

Knowing and worshipping God and sharing His love



St Nick's, Allestree & St Paul's, Quarndon

June 2022

Work, Rest, & Play

Rev. Dawn Knight—*Curate*

We are just approaching holiday season again, perhaps a time to go away to sunnier climes, relaxing with a book, or for the more active, trekking or cycling. Some of us may have given up with flying this year, instead opting for a holiday at home. As many of us have returned this year to the rigours of a weekly routine we all need a break.

Now, I wonder when you last had a Mars bar?

No - I haven't gone 'off piste' this month into advertising! But in thinking about work-life balance – work and rest - I had a sudden flashback to the old television adverts for Mars – 'A Mars a day helps you work, rest and play'. This was a fabulous slogan first adopted for the chocolate bar in the 1960s, dropped in 1997 but re-

introduced briefly ten years later with a video of monks bellringing! I'm sure you must have seen that, but if not, it's available on YouTube! (<https://www.youtube.com/watch?v=d3l832ZdeFI>)

The premise of the video was that eating a Mars bar 'aided exercise', and whilst this is debatable, the original slogan has remained memorable.

We all need work, rest, and play, and getting the balance right is important for our physical and mental health. None of us can go flat out at work without risking 'burn-out' and none of us can just rest without losing the ability to move and be productive, and if life was just play I'm not sure what we might achieve. But many of us find it difficult to get the balance right.

And what about our spiritual wellbeing? How often do we wonder if we are achiev-



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ing the right balance there? How many of us are ignoring our spiritual needs completely?

Jesus knew how to withdraw often and find space and time to 'just be', to connect with God and to pray. He knew the importance of getting the balance right and in doing so was better equipped and able to be there for others to help them to achieve inner peace and rest. He said:

"Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Matthew 11:28-30

This July, why not re-evaluate your 'work, rest, and **pray**' balance and see if any adjustments need to be made. Jesus is waiting to hear from you.

Every blessing for a July filled with all that is good and refreshing.

Coffee & Chat @ St Nick's

A reminder that Coffee & Chat meet every 2nd and 4th Friday of the month, in the Church Room, 10-12pm. All are welcome to join in and enjoy this lovely social, which is much appreciated after a time of not being able to gather.



Church Prayer @ St Nick's

For several years a group of us at St Nick's have met in the chapel once a month to pray for the church and the wider world. Since the pandemic we have largely met via Zoom, now every fortnight on a Wednesday at 7.30pm for 40 mins. We hope to return to meeting in the chapel some time this year but for the present will continue on Zoom to pray for the way forward in the vacancy, and wider issues. If you would like to join in these times of prayer please contact Graham Tanner (gftanner@hotmail.com)



St Nick's
KIDS

Play'n'Praise

Play'n'Praise continues to be super successful, with 30 families on the books and regular worship taking place with the toddlers. We've had amazing feedback, and have even seen some families in Church!

We're in need of people to help set up, 8:15-9am, and pack down 10:15-10:30am.

If you can help with either of these things it would make a huge difference!

Of course, we're always looking for people to stay and be on the team too—helping with refreshments and welcoming the parents and children.

Please get in touch with Anna if you feel you'd like to help out!

HUGE 'Thank You'!

Judith McNab

Thank you to Bruce and Mary, Richard and Claire, for a really lovely barbecue at St Nick's on the 5th June to celebrate the Platinum Jubilee. I am not really a fan of barbecues but this was the best one ever!

All were unanimous in our appreciation of all the work that was put into it, and to those who couldn't make it you missed a real treat!

Thank you again.



Repair Café

Next repair café is Saturday 30th July at the Village Hall. Bring along your broken items to see if our team of fixers can bring them back to life - or just come along for a friendly chat with coffee and cake!



Knit & Knatter @ St Nick's

Meetings are held in the Church Hall on the 1st, 3rd, and where there is a 5th Wednesday of the month, 2-3:30pm.

Membership fee—£5 each quarter, then £1 per session.

Contact Sandra on 557114

Come and join us for tea, biscuits, and chat.

Goodbye from Gael

After four years of being the Administrator for St Nick's and St Paul's, I will be leaving the role at the end of July having just been accepted to train for ordination (vicar training)! Honestly, no one is more shocked at the idea of this than me—it's been a crazy journey of testing and discerning the call on my life over the last couple of years, and I've traversed the many interviews, assessments, and prodding with 1 Thessalonians 5:24 ringing in my ears: **"The one who calls you is faithful, and he will do it."** It's never through our own strength.

What does this look like for us as a family? Well, we certainly have a quick turnaround after receiving the final 'yes' midway through June. At the beginning of August, Adam (my husband), Esther (5), Oona (2), and I will be moving down to Bristol so that I can study at Trinity College. We've found Esther a school and made an application, and Oona is registered at the on-site nursery. Adam will be full-time daddy, and is already looking at investing in an 'e-bike' that he can carry both the girls on during school runs, to evade the infamous lack of parking in Bristol and try to save on petrol! We've just found out that we've been allocated a home in Westbury-on-Trym; a 20 minute walk from the college, which I'm informed is a lovely part of town.



However, there is a lot to be done in the next few weeks: form filling and finance applications, removal company booking, solicitor cajoling as we sell our house here, church placement choosing, pre-term reading, whilst finishing work here and ensuring a good handover, and above all continuing to be mummy and prioritising my girls during this very big change in our lives.



Please do hold us in your precious prayers as we try to be faithful in following God where he is calling us to minister as a family. We are excited and petrified in equal measure!

Lastly and most importantly though, I want to thank you for being a community that has been so easy to serve. Your welcome when I arrived, your patience when I've gotten it wrong, and the encouragement along the way have all been invaluable. It has been an absolute pleasure working here, and I've learnt so much.

Special thanks must go to the wonderful ministry team you have here in Dawn, Anna, Phil, David, and Sarah. Many a powerful, spirit-filled prayer time has been had in St Nick's office, and the unseen faithfulness in holding you all up to our Father God is truly inspiring. Also to the standing committee and men's maintenance teams, particularly to Graham who has been on my 'speed dial' for the last four years and always fixes whatever I throw at him!

I know you will offer the same love and encouragement to whoever may come after me, and that you'll be praying for their appointment.

So as I carry on putting together this final newsletter, keenly aware of my own endings and beginnings, I'm also aware of the newness that lies ahead for St Nick's and St Paul's churches, whatever post-vacancy may look like:

God of beginnings, endings, and all the times in between, I wonder what you were thinking as you created all that we know? Beginnings are scary and exciting because a big blank space of possibility is before us. In moments of beginning, newness, and change, remind us that we are your beloved and you hold the space before us in knowing hands.

Amen.

Staff Annual Leave

Please be aware of the following booked annual leave:

Gael is on annual leave **Monday 4th July**, and her final day in post will be

Friday 29th July

Dawn is on a training course **Mon 4th –Thurs 7th July, inclusive.**

Prayer Requests:

Please pray for:

- Gael and the family as they move to begin training in Bristol
- All those in our church community who are struggling with ill health
- For the appointment of a new administrator

News form Allestree Library

This year's Summer Reading Challenge 'Gadgeteers' is running from the 9th July to the 3rd September.

Sign up at your local library, choose your reading goal (we recommend six books), then read any books of your choice! Plus, collect special stickers and other rewards along the way – all for FREE.

There is a digital platform too, so the fun can carry on at home!

Children can take part in the Challenge on [Summer Reading challenge website](#).

Alongside the challenge, Alvaston, Mickleover, Normanton and Riverside libraries will be hosting some fantastic events for children and families. All events are FREE but booking is essential.

Though aimed for Children aged 4 to 11 years, there are special age-appropriate preschool materials for younger siblings and older children won't be turned away. Children must be a member of the library to take part. If they aren't already members, they can join. Find out more about how to [join the library](#) or ask library staff.



Holiday at Home

Holiday at home resumed again post the pandemic with a Jubilee celebration at Broadway Baptist church on 27th May. Guests started arriving at 10 and were greeted by a waving queen outside and welcomers who escorted them to a table and provided tea and biscuits.



There was some chair-obics to get us all started and then jubilee based crafts, table games, jigsaws and royal videos playing in a quiet room, so lots of activities for all. Everyone then moved into the hall for a 3-course roast dinner preceded by a 'Royal' poem read by our very own Paul Wiggins. The afternoon kicked off with a singalong and finished with afternoon tea and heavily laden plates of cake.

If you would like to attend the Summer Holiday at Home event from 9th – 11th of August then look out for the posters or speak to Jan for more information. We are always looking for volunteers to help plan and organise, to decorate the church and rooms, and to help the guests on the day by serving food and drink or helping out with the craft activities. Please get into touch directly with Rashell Beya at Broadway Baptist, or speak to Jan C. Without volunteers these events can not happen and they mean so much to many of the guests who come back each year.

Community Summer Fun Days! Help!

Anna O

Last summer, as you will remember, we ran Family Fun Mornings every Thursday at St. Nick's. This summer we have decided to focus our efforts on two days:

Thursday 28th July & 25th August.

The days are hopefully going to look something like this:

10am - 12pm Family Fun Morning (will run pretty much the same as last year)

12-12.30pm Picnic Lunch

1-2pm hall hiring groups will be running free sample classes for people to try

3-4.30pm Senior Afternoon Tea

5.30-7pm Cinema Evening

We need team to make this happen!

Are you around for one or both of the days? It doesn't have to be all day, even if you can only do a couple of hours that would make such a difference. We need people to "man" things, people to make sandwiches, help to set up and pack down between different parts of the day, etc.

The Family Fun Mornings had such a strong sense of community last year and were highly praised by all who came and were blessed by them. We had well over 100 people every week. It's a wonderful opportunity to reach out to the community to show God's love and care for them.

I hope to hear from you soon! (*contact details on front of the newsletter*)



EVENT	DATE	TIME	LOCATION
Volunteer Information Evening	6th July 2022	19:30 – 21:30	10 Normanton, DCM Hub
DCM Annual Celebration	25th September 2022	TBD	City Church, Derby.
ASDA Sleep Out Fundraiser	October 2022	TBD	Asda Spondon, Car Park.

Key Dates for your Diary from Derby City Mission!

All are welcome.
Visit their
website for more
info:

**derbycity
mission.org.uk**



Teach Us to Pray

Organised by the 2027 Community of Prayer, Teach Us to Pray is three evenings of free prayer workshops being held between 7-9pm at Derby Cathedral on Thursday 14th, 21st and 28th July 2022. It is aimed at helping people explore a range of different types of prayer. Everyone is welcome, whether you have lots of experience of prayer or none at all. No need to book, just turn up.

The workshops are:

Thurs 14th July – labyrinths, Jesus prayer, praying with poetry

Thurs 21st July – Ignatian meditation, adoration of the blessed sacrament, prayer beads

Thurs 28th July – Lectio Divina, icons, centring prayer

Each evening programme will run like this:

7- 7:15 welcome, teaching, explanation of the evening

7:15- 7:45 – move to workshop 1, introduction to that type of prayer, 20 minutes to have a go, 5 minute to reflect on the experience with the group

7:45-8:15—move to workshop 2, as above

8:15-8:45 – move to workshop 3 as above

8:45-9:00 compline

We hope to see you at one of these workshops soon!

Sew Much Fun

We're currently making tie backs for the hall curtains, reupholstering the pink chairs with arms for church use, and the music stand banners. We are very committed to using donated fabrics and recycling etc, to help the environment and church budget. Our next project is new Roman blinds for the Church vestry. We welcome anyone to join us; chat to Christine.





St Paul's Church,
Quarndon



t time

3.30pm Allestree Park

12th June, 10th July & 14th August 2022

Meet at Woodlands Road Car Park (DE22 2HH)

Wet weather venue – St Paul's Church, Quarndon

Music Time!



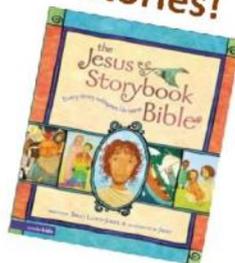
Tea!



Activities!



Stories!



“I Started to Sob and Sob” - a Life Changing Encounter in a Café

National Good News Story

Ady, 54, had an alcohol and heroin dependency for many years before discovering the difference that God could make in his life.

“My life had been quite a mess,” he said. “I’d been drinking since I was 21 and used drugs. I knew something wasn’t right with my life, I’d been through rehab programmes.”

A friend had suggested that he should volunteer at Aspire Ryde, a Christian community hub based in the former Holy Trinity Church. “I enjoyed the work, but after a year, something strange happened,” Ady explained. “An old friend came into the building who I hadn’t seen for 30 plus years. He had been praying to meet friends from the past, so when he met me, he said it was an answer to prayer. “Then one evening, he sent me a link to a sermon he was doing online. Out of curiosity, I clicked on the link, he was talking about how Jesus can save us, if we ask him into our lives. The next evening, he did another online sermon. He was saying if we wanted to ask Jesus into our lives, we should follow him in this prayer. I spoke out loud the prayer, I had nothing to lose. Then there was a third online sermon. I don’t know why, but I thought I’d watch again. I just started to sob and sob. Tears were falling like a tap had been turned on. I had an inner peace from then onwards and a feeling that all my worries had been lifted.”

Ady later got himself a Bible and started attending a church in Ryde. Revd Heath Monaghan, who led Aspire Ryde, baptised Ady in the sea alongside three others who had also come to the Christian faith via Aspire Ryde.

Ady waded into the sea and was fully immersed, as a symbol of his past life being buried and a new life emerging.

“It was an awesome feeling - I don’t even remember if the water was cold or not, just that it was a declaration that Christ was part of my life,” he said.



St Nick’s Pub Lunches:

The next few dates for the pub lunch socials after church are as follows:

July 17th

August 21st

Please speak to Christine Penny for more info. All are welcome!



St Nick's Prayer Circle

St Nick's have a prayer circle as part of their pastoral care set up. For those unfamiliar with the practice, it is simply a circle of people who are committed to phone along a chain when people request prayer, or a situation arises that needs communicating and praying for. You can rest assured that you are being covered in prayer when you approach someone who is on the contact list.

*If you would like to be added to the prayer circle,
please get in touch with the church office.*

For more details, please see the poster at the back of St Nick's



Communion at Home

If you're still unsure about worshipping in church or struggling with mobility or unable to access church services at the moment, please get in touch with Rev. Dawn to organise communion at home.

St Paul's update

The Church now has an alarm system to detect smoke and intruders. All key holders will be given instructions on how to arm and disarm the system and who to ring if there are any problems. If you are a key holder and have not yet been contacted, please get in touch with Mike who can take you through things. We will let people know when the system 'goes live' but want to ensure all keyholders have the ability to use the system first.



Newsletter Information - Deadline!

Please be aware that the deadline for any news you'd like to be included in the next Newsletter is always the 16th of the month before.

Any info should be sent to the church office on stnicksallestree@outlook.com

St Nick's Birthdays

If you've got a big birthday coming up, maybe 80, 90..... 100?! We'd love to know so that we can celebrate with you! Speak to Sarah Tupling, as she has taken over keeping our birthday records up to date.

Upcoming Services

Dates/Services	Leaders	Readings
Sunday 3rd July St Nick's: 10am Informal Worship St Paul's: 10am Holy Communion	Anna & Team Dawn	Ephesians 2:19-end John 20:24-29
Sunday 10th July St Nick's: 10am Together @ the Table with Baptism St Paul's: 3:30pm T-Time (All Age)	Dawn Anna	Colossians 1:1-14 Luke 10:25-37
Sunday 17th July St Nick's: 10am Morning Praise St Paul's: 10am Holy Communion	Paul Dawn	Colossians 1:15-28 Luke 10:38-end
Sunday 24th July St Nick's: 10am Bible Study 3pm Traditional Holy Communion St Paul's: 10am Morning Praise	David Carol Jan	Colossians 2:6-19 Luke 11:1-13
Sunday 31st July 10am Joint Service at St Nick's	Dawn & Team	Colossians 3:1-11 Luke 12:13-21

Handy Contacts for both churches:

St Nick's

Church Warden:	Paul Taylor	Contact:	01332 556020
Safeguarding Lead:	Miriam Chappell	Contact:	01332 550782
Licensed Lay Reader:	Sarah Tupling	Licensed Lay Reader:	Phil Moncur

St Paul's

Church Wardens:	Mike Annable	Contact:	mike@stpaulsquarndon.org.uk
	Jan Calladine	Contact:	jan@stpaulsquarndon.org.uk
Safeguarding Lead:	Rebecca Hanson	Contact:	psostpauls@outlook.com
Church Hall Bookings:	Val Annable	Contact:	valeriejm@hotmail.co.uk

Please get in touch if you'd like to organise a Baptism at St Nick's or St Paul's, or would like to get married or celebrate a special anniversary with the renewal of wedding vows.

We are always happy to respond to enquiries.