

## St Margaret's Church





## Sunday 7th September

Twelfth Sunday after Trinity with Revd. Hannah Gordon 9am Morning Praise 10.15am Holy Communion

Youth groups only running this week children to stay in church.

### Contact Us

Revd. Hannah Gordon
01737 552157
rector@smchipstead.org
Admin office
01737 552160
admin@smchipstead.org

## Week Ahead

Tuesday 9th Sep 8pm PCC Meeting Parish Office

## Wednesday 10th Sep

10am Midweek Communion Service with Revd.Hannah Gordon followed by refreshments10am to 1pm Parish Office OpenPlease do drop in for tea, coffee, cake and a chat.

## Friday 11th Sep

9.30am to 11.15am Maggies Song in the Orchard 7pm to 9pm Friday Youth











## EXPLORING -ANXIETY AND DEPRESSION

#### Self-help support group

This free course seeks to provide helpful perspectives in a friendly, open atmosphere. Professional and experienced speakers help us look at many aspects of anxiety and depression and we also explore what we can do to help ourselves.

#### What participants say

'First time being in a group of people with anxiety and depression. Really good to not feel alone, to feel supported and accepted.'

'The feeling of companionship. The sense of belonging.'

#### More info and sign up:

saintpauls.co.uk/ead or scan QR code

Next course:

Wednesday 24 September 7:45pm at St Paul's Church

15 Northey Avenue, Cheam SM2 7HS





# **NEW**BEGINNINGS

#### **Restoring lives**

New Beginnings is a divorce and separation course aiming to help people come to terms with the past and make a fresh start in a friendly and supportive atmosphere. The course is for anyone suffering a broken relationship.

#### What participants say

'It's been like an oasis'

'Words can't express the positive feelings

'New friends, new hope, greater confidence'

#### More info and sign up:

saintpauls.co.uk/nb or scan QR code

Next course:

Thursday 25 September 7:45pm at St Paul's Church

15 Northey Avenue, Cheam SM2 7HS





Growing Hope have teamed up with Leftover Currency so that you can donate your remaining holiday money, or any old coins and notes, to help provide free therapy for children with additional needs.

It's simple: pop your currency in an envelope, complete the form, select **Growing Hope King's Cross** as the charity you wish to give to, and post to **Leftover Currency**. Every cent or rupee makes a difference!



#### **FOODBANK DONATIONS**

Chipstead Food Bank Every Thursday at Chipstead Rugby Club from 11.30am to 1pm by the Meads St Margaret's Church, Wednesday between 10am and 1pm, or Sunday between 9am and 11.30am