




**St Thomas' Church
Milnthorpe**

Let's brighten your day with our
Companionship Cafe!

Getting older can sometimes make us feel a bit isolated, but here's the good news - **you're not alone!**

Come and mingle over a FREE hot drink and scone with jam and cream!

We can chat, lend an ear and provide valuable insight on local activities and support groups.



The next dates are:

- Wednesday 31st July
- Wednesday 11th September
- Wednesday 23rd October
- Wednesday 11th December (Christmas Themed)

From 1.30-3pm

No need to book but if you would like more information please call 01539 267220

Welcome to the Parishes of St Peter and St Thomas

Services for today, Sunday 21st July 2024

St Peter's, Heversham

- 9.30 am Parish Communion.
PCC person on duty: Linda Cooper.
Join us for coffee afterwards.

St Thomas', Milnthorpe

- 8.00 am Holy Communion (BCP).
11.15 am Morning Praise with Sunday School.
Join us for coffee afterwards.

Services for next Sunday, 28th July

- 8.00 am Holy Communion (BCP) at St Peter's.
9.30 am Morning Praise at St Peter's.
PCC person on duty: Anne Wickerson.
11.15 am Parish Communion with quiet activities for children.

This week in our parishes

- Mon 22nd 2.00 pm Christianity Explored at St Thomas' (see notice).
Wed 24th 10.00 am Bible study: Genesis 12-50 at St Thomas'.
Patriarchs & Promises.
Also on Zoom. Link from Ellie or Bryan.
Thu 25th 2.00-3.00 pm Gathering for the Parish News distribution team at St Thomas' (see notice).
Fri 26th 10-11.30 am Coffee @ St T's.

Notices for next Sunday to Diane.
Deadline Tuesday, 6.00 pm.

Notices

Christianity Explored

Monday 22nd July, 2.00 pm at St Thomas'

Come along, bring someone if you like, to Christianity Explored. Use it as a refresher, a chance to ask questions, or an opportunity to invite a friend.

Gathering for the Parish News Distribution Team

Thursday 25th July, 2.00– 3.30 pm at St Thomas' Community Rooms

Strawberry cream scones and tea, and cool drinks too. RSVP Jane Cushnie, email parishnews@heversham.org ~ it's helpful if you can let us know asap if you're coming.

Milnthorpe Food Bank

Please continue to donate to our food bank regularly if you can. We support local families and our food stock is currently very low. As the school holidays approach, it's going to mean a greater worry for families that will lose free school meals during the school break. The food-bank trolley is at St Thomas' for the summer, and there are boxes in St Peter's and SPAR. All foods are welcome. More info at www.milnthorpefoodbank.org/.

Dates for your Diary

Companionship café

**Wednesdays 31st July, 11th Sept, 23rd Oct and 11th Dec,
1.30–3.00 pm at St Thomas'**

Details on the poster, back page. Everyone is most welcome to come.

This event is organized by Home Instead, South Lakes,

<https://www.homeinstead.co.uk/south-lakes/>.

If anyone would like to come along to help and chat with people, you'll be most welcome. Val

Cake and Ale Night

Friday 2nd August, 7.30 pm at St Thomas'

Come along and celebrate as we officially open the Community Rooms to the village. (See poster opposite.) Please sign the list on the notice board if you can bake cakes for the event.

St Thomas' Church
WELCOMES EVERYONE
to a special
OPENING EVENING
of the new
Community Rooms
with a Cake 'n' Ale night!

Friday 2nd August, 7.30 pm

Plenty of ale and plenty of cake!

Soft drinks also available.

