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BARROW UPON SOAR METHODIST CHURCH

Website: www.barrowuponsoarmethodistchurch.co.uk

Minister: Rev Sandra Marshall

Telephone: 0116 2304689

Circuit Office - Telephone: 01509 807441

Office Hours: Monday, Tuesday, Thursday & Friday
10.00 am until 2.00 pm

Email: loughboroughmethodist@gmail.com

NOTICES FOR SUNDAY 22nd OCTOBER 2023 WEEKLY DIARY

Playgroup meets every day during school term time

Sunday 22 October	10.15 am	Church Stewards Steward: Natalie Coffee: Trevor and Pauline
Monday 23 October	8.45 am – 4.00 pm 6.30 – 9.00 pm	Playgroup 1 st Barrow upon Soar Guides
Tuesday 24 October	8.45 am – 4.00 pm 4.30 – 8.30 pm 7.30 pm	Playgroup Cosmic Theatre School Men's Supper Group
Wednesday 25 October	8.45 am – 1.00 pm	Playgroup
Thursday 26 October	8.45 am – 4.00 pm 6.30 – 9.30 pm 7.30 pm	Playgroup Barrow Arts Theatre Society Bible Study
Friday 27 October	8.45 am – 4.00 pm	Playgroup
Saturday 28 October	9.30 am – 12.30 pm 6.00 – 7.15 pm	Councillor Claire Forrest – Parish/Borough Council Surgery in the Welcome Coffee Bar Karate

SUNDAY WORSHIP

Sunday 29 October	10.15 am	Rev Martin Swan Steward: Kate Coffee: Mike and Pauline F
Sunday 5 November	10.15 am	Rev Michael Lees Steward: Sandra Coffee: Adrian and Sue
Sunday 12 November		Village Remembrance Day Service at Holy Trinity Church
Sunday 19 November	10.15 am	Rev Sandra Marshall – Holy Communion Steward: Kate Coffee: Mike and Pauline F
Sunday 26 November	10.15 am	Circuit Service at Christchurch, Shepshed Rev Karen Beecham/Rev Martin Swan

BIBLE READINGS FOR SUNDAY:

Exodus Chapter 33 verses 12-23

Matthew Chapter 22 verses 15-22

PRAYER FOR TODAY

Father God, hear our prayers for peace in the Middle East. May all people in the region be Protected, safe from harm. We pray that this crisis will end now, with no further loss of life. Father God may the injured and distressed know your healing presence.

May the powerful and the decision makers follow the paths of justice, mercy and peace. We pray for recognition of the dignity and value of every life. May the clamour of violence cease, replaced by the beating of swords into ploughshares.

Father God, in your name. Amen.

FUND RASING FASHION SHOW AND SHOPPING EVENT

Available from Janet or Taylor's Florist

All proceeds are for our chosen charity for 2023/24 – The Royal Papworth Hospital Charity

The Christmas Fayre is on Saturday 18th November from 11.00 am to 2.00 pm

Mike, Kate and Janet

I am looking for ordinary sized jam jars and small jam/sauce jars that I can fill with sweets for the Chocolate Tombola. If anyone has got any could you please let me have them? Many thanks – Janet

1. "The bandage was wound around his wound.
2. "The farm was cultivated to produce produce.
3. "The dump was so full that the workers had to refuse more refuse.
4. "We must polish the Polish furniture shown at the store.
5. "He could lead if he could get the lead out.
6. "The soldier decided to desert his tasty dessert in the desert.
7. "Since there is no time like the present, he thought it was time to present the present to his girlfriend.
8. "A bass was painted on the head of the bass drum.
9. "When shot at, the dove dove into the bushes.



10. "I did not object to the object which he showed me.
11. "The insurance was invalid for the invalid in his hospital bed.
12. "There was a row among the oarsmen about who would row.
13. They were too close to the door to close it.
14. "The buck does many things when the does (females) are present.
15. "A seamstress and a sewer fell into a sewer line.
16. "To help with planting, the farmer taught his sow to sow.
17. "The wind was too strong to wind the sail around the mast.
18. "Upon seeing the tear in her painting, she shed a tear.
19. "I had to subject the subject to a series of tests.
20. "How can I intimate this to my most intimate friend?"

From the Circuit



Welcome Hub After Dark

Drop in to our warm space and join us for
conversation, games, films
or just quiet reflection.
All Welcome



Every Wednesday 6.00 – 8.00pm
(starting 11/10/2023)
Millennium Rooms,
Loughborough Baptist Church, Baxter Gate
Free
Hot Food & Drinks Available



CALLING FOR PARTICIPANTS

*for non-invasive study Central nervous system predictors of
balance and age-related changes in the ankle muscles*

LEON reference number: 13689

PURPOSE:

To investigate how changes in the nervous system affect postural control, or the ability to maintain balance, as people age.

HOW MANY LAB VISIT?

4 visits (~6 hours):

- 1 x familiarisation session(~1 hour)
- 1 x balance test session(~1 hours)
- 2 x ankle function-based test sessions(~4hours)

WHAT YOU WILL DO?

- Strength test
- Nerve stimulation
- Brain stimulation task
- Reaction task
- Balance task
- Spinal cord stimulation

CRITERIA:

- Age between 18-48 years
- No mental health medication
- No ongoing medical intervention or medication, including hormone therapy or surgery
- No current injury to lower body, back, spine, or head
- No history of major trauma or surgery
- No musculoskeletal or neuromuscular disease affecting major lower limb joints
- Fit for exercise participation
- No history of epilepsy, severe angina, uncontrolled hypertension, heart failure, or cardiovascular disease
- Blood pressure below 140/90 mm Hg
- BMI < 30kg/m2
- Normal hearing without assistance
- Active, but not highly trained
- Not pregnant (if female)
- If female and on contraceptives, only using monophasic oral pills

WHEN?

From July 2023 until July 2025

WHY SHOULD I JOIN?

You will be able to gain insight into your own neuromuscular function and physical abilities. This knowledge can help you better understand your strengths and weaknesses and may inform your personal fitness. Additionally, we are available to provide further training advice if needed.





Find More Info

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