**St Olaf’s Church Poughill**

**NOTICES FOR WEEK BEGINNING SUNDAY 29th June 2025**

**“*All of you together are Christ’s body, and each of you is a part of it*.”**

**1 Corinthians 12 v 27 (Church verse for 2025)**

**Rector: Rev Teresa Folland** contact 01288 352599 (home)

**Churchwarden: Howard Emmens** contact07769 188858 (mobile)

**Churchwarden: Kathy Emmens** contact07795 909054 (mobile)

**Important** **note:** If in any danger on church premises ring 999

**Sunday 6th July 10.00am** Morning praise Rev Richard Ward-Smith

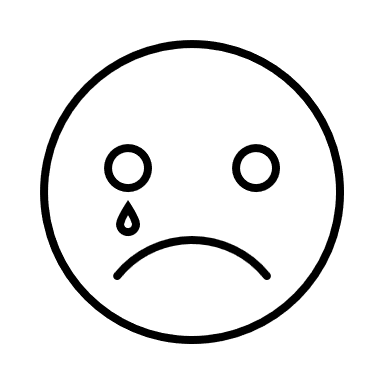
**Sunday 13th July 10.00am** Holy Communion Rev Douglas Adams

**Sunday 20th July 10.00am** Morning praise Tim Symonds

**Sunday 27th July 10.00am** Morning praise Rev Teresa Folland

**Church Prayer Meeting:** Fridays 7.00pm meeting in The Old School.

**Saturday Prayer Breakfast**

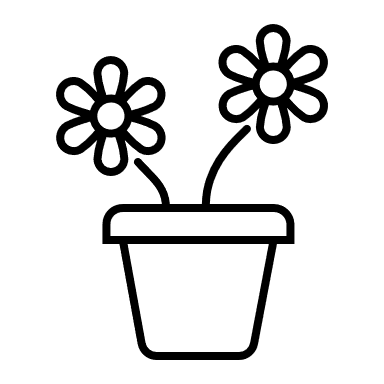
This week: the Ladies’ prayer breakfast on Saturday 5th July is cancelled owing to the FFFF (the Free Family Fun Festival) in which many will be involved.

**Hollabury Fellowship:** meeting on Wednesday 9th July at 10.30am in The Old School; led by Keith Makin.

**Creation Care Champion**

Do you think you could be St Olaf’s Creation Care Champion? There is a lot of help available online from the Truro Diocese.

**Morning Prayer:** 9.00am Monday to Friday Via Zoom: Meeting ID 818 0754 3068 passcode 342 493 or you can join by phone on 0203 051 2874 or 0203 051 5237.

**House Groups** meet on various days during the week. If you are interested, please contact Kathy or Howard.

**St Swithin’s Church Launcells Patronal Flower Festival “I have a Dream” Thursday 10th to Sunday 13th July:** Coffee, tea, light lunches, afternoon tea. Sunday 13th July – Songs of Praise 6pm

**Important Update from Alison and Mark**

We leave for Zambia in two weeks time, on July 20th . We travel first to Malawi, to run a new project in the south of the country near Blantyre. The volunteer school team of twenty, 16 teenagers and 4 adults, will arrive a week later. The main project will be to commence building a multi disciplinary hall for use by disabled children.

We will then travel to Lusaka in Zambia, where we will assist with the running of a smaller adult volunteer team. The project involves building a new nursery classroom for the nearby school on the compound where we stay away.

We thank you all for your support and would value your prayers whilst we are away.

**Saturday Zoom Quiz 7.30pm:** Join with others in the benefice via Zoom: Meeting ID 874 2385 3298 Passcode 564 786.

**Daily Bread notes** for June–August are available at the back of the church.

**Fish and Chip Friday**

Enjoy fish and chips with others at the Preston Gate on Frifay11th July. Let Tim or Keith know please. Other meals are available!

**SOCKS** (St Olaf's Children's Klub) Fridays 5.30–6.30pm in The Old School and **Pants** (Youth Group for those 11+): Contact Rachel on 353842.

**Ark Angel Bookshop** is looking for volunteers who could serve in the shop for three hours a week, one morning or afternoon (10am – 1pm or 1pm – 4pm). Talk to Howard. (Training will be given, but the work is quite simple.)

**Spring Harvest at Minehead**

Those who went to Spring Harvest at Minehead had a wonderful time and are already booking for the next one. If you would like to go Liz is happy to help you organise booking. There are funds available if the cost is too much for you. The 2026 dates are Monday 6th (Easter Monday) to Friday 10th April.

**Recordings of sermons:** Sound recordings of sermons are now available from Rich. Tel 07772 775591 or email [docrichpage@hotmail.com](mailto:docrichpage@hotmail.com).

**The Free Family Fun Festival Saturday 5th July 1pm to 4pm**

There are still jobs you can do; contact Tim. And definitely pray!

Then on Thursday 7th August: the famous **Poughill Revel & Cuckoo Fair**.

**Saturday 12th July 10.30am there will be the Chain of Prayer and Praise around the South WestM**

Meet at the Compass Point Storm Tower (“the Pepperpot”).

**Communion at home:** Rev Douglas Adams and Rev Teresa Folland can arrange for communion in your home when you find yourself unwell and unable to attend services for a period. Please phone if this is something you would like: Rev Teresa Folland 01288 352599 or Rev Douglas Adams 01288 353842.

**Sandy Cheshire Homily Peter**

Acts 12: 1 – 11, 1 Peter 2: 19 – 25, Matthew 16: 13 – 19.

Should we think of St Peter as a good role model? Jesus called Peter a rock. Peter was there with James and John, the sons of Zebedee, when Jesus prayed in his agony in Gethsemane, the night before he died, he should be a role model for us. But is he? After all, he fell asleep, while Jesus prayed in his agony. In that moment, he was certainly no friend to Jesus. Nor was he a friend to Jesus, when he followed Jesus after his arrest, and hung around the house of the high priest to see what might happen. It was not just that he was curious. When the moment of testing came, he denied three times that he had ever even known Jesus. First, the servant girl said that he had been with Jesus, the man from Nazareth, but he denied it. Then later, she again challenged him saying to the bystanders, ‘This man is one of them.’ The bystanders said, ‘Certainly you are one of them; for you are a Galilean.’ Peter began to curse and swear an oath, ‘I do not know this man you are talking about.’ Then he heard the cock crow, and he remembered then what Jesus had said to him, that he would deny him three times. Now he broke down and wept bitterly. So far, the record of Peter looks pretty bleak. But we can balance the story. He was the one apostle who came to see Jesus for what he was, Christ the Son of the living God. At Caesarea Philippi, when Jesus said to the disciples, ‘Who do people say that I am?’ Peter must have had a flash of inspiration and perhaps even was un-aware of what he was really saying, but out it came, ‘You are the Messiah.’ Jesus virtually admitted it – yes, he was the Messiah, the Son of the living God. And of course Peter had been one of the first disciples to follow Jesus, he and his brother Andrew, and the two other fishermen, James and John: they had left everything, their boats, their nets, their catch of fish, their entire livelihood, to follow him. And they had stayed with Jesus through his ministry. They had been with him, Peter and James and John, when he went up the mount of Transfiguration and they had caught a glimpse of his divine glory. Perhaps that makes his three-times denial of Jesus even more upsetting. Peter was not there when Jesus was crucified. Presumably he was afraid for his life, as he had been the night before. He certainly had no intention of being crucified with Jesus. He ran away and hid, as did most of the disciples, probably in the same Upper Room where they had eaten the Last Supper with Jesus. Now they were terrified. At any time, the Roman soldiers, or the High Priest’s guard, could come for them….Best to lie low. So they were still there when Jesus appeared to them after his resurrection. Peter had gone to the place of burial that Sunday morning after the Passover and found the tomb empty and the grave clothes lying there. John had been with him. But they went away mystified, confused about what had happened to the body of Jesus. They certainly had no clue that he had been raised from the dead. They still hid themselves. And even when Jesus mysteriously and wonderfully appeared to them and showed them the holes in his hands and his feet and his side, so that they knew it was really him and he was…. really alive again in a most remarkable way, they still hid themselves away. For weeks they hid. It was only when they received power from on high, when the fire of the Holy Spirit danced over their heads and poured into them courage and confidence and heavenly strength, that they went out and began to preach and teach. Now Peter was the first to speak, no longer afraid. And he would die for Jesus, himself crucified, upside down. Now, we have a really wonderful, full picture of Peter. He is a real person to us, not a cipher or a shadow. We see his fragility, as well as his bravery and even his folly. He seems to grasp things by instinct and react without even thinking very much. And we are all too well aware of his fear. In the end he takes his courage in his hands and finally loses his fear of death. All he wants to do is to be loyal to his beloved Saviour and to follow him, to death and through death to eternal life. We know our own frailty, our fragility as Christians. We are brought up to believe and to think that we have to decide everything for ourselves: we have the power of choice, but we should not seek always to go our own way, to make up our own minds. . In the first reading, we saw Peter in prison, sleeping between the guards, awaiting a trial. Of course, this is from the Acts of the Apostles, so it is well after the Resurrection and the gift at Pentecost; this is bold Peter, brave Peter. Even so, what happens is an amazement to him. He thinks that the angel who frees him from his fetters is just a vision, a kind of dream. It is only when he is out of prison and walking back to his friends that he realises that it is really happening not a dream but reality. And they are so shocked that they keep him outside until he can persuade them it really is him. We can trust that the angel was a messenger sent from God. We can trust that God had decided to free Peter from imprisonment, to preserve him for more missionary work… and for a greater, a truer moment when he would die for Christ. The beautiful aspect of this incident is that now Peter has really learnt to trust in the Lord with all his heart and not to follow his own whim and his own way. He has no idea where the messenger, sent from God is taking him; he just follows. He trusts. If he, Peter, is to be our role model, our heavenly friend, then we must come to understand, and to feel in our bones, that we can trust in the Lord with all our heart. Peter’s journey was a long one to the point at which he could follow the Lord’s way he could trust in the Lord and not make it up as he went along. This moment when the angel led him out of prison and the gates fell open before him, was a moment of transition, when the brave and bold proclaimer on the day of Pentecost, that the Lord was alive, became the person who trusted his life, his will, his mind to his God and Father and to his Lord, Jesus Christ. Although Peter denied Jesus three times - he was also given the opportunity to put that right by Jesus, when he was asked three times, “Peter do you love me” - and Peter was able to answer three times, “Yes Lord, you know that I love you”. Peter simply gets things amazingly wrong, as well as getting things amazingly right. - And we are all called to "follow me", we just need to work out what that means for each one of us.... So then, Let Peter truly be, our role model: like him, let us trust in the Lord with all our heart, and be not wise in our own sight. Jesus lived out the gospel in his own flesh and it was always very human flesh that he worked with. Little Zacchaeus half way up a tree. James and John wanting the best seats in the house, and Peter… clambering out of boats and leaping forever into trouble The gospel is not addressed to those who have earned that privilege, but to those of us who need rescuing. The gospel is not a handbook for success, more a book of instructions for survival, it is a lifebelt. Peter is our witness to our humanity, to forgiveness, to grace, and to Christ. For Peter, it all began on the seashore.

Amen

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*“Lord, make me an instrument of your peace: where there is hatred, let me sow love;*

*where there is injury, pardon; where there is doubt, faith;*

*where there is despair, hope; where there is darkness, light;*

*where there is sadness, joy”* (*St Francis of Assisi*)

We give you thanks that you are Risen from the dead and ascended to your Father where you intercede for us, and that as we have celebrated Pentecost, we continue to remember the coming of your Holy Sprit on the disciples giving them authority and power to spread the gospel. So as we bring our intercessions, we know we have an advocate with the Father, Jesus Christ who is seated at the right hand of God. Give us humility and kindness as we allow your spirit to guide all our ways.

We pray for our Church of England that we may bring the message of the gospel to a needy world and remember the great commission that we should “make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,and teaching them to obey everything I (Jesus) have commanded you. And surely, I am with you always, to the very end of the age.” We thank you for both the commission and the promise that you will be with us.

Bless St Olaf’s: may it be a place of welcome where those who come seeking healing and salvation may find comfort as they come to know your love. Help us to be helpful and encouraging in our community. We ask for strength for those who lead and preach here that they may they be guided by your Holy Spirit. And for all who help in other ways, that they may they know that in serving the church they serve you. May our prayer in this church always be “*Thy Kingdom come, and thy will be done*.”.

We pray for those of our number who are sick and suffering in their bodies, minds, and spirits, including Pam Kemp, her granddaughter Bella, Simone Olagoke awaiting surgery, Sandra Shepherd, Paul Whybrow, Molly Hooper, Peter Harrison, for Mary that her health will improve, for Jackie as she visits family during her recovery, and for Debbie that she will be fully restored to health. And we continue to pray for Remy, only eight and suffering with a serious cancer, and for his family too who bear this burden of this difficult time. We ask for your healing touch on these lives.

We also remember those who mourn for loved ones, thinking especially of Zinnia mourning the loss of a dear brother*. “Blessed are those who mourn, for they will be comforted.”*

We pray for our community here and think of children at school. We pray that they will have self-esteem rooted in knowing that they are your children, even when they have been let down by those who should not have done so. We pray for their protection from so many things that can harm them: constant use of smart phones, knife crime, drugs and vaping, bullying, cyberbullying, shoplifting, and online grooming, as well as unstable family environments and even self-harm. Also protect them from recruitment to county lines drug suppliers, which happens, even in Bude. Give wisdom, patience, and compassion to head teachers, teachers and others caring for children in school as they teach the young. We pray for the children who come to Sunday Club, Socks, and Pants, and for Rachel and those who assist her, that the children will learn something of you and feel that they belong to St Olaf’s and are valued, respected and cherished for themselves. We pray for the children as the school holidays approach, that this will be a good time for them and their parents, although it can bring extra stresses for working parents. Protect and be with the families we pray.

From our Electoral Roll this week we pray for Jane Ker-Reid and Bernadette Knott. We give thanks that they belong to this fellowship and for the work Bernadette does preparing rotas for the services.

This week the charities we are praying for are Tearfund and Bude Foodbank. Bless their work as they minister differently, both relieving poverty. You fed the hungry when you were on earth so we ask your blessing on these charities as they work to relieve hunger and poverty .

We pray for the Crown of Life school in Zambia where our church sponsors Juliet, Samuel, Christian, and Miriam. Bless these young people. We are thankful that Dorothy Nsuuma continues this work educating children. Now we think of Mark and Alison as they prepare to visit Malawi and then work in Zambia again. Be in all their plans and watch over them and keep them safe, we ask, as they travel and work.

We ask for your hand on the RNLI as they look after the beaches and coast, rescuing and keeping people safe as they enjoy this wonderful area. We are so thankful for these good people giving up their time and putting themselves often in harm’s way. We ask for your blessing on holidaymakers that they will keep safe and have a good time with their families.

We pray for our troubled world:

* for Ukraine: they have been suffering one of the biggest aerial attacks from Russia. Kyiv has been hit hard again. We ask for peace to come to this troubled country. We know President Putin will not give up so we ask for a miracle.
* for Israel, Gaza and Iran we pray for much needed peace. The situation changes daily but the people still suffer.
* for the people of Sudan as the UN has said they face the world’s largest hunger crisis. We cannot look away, although we have nothing, we can do other than bring these our starving brothers and sisters before your throne, knowing that you will not turn your face away from their plight. We continue to pray, acknowledging our helplessness.

In many countries Christians are not safe. It is estimated that that three hundred and sixty-five million Christians in the world are facing persecution and discrimination. This includes one in five in Christians in Africa and one in seven in Asia. We pray for your strength and endurance for these your children. May they find comfort in your presence and be sustained by your unfailing love, even in the darkest times knowing that in their suffering they have fellowship with their Saviour who suffered too. We remember that when Saul met you on the road to Damascus you said “Saul, Saul, why do you persecute me?” So we know that those who persecute Christians persecute you. Open the eyes of the persecutors we pray, that they will see it is you they persecute.

We pray for the health of King Charles and we ask your blessing for all the Royal Family, that rifts may be healed and there will be unity.

We pray that the government may have wisdom as they seek to serve the country in these tough economic times. We pray too for the assisted dying bill, which has been passed by the Commons and now will go back to the Lords; and although it is likely to become law it is possible for the Lords not to pass it. May your will be done in this as in all matters coming into law in our country.

We ask for protection for this country from war; we hear that we should we prepared but we earnestly pray that there will not be a war on these shores; also from cyber attacks on businesses and continued threat of terrorist attacks from many quarters. We are thankful for our armed forces and intelligence services, including the National Cyber Security Centre, as they face a troubled world and seek to keep this country safe. We pray for GCHQ Bude as they listen for and collect vital data. We thank you for them and the success they have.

*Thanks be to thee, my Lord Jesus Christ, for all the benefits thou hast given me,  
for all the pains and insults thou hast borne for me. O most merciful redeemer, friend and brother, may I know thee more clearly, love thee more dearly, and follow thee more nearly, day by day.*

*(Prayer of St Richard of Chichester)*

*Merciful Father, accept these prayers for the sake of your Son our Saviour Jesus Christ*

Please contact Kathy Emmens by Friday noon if you have an item you wish to be included in the notice sheet: kathyemmens@gmail.com