




**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 28th July 2024

### St Peter's, Heversham

8.00 am Holy Communion (BCP).

9.30 am Morning Praise.

*PCC person on duty: Anne Wickerson.*

Join us for coffee afterwards.

### St Thomas', Milnthorpe

11.15 am Parish Communion with quiet activities for children.

Join us for coffee afterwards.

## Services for next Sunday, 4th August

8.00 am Holy Communion (BCP) at St Thomas'.

9.30 am Parish Communion at St Peter's.

*PCC person on duty: Eric Hamilton.*

11.15 am Morning Praise with Sunday School at St Thomas'.

## This week in our parishes

Wed 31<sup>st</sup> 1.30-3.00 pm Companionship Café at St Thomas' (see notice and poster on back page).

Fri 2<sup>nd</sup> 10-11.30 am Coffee @ St T's.

7.30 pm Opening of the new Community Rooms ~  
Cake and Ale Night at St Thomas'  
(see notice and poster).

Sat 3<sup>rd</sup> 7.00 pm Quiz Night at St Thomas'.

Teams of 4, £10 per team for St Thomas' building fund. Prizes to be won! Bring your own snacks.

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

## Notices

### 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 you'd like to come along to help and chat with people, you'll be most welcome. Val*

### 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. There's a greater worry for families that lose free school meals during school holidays. 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/](http://www.milnthorpefoodbank.org/).

### 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.

## Dates for your Diary

### Heather Paynes's funeral

Friday 16th August, 2.00 pm at St Peter's

Heather's family invites everyone to come to Heather's funeral, and to the Crooklands Hotel afterwards.

### Bereavement Journey ~ a place to talk

Thursdays 10th–24th October and 7th–28th November, 1.30–3.30pm  
at Storth Village Church

Grief is hard. Death can impact all of life. Seven sessions of films and discussion for anyone bereaved at any time. Topics include attachment, separation and loss; the pain and responses of grief, anger and guilt; coping with others' reactions; delayed and suppressed grief, adjusting to change; moving forward healthily; and faith questions ~ a Christian perspective (this last session is optional). **Booking is essential.** For more info, or to book, contact Revd Hannah, phone 01524 449035 or email [revhannahwallace@gmail.com](mailto:revhannahwallace@gmail.com).

*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.

