

Week Commencing 23/July/2026

This Week's Activities

Monday	
Tuesday	Network 2:30 – Pilates to resume in Sept
Wednesday	Busy Bees 09:30-11:30
Thursday	
Friday	Pilates & Aerobics to resume in Sept.
Saturday	
Sunday 26th July	Rev Steve Mann – Philippians Grace and Peace

Please remember in your prayers:



Anna and her brother Matt and his partner Kirsty, following the death of their mum Jean. Funeral Tuesday 28th July at 10.45 Ipswich Crematorium.

Nick Almond

Bette Atkinson

Peter and Alyson Ellis

Jean & Gordon and family

Ruth Wimpres

Those members who are unable to join us in fellowship at Church

Messy Church and Open the Bible have stopped for the summer but please continue to pray.

Busy Bees will continue throughout the summer – a wonderful gift to our community but desperately needs help.

Notices to share



We send our love and congratulations to **Nick** and **Carole Almond** as they celebrate 50 years of marriage this weekend. Family members will be joining them, and we pray it will be a special time.

Live Wires. We will have Live Wires on July 19th and then take a break over the summer. We will hope to have colouring or other activities at the back of church for any visiting children. Start of the new term date to be decided. Judy

Help Urgently Needed for Busy Bees

As some of the team are going to be away for several weeks through the holidays, I urgently need some extra help especially for 15th, 22nd and 29th July. The toys etc will be out but need help with the actual session and clearing up at the end. If you can offer just one of those weeks it would be a great help. Otherwise, we won't be able to open.

Please speak to me or email me if you can help. Thank you. Maggie

Bins, glorious bins – we have many of them now. Just a reminder please that the food bin in the kitchen needs to be emptied regularly, weekly at the very least. We don't need added flies.

Notices to continued

Annual Historic Churches ride / stride

The event takes place once again on Saturday 12th September and the church will be open for riders to visit. If you are interested in taking part, then further details, including sponsorship forms, list of participating churches etc, are available from Jon Sharp. Offers of help to be present at the church for an hour or two during the day (between 9am and 5pm) would be greatly appreciated, so the Sharps don't have to be there all day - especially as it is our wedding anniversary!

Many thanks J&J

****Please let me have any notices by the following Wednesday at midday . Email me k.youpa@btinternet.com or text me 07950020994. Thank you, Kim. ****



Notices to continued

Church lunch

I have arranged with the leadership team to organise a church lunch on August 16th, after the service and coffee. It will be a cold lunch of meats, quiche and salads with some hot new potatoes. And of course, pudding to follow! I will work out a price and, if there is money left over, it can go towards the cost of the new fence. I hope it will be a chance to get together and share fellowship. I will need to know if you are coming so please either book in by texting me or e mailing me or by signing up on the list in the porch. Help with setting out tables, etc and with clearing up will be much appreciated. Other halves, friends will be welcome.

Love Judy

07923481449 stewardjudith217@gmail.com

Lunch Club – 30 July 12:30

Capel Methodist Church Property Team July 2026

Alyson Ellis Steward / Coordinator

Iain Bramhill

Ian Love

Andrew Vellacott

Andrew Hare

If you have a matter that the Church Property Team can help with, please tell Alyson and she will share it with the team for action.

Missed last week's service – watch it here:

https://www.youtube.com/live/sAteDd_zVOE?si=SY459IH0SkCl8Jq0

