

WOODSIDE AVENUE METHODIST CHURCH

COVENTRY, CV3 6BE

Sunday 4th October 2026

Today we welcome Rev Ian Coates to lead our worship

QUIET TIME: *Please try to observe a few minutes quiet time before our service, as indicated by the screen and quiet music.*

CHURCH FAMILY:

Please remember all our friends and any others that you are aware of who would love to be able to share in our service today but are unable to do so because of ill health. We understand how much our prayers are appreciated. Do keep us informed of any we may not be aware of who are in special need but remember we need their permission. You can also share good news about our Church Family with their permission

WOODSIDE FELLOWSHIP:

Tuesday, 13th October, at 2pm - Our own Christine Short will be giving a talk about the plight of Hedgehogs, their dramatic reduction in numbers and what is being done to help them. (Note: this is the talk postponed from the summer because of the heatwave.)

Tuesday, 27th October, at 2pm - We look forward to welcoming Rev Graham Gee, together with his wife, Alison, for another of their interesting presentations. We always finish with a refreshing cup of tea (and biscuits).

An updated Programme until January is in preparation and will be available soon.

Everyone is welcome to our Fellowship.

Woodside Fellowship. We raised £188 from the garden party in August at Sue and Brian's for the Air ambulance service. They say it will make a huge difference and give members grateful thanks for generosity. **Christine Short**

PARISH NURSING NEWS:

Its October Already! Don't forget the **Walk In The Park on Tuesday 1.30** at the memorial park. All welcome. Let me know if you need a lift or help with a wheelchair. Don't worry if you can't walk far. Some will walk straight to the coffee shop and others a trip round the park first.

We squeezed 7 babies in the no. 1 vestry for baby massage this week, by removing lots of furniture! Please pray for our mums and babies and families. This time can be an emotional roller coaster, trying to interpret your babies' signals amongst all the chaos of life!

Look out for the sample Christmas Shoeboxes and information- coming soon!

Off Balance Dance continues on Wednesday 11.30 and Qigong flow 1.30 Thursday

This Month is **Breast Cancer Awareness Month** - it is so important to visit your Doctor for lumps and bumps as with prompt action, you are likely to need far less intervention and a much better outcome

It is also **Healthy lung month**. For lung health, **Get active** – Regular aerobic exercise such as walking, swimming, or cycling strengthens the muscles that support breathing and helps the lungs work more efficiently. However, if you are limited and have to spend a lot of time in your chair, then **ensure you add deep breathing to your chair exercises**, especially this time of year when chest infections become more likely. If you would like advice on this, please get in touch

Please contact me by email, text or phone for advice and support

Paula McClenaghan
Parish Nurse
Woodside Methodist Church
nurse@covnunmethodist.org.uk
Tel 07869715659

(Please note I only work Tuesdays and either Wednesday or Thursday with this service. It may be a week before I get back to you. If you have an urgent health issue, please see your GP or call 111 or if severe e.g. chest pain call 999)

CANVA TRAINING:

Following postponement of the Canva Trainings session on Wednesday 16th September, here are details of the rescheduled training date. It will be led by Fiona Fidgin, Digital Communications Officer with the Connexional Team. Canva is a user-friendly design platform that enables users to create clear, engaging and professional communications, including posters, newsletters, social media content and more.

Wednesday 4th November 2026

Morning Session 9:30am - 12:30pm Bedworth Methodist Church
Afternoon Session 1:30pm - 4:30pm Earlsdon Methodist Church

We have arranged two sessions on the same day at different venues. Both sessions will cover the same content, so attendees only need to attend one session unless they would like the opportunity to revisit the training.

To get the most from the practical elements of the session, participants are asked to bring their own fully charged laptop where possible as we can't guarantee charging facilities in the venues.

For planning purposes, please notify the Circuit Office by **Wednesday 28th October 2026** if you wish to attend and indicate which session and venue you will be attending. We hope that many of you will be able to take advantage of this valuable opportunity to develop your communication and design skills.

Jane Bennett
Circuit Administrator: Tel 07517693474 Email office@covnunmethodist.org.uk

CIRCUIT NEWS :

Coventry & Nuneaton Circuit met recently

- There will be an **Away Day on Saturday 24th October** to discuss and agree on a new 'Circuit Action Plan'. If you would like to participate, please let Ken know.
- A new Circuit Safeguarding officer has been appointed – Naomi Emirson.
- A new initiative of 'Exploring Faith' was introduced and is under consideration. It is a joint submission from Rev Stuart Jennings, Keith Chapman, David Kershaw and Ken Holmes.
- A paper entitled 'Well Being and Work Life Balance covering both staff and lay people was adopted.
- Central Hall has suffered financially greatly by the loss of income and lettings due to the need of a new lift. It was agreed to a stay of assessment for up to 12 months.
- You are invited to join a walk in Coombe Park on Saturday 17th October at 10.45 am. (meet at the café area)

NEXT SUNDAY: 11th October we welcome Rev Stuart Jennings to lead our Communion Service.

Our services are usually recorded and are available for viewing on our website later in the day and throughout the week. (woodsidesmethodist.org.uk), also via the phone on 024 76932114.

If you have anything you would like included on the news sheet next week, please contact Sheila Aldridge: sheilaaldrige@btconnect.com 07957 862468