

God of our salvation,
Help us to turn away from those habits
which harm our bodies and poison our
minds and to choose again your gift of
life, revealed to us in Jesus Christ our
Lord. Amen.

Post Communion

God of truth, we have seen with our eyes and
touched with our hands the bread of life:
strengthen our faith that we may grow in love
for you and or each other; through Jesus Christ
our Lord. Amen.

PARISH DIARY

Saturday 15th	10.00am	Coffee and Chat. Meeting Room.
	10.00am	Harnham Harvest Table on the Parish Hall field.
Sunday 16th	9.30pm	Communion at St George's.
	11.00am	Service of the word at All Saints.
	3.00pm	Community Tea in the Parish Hall.
Tuesday 18th	9.00am	Morning prayer. All Saints.
Wednesday 19th	9.00am	Morning prayer. St George's.
	10.00am	Coffee and Chat. Meeting Room.
	10.00am	Wellbeing Walk starting at the Parish Hall.
	7.30pm	Pause for Thought. Rose & Crown. Theme: "Power and discipline of silence in a talkative world."
Saturday 22nd	10.00am	Coffee and Chat. Meeting Room. Harvest Table on the Parish Hall Field.
Sunday 23rd	8.00am	Communion at All Saints.
	9.30am	Communion at St George's.
	11.00am	Service of the Word at All Saints.



COMMUNITY TEA

You are warmly invited, especially if you live alone, to the Community tea in the Parish Hall on Sunday 16th July, 3.00-5.00pm. There is no need to book and no charge but donations welcome. We look forward to seeing you there!

The Bereavement Journey Course for those who have been bereaved, for over 6 months, will be held in the meeting room, Harnham Parish hall, for 7 weeks in September and October. The course is a safe space in which to learn and share experiences of grief, to aid our own bereavement journeys. It is a mixture of watching media clips, discussion and personal reflection. Please contact Katy Carter (LLM) if you would like to attend on 01722 340411 or mrskestrel@aol.com.



HARNHAM HARVEST TABLE IS BACK!

Harnham Community Network's ever-popular Harnham Harvest Table returns for the Summer this Saturday 15th July, 10.00 – 12 noon, in the Parish Hall field. Bring any surplus fruit and veg you can spare – and take what you can use that others have brought. Everything is freely shared. Any donation you make will support the work of Harnham Community Network. It will be every Saturday morning until 30th September, except Saturday 29th July, when it will be in the afternoon as part of the 'We Love Harnham' Fun Day, and Saturday 12th August in the morning, when it will be on Rowbarrow Green, near the NISA shop. If you would like to join the rota of volunteers on the Table, please contact Charles Woodd for an application form. And you can have a coffee too, at the Coffee and Chat.

Please PRAY for:

- ❖ peace between Russia and Ukraine - those who have died, those who mourn, those who seek refuge, wisdom for all who lead.
- ❖ The Anglican Church of Canada - The Most Rev. Linda Carol Nicholls. The church's mission and public witness on social and ecological justice and dismantling racism task force.
- ❖ the Episcopal Churches in South Sudan and Sudan especially for the Rt Revd Isaac Deu Chol, Bishop of Kapoeta in South Sudan.
- ❖ all the parishes in the Guernsey Deanery.
- ❖ the care of and best use of the world's seas and oceans.
- ❖ Residential homes for the elderly, Salisbury Carers, Age Concern, Alzheimer's Support, Luncheon Clubs and Day Centres.
- ❖ The Mothers Union in Harnham and world wide - celebrating 20 years of educational support in Burundi and literacy programs in South Sudan. Praying for its summer of hope initiative.
- ❖ those who live in Sussex Road and Parsonage Green.
- ❖ those who are sick, and all who care for them, especially Kath, Jill, Simon, Barbara, Pam, Anne, and Joanna.
- ❖ those who have died, Sheila Turner.

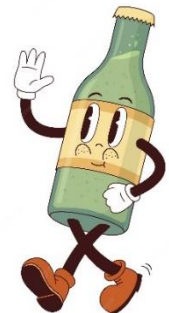
Sheila Turner's funeral will be at 2.00pm on 25th July in St George's Church. All Welcome.

I LOVE HARNHAM FUN DAY AND PARISH FETE

Thank you to everyone who has come forward so far to help with the Fun Day & Parish Fete on Saturday 29th July, your help is invaluable. However, there are a couple of things you could help with even if you are not around on the day.

1. Bottle Sunday

A unique event in Harnham, introduced several years ago, and now part of the Harnham church calendar – is Bottle Sunday. It's a Sunday in the lead up to the fete when everyone is asked to bring a bottle to church. We have discovered over the years that one of the best fundraisers at the fete is the Bottle Stall. Individuals will keep returning to the stall in a bid to win a particular bottle of fizz or their favourite tippie. This year we are asking for bottles to be bought to church on Sunday 23rd July. The alcoholic kind are the best but we also need non alcoholic bottles too, from lemonade to bubble bath. If you are unable to make the Sunday service, feel free to call the parish office and we can arrange for someone to collect or you may choose to drop off your donation to the Parish Office. Please, please, unlock your wine cellars, dust off the cobwebs and see what you can bear to part with. The more donations the more people will return to the stall and enjoy helping us raise funds for the parish.



2. Refreshments



The Social Committee would be very happy to receive cakes, pastries, flapjacks or any other bakeries that we can sell as part of the refreshments on the day. Please have all the ingredients listed if home-made or keep the wrapping with the ingredients list if shop bought. (This helps us to highlight in case of any food allergies). Please contact Inas Miles, on 01722 333388 if you are able to help. Cake donations can also be dropped off at the Parish Office on Friday 28th July.

CYCLE RACKS FOR OUR CHURCHES – CAN YOU HELP?

We need to install a cycle rack in both our churchyards, something recommended by the Eco Church Committee. We would like to purchase cycle racks which are linked to a plant trough, so that they can be made beautiful by accompanying flowers! They will also be movable, in theory at least, so need no outside permission. Each rack costs £300 to purchase, install and plant. If anyone would like to make a donation towards the cost, please do so in the usual way (see page 2 of the parish magazine for details). Make sure you mark your donation Cycle Rack. Thank you.