

December 2017

What's going on at St Paul's

Norton Lees Lane,

Sheffield, S8 9BD



meeting God, meeting needs, meeting together

In this leaflet you will find details of groups who meet regularly at St Paul's Church and Centre or have a connection with us - some will be new to you! You are assured of a warm welcome and we hope that you will find plenty to interest you!

St. Paul's Church and Centre has four bright, attractive rooms, a well equipped kitchen and two smaller drink stations which are available for all types of groups, clubs, meetings and functions and parties. Most rooms have disabled access. We are happy to accommodate external caterers.

Prices range from £15.00 for our smallest room, for general use, with special rates for community groups and all day bookings.

To book space in St. Paul's Centre, to request our information leaflet, to discuss requirements or find information on groups please contact Cathy Lee at the Centre Office:
Phone 255 0144

E-Mail cathy.stpauls@btinternet.com

Web Site www.stpaulschurchandcentre.org.uk

The office is usually open Mon to Thurs from 9.30am to 1.30pm

Uniformed Organisations - Term Time only

Rainbows – Girls 5 – 7. Mondays 6.00 – 7.00 pm in Upper Hall at St Paul's. Please contact Helen Walker by e-mail southeastdivision.sheffield@gmail.com

Brownies – Girls 7- 10, Mondays 6.45 - 7.45 pm in Upper Hall at St Paul's. Contact: Helen Walker by e-mail southeastdivision.sheffield@gmail.com

Guides – Girls aged 10- 14 Girls 5 – 7. **Not meeting at present.**
More information on the girl guiding website 'join us'

Scout Group in the **Scout Hall**, Welby Place – crafts, games, outdoor activities

Beavers in the **Scout Hall**, Welby Place - Children 6 – 8. Mondays 5pm. Contact Ann Brown 255 1945

Cubs in the **Scout Hall**, Welby Place – Children 8 – 10. Mondays 6.15 pm. Contact Ragi Desai 07592 905369

Scouts in the **Scout Hall**, Welby Place – Children 11-14. Mondays 7.30 pm. Contact Steve Tozer-Loft 258 4382.

Children's Groups

Peekaboo (National Childbirth Trust) Wednesday 10.00 am –12 noon (during term time only) in the Nave with refreshments in the Meeting Place. Peekaboo welcomes babies and toddlers and their parents and carers for peer support, friendship, toys, songs and a snack. Cost £2.00 for 1 child or £2.50 for two.

Breastfeeding Drop-in at Peekaboo. Come and talk to Sam, an NCT Breastfeeding Counsellor about any aspect of feeding your baby.

Contact Sam on 07775888249 or via Facebook. The link is

<https://facebook.com/PeekabooBabyToddlerGroup/>

NB: You can also turn up on the day or enquire through the office 0114 255 0144

Sunny Days Post-natal support group a friendly supportive group for parents with a child under 15 months old, on Mondays at 12.30 pm – 2.30 pm in the Meeting Place. Contact Sara McClean 278 8377 or sara.mcclean@homestartsy.org.uk

Dance Unlimited - Saturdays at 9.00 – 11.15 am With small class sizes, interactive lessons with stickers, fairy wands and scarves for our youngest dancers and challenging yet fun classes for our older more advanced students. Our highly skilled friendly teachers ensure we get the best out of each and every child. We offer free taster sessions in our award winning classes for children aged

2 yrs 10 months - 16 years. (Parents wait downstairs.) Get in touch to book a free taster session: Tel: 07570 790 382

Or Email: info@danceunlimitedsheffield.co.uk www.danceunlimitedsheffield.co.uk

'Diddi Dance' Amanda Tyas leads classes for toddlers in the Upper Hall on Tuesdays at 10.30 am. Using action songs, dancing games, fun exercises, hoops and dance ribbons, little ones can improve their rhythm and co-ordination and also social and gross motor skills. Parents and carers are encouraged to join in. Please see the flyers in church or phone 07778 894860 to book a free trial, or you can log onto the website

www.diddidance.com

Local Interest, Social & Music Groups

Norton Lees Local History Group - 2nd Tuesday in the month
7.30 - 9.00 pm in the Old Vestry – speakers, visits, knowledge share.
New members always welcome.
Contact Helen Egan 07481293949, or Vivien Bentley 07724829172

St Paul's Music Listening Group 2nd and 4th Thursday in the month 7.00 - 9.00 pm in the Meeting Place. Up to 20 members meet to listen to classical music and the popular music of our youth, with an interval for refreshments and a chance to have a chat. We try to make sure that all who need it get a lift.
Contact John Howlett 255 4581 or Ken Smith 457 4678

Sew, Knit and Natter 10.30 am to 12.30 pm fortnightly on Mondays in the Upper Hall. The cost of each meeting is £2.50 including tea or coffee. Sewing machines will be made available and there will be some materials provided, (if you wish to make larger items, you will need to provide the fabric.) There's absolutely no obligation to make anything if you'd just like to come for some company. If you do feel creative, beginners will be welcome as well as more experienced knitters and sewers. We hope that people will share their enthusiasm and skills in these crafts and pastimes. Contact Hazel Tedds on 237 3801 if you'd like to know more.

Women's Institute 1st & 3rd Wednesday in month in the Old Vestry at 7.30pm. Offering skills and opportunities together with friendship and companionship. Often there is a speaker, always lots of fun and of course a cup of tea! There are outings and support of local appeals using members' skills and craftwork. Visitors are welcome to attend meetings to find out more.
Contact Yvonne Usher on 2497228 or Sylvia Sanderson via the Centre Office 255 0144.

Church Groups

Tea and Love for Our Community Are you feeling low because of bereavement or stress or illness? Would you like us to spoil you with our tea and cakes and care? We are here in the Meeting Place of St. Paul's every Tuesday 2.30 to 3.30pm. Call in and enjoy some **TLC**. Contact Liz Warren for more details 255 7965. Please tell others about us even if you don't need us yourself!

M U (Mothers' Union) 2nd Wednesday in the month 2 - 4 pm in the Meeting Place. A Christian Group of women and men who meet for prayer, bible study and fellowship, working towards improving family life in our communities nationally and internationally. St Paul's MU has merged with St James' Norton with about 15 members, interesting speakers and supporting a variety of causes. Contact Margaret Blakey 255 7538

First Wednesday on the 1st Wednesday of each month at 7.30 pm at the home of Jacqui Herbert. Bible study and readings, outing, crafts and plenty of conversation! Come when you can and enjoy the fellowship. Contact Jacqui Herbert 255 4379

Evening Small Groups meeting in members' own homes for Bible Study and discussion of topical issues. New members welcome - for dates contact Helen, Peter Franklin 255 4441, Jacqui Herbert 255 4379 or Margaret Blakey 255 7538

Thursday Prayers 1st & 3rd Thursdays in the meeting place for Prayers – Contact Gail Wilson 255 8335. New members welcome!

S8 PrayerLife (7 pm) followed by Contemplative Prayer (8 pm) will meet in the Meeting Place on the 2nd Tuesday each month. S8 PrayerLife is an opportunity to meet with members of our Mission Partnership churches. (Also meetings at other Mission Partnership Churches.) At Contemplative Prayer afterwards we have a theme and a bible passage to think about and time to pray together in silence for about half an hour, with music playing quietly we then share our experiences. Contact Murray Brown 255 1945

Grumpy Music Men's Group meeting in the small back room at the Cross Scythes on the third Wednesday of the month at 7.30 pm to share music and chat. Contact Murray Brown 255 1945

Worship Group Rehearsals - alternate Fridays 7.30 - 9.00 pm in the Old Vestry in Winter and the Nave in Summer - leading contemporary worship songs as well as more traditional hymns, with guitars, keyboard, piano, drums and a wonderful modern organ. Contact Murray as above.

Health and Fitness

Yolande's 'Yoga for all' – Wednesdays from 6.00 - 7.30 pm - Upper Hall. A long established course suitable for all ages and abilities appealing to anyone looking for relaxation and exercise with gentle stretches. Contact Yolande Swift 289 9200

Table Tennis is held on Tuesday evenings at the **Scout Hall** on Welby Place between 8.00 pm and 9.30 pm and costs £3.00. This includes a drink and biscuits. Anyone can join and we would love some new members. Please phone Debbie Kerry on 0114 2551475

Chairobics Flexibility, mobility & compulsory FUN! On Thursdays from 2.30 pm – 3.30 pm in the Meeting Place; exercises performed to music, with participants mostly seated & a little standing for those who can, to improve balance. Details from Jacqui Herbert 255 4379 or the Centre Office 255 0144

Hatha Yoga with Melanie 7.00 - 8.00 pm on Tuesday evening in the Upper Hall. Booking essential please ring 07984 471109 or email yogafitandwell@gmail.com - Yoga suitable for all levels, giving easier alternatives for the less experienced, and aiming to challenge those who are more advanced or who are seeking to progress. All classes will be offered 10 minutes relaxation at the end to reward their efforts and to make the class well rounded and to go home pleased with their practice and relaxed. The style is Hatha yoga which just means a mix of styles, some basic, some more advanced and with a focus throughout on control of the breath and a focussed relaxation at the end.

Kaye's Yoga – a new small group in the Meeting Place at 6.30 pm – to 7.30 pm on Mondays and a slightly larger group in the Upper Hall on Thursday evenings from 7.30 pm to 8.30 pm. Suitable for all levels working through postures, breathing exercises and relaxation to allow the mind and body to unite. Please leave your details at St Paul's office to be passed on to Kaye if you're interested in joining one of her classes. Or contact Kaye on 07787576070 or e mail kyogasheffield@gmail.com

Worship at St Paul's (Church of England)

Sundays

8.00 am Holy Communion
(quiet early service)

10.00 am Worship at St Paul's
(main service)

Family Worship - third Sunday in the month!

6.00 pm Vine Time - usually 3rd Sunday in the month
Contact Jacqui on 255 4379

Tuesdays

10.00 am Holy Communion
(friendly and informal)

Church Activities for Children and Young People

Saturdays – once a month - Messy Church for Families with Children 10.30 am –12.30 pm - Art and craft activities, creative worship and a light lunch. Contact Murray or Ann Brown 255 1945

'Cornerstones' for year 7 and older, will be meeting in the Upper Hall on Sundays at 10.00 am except 3rd Sunday, (Family Worship), and during school holidays. Contact Ruth Hollinshead 321 6431 or Gail Wilson 255 8335

Come and join us - you will be very welcome!