tooze LLM

SUNDAY 28th

Service taken by Rev Andrew Doarks

AN EXTRA NOTE FOR YOUR CALENDAR:

SUNDAY 28^h

Daylight saving ends, move your clocks back an hour.

VISION DAY

The Church vision day was held on 30/09/2018 after the Bring and Share lunch.

This was a really important day of discussion as it will help to shape the church. Thank you to everyone who stayed and contributed to this valuable discussion. Hopefully with the help of everyone we will be able to achieve our goals.

Some of those who came to the vision day had this to say afterwards:

'Good and deep conversations.'

'Great momentum and passion.'

'Excellent ideas and vision. Hope there is good carry through.'

'It was a brilliant day. Very worthwhile; great depth.'

Everything discussed is being written up for further analysis, we hope to see some of the ideas carried out soon. If you were unable to come, or have had any further ideas since, Reverend Andrew Doarks is collecting and collating the information and would welcome any further ideas and feedback.

There was lots of agreement about areas we could work on and things we are doing well, and there was a wide range of thoughts and ideas that came from the vision day.

Expect further updates on this soon.