



# 30 March 2025

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## This Sunday

Sunday 30<sup>th</sup> March  
10 30 am

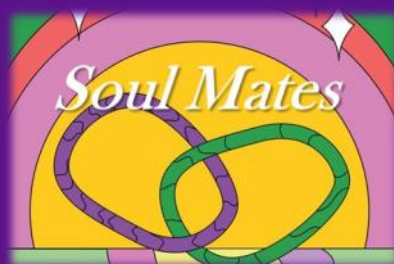
In Church  
and Online  
*Streaming from 10.15am*

*Café Style Worship*

*led by Emma Bowyer*



## Next Sunday



Sunday 6<sup>th</sup> April  
10 30 am

In Church  
and Online  
*Streaming from 10.15am*

*John 12:1-8*

*“Nourished by companionship”*

*Speaker Matt Forsyth*

*Worship led by Alyson Ellis*



**Worshipping God**

**Building Faith**

**Transforming our community**

Website: [www.capelmethodistchurch.org.uk](http://www.capelmethodistchurch.org.uk)

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## **What's On**

### **March 2025**

#### **Weekly activities**

Mondays	Youth Cell 6.30pm
Tuesdays	Pilates 7.00pm & 8.15pm
Wednesdays	Busy Bees 9.30-11.30am
Fridays	Pilates 8.30am & 9.45 am Aerobics 11.00am

#### **Other Dates**

**Sun 30th**      **Café Church – Mothering Sunday**

#### **April**

Sat 5th      8.30am Prayer Breakfast at the Manse

**Sun 6th**      **10.30am Worship**

### **Homegroups**

If you would like to join a church homegroup please contact Stephen Durrant for more details. They meet at the following times

Wednesday 7.30pm, Thursday 7.30pm (2 groups)

### **Cleaning**

Emma is off on holiday soon and we will need to get ourselves organised to do three weeks of cleaning.

Emma usually does this on on Friday afternoon so the dates she will be missing are April 4th, 11th and 18th.

We will get something out so you can sign up!

Calum is swimming 22 miles in 12 weeks, please he is raising money for the Diabetes UK <https://swim22.diabetes.org.uk/fundraising/calum2026>

If you would like to sponsor him towards his goal, that would be amazing.

Jordan Dyes-Youpa



## PRAYER REQUESTS



**Please pray for:** Those who are not well



**Alan Barnes**



**Jean and Gordon and family**



**Maddy Finch** recovering from knee replacement surgery

- Val Beer passed away peacefully on Thursday evening. We remember her as a lady of great courage in the face of considerable suffering and her Christian faith was an integral part of her life. Please pray for her daughter Claire and family at this time.
- Please pray for **Calum**.
- Pray for those members who are confined to their home or care home and not able to join in fellowship with us at Church - **Bette, Nick**.

**Continue to pray for our Young People's work**

**Youth Cell** with Jill & Jon on Mondays evenings

**Live Wires** on Sunday mornings

**Busy Bees** on Wednesday mornings

**Open the Book** in Capel Primary School. Next one on 25th March 2025

**Messy Church** next one on 29th March 2025



## Church Family Away Day

Put the date in your diaries.

When: **Saturday 14<sup>th</sup> June**

Where: **Elmsett Methodist Church**

Theme: **Lost and Found**

A relaxed time of Teaching and Fellowship

A chance to catch up with people.



No charge except for food.



## Ipswich Methodist Circuit at the Movies

Come and join us for a private  
screening of

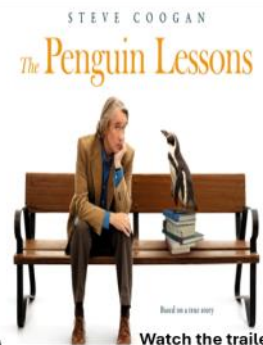
**'The Penguin Lessons'**  
**(12A)**

at **Cineworld Ipswich**

**Thursday 24th April at 3pm**

**Cost is £8**

*(which includes 4 hours car parking)*



Watch the trailer by  
clicking here

We should be grateful if you could please book tickets  
through our circuit administrator

E mail : [administrator@methodistic.org.uk](mailto:administrator@methodistic.org.uk)

by **Monday 7th April.**

*It will be possible to be added later but not necessarily at the price of £8.*



## From Claire Burgoyne

I am walking 62 miles across March for Womens Refuge ...for Domestic Abuse..as you are aware we are Survivors of DA and we have finally won our fight with Gods walk along aside us and protection with the perpetrator serving 7 years in Prison....so I am walking to give back....19 miles to go...

Just a quick email to let you know that me claire burgoyne is fundraising for Refuge, and they'd really appreciate your support.

Donating through JustGiving is simple, fast and totally secure. Once you donate, they'll send your money directly to Refuge, so it's the most efficient way to give - saving time and cutting costs for the charity.

You can donate to their JustGiving page by clicking here [https://  
www.justgiving.com/fundraising/Claire1739026549117?  
utm\\_medium=FR&utm\\_source=EM](https://www.justgiving.com/fundraising/Claire1739026549117?utm_medium=FR&utm_source=EM)

JustGiving sends your donation straight to Refuge and automatically reclaims Gift Aid if you are a UK taxpayer, so your donation is worth even more.

Thank you for your support!