

<i>What's on at St Mary's....</i>		
<b>St. Mary's Church and Community Hall, Sandsend YO21 3TQ New What's on Sept - Dec 25</b>		
<b>Date</b>	<b>Event</b>	<b>Further Information</b>
Each Wednesday morning	<b>Coffee &amp; Quack 10-11.30am</b>	Do join us for a coffee and a chat, anytime between 10-11.30 – just pop in for a few mins or longer!
Each Thursday 10am,	<b>Yoga</b>	Book a course or call in for a single session Now run by Michelle 07760 234259
Alternate Thursdays	<b>Sandsend Community Choir</b>	Meeting fortnightly, please contact Lynne for details 07773276884
Saturday 6 Sept	<b>Songs for summer concert</b>	Please contact 07990 511945 or <a href="mailto:naomifmezzo@gmail.com">naomifmezzo@gmail.com</a> Tickets £10 Starting 6.30 for 7pm
Sunday 14 Sept 10am	<b>Morning Service</b>	
Sunday 14 Sept 6-7pm	<b>Sound Meditation</b>	This is a session run by Anna from Nurturing Rituals. An hour of relaxation Phone her 07842076321
Wednesday 24 Sept 7pm	<b>PCC meeting</b>	
Sat 27th Sept	<b>Sound Meditation</b>	See above
Thurs 2 Oct	<b>Community Choir</b>	Starts again see above
Saturday 11th Oct 11-1.30	<b>Textile toadstool workshop</b>	See above for Anna
Sunday 12th Oct 10am	<b>Service</b>	
Saturday 18 Oct 2-4pm	<b>Breathing Techniques</b>	Naomi continues with her hugely successful sessions teaching Conscious Connected Breathing to help you relax and release tension. Call her on 07742 351530
Sunday 19 Oct	<b>Sound Meditation</b>	See above for Anna
Friday 31 Oct 6.30pm	<b>Sandsend Spooky Soiree</b>	A delicious meal, a murder mystery evening, a community event whilst raising money for St Marys and Samaritans. Call Judy 01947 893874 or email <a href="mailto:sandsend.spooky.soiree@gmail.com">sandsend.spooky.soiree@gmail.com</a>
Sunday 9 Nov 6pm	<b>Service</b>	
Wed 12th Nov 9am	<b>St Marys committee meeting</b>	
Saturday 22 Nov 11-1pm	<b>Crepe Peony Workshop</b>	Phone Anna for more details 07842076321
Sunday 23 Nov 6-7pm	<b>Sound Meditation</b>	As above Contact Anna
Wed 26th Nov 7pm	<b>PCC meeting</b>	

Sunday 30 Nov	<b>Service 11am and lunch</b>	<b>This will be a short Morning Praise service followed by lunch of Chicken pie, pots., veg. and crumble. £6 each in advance Please contact Helen</b>
Saturday 6 Dec 10.30am – 12.30	<b>Willow star workshop</b>	Phone Anna for more details 07842076321 This should be really good, places are limited so ring her asap.
Wednesday 17 Dec 6pm	<b>Carol Service</b>	
Sunday 21 Dec 10am	<b>Service</b>	
Sunday 4 Jan 2026 10am	<b>Benefice Service</b>	
	<b>What's on at St Mary's</b>	Issued by St Mary's Management Committee Liz Smith, Helen Lloyd, Judy Clark, Tina Thistle, Carolyn Russell, Chris Wells . If you do not wish to receive future editions, please email Helen <a href="mailto:lloyd.hm1@gmail.com">lloyd.hm1@gmail.com</a>
	<b>Flowers at St Mary's</b>	If you would like to arrange flowers (no skill needed - a simple vase of flowers is lovely), or would like flowers arranged for you (maybe for an anniversary), please see Flower Rota in St Mary's or contact Helen (01947 893500)