



Hove Methodist Church

## Hove Methodist Church

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[www.hovemethodist.co.uk](http://www.hovemethodist.co.uk)

Minister: Rev Andy Lowe

## Sunday 5 May

**10.30 Sunday Service** with Rev Sue Jacobs

Today's flowers are given by the Pessu Family

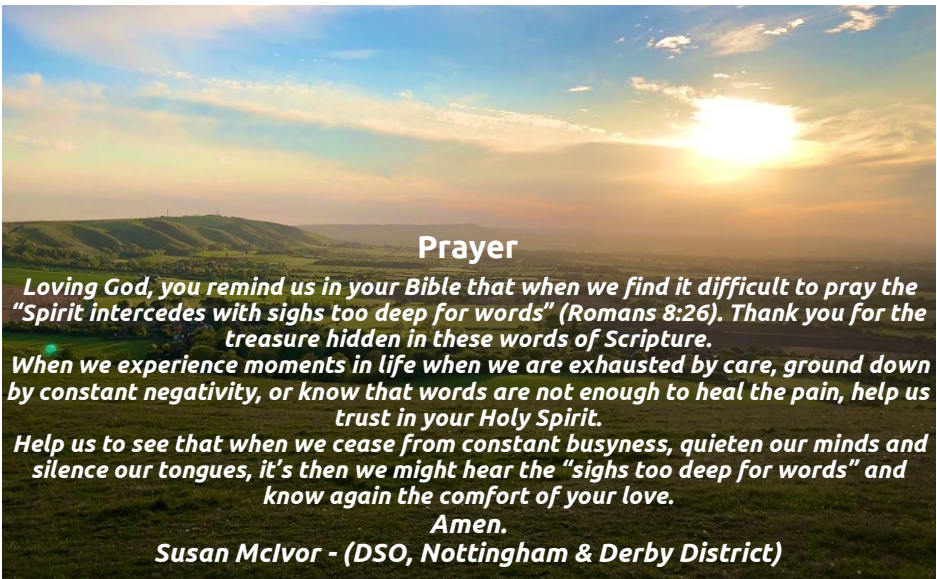
Steward: Charlotte Gravestock

Readers: Heather & Trevor Coldridge

Music: Janet Bowles

AV: Jonathan Gravestock

HMC Photo Album (Updated weekly): <https://albumizr.com/a/VcW4>



HMC Mission: To share the love of God, as revealed by Christ,  
through the Holy Spirit

## Week: 6 May - 12 May 2024

- Mon 6** No Monday Guild Bank Holiday
- Tues 7** 12.00 Lunch Club in the hall
- Weds 8** 10.30 History of Christianity in the Narthex  
2.30 Drop-in session at Georgies
- Thurs 9** 10.30 Midweek Communion  
12.30 Lunch Club in the hall
- Fri 10** 10 - 11.30 Chatty Café  
1.30 Polka Tots parent and toddler drop-in
- Sun 12** 10.30 Holy Communion Service with Rev Andy Lowe



### Sunday Worship

We welcome Rev Sue Jacobs to lead us in worship this Sunday, 5 May. Fresh from rural ministry training in Yarnfield, Sue is guaranteed to return with new found enthusiasm and tales to inspire and elevate our faith!

HMC Office

### Summer Focus and Quarter Plan June to August 2024

The Summer edition of Focus has just been released! As always our acknowledgment and gratitude goes out to all who helped put this together, with a special mention for **Sam Dyke** for the cover artwork. **Andy's** letter, quoting Galatians 5:22 and his focus on the 'fruits of the spirit' sheds more light on some intriguing contributions from:

- Nick Firrell** - 'Spotlight'  
**Peter Farley** - 'Holy Land'  
**Ruth Samur** - 'Remembering Shows at HMC'  
**Mick Hickman** - 'The Zealots'  
**Paul McGrail** - 'Barnstormers: Legally Blonde'

The preaching plan for next quarter June to August 2024 has also been released.

**Steve Preston**

## Focus Summer 2024



Brighton & Hove Methodist Circuit

## Big Spring Sing

On Saturday 18 May, The Martlets Choir invite all to join in a 'Big Spring Sing' at Hove Methodist Church from 2.30-4.30pm. Suggested donations from £5 to help raise funds for the Martlets Hospice.

**HMC Office**

## Action for Children

I am sorry that I have not collected the boxes from those who have them for some time. However, I have now left, in the office, empty boxes, for all of you that kindly save for the above charity. Please take your boxes to the office and collect your empty ones. If you are not able to do this please call me on 07725623898.

**David Sawyer**



The poster features a green background with a field of yellow and purple flowers. At the top, there are two circular logos: one for 'Martlets Hospice Brighton' and another for 'Hove Methodist Church'. The main text is in purple and white, announcing the event. Below the text, there are illustrations of purple butterflies. The event details include the date, time, location, and suggested donation.

**JOIN US FOR  
THE MARTLETS CHOIR  
BIG SPRING SING**  
SATURDAY 18TH MAY 2:30PM-4:30PM  
AT HOVE METHODIST CHURCH

**£5 Suggested Donation**  
Raising funds  
for the Martlets Hospice

Refreshments Raffle

## Women of Note



BACK BY POPULAR DEMAND...  
STANFORD AVENUE METHODIST  
CHURCH PROUDLY PRESENTS

## WOMEN OF NOTE

3PM SATURDAY 25<sup>TH</sup> MAY 2024

WITH RETIRING  
COLLECTION  
IN SUPPORT OF  
THE CHURCH &  
the trussell  
trust  
Hove Hospice

72 STANFORD AVE, BRIGHTON BN1 6FD

Back by popular demand, the acclaimed Women of Note ladies choir return to Stanford Avenue Methodist Church, for a concert at 3pm on Saturday 25 May 2024. This is a Free concert (plus cake) with a retiring collection in support of the Church and the Trussell Trust.

## Stanford Avenue

## Stress Toolkit Workshop

Mind in Brighton and Hove is running a Stress Toolkit Workshop on Thursday 27<sup>th</sup> June (10am

– 1pm). This free workshop is open to people interested in managing stress

in their day-to-day life. The workshop will take place at our Mind offices at 51 New England Street, Brighton, BN1 4GQ.

Places are limited so booking is essential. If you would like to know more about the workshop or want to book a place, please contact us on 01273 666950 or at

[info@mindcharity.co.uk](mailto:info@mindcharity.co.uk)

**Mind (Brighton & Hove)**

## Mind in Brighton and Hove STRESS TOOLKIT WORKSHOP

Tuesday 10th October 10.00am – 1.00pm **or**  
Tuesday 21st November 1.30pm – 4.30pm

This interactive and practical workshop will:

- Explore how stress works and its impact on you
- Look at what affects our capacity to manage stress
- Explore short and long-term strategies that can help
- Support you in starting to build your own Stress Toolkit
- Provide a space to practice some self-help techniques

These workshops are free and open to people interested in managing stress in their day to day life

Places are limited so booking is essential

01273 66 69 50  
[info@mindcharity.co.uk](mailto:info@mindcharity.co.uk)  
[www.mindcharity.co.uk](http://www.mindcharity.co.uk)  
Registered charity no. 1071434

## Home front Administrative Improvements

Thanks to Terry Pomfrey, there's been a recent improvement on the administrative front. He has kindly lent me a keyboard and mouse to help in the performance of my duties. Like the cat who got the cream, or the mouse and keyboard in my case, I am now typing much quicker with a newfound sense of proficiency! Thank You Terry!

**J.J. Baiden-Amissah**



## Don't Vote for Paul



There's a rumour going round that I'm running for Sussex Police Commissioner this week. Even though, I find 'Vote Paul Richards' has a lovely ring to it, I have to set the record straight to say ...I am not that Paul Richards!

**Paul Richards**

## Chatty Church - 'Boxless Society'

Chatty Church was a sell out once again, as our usual Sunday attendance blossomed with appearances from members of the Chatty Café community. We first got comfortable with warm beverages and a selection of cakes served up by Louise, Jackie, Dotty, Woody and Lai; then the Revs put on a sketch to introduce what was to be a service based around Equality, Diversity and Inclusion. The video that followed (Don't put people in boxes) highlighted what happens when we label people and put them in different boxes. It also touched on the fact that we have a lot more in common than we think and being aware of this when we encounter anyone who might seem different than we are, thus helping to create a 'Boxless Society'. <https://www.youtube.com/embed/zRwt25M5nGw?autoplay=1>

**HMC Office**

