



St Mark's Church

LEAMINGTON SPA

Belonging... Believing... Becoming...

A community of believers, sharing God's love with the world

Sunday 20th November 2022

Christ The King

John 18:33-37 & Colossians 1:15-20

10.00am Morning Service

Leader: Amanda di Giovanni. Preacher: Marie Calvert

www.youtube.com/StMarksChurchLSpa

Join us for refreshments at the back of church after the service

6.30pm Holy Communion in the Lounge

Leaders: Marie Calvert & Rev'd Jo Parker

Refreshments available from 6pm

Wednesday 23rd November

Toddler Group 9.15-10.45am in the Hall.

Youth Group 7-8.30pm in the Upper Room

Thursday 24th November

Toddler Group 9.15-10.45am in the Hall.

9.00—10.30am Church open for private prayer & café

10.30am Holy Communion

7.30pm **Time to Pray** in the Upper Room. An hour of prayer around the many needs in our world, church and local community. Any queries, please contact Sarah Lee or Helen Toner: 01926 421347 or 07973 145934. Look forward to seeing you.

Livestreaming Notice: Our 10am service on Sunday mornings is livestreamed on our YouTube channel www.youtube.com/c/StMarksChurchLSpa/videos

If you have items to be included in the weekly notice sheet please email office@st-marks.net by **10am Wednesday**. Keep in touch via www.st-marks.net or St Mark's Facebook Page. Contact the office to receive this notice sheet by email (or to stop receiving it). Our privacy policy can be found on the website.

Events and activities coming up

Helping Hands 2022 Shoe Box Appeal. For adults, teenagers, children and families who are homeless and/or vulnerably housed in Leamington Spa, Warwick and Kenilworth. **Non-specific and men's boxes are in high demand.** Please make sure you label your box so we know who it is aimed for. You could include: Toiletries: toothpaste, toothbrush, soap, dry shampoo, sanitary products, hairbrush/comb, deodorant. Clothes: socks, gloves, hats, scarves, clothes vouchers from the lighthouse. Other items: book, vouchers for coffee or food from shops like Costa or Greggs etc. 2023 diary, handwarmers, notepad and pen, pocket games or toys (like cards), chocolate/sweets. These need to be in church by Sunday 4th December. *We have some boxes if anyone needs one.*



Help needed. We have a Ukrainian family who are currently living with a sponsor but will be moving into their own accommodation – although they have smaller items such as crockery and cutlery they are in need of furniture. If you are able to help please contact Ros, ros@st-marks.net They are also hoping to find sponsors for their parents, if you know of anyone who can help with this please let Ros know.

Explorers charity waffles & toppings sale. After the 10am service on 27th November. Donations to a charity to be confirmed.

Church Jacket Potato Lunch. December 4th at 12 noon. Bring a small filling to share on your table (fridge space available). Pudding provided. Please fill in a flier in the church pews or let the office know. Offers of help setting up and clearing away needed.

FIRs Christmas Lunch December 13th 1pm. Tickets are needed in advance for this, they are available from the church office. We need numbers by Monday 5th December. £3 thanks to a generous donation in memory of Alice Hickerton.

Children's groups Christmas Party. Sunday 18th December during normal group time.

Christingle Service. 24th December 4pm. Tickets available on Eventbrite from 1st December. Link to follow.

St Mark's Church Quiz Evening. Saturday 21st January 2023. 6.00pm - 9.30pm in the Church Hall. A Family Friendly evening. Ticket includes food (Served at 6.30pm), available from Andrew Cooper. Fish + chips £8, Large Sausage + chips £5.50, Veggie burger + chips £7, 4 x Chicken nuggets + chips £6.



/StMarksLSpa



St Mark's Church
LEAMINGTON SPA



THE CHURCH OF ENGLAND

Rugby Road, Leamington Spa
CV32 6DL

01926 421 004 / www.st-marks.net

Reg. charity no. 1128485

Foodbank. Items can be left in the labelled pew at the back of Church on the left as you come in. You can check what they need at <https://warwickdistrict.foodbank.org.uk/give-help/donate-food/>

We are also collecting towels and toiletries for the local **Supported Living House.**

Giving to St Mark's. We are very grateful to everyone who gives financially. You can give on line, using this link <https://givealittle.co/campaigns/670e813c-9dbf-456a-b47e-c077c9a02904> or the one on the church website.

Or, best of all, you can set up a regular direct debit through the Parish Giving Scheme. Go to www.parishgiving.org.uk and you can find St Mark's from the front page, and set it up online. Thank you.

If you are writing or updating your will, please consider leaving us a legacy.

Inclusive Church www.inclusive-church.org

Inclusive Church is a network of churches, groups and individuals uniting together around a shared vision.

"We believe in **inclusive church** – a church which **celebrates and affirms every person** and does not discriminate.

We will continue to challenge the church where it continues to discriminate against people on grounds of **disability, economic power, ethnicity, gender, gender identity, learning disability, mental health, neurodiversity, or sexuality.**

We believe in a Church which **welcomes and serves all people** in the name of Jesus Christ; which is scripturally faithful; which seeks to proclaim the Gospel afresh for each generation; and which, in the power of the Holy Spirit, allows all people to grasp how wide and long and high and deep is the love of Jesus Christ."



Pray for people and organisations supported by St Mark's

Our Youth Group and the new leaders: Michael and Sandy.

Local

- The Well Christian Healing Centre
- Brookhurst, Milverton & Trinity Schools
- New Hope Counselling Centre
- Thrive Youth Ministries & Crossteach
- Beryl Chisholm, Darren Mitchell and all who are part of Christians Against Poverty working to help people escape debt and poverty,
- Leamington College and the St Mark's Chaplaincy Team in their work there
- Craighaven Residential Home
- Leamington Nightshelter & The Way Ahead Project (Homeless Action Project)
- Nightlight and Street Pastors
- Helping Hands
- Foodbank
- Cyrenians Supported Accommodation Service

National and International

- Ukraine and all affected by the conflict
- CPAS & Bible Society as they help to spread God's word,
- CORD and their work with refugees
- Open Doors and the persecuted church around the world,
- TEAR Fund as they work to relieve poverty around the world
- The Mundays in Nepal: Dan in Healthcare Development and Phillipa in Education

Environment: Ongoing impact of climate change in many countries. Our response as individuals and as a nation. There are lots of ideas here <https://prayandfastfortheclimate.org.uk/>

Contact Information

Revd. Jo Parker (Vicar)
01926 421004
vicar@st-marks.net

Unless it is an emergency please do not contact Jo on her mobile (including by text or WhatsApp) outside of office hours (9-5) or on her day off (Fridays). Thank you.

Ros Davies (Children and Families Worker)
01926 432348
ros@st-marks.net

Kelly White
(Parish Safeguarding Officer)
safeguarding@st-marks.net

Amanda di Giovanni
(Church Office Manager)
Fiona Henshaw
(Office Administrator)
01926 421004
office@st-marks.net

Marcella King
Charlie Evans
(Churchwardens)
01926 421004
wardens@st-marks.net

Treasurer David Robinson
treasurer@st-marks.net

The office is open Monday to Friday 9am –1pm. Phone messages can be left at other times.

Staff meeting Wednesday 11.00am-12.00pm.

Days off: In general Jo does not work on Fridays, Ros does not work on Saturdays.

Prayer Ministry. If you would like someone to pray with you after the Sunday morning service we have teams (of 2 people) available every week except for the 2nd Sunday All Age services. Please come to the prayer space (near the pulpit) after the service. Prayer is available at other times and after other services. Please speak to Jo or the person leading the service.

Prayer List. If you would like to pray or would like to be included for prayer please let the office know. If you are asking on behalf of someone else please make sure you have their permission. Speak to Amanda for more information.

£400 energy support donations. Thank you to all of you who responded to the survey, and felt able to donate all or part of the £400. Enough people were willing to do this to make it worthwhile to take the idea forward. Andrew Emm is now exploring the best way to do this. More information will follow as soon as we have it.

Sight Loss Friendly Church. As part of our commitment to inclusivity, St Mark's has joined Sight Loss Friendly Church. If you, or someone you know, are affected by sight loss please let the office or Jo know how we can help.

Churches Together in Leamington Walking Group. See poster on the left as you come into church or contact ctlwalkers@gmail.com

SCM Supporters meet up. Student Christian Movement is one of the organisations we support. Find out more on Sunday 26 November 1-4pm St George's Edgbaston. Tickets and more information www.movement.org.uk/events

Coventry Cyrenians. Christmas Day Dinner Event. If you would like to support this details are on their website <https://coventrycyrenians.co.uk/> They are also selling Christmas Cards to raise money. Details at back of church too.

Youth Group helpers. It would be great to build up a team of people to support the leaders. This would be on a rota basis and subject to DBS and Safer Recruiting checks. Please speak to one of the leaders or Jo for more information.

Youth Group Crisp Packet Project. There is a plan to make survival blankets from old crisp packets. We currently collect these anyway for recycling so please put them in the separate box. Thank you.

'Jacob's Ladder'

Pray & Play retreat

led by Marie Calvert

3-5 March 2023 £185 fully residential.

Have you ever fancied trying a retreat? It's a great way of deepening your relationship with God through stillness and also a spot of creativity.

During this 'Pray & Play' retreat we will look afresh at the story of Jacob's dream of a stairway into heaven as told in Genesis 28. This retreat will be experiential, as we engage our senses, bodies and imaginations to playfully explore the dynamics of this amazing story, and see how it might enrich and refresh our relationship with God.

Going on retreat is a great thing to do, even if you've never done it before. Step away from life's demands and enjoy space with God and with yourself in the peaceful surroundings of the House of Bread, an old converted flour mill with gardens near Shipston on Stour. Guidance will be given, and you will have the opportunity to relax through stillness, prayer, play, creative activities, story, gentle movement, group connection and individual reflection time. No experience necessary – all are welcome

More info from Marie Calvert marie@mariecalvert.co.uk 07837 915732

NB the retreat is already half full, so do book your place if you are interested.

Enjoy Christmas and Help the Environment



Some statistics to consider

- 1) Business Insider: 227,000 tons of wrapping paper used every year; some ends up in oceans.
- 2) BusinessWaste.co.uk: 6 million rolls of Sellotape are sold in the UK in the run-up to Christmas.
- 3) Lots of varying statistics about food waste at Christmas – all are sobering. For example, well over four million Christmas dinners are thrown away (= 263,000 turkeys), 7.5 million mince pies, 740,000 portions of Christmas pudding and 11.3 million roast potatoes.

www.zerowasteweek.co.uk/zero-waste-christmas/

Wrapping paper

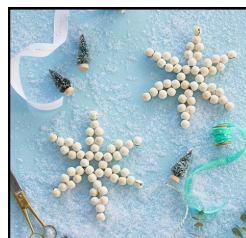
One of the best parts of Christmas is opening the presents! Some options:

- 1) When shopping for recyclable wrapping paper, steer clear of anything decorated with foil or glitter or is thick and glossy. If you scrunch it up and it bounces back it can't be recycled.
- 2) Look for recyclable paper – www.johnlewis.com, www.countryliving.com/uk/homes-interiors/g29809562/recyclable-wrapping-paper/
- 3) Make your own. Craft paper with coloured ribbon, or block paint a pattern using potato shapes. Craft paper www.wilko.com/en-uk/wilko-roll-wrap-2m-kraft/p/0498621. Further ideas: www.gardensillustrated.com/christmas/christmas-wrapping-paper-natural-materials/
- 4) Use newspaper or magazines.
- 5) Wrapping paper with Sellotape on can't be recycled and goes to landfill (businesswaste.co.uk) so please tear off before recycling paper. Alternatives: Green sellotape: www.wilko.com/en-uk/sellotape-zero-plastic-24mm-x-30m/p/0502216, String, ribbon, paper based tape (e.g. washi tape)



Decorations

- 1) If you need new decorations look out for natural ones: www.wilko.com/en-uk/wilko-4-pack-joy-red-wooden-pleated-bauble/p/0530222; smiths-gardencentre.co.uk/home-and-gift/
- 2) Make your own: www.nationaltrust.org.uk/lists/christmas-crafts-how-to-guides; 78 DIY handmade Christmas tree ornament craft ideas (goodhousekeeping.com).
- 3) Replace lights with LED ones when you need to.



Presents

It is lovely to give and receive gifts. Sometimes we know what the person wants and sometimes it's guess work. According to Money Saving Expert, in 2018 60 million unwanted gifts were given. www.moneysavingexpert.com/news/2018/11/over-60-million-unwanted-gifts-will-be-given-this-christmas-/

With some people it's easy to ask them what they want, but if not one site recommends giving something that can be consumed, passed onto someone else, or with the receipt attached. Here are some tips for sustainable gifts:

- 1) econation.one/blog/12-tips-for-sustainable-christmas-gifts/
- 2) protecttheplanet.co.uk
- 3) bbcgoodfood.com/review/best-sustainable-gifts

Alternatively, if you think a change would be good, how about putting the money towards a family day out with relatives or friends?



Food

Food is such a lovely part of Christmas. The BBC food site has portion planners, tips on buying (for example, if you are not sure how much you need buy some frozen), and recipes for using up left overs.

- 1) www.bbcgoodfood.com/howto/guide/green-christmas
- 2) www.bbcgoodfood.com/recipes/collection/christmas-leftovers-recipes
- 3) www.jamieoliver.com/christmas/collection/leftovers/
- 4) www.deliaonline.com/recipes/occasions/christmas/christmas-whats-left



PS Any left over Christmas pudding can be delivered straight to Sophie!

Christmas Tree

There is a lot of discussion about the sustainability of Christmas trees. Artificial trees are plastic, though have the advantage of being reused every year. You can find some that are made of recycled material. Some see real trees as a waste of natural resources, though others suggest that they wouldn't be grown if not for Christmas so land usage is the main issue. A tricky one.

For a real tree Friends of the Earth advise to look for one that is locally produced, or grown in the UK with a FSC certification to avoid emissions from transporting and importing. Over 400 Christmas Tree growers are registered with the British Christmas Tree Growers' Association:

- 1) www.jinglertree.com
- 2) www.ecoandbeyond.co/articles/sustainable-eco-friendly-christmas-tree

Further tips

Friendsoftheearth.uk 21 eco-friendly Christmas tips

