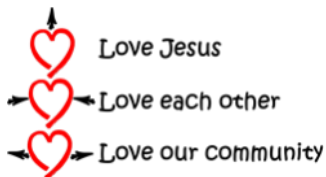




# adeyfield free church

www.adeyfieldfree.org.uk  
01442 260175 admin@adeyfieldfree.org.uk



## Minister

Rev. Paul Stein

✉ [pastor@adeyfieldfree.org.uk](mailto:pastor@adeyfieldfree.org.uk)

## Church Secretary

✉ [secretary@adeyfieldfree.org.uk](mailto:secretary@adeyfieldfree.org.uk)

## Church Office

☎ 01442 260175

✉ [admin@adeyfieldfree.org.uk](mailto:admin@adeyfieldfree.org.uk)

## Prayer Chain Coordinator

Sheree Blastock

✉ [shreeblastock@hotmail.com](mailto:shreeblastock@hotmail.com)

Adeyfield Free Church Centre  
Maylands Avenue. HP2 4GZ

[www.adeyfieldfree.org.uk](http://www.adeyfieldfree.org.uk)




# In Touch

12th January 2025

## Communion

**Speaker: Rev. Paul Stein**  
**Duty Elder: Penny Stuart**



A member Church of the  The United Reformed Church

## Weekly Message from the Elders: Pam



**Message from  
the Elders:  
Pam**

Hello Everyone.

- Thanks to the group of people who came and took down all the Christmas decorations last Friday. It always seems a more difficult task than putting them up. Thanks, also, to Penny who stashed away all the boxes and set up the worship room for

Sundays and Habibah who cleaned up all the sparkle left after the boxes were all gone.

- Thanks to all who took part in our all-age service last Sunday
- Thanks to all who took part in the prayer day for Shirley
- This week we have Pastor Paul with us with communion during the service.
- Soon the team who are organising the Ladies' Day that is in the pipeline will begin to finalise the plans and organise the details. Look for dates and times soon in the newsletter.
- Bible notes for our small groups begin again this week.
- The colder temperatures came back this week. Please take opportunity to avail yourselves of the warm space open in Meet and Eat in the week and let anyone you know who struggles with the cold that we are open on Wednesday and Thursday mornings.
- If you would like to join Senior Pals on Tuesdays speak to June P or Brian.
- The Lord may be prompting you about becoming an elder, joining the music team, attending Friday prayers or meditation, joining a small group, being part of the Little Fish team or other forms of volunteer service. Be encouraged if this is you and speak to Brian, Pam, Zem, Christine Smith, Paul Bradford or Pastor Paul.

Have a good week, Pam.



## Coming up

	<b>Church Information</b>	<b>Other activities</b>
<b>Monday 13th</b>	Office 8.30—12.30; 1.30—3.30pm Rock-A-Bye Babies 10:30am-11:30am Sue & Pat's Prayer Group: 1:15-3:00pm	Fingerprints 9:00—3:00pm Leap Dance 4:00-7:00pm
<b>Tuesday 14th</b>	Office 9—1pm Senior Pals 10:00am-12:00pm Chris' Small Group: 10:00am - 12:00pm	Fingerprints 9:00—3:00pm Tai Chi—7-8pm Squirrels 4:30pm-5:15pm
<b>Wednesday 15th</b>	Office 11.30—3.30pm Meet and Eat 9:30am-12:30pm U3A 10:30-12 Pam & Zem's Small Group 2:00-4:00pm	Fingerprints 9:00—3:00pm Fitsteps 7:45-8:45pm
<b>Thursday 16th</b>	Meet and Eat 9:30am-12:30pm Little Fish 9:30am-10:45am	Fingerprints 9:00-3:00pm
<b>Friday 17th</b>	Meditation 11.30am Prayers 12.15pm	Fingerprints 9:00-3:00pm Squirrels: 5:00-5:45pm Beavers: 6:00-7:00pm
<b>Saturday 18th</b>		
<b>Sunday 19th</b>	Sunday Service: 10am	



**Coming up....**

**Bible Journalling 28th January**  
**Church Meeting 9th February**



## Notices

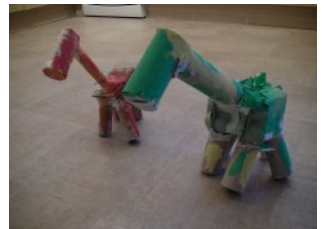
### A message from Fingerprints...

Please could we ask you to bring in and leave with Reception any re-useable materials for the children at our pre-school to use for junk modelling, such as large cardboard boxes, cereal boxes, cardboard tubes, yoghurt pots, tubs etc to use in our creative area.



Please ensure that the containers are:

- Clean
- Not glass
- Have not contained nuts or peanuts (may contain is fine)
- Not packaging from medical items
- Have no sharp edges or corners



Thank you so much!

## SENIOR PALS

..A friendly group for seniors where all are welcome. We meet Tuesdays from 10.00am until 11.45am in the Meet & Eat. Why not pop along, meet new (or existing) friends, enjoy a cup of tea or coffee and enjoy our weekly quiz?



Notices

# Meet & Eat Community Space

Open Wednesdays & Thursdays

9.30-12.30

Serving Teas, coffees, cakes, savouries

## COME & ENJOY

**Squirrels**

(4-6yrs)

Tuesdays: 4.30 - 5.15pm

Fridays: 5 - 5.45pm

**BEAVERS**

(6-8yrs)

Fridays: 6 - 7pm

**cubs**

(8- 10yrs)

Fridays: 7.15 - 8.30pm



Adeyfield Free  
Church Centre Hall  
Maylands Avenue  
HP2 4GZ

Scan the code to sign up!



## Weekly Prayers

**Come to Me, all you who are weary and burdened, 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”**

**(Matthew 11:28-29).**

Many thanks to all of you who use this prayer page during your regular prayer times. Let's engage our faith in God's power and mercy. As we lift names and situations in faith, God deals with the details.

We thank you Lord.....

For calling us to pray

For calling us to worship

For directing us as we reach out to our community

**We lift those who need healing, support or guidance to God and thank Him for His action as we pray**

**For Shirley, a breakthrough in healing**

**For June R... the breathlessness she suffers**

**For Mark..... a new kidney for him**

**For June R..... a date for her operation**

**We also bring to the Lord our prayers for.....**

**Ministers, vicars, pastors and church leaders in Hemel**

**Those the Lord is calling into service among us**

**Our neighbours**

**We pray for these up-coming events at AFC**

**Preparations for the ladies' day in March**

**Preparations for church meeting in February**

**Please continue to pray for all who have been on the list recently. Bless you.**

**What a beautiful name, the name of Jesus**

## Information



# FitSteps FAB is For All Bodies

FAB is a dance fitness workout where there is no partner required!

#### GET FIT

FitSteps® FAB is a great way to improve your fitness, increase your mobility and move to amazing music. It's so much fun it won't feel like a workout!

#### MEET NEW PEOPLE

You'll become part of a fab-u-lous group of FAB FitSteppers and become part of our FitSteps® community. FitSteps is a great way to socialise and make new friends.

#### LEARN THE DANCES FROM STRICTLY

This is your chance to learn the wonderful dances you see on Strictly without the need for a partner and in a relaxed fun environment.

#### ANYONE CAN DO IT

You don't need any dance experience and you don't need to be fit to be able to enjoy FitSteps® FAB - it's a low impact, low intensity dance fitness workout suitable for everyone!

Come and join me for some *Strictly Fun Fitness!*

**DANIELLA - EXPRESSIONS ACADEMY**

Time / Day: **WEDNESDAYS 7:45-8:45PM**

Venue: **ADEYFIELD FREE CHURCH, HP2 4GZ**

Contact me: **INFO@EXPRESSIONS.ACADEMY**

Follow us:    #danceyourselffit



## Young People on Sunday Mornings

We join together for the start of worship  
Before the young people meet in their groups



3 - 6 years

Playroom downstairs



7 - 14 years

Youth room upstairs

The Creche is available for babies/toddlers during the sermon

**PLEASE SUPERVISE YOUR CHILDREN  
WHEN NOT IN ORGANISED GROUPS**

The elders appreciate your prayers for them. The days set aside for each elder:  
Everyday: Rev Paul Stein Sunday: Sue Monday: Yvonne Tuesday: Shirley  
Wednesday: Heather Thursday: All Elders Friday: Pam Saturday: Penny

Coming up



# BIBLE *journaling*

**Tuesday 28th January. 7:30-8:30 Pm**

Adeyfield Free Church,  
Maylands Avenue, HP2 4GZ



**£8 Per Person**

includes all art supplies and refreshments

**Booking essential:**

[www.expressions.academy](http://www.expressions.academy)

[info@expressions.academy](mailto:info@expressions.academy)



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