

### Important notice

We are introducing a new referral system to ensure that those in need are prayed for and that those no longer in need come off the list so that it remains current, appropriate and manageable.

The new system starts on Sun 7 December. Prior to then you should make any referrals by filling out a Prayer Card with the name and date. That person will then be prayed for, for 4 weeks after which the name will be taken off.

If you wish the person to be prayed for a further period you must submit another referral card.

If it becomes clear that the person has a chronic condition or will remain frail then they will be placed on the Long Term Sick/Frail list.

### Swimming at the School

If anyone is interested in using the school swimming baths on a Tuesday morning for a small donation of approx £2 per hour session please speak to Jackie Harris or Mary Jones

You really need to be able to commit to going for more than one week as an instructor has to be on duty and paid

### Live Longer – Start going to church

Going to church every week can help you live longer, say scientists.

In fact attend 2 services a week and you can cut your chance of dying by 20%.

The remarkable findings come from a vast, long term US study of the health of 92,000 women.

The difference in death rates cannot be explained away by factors like social support provided by the church, or the possibility that religious people lead healthier lifestyles, said study leader Dr Schnall.

*'There is something going on that we don't quite understand'*

he added from his base at the Albert Einstein College of Medicine in New York.

The findings published in the journal of Psychology and Health were based on interviews with Christians aged 50 to 80. They came from all denominations and were questioned over 8 years

### Weekly notes

Items for the next weeks weekly notes must reach Mary Jones by Wednesday

**NB new email** [mary.roma4@btinternet.com](mailto:mary.roma4@btinternet.com)

tel no 747 3328, 16 Southfield Avenue

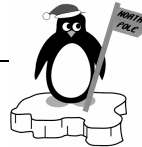
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OF BIRMINGHAM



## Castle Bromwich Parish Church Weekly notes

**SUNDAY, 30<sup>th</sup> November**  
1<sup>st</sup> Sunday of Advent

[www.stmaryandstmargaret.co.uk](http://www.stmaryandstmargaret.co.uk)



### Church Christmas Fair

## A Big Thank You

to all who helped to make the Christmas Fair  
a happy and successful day.

### Posada Calendar

Posada is an old Mexican tradition where young people dressed as Mary and Joseph They travelled from house to house asking for a room for the night and telling people about the arrival of Jesus in the lead up to Christmas.

On Christmas Eve they would visit the local church to re-enact the nativity and place figures of Mary and Joseph in a crib.

Our church Posada uses nativity figures of Mary and Joseph and a candle which are passed from home to home.

The person before you on the list will bring the figures to you, and in turn you will be responsible for taking them to the next person on the list.

As Posada is an expression of hospitality and love, you might like to do something special, e.g. invite friends and family for a drink and sing a carol or two. You can if you wish put Mary and Joseph in a window visible from the street with a lighted candle or in a prominent place in your home where they will be seen.

Please sign the list at the back of the Church.



### Christmas Forties Dance

Unfortunately this event has  
had to be **cancelled**.

It is hoped to be re-arranged for January  
New date to follow.

**Castle Bromwich Parish Church**

**Weekly notes**

**SUNDAY, 30<sup>th</sup> November**

**1<sup>st</sup> Sunday of Advent - Year B**

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**COLLECT**

Almighty God,  
give us grace to cast away the works of darkness  
and to put on the armour of light,  
now in the time of this mortal life,  
in which your Son Jesus Christ came to us in great  
humility;  
that on the last day,  
when he shall come again in his glorious majesty  
to judge the living and the dead,  
we may rise to the life immortal;  
through him who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

**Amen**

**POST COMMUNION**

O Lord our God,  
make us watchful and keep us faithful  
as we await the coming of your Son our Lord;  
that, when he shall appear,  
he may not find us sleeping in sin  
but active in his service  
and joyful in his praise;  
through Jesus Christ our Lord.

**Amen**

**8.00 am Said Eucharist**

**10.00 am Parish Eucharist**

**Hymns**

Introit 241 *Hail to the Lord's anointed*  
Gradual 410 *Celtic Acclamation*  
Offertory 373 *Lo, he comes in clouds*  
Communion 762 choir only  
355 *Let all mortal flesh*  
Recessional 831 *You shall go out with joy*

The response to the Psalm

"God of hosts bring us back, let your face shine on  
us and we shall be saved"

- Pre-school children toys and books etc available from Lady Chapel please return when finished with, Thank you, Register will be done by Sarah Douglas or one of the people on duty.
- Wayfarers meet in the Foden Room after the Gospel
- Refreshments after the service.

**6.30 pm Evensong**  
**St Andrew the apostle**

**Psalm** 87, 96  
**Readings** Zechariah 8.20 - end  
John 1.35 - 42

**Diary & Services for the Rest of the Week**

**MONDAY 1<sup>st</sup> December**

**8.00 pm** Preparation for Baptism

**TUESDAY 2<sup>nd</sup> December**

**7.00 pm** Holy Eucharist

**NB** please note time change

R " In his days justice shall flourish and peace till  
the moon fails"

Followed by PCC meeting

**WEDNESDAY 3<sup>rd</sup> December**

**9.30 am** Holy Eucharist

Mothers' Union Corporate Communion

R "In the Lord's own house I shall dwell for  
ever and ever"

**7.00 pm** Bell Ringing Practice.

**FRIDAY 5<sup>th</sup> December**

**9.00 am** Morning Worship & Assembly  
in School

**SATURDAY 6<sup>th</sup> December**

**St Nicholas, Bishop of Myra**

**9.00 am** Holy Eucharist

R "Let the righteous be glad and  
rejoice before God"

**SUNDAY 7<sup>th</sup> December**

**2<sup>nd</sup> Sunday of Advent**

8.00 am Said Eucharist

10.00 am Parish Eucharist with Holy Baptism

Please pray for those to be baptised  
and their parents and godparents.  
Alexander Reginald Elliott, Harley George Dodd  
and Cody Jackson Billingsley

The Second collection will be in aid of  
St Basils

6.30 pm Evensong

**Advent Prayer**

*Father, in the wilderness of the Jordan  
you sent a messenger to prepare people's hearts  
for the coming of your Son.*

*Help me to hear his words and repent of my sins,  
so that I may clearly see the way to walk,  
the truth to speak, and the life to live for Him,  
our Lord Jesus Christ. Amen*

