

## Notices for the week beginning Sunday 15 January 2023

### FROM NICHOLAS

In the midst of our Epiphany celebrations comes 'Blue Monday'. So-called because it supposed to be the most depressing day of the year, being a combination of weather, incoming bills and other seasonal factors. This year there are many other challenges that could be added. But just because the Christmas celebration is over does not mean that God has 'disappeared' from our world – The incarnation is still real – the light still shines in the darkness and the darkness has not overcome it. There are many things for which we can be thankful. Remembering the fulfilment of God's promises and thankfulness for his many blessings is one of the ways in which we make hope real.

### Children, Families and Accessibility

One of Anne Maillardet's passions was inclusion in Church, from young to old. A small group was formed prior to COVID to look at the challenges and opportunities. A toddler has very different needs to someone with hearing aids, and a toddler with hearing aids has different need to both. I am aware that there is much we could do to improve age-appropriate provision for our children and young families.

Thank you to those who attended our Meeting with Families last Sunday. The notes are being written up and will be shared with Staff Team and PCC to see what positive changes we can make. It was most helpful – thank you.

### Confirmation

Please pray for the candidates preparing for confirmation at our cluster confirmation service on Sunday 5 February. **It will be our principal service of the day.** The others being Morning Worship. Bishop Jonathan will be preaching and presiding.

### PARISH ECOCHURCH GROUP

Please take a copy of our Eco Products Survey, fill in and return to church or the Parish Office. Our Eco Group meets next after the 10.00am service on Sunday, 15 January.



**This month's Green Tip from A Rocha: Become zero waste.** Slowly try to reduce your waste a bit every week. Consider giving a home-made gift instead of buying a present, upcycling items or looking at your food shop and seeing what items you could buy differently, spending a bit more on loose fruit and veg for example.

### OPPORTUNITIES FOR COFFEE!



**PILGRIMS PANTRY** meets every Tuesday morning from 10.30am in the Parish Hall. Tea, coffee and a menu of snacks and light lunches available.

**UPCHAT CAFÉ** UpChat Café meets on Fridays 10am, at St Philip & St James

### LITTLE LIGHTS

All Saints Baby and Toddlers Tuesday afternoons, from 1.00pm. Carers, babies and toddlers meet for play, craft, snacks, songs a short story and a prayer.



**Parish Walk to Rochester Love Lane and Esplanade Gardens**  
**Meet 11am Saturday 21<sup>st</sup> January 2023**  
**Parish Hall Church Green, Frindsbury ME2 4HJ**  
**Suitable for buggies**

The New Year has brought milder weather and this seems set to continue, and we hope you're eager to get out for a great walk to blow away the January blues. Join old friends and make new ones as we walk, and enjoy refreshments together afterwards.

Our January walk takes us to the well-ordered lanes and gardens of Rochester with firm going underfoot. Our shorter walk of two miles goes to the Esplanade Gardens, while the slightly longer walk of three miles will climb Churchfields and return through Love Lane. Both walks will return for hot and cold drinks and tasty treats together in All Saints church.

This is an urban walk, generally on roads with pavements. However, Rochester Bridge is busy and every care should be taken crossing roads.

Dogs on leads welcome; children under 14 must be accompanied. **All welcome.** Please share, and feel free to invite family, friends and neighbours.

**To avoid the need for signing in please email [pa@allsaintsfrindsbury.org.uk](mailto:pa@allsaintsfrindsbury.org.uk) to reserve a place\*.**

\* Please note all participants walk at their own risk. We may take photos of the adults to share on social media and promote our activities, unless you let us know you do not wish your photo to be taken. High-vis straps will be available for wear (but are not compulsory).

**DONATIONS TO THE MINISTRY AND MISSION OF THIS PARISH**

Donations can be made at our services by cash or cheque in the collection plate, a stewardship envelope or standing order for regular giving please speak to Nicholas, Sue Jones or Alison Mings.



We are now also offering this QR code in our printed materials. Scanning the code with the camera on your smart phone will take you to the Give a Little page for our parish. You can choose how much, whether to Gift Aid, and request a receipt.

**SAFE HAVENS**

Mental Health Matters can help any resident of Kent or Medway aged 16+ by offering a warm, welcoming, safe and comfortable environment. Contact: 07850 901151 or 07808 79503

**CONTACT US**

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	<p style="text-align: center;"><b>Prayer Diary 15-21 January 2023</b></p> <p style="text-align: center;"><i>“...in everything by prayer and supplication with thanksgiving let your requests be made known to God.” (Philippians 4:6)</i></p>
<b>Church's Ministry</b>	<i>Praying for the people, groups and mission and outreach of the churches in our parish, diocese and worldwide Anglican communion</i>
<b>Community</b>	<i>Praying for our community, our parish and Medway</i>
<b>People of the Parish</b>	<i>Praying for those who live in Frindsbury and Wainscott, (FW), Upnor (U), Chattenden (C) and those who work on Medway City Estate (MCE)</i>

<b>Epiphany 2</b>	<b>Sunday, 15 January</b>
<b>Church's Ministry</b>	Almighty God, in Christ you make all things new: transform the poverty of our nature by the riches of your grace, and in the renewal of our lives make known your heavenly glory; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.
<b>Community</b>	Give thanks for family life and those we hold dear in our hearts, praying for their health, well-being and hope and especially for those who find themselves alone this Christmas time
<b>People of the parish</b>	Bogarde Drive (FW), Parsonage Lane (FW), Upchat Road (U)
	<b>Monday, 16 January</b>
<b>Church's Ministry</b>	Pray for all working in education; pray for all staff and pupils at Chattenden School
<b>Community</b>	Today is <b>Blue Monday</b> , named as the so-called 'gloomiest day of the year': pray for all who suffer from depressive conditions, those anxious about finances and overspending from Christmas.
<b>People of the parish</b>	Brickfield View (FW), Peckham Close (FW), Upnor Road (U)
	<b>Tuesday, 17 January</b>
<b>Church's Ministry</b>	Pray for our PCC meeting this evening
<b>Community</b>	Pray for fellowship and good conversation at Pilgrims Pantry and Little Lights; give thanks for those who lead and volunteer at these groups.
<b>People of the parish</b>	Brissenden Close (U), Pemberton Square (FW), Utah Rise (FW)
	<b>Wednesday, 18 January</b>
<b>Church's Ministry</b>	Give thanks and pray for our church singers and musicians
<b>Community</b>	Pray for the elderly, isolated and vulnerable; pray for those who care for them that they would be strengthened and encouraged. Pray for staff and residents of Frindsbury Hall
<b>People of the parish</b>	Broadwood Road (C), Brompton Farm Road (FW), Peninsula Way (C) Vanguard Way (MCE)
	<b>Thursday, 19 January</b>
<b>Church's Ministry</b>	Pray for our Archbishops Justin and Stephen
<b>Community</b>	Pray for all in positions of leadership and authority that they will govern with integrity and honesty and for the common good. Pray for Kelly Tolhurst, MP
<b>People of the parish</b>	Brompton Farm Road (FW), Pier Place (U), Vestry Place (FW)
	<b>Friday, 20 January</b>
<b>Church's Ministry</b>	Pray for those meeting at UpChat Café and give thanks for those who lead and volunteer each week.
<b>Community</b>	Pray for those living with dementia and those supporting them. Pray for the work of the Alzheimers Society and for ongoing research into dementia.
<b>People of the parish</b>	Bunters Hill Road (C), Poole Close (FW), Wainscott Road (FW) Pier Place (U), Vestry Place (FW)
	<b>Saturday, 21 January</b>
<b>Church's Ministry</b>	Pray for all who are struggling in body, mind or spirit
<b>Community</b>	Pray for our parish walk; for fellowship and safety.
<b>People of the parish</b>	Burnt House Close (FW), Povey Avenue (FW), Wainscott Walk (FW)