

Welcome to Shirley Parish

Christ the King, St James the Great and St John the Divine

w/e Sunday 7th June – Trinity Sunday



Our midweek reflection this week is from Gill Gough who will be talking about Abraham – the first in a series looking at Old Testament characters. We welcome Nick Ball as our preacher this Sunday and, since it is the first Sunday of the month, we will also have a service of Reflective Worship this week.

On the telephone line (0121 270 9089) the Abraham reflection will be available from Thursday 4th to Saturday 6th ; Sunday worship from Sunday 7th to Monday 8th and the Reflective worship on Tuesday and Wednesday 9th and 10th June.

Are you missing having contact with people from church? Then please think about joining us for **virtual coffee** after the service on Sunday (from around 10:40). Just use this link <https://us02web.zoom.us/j/4904334906> to join the meeting via Zoom. If you are not on the internet, you can still join us on the phone by calling 0203 695 0088. When asked type the meeting id 4904 334 906, then # then #.

We are setting aside the time from 9-9:30am on Saturday to **pray together** (again via zoom). Use the same link and phone access details as above if you wish to join.

Some great news from Kate Crocker about the Church House backyard:

The area behind Church House has been looking drab and overgrown, but we need the space more than ever with the steady growth of Messy Church, the regular Jimmy Tots sessions, lettings to Rainbows and Guides and families. Older users of Church House would also benefit from a courtyard garden with seating and so we started to think about a project to turn the shabby yard into an 'outdoor room'.

Some donations have started us off and now we have received a grant of £2000 from the Allchurches Trust. To keep costs down, working parties have done a lot of preparation, clearing rubbish, cutting back overgrown shrubs and recycling soil to the churchyard to fill potholes. We have ideas and outline plans, including a safe play surface, plants giving colour and scent and seating. We might even be able to brighten up the garage door with a mural!

Church House belongs to all three congregations and we are interested in everyone's

ideas as we develop a detailed plan. One expensive element is the need to renew or repair the fencing and we still need to do some fundraising if we include this. Until lockdown eases further we cannot progress this but we can finalise plans and costings so that we can start later in the summer.

Stewardship offerings - Although we are not gathering for worship there are still expenses to be paid. If you usually make your offering by putting an envelope or cash on the plate each Sunday, you might like to consider changing this method at least for the time of lockdown. Please contact the Parish Office for details of how you can make a bank transfer or use the Parish Giving Scheme.

Food Bank: Donations from individuals have fallen away dramatically these past 10 weeks whilst the referrals have increased as more and more folks are starting their long wait for help from the overloaded Universal Credit system. This situation will not be cured in the near future so please remember to donate items to the foodbank – even if just a small amount! In particular full fat UHT milk (essential for the children), long life fruit juice and tinned fruit and small bags of sugar. Thank you also to the makers of bags – please contact Chris Speakman if you can help make one or more!

Fitness – many of us have not been out for some time and perhaps could do with some exercise! We have obtained some simple exercises from AgeUK. Why not have a go – but please be careful that you don't overdo it!

For Prayer:

Our schools as children begin to return; businesses and shops as they begin to reopen; us all as we begin to enjoy the greater freedoms; the Government as they make big decisions at this time; the foodbank and the Adavu project

The departed & those who mourn them:

Anthony Hinett, Jean Rogers, Eileen Moore

Years Mind: Margaret Bartlett, Arthur Lilley, David Smith, Gill Green, Robert Tams, Irene Elkington, Doreen Adams, Frank Goudie

Next week's Pewslip

CONCISE items (max 3 sentences) to Parish Office by 9am on Tuesday please.
Longer articles to shirleyparishmagazine@gmail.com by 12th of the month.

Key Contacts

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These simple exercises are from AgeUk

Knowing the level of activity that's right for you, especially if you've just had a fall, an operation, or are living with a long-term health condition, can be difficult.

Being more active isn't about working up a sweat. It's just about moving more each day in whatever way works for you. Below are some activities that could help.

Regular standing



If you sit down a lot during the day, try to get up once an hour. If that's not possible, moving your arms and legs for a few minutes will help.

Standing without help



Work towards pushing up from sitting in a chair to a standing position without using a walker or leaning on someone else.

- Sit on a chair without arm rests, with your arms across your chest.
- Lean forward.
- Put your weight on your feet while leaning forward.
- Stand up by straightening your knees. Sit down again.
- Repeat this as many times as you feel able.
- Try to do this exercise 3 to 5 times a day.

Gentle stretches



Try some gentle stretches in bed or a chair every day to keep supple.

- While sitting or lying, bring your toes towards your shin and then point them toward the floor. Repeat for both feet.
- Sitting on a chair, lift your leg up off the seat, keeping your knee bent. Return to starting position and repeat.
- Sitting on a chair, pull your toes up, tighten your thigh muscle and straighten your knee. Hold for about 5 seconds, if you can, and then slowly relax your leg. Repeat for both legs.
- Sitting on a chair with your feet on the floor, bend your knee as much as possible. Repeat for both legs.
- Sitting on a stool, let your back drop and get rounded, then use your back muscles to straighten your back and arch it (but not too much!).

Walking between rooms



Walk from one room to another and back if you're steady on your feet, and time how long it takes. Try to beat your time each day.