

## WORDSEARCH: SWIMMING

F J P M Z V T P E H D H R P L  
 S W I M S U I T T P O T E A I  
 L L E S S E L G G O G D T D F  
 A O D E F J N K L Y G I A D E  
 N O I K K E X I L H Y W W L G  
 E P L W L O L F W E T H R E U  
 D E S I N O R H C N Y S E S A  
 O F F R E E S T Y L E A D S R  
 U U I V T C H B S P Q L N D D  
 T N I T P O L O Y T J P U N F  
 D D U G N I M M I W S S H A L  
 O B S T R O K E R E T A W B O  
 O T R U N K S F R O N T E M A  
 R D C D Z K C I K Y A L E R T  
 V U E R O O D N I Y E I Z A B

ARMBANDS  
 BREASTSTROKE  
 BUTTERFLY  
 DIVE DOGGY  
 FLOAT  
 FREESTYLE  
 FRONT FUN  
 GOGGLES  
 INDOOR  
 KICK LANE  
 LENGTH  
 LIFEGUARD  
 LILO  
 OUTDOOR  
 PADDLE  
 POLO POOL  
 RELAY  
 SLIDE  
 SPLASH STROKE  
 SWIMMING  
 SWIMSUIT  
 SYNCHRONISED  
 TRUNKS  
 UNDERWATER  
 WATER WET  
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 ALERT

FOR  
 INFORMATION  
 TO  
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 THE NEXT  
 NEWSLETTER  
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 20/07/2019

## ST MICHAEL AND ALL ANGELS CHURCH

## NEWSLETTER

july 2019



## PRAYER

Heavenly Father, thank you for the seasons of our lives,  
 and your continuous guidance and love. Thank you for  
 the summer, for warm weather and time with family and  
 friends. We thank you for time away from school and  
 pray that all of our young people will have a good rest  
 and enjoy this time. We pray also for parents who have  
 to cope with extra childcare demands. Keep the weak  
 and vulnerable safe in the warm weather.

Amen

## THOUGHT FOR THE MONTH: JULY

The natural order is chaos and darkness, left to their own devices things tend to go  
 awry. Someone from Uganda observed that in the West we're annoyed when things  
 don't work according to plan; by contrast, in the developing world they're delighted  
 when anything at all works well! The hallmark of God is to bring order and freedom  
 as in the beginning of creation, restoration and redemption but not perhaps where we  
 would like. Jesus commanded the wind, the waves, demons, even an earthquake to  
 set people free. An Indian bishop observed that the West has all the clocks and the  
 East has all the time. In our endless pursuit of higher productivity and faster  
 communication we seem to be getting less free and more chaotic. Do we dare to  
 disconnect more from the treadmill in order to reconnect with our maker and his  
 children, our brothers and sisters of his world? In so doing, we will dance better to  
 the rhythm of the universe and reclaim the wisdom of the prophets of old.

Why not try the daily Pray-As-You-Go app and website for about twelve minutes  
 designed for the commuter but just as good from the armchair.

*The Thought of the Month has been brought to us this month by Andrew Doarks  
 Should you wish to write a thought for the month please let us know.*

## BROWNIES AND BOYS' BRIGADE

We have a Brownie Pack connected to the  
 church; if anyone would like further information  
 about this group, please see Donella.

The Boys' Brigade Company, also connected to  
 the church, meets in the Community Centre  
 across the road. Please see Ian for more details.

## JACK HOUSE

The funeral of Father Jack House will be at Holy  
 Nativity Church, Wells Road, Knowle on  
 Thursday 18th July at 12 noon.

St Francis Church is also having a Thanksgiving  
 Service for him on Sunday 28 July at 6:30pm.

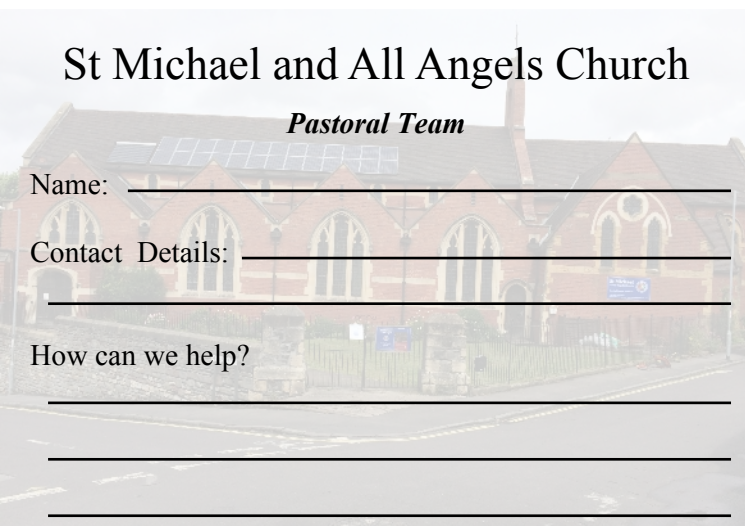
## St Michael and All Angels Church

## Pastoral Team

Name: \_\_\_\_\_

Contact Details: \_\_\_\_\_

How can we help? \_\_\_\_\_



## RECIPE OF THE MONTH: CRISPY GREEK-STYLE PIE RECIPE

COOK: 30 minutes

### Ingredients

200g bag spinach leaves, 175g jar sundried tomato in oil, 100g feta cheese, crumbled, 2 eggs, ½ 250g pack filo pastry

### Method

Put the spinach into a large pan. Pour over a couple tbsp water, then cook until just wilted. Tip into a sieve, leave to cool a little, then squeeze out any excess water and roughly chop. Roughly chop the tomatoes and put into a bowl along with the spinach, feta and eggs. Mix well.

Carefully unroll the filo pastry. Cover with some damp sheets of kitchen paper to stop it drying out. Take a sheet of pastry and brush liberally with some of the sundried tomato oil. Drape oil-side down in a 22cm loosebottomed cake tin so that some of the pastry hangs over the side. Brush oil on another piece of pastry and place in the tin, just a little further round. Keep placing the pastry pieces in the tin until you have roughly three layers, then spoon over the filling. Pull the sides into the middle, scrunch up and make sure the filling is covered. Brush with a little more oil.

Heat oven to 180C/fan 160C/gas 4. Cook the pie for 30 mins until the pastry is crisp and golden brown. Remove from the cake tin, slice into wedges and serve with salad.

### RECIPE TIP: MAKE IT MEATY

Chicken pies: Add 1 cooked, shredded chicken breast to the spinach mixture, then oil 3 sheets of filo per portion and lay them out on top of each other. spoon a few tbsp of the mixture onto one end of each pastry stack. fold over the edges and roll up to make cigar-shaped packages. Brush with oil and cook for 15 mins or until golden and crisp.

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

### GU DESSERTS

For anyone who eats GU desserts we are collecting the glass jars they come to use in our upcoming fundraising events. Please let someone on the social and fundraising team know if you are able to help.

### UPCOMING EVENTS

Advanced warning for September. During September we will be taking part in three community events. These are: VPAG's summer fun day, a welcome day with the Community Centre and Art on the Hill. As part of Art on the Hill we are also holding a photo competition (this will cost £5.00 to enter. Further details will be released regarding this and the other events shortly.

## DEANERY SYNOD

The next Deanery Synod meeting will be on encouraging vocations and ministries in the local Church. This will be held Wednesday 9 July, starting at 7.30pm at St Paul's Church, Coronation Road, Southville, BS3 1DG

## ART ON THE HILL

We are planning to put on workshops during Art on The Hill within church. There will be various workshops running at the same time. Further details regarding this will be released shortly.

## GALLERY CLEANING

We held a gallery cleaning on the 29<sup>th</sup> June. This was used to clean, paint and sort the church gallery space. Thank you to everyone who came and helped. This is now a great meeting place as well as a start on the crèche.

## FILMING

As part of the welcome day with the Community Centre we are going to be promoting everything we offer at the church. As part of this we will be making a film. We are unsure of all the details at the moment however if anyone would like to help with this please let us know.

Please also be aware we will be filming so if you do not want to be part of this please make that known.

Thank you.

## DATES FOR YOUR

### DIARY: JULY

SUNDAY 07<sup>th</sup>

Service taken by Sally

Tooze LLM

SUNDAY 14<sup>th</sup>

Sally Tooze LLM

SUNDAY 21<sup>st</sup>

Service taken by Andrew

Josham LLM

SUNDAY 28<sup>th</sup>

Service taken by Rev

Andrew Doarks



St Michael and All Angels Church

Pastoral Team