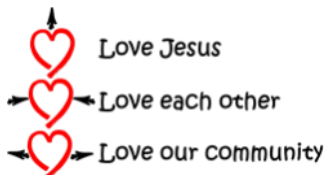




# adeyfield free church

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

01442 260175 [admin@adeyfieldfree.org.uk](mailto: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 Plaza

Maylands Avenue.

HP2 4GZ

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



# In Touch

## 7th September 2025

## Last Summer service

## Duty Elder: Pam Annison



Blessed are those who are  
persecuted because of  
righteousness , for theirs is the  
Kingdom of heaven

A member Church of the  
United Reformed Church



## Friday prayers & Thank you



**Thank You ..** To those who donate time and resources to the work of the church. To John Blastock for his continued commitment to catering events in the building. To Sheree for her provision of Communion bread and wine and the preparation of the table. To all who organise rotas. To those who have participated in and led our Summer Services. To the Little Fish Team who gave up their last week of Summer to clean and sort out toys ready for the new term.

## Bring and Share Lunch: THIS SUNDAY

This Sunday is the last of our summer services, followed by a Bring and Share lunch. All welcome .. Just bring enough food for yourself and those coming with you, with a little extra. Put it on the lunch table & enjoy lunch together.



## Bring and Share Lunch Sunday 7th September

Celebrate the end of our summer services  
and the start of a new school year!

Sign up on Sunday or via the office

## Coming up

	Church Information	Other activities
<b>Monday 8th</b>	Office 9.30am-3.00pm	Fingerprints 8.30am-3.00pm Leap Dance 4:00pm-6:30pm
<b>Tuesday 9th</b>	Senior Pals 10:00am-12:00pm Office 9.00am-1.00pm Chris' Small Group 10:00am-12:00pm	Fingerprints 8.30am-3.00pm Tai Chi 7pm -8:15pm
<b>Wednesday 10th</b>	Office 9.30am - 3.00pm Meet and Eat Café 9:30am -12:30pm Pam and Zem's Group 2:00pm-4:00pm	Fingerprints 8.30am-3.00pm Pilates FREE TASTER SESSION 9.15am-10.00am U3A 10:15am-12:15pm
<b>Thursday 11th</b>	Meet and Eat Café 9:30am-12:30pm Office 9.00am-1.00pm Little Fish Toddler Group 9:30-10:45am	Fingerprints 8.30am-3.00pm Worship Music Group 6:30-8:30pm
<b>Friday 12th</b>	Office 9.30am-1.30pm Meditation 11.30am-12:00pm Prayers 12.15pm-1:00pm	Fingerprints 8.30am-3.00pm Squirrels 5:00-5:45pm Beavers 6:00-7:00pm Cubs 7:15-8:30pm
<b>Saturday 13th</b>	Meet and Eat 8:45am -12:00pm	Leap Dance 8:45am-12:30pm Caribbean Meal
<b>Sunday 14th</b>	Church Service 10.00am followed by Church Meeting	

### Coming Up..

Monday bi-weekly home group starts again —15th September 1.15-3pm  
Harvest Service—28th September

## Church Meeting: NEXT WEEK

There will be a Church Meeting after our Church Service on Sunday 14th

Coming up at AFC.... Book in advance



**6 weeks**

# Beginner Pilates Class

***Gentle Movement,  
Powerful Results***

- ✓ Learn to Brace your Core
- ✓ Perfect for Beginners
- ✓ Low-impact on joints

**Limited spaces  
for more focused  
guidance**



**Register  
Now!**

**Venue: Adeyfield Free Church**  
**Starts: Wednesday 10<sup>th</sup> September**  
**Time: 9:15 - 10 am**



**07475151512**



**info@speedinghealth.com**



**www.speedinghealth.com/pilates**

# WHEN YOU DON'T KNOW WHO TO ASK.. **ASK OPAAL**

[WWW.OPAAL.ORG.UK](http://WWW.OPAAL.ORG.UK)



**DON'T KNOW WHO  
TO ASK FOR  
HELP?**

**CAN'T GET  
THROUGH ON THE  
PHONE?**

**ISSUES WITH  
FORM FILLING?**

**NEED TO FIND  
SOME LOCAL  
SUPPORT?**

**HERE TO HELP OLDER PEOPLE  
SPEAK UP ABOUT THEIR NEEDS AND  
WANTS**

**TALK TO US!**



## EMAIL US:

If you have a question and you don't know who to ask, email us and we will try to find the right person to answer your question:

[admin@opaal.org.uk](mailto:admin@opaal.org.uk)

## GET OUR FREE CHECKLISTS:

You can get our FREE checklists to help you or an older person have the difficult later-life conversations:

<https://opaal.org.uk/resources-for-individuals/>



OUR PROJECT  
WAS MADE  
POSSIBLE  
THANKS TO  
NATIONAL LOTTERY PLAYERS

OPAAL UK  
28 WOOD STREET  
TIPTON  
WEST MIDLANDS DY4 9BQ  
CHARITY NO: 1090182





# Join Us for a Caribbean Feast!

Support Liberty Tea Rooms & Community Hub at our fundraiser on **Saturday, September 13th, 6pm-9pm.**

Enjoy a fun evening with a quiz, raffle, and delicious Caribbean cuisine for **£25 per person!**

**TO BOOK A TICKET PLEASE CALL 07960 381345**

**Venue: Adeyfield Free Church Maylands Plaza  
Maylands Avenue HP 2 4GZ**



## AFC and Christians Against Poverty

### SENIOR PALS @ AFC

..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 try our weekly quiz?



# COME JOIN US FOR OUR CAP MONEY COURSE

## SEPTEMBER

Mondays 15th Sept & 22nd Sept  
6:45-9:30pm

ALEXANDRA ROAD  
CONGREGATIONAL CHURCH

## NOVEMBER

Mondays 3rd Nov & 17th Nov  
11:30-2:30pm

LIBERTY TEA ROOMS

A free course designed to empower you with the knowledge, skills, tools and confidence to better manage your finances.

To book your place contact Janet on 07944 203918

christians  
against  
poverty

CAP



## Prayers

*Proverbs 3:5-6*

*'Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.'*

**Friday Prayers will be starting again on Friday 5th  
September**

**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 this year's summertime**

**For the coming weeks with you**

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

**For Shirley, now home, that her oxygen levels will behave**

**For June P, June R, Hamzah and Pam**

**For those among us who are isolated or lonely**

**Help us if we are to be an answer to these prayers.**

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

**DENS**

**Hemel Methodist congregation**

**Local doctors and health professionals**

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

**Church meeting in September**

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

**Holy, holy, holy Lord.**

**The elders appreciate your prayers. The days set aside for each elder:**

**Everyday:** Rev Paul Stein **Sunday:** Elder leading the service **Monday:** Sue **Tuesday:** Yvonne  
**Wednesday:** Penny **Thursday:** Sue **Friday:** Yvonne **Saturday:** Penny