

St Olaf's Church Poughill
NOTICES FOR WEEK BEGINNING SUNDAY 16th November 2025
“All of you together are Christ's body, and each of you is a part of it.”
1 Corinthians 12: 27 (Church verse for 2025)

Rector: Rev Teresa Folland contact 01288 352599 (home)

Churchwarden: Howard Emmens contact 07769 188858 (mobile)

Churchwarden: Kathy Emmens contact 07795 909054 (mobile)

Note: If in any danger on church premises ring 999

Sunday 16th November **10.00am** Morning Praise Rev Douglas Adams

Sunday 23rd November **10.00am** Morning Praise Tim Symonds

6.00pm Informal Prayer and Praise in The Old School

Sunday 30th November **11.00am*** Benefice Service Rev Teresa Folland with Hilbre and Ian

*Note the later start time

Sunday 7th December **10.00am** Morning Praise Mark Sinden

Church Prayer Meeting: Fridays 7.00pm meeting in The Old School.

Saturday Prayer Breakfast : Saturday 16th is the men's prayer breakfast at 8.30am in the Old School.

Hollabury Fellowship: Wednesday 19th November: Mark Sinden will be leading.

ALPHA: Please continue to pray for the North Kernow Benefice ALPHA course as Tuesday will be the last meeting of the course.

Crown of Life School – Note from Alison

Crown of Life Vocational training: Eighteen former students have now been sponsored for a one-year Vocational course at the Crown of Life School for 2026. Several individuals in the congregation, and the church as a whole, have made financial contributions towards this. *Thank you so much*

Saturday Zoom Quiz 7.30pm: Join with others in the benefice via Zoom: Meeting ID 874 2385 3298 Passcode 564 786.

Faith Inspired Art: Speaker Suzanne Field, at the Ark Angel Bookshop 14th November 7– 8.30pm.

“There will be seating, refreshments, drinks and you will hopefully leave inspired in the creative ways God speaks and cares for us.”

Ark Angel Bookshop is in Lansdowne Mews Lansdowne Road Bude EX23 8BH.

Morning Prayer: 9.00am Monday to Friday Via Zoom: Meeting ID 818 0754 3068 passcode 342 493 or you can join by phone on 0203 051 2874 or 0203 051 5237.

Daily Bread notes for December to February are available at the back of the church.

SOCKS (St Olaf's Children's Klub) Fridays 5.30–6.30pm in The Old School and **Pants** (Youth Group for those 11+): Contact Rachel on 353842.

Recordings of sermons: Sound recordings of sermons are now available from Rich. Tel 07772 775591 or email docrichpage@hotmail.com.

House Groups meet on various days during the week. If you are interested in joining one, please contact Kathy or Howard. There are vacancies just waiting for YOU!

Communion at home: Rev Douglas Adams and Rev Teresa Folland can arrange for communion in your home when you find yourself unwell and unable to attend services for a period. Please phone if this is something you would like: Rev Teresa Folland 01288 352599 or Rev Douglas Adams 01288 353842.

Sermon: Jane Bradbury on Remembrance Sunday 2 Thessalonians 2: 1–5, 13–17, Luke 20: 27–38

May I speak in the name of God: Father, Son and Holy Spirit. Amen.

LONG PAUSE ...

Silence is golden, isn't it!

There's a book used as a Lent study book by a friend of mine last year, called 'The ruthless elimination of hurry'. It points out gently firmly just how readily today we fill our lives and our minds with all manner of noise.

We just love to be busy and to find meaning and value in that. In those times when we are resting, there's a stream of news, entertainment and online connection available 24 hours a day, that which can fill all the rest of our time if we're not careful.

The book reminds us to embrace the biblical practices of sabbath, slowing, silence and solitude, because otherwise we risk cutting off our deep connections with ourselves, with other people and ultimately, with God.

Remembrance Sunday, properly observed, offers a time when we are called corporately to silence. We see it on television and will experience directly it in a little while. The silence is announced, and the first thing we notice is the shuffling or coughing, maybe children whispering and parents hushing. But then the silence descends and something poignant begins to happen. In that space of stillness and silence, we can start to engage with something that feels significant and deep; something that connects us with human beings from other times and places, and with the divine.

I never met the members of my own family who fought and died, but actually that never really mattered. I can use the silence to imagine the unimaginable sacrifices of individuals who went (willingly or otherwise) into battle – not forgetting the families who gave up sons, brothers, fathers, husbands to the same cause.

Falling silent to remember, to honour, to pay tribute to what they went through is so much more powerful, because words to express those things will always be inadequate.

St John of the Cross said, 'God's first language is silence'. Silence enables us to open up our hearts to what God might be saying to us; it enables us to open ourselves to Him and to allow Him to change us. Silence and stillness also creates space for others. Love cannot be practised in a hurry.

The words of Psalm 17, which is the psalm set by the lectionary for today, could be the prayer of someone in Sudan, Gaza, Ukraine or elsewhere entirely. 'Hear me Lord, my plea is just; Listen to my cry. Hear my prayer- ... Keep me as the apple of your eye; Hide me in the shadow of your wings. From the wicked who are out to destroy me, From my mortal enemies who surround me'.

So, what if, instead of rushing on to the next item, we were really to sit with these words, to meditate on them, to hear them as if they were being spoken by our brothers and sisters who suffer in whatever way today? Surely, that would be to engage with them and with God in an important way.

And similarly we can engage with the hope that is found in that gospel reading today. In his discussion of marriage and the resurrection Jesus declares just how different reality will be in the resurrection. He speaks of God's children being resurrected to new life, being like angels. He declares 'God is not the God of the dead but of the living, to Him all are alive'.

These are words of hope that speak to us about those we remember, and those who are suffering today. They are words of hope which the world truly needs, and which have the power to change us and be a help to others. But we do not grab them and rush away back home for lunch. We sit (or stand) in the quietness and allow God to transform us with His hope, so that we are changed, and so that we have something real to offer this broken world.

So today, Remembrance Sunday, let us be encouraged to take this familiar ritual of silence and model more of our lives on it.

Let us remember; reflect; hear the voices we need to hear, those of other people and most importantly, hear God.

May we allow ourselves, in that silence, to be broken by the pain of the past and the present, and through that, also to be transformed by the hope which the resurrection brings.

And just to quote another Psalm: number 46, verse 10 – Be still and know that I am God.

Silence really is golden. Amen.

Intercessory Prayers:

Anchor our hearts in Your promises, not in the noise of unanswered questions. While we wait, let Your peace guard our hearts and renew hope, for we know that even in Your silence, You are present and working

Our Father, we come before you, we bless your name and we are thankful for all we have and are and have been given by you. Compassionate God, as we enjoy your bounty on our tables, we remember those whose cupboards are bare. We pray for every family worried about their next meal. For parents struggling to feed their children, and for anyone facing isolation and hunger on their own, we ask and pray that you will provide for them and bring them hope.

Thank you for your grace and mercy that we are forgiven and can enter into your kingdom. We praise you for your deep love and for empowering us to live a new life in your Spirit. Help us to never forget the sacrifice of Jesus. Because our sins are covered, we dare to come into your presence with our prayers.

We give thanks for St Olaf's, this community of believers that serves as a beacon of your love and truth in our area. We thank you for the people who serve, the teaching that nourishes us, and the opportunities to share your goodness with those around us. We pray for continued growth, wisdom, and unity as we strive to be a blessing to you and a light to the world. May your Holy Spirit fill us, empowering us to serve faithfully and reach out to others with your grace sharing the light of Christ.

We pray for the Church of England, Archbishop-designate Sarah. Archbishop Stephen, Bishop David, and our rector Teresa. May they know the strength and power of your Spirit.

We ask for your hand on the Alpha Course as it reaches its conclusion this week. We pray that those who have come to find out more will continue to seek and we give thanks for the progress made. We ask for your Spirit to continue the work started in the lives of the participants.

We pray for our suffering world. So many countries at war: Ukraine continues to suffer and now President Zelensky is dealing with a corruption problem within his government so he needs to regain the trust of his people; we are thankful for the declaration of support from NATO, but peace still seems very far off.

In Sudan families are running out of time as hunger spreads: twenty-one million people are not getting enough to eat. The population are enduring malaria, Dengue fever, cholera and typhoid outbreaks and famine and the diseases are overwhelming the Khartoum hospitals. Bless your suffering people and may the warring leaders have compassion for the suffering they are causing.

We give thanks for the fragile peace that has come to Gaza and Israel and for the release of prisoners and hostages. But we continue to pray for the damage and hurt that has been caused. May there be rebuilding of the

land and the lives. We think of the six thousand amputees trying to rebuild their lives in Gaza without proper prosthetics. Bring healing of the mind we pray to those who have seen atrocities and cannot forget, and those who have been tortured.

We pray for persecuted Christians throughout the world. Violent chaos continues to be a cover for persecution in countries like Myanmar, Yemen, Nigeria and Sudan; civil wars have become places for targeted attacks against Christians. Bless your suffering people. We know you said that you did not come to bring peace but a sword, but we still pray for peace and your kingdom to come and your will to be done.

We pray for the sick in our own community. Continue to heal and sustain Pam Kemp, Bella, Sandra Shepherd, Paul Whybrow, Molly Hooper, Peter Harrison, Mary, Debbie, Denise, Liz, Rich and Irene Webster. We continue to pray for Remy, eight and suffering with a serious cancer, and for his family too. We pray for Sue Dickinson whose injuries are serious and may prove to be life-changing. We pray for Ferg and Ellie and Kitty, Dee and Adrian's family as Ferg has cancer. We ask that all these we have named may receive a touch from you. May they know your peace and hope in their situations.

We pray too for those who mourn, that they will be comforted.

We pray for children in our community, that they will be protected from all the temptations that surround them, and that they will understand what is good and choose that. We pray for the schools, that they will look after the children in their care and that the teachers will have the energy and compassion needed. We especially pray for protection from the harm that can befall children through social media, on-line grooming, drugs and other harmful internet platforms that target the innocent.

We pray for those at college or university, that they will keep their faith and find good friends.

This week we pray from our electoral roll for Andrew Kennard and his family and Jane Ker-Reid and her family. We thank you them and the part they play in this fellowship. Thank you for the enormous contribution Andrew makes as treasurer.

The charities we are especially praying for his week are Man Down and Mission Direct. Man Down UK, founded in Cornwall, is dedicated to supporting men with mental health challenges and we ask for this work to be blessed.

Mission Direct enables people to make a practical and lasting difference to some of the world's most vulnerable people in short-term mission as well as longer-term commitments. We ask that this small charity doing good work will thrive and bless the people in Zambia, Malawi, Kenya, Uganda, and Zimbabwe.

We think of King Charles as he has had to deal with family problems. We ask for the King's health to remain good. For the government we pray for stability and moral leadership, honesty and truthfulness in all they do, as they face so many problems both in this country and in dealing with other countries, and especially for the upcoming budget. We ask for your hand on the Assisted Dying Bill as it continues its passage through the House of Lords and pray that your will may be done.

We pray for the armed services and the intelligence services and are grateful that they work to keep us safe in these troubled times, especially as they have been asked and are willing to help Belgium deter Russian drones from fling over their country.

We pray that we may we stay true to you our Saviour and Lord through all the challenges and difficulties of life, knowing that you are always with us and never forsake us.

Breathe in me, O Holy Spirit, That my thoughts may all be holy. Act in me, O Holy Spirit, That my work, too, may be holy. Draw my heart, O Holy Spirit, That I love but what is holy.

Accept these prayers for the sake of your Son, our Saviour Jesus Christ. Amen.

*****Please

Contact Kathy Emmens by Friday noon if you have an item you wish to be included in the notice sheet:

kathyemmens@gmail.com